

Dear School Board Members,

Education is truly a moving target. This makes things exciting yet also challenging as the world evolves and new scientific research becomes available. In this case, I would like to make you aware of the changing face of childrens' activity. One change might be obvious: children rarely play outside after school but commonly stay inside and engage with video games or other time in front of screens. The other change is the overwhelming evidence that activity (play) is directly related to academic success. If a child is coming to school with poor fitness due to bad nutritional choices, obesity and lack of activity, they will not be ready to learn, no matter the skills and time offered by their teachers.

Toward this end we are asking the school board for two things. First, a re-allocation of funds from interscholastic sports teams to P.E. (unless there are available funds from a different source). This will support the hiring of P.E. para-professionals (teaching assistants) and possibly the purchase of some other needed equipment upgrades (see detailed plan attached*). Second, we ask for your support regarding community relations, impressing upon families and alumni the dire need to make these changes regarding the future health of our children.

The world has changed dramatically in the last 50 years and the medical and educational literature is clear. I would be delighted to point you toward numerous references. We see no other option if we are to fulfill our mission as teachers.

I look forward to your comments and ideas as we move forward together.

Very truly yours,

Classroom teacher _____