

## PHYSICAL EDUCATION ADVOCACY BY PARENTS AND TAXPAYERS TEMPLATE LETTERS to send to principals, superintendents, and school boards

### 1) Template letter from parent of school-aged child(ren) to principal

Dear [insert principal's name],

I am the parent of [child's name] in [insert grade] grade. I am reaching out to you as a big supporter of physical education.

This past year of the COVID-19 pandemic has been difficult on everyone, and our kids have been greatly affected. As you plan for school year 2021-22 instruction, I request that you prioritize physical education because of its physical, mental, and social-emotional health benefits.

I have seen first-hand how much physical education benefits my child. [Describe how physical education has helped your child physically, emotionally and/or behaviorally.]

My child's physical education teacher, [insert physical education teacher's name], has done a tremendous job keeping our kids moving and adapting lessons and assignments to fit the circumstances. Physical education has helped ensure that my child participates in much-needed opportunities to learn and practice healthy behaviors and shake off the stress of sitting behind a screen all day.

Since schools play a vital role in ensuring kids and teens get the nationally recommended 60 minutes of physical activity each day, I'm asking you to provide students with the maximum possible amount of physical education instruction and other physical activity opportunities.

The American Academy of Pediatrics states in their guidance for schools during COVID-19 that "It is also critical to maintain a balanced curriculum with continued physical education and other learning experiences rather than an exclusive emphasis on core subject areas." I strongly believe that focusing on whole child education and prioritizing physical education instruction is more important now than ever before, and I hope that you will act accordingly on behalf of the students at our school.

[Add any other thoughts you have about the importance of physical education.]

Sincerely,

[insert your name]

[insert your phone number and/or email address]

## 2) Template letter from parent of school-age child(ren) to superintendent and/or school board

Dear [insert name(s)],

I am the parent of [child's name] in [insert grade] grade at [insert child's school]. I am reaching out to you as a big supporter of physical education.

This past year of the COVID-19 pandemic has been difficult on everyone, and our kids have been greatly affected. As you plan for school year 2021-22, I request that you prioritize physical education because of its physical, mental, and social-emotional health benefits.

I have seen first-hand how much physical education benefits my child. [Describe how physical education has helped your child physically, emotionally and/or behaviorally.]

Physical education teachers are keeping our kids moving and adapting lessons and assignments to fit the circumstances. Physical education has helped ensure that my child participates in much-needed opportunities to learn and practice healthy behaviors and shake off the stress of sitting behind a screen all day.

Since schools play a vital role in ensuring kids and teens get the nationally recommended 60 minutes of physical activity each day, I'm asking you to provide students with the maximum possible amount of physical education instruction and other physical activity opportunities.

The American Academy of Pediatrics states in their guidance for schools during COVID-19 that "It is also critical to maintain a balanced curriculum with continued physical education and other learning experiences rather than an exclusive emphasis on core subject areas." I strongly believe that focusing on whole child education and prioritizing physical education instruction is more important now than ever before, and I hope that you will act accordingly on behalf of the students in our district.

[Add any other thoughts you have about the importance of physical education.]

Sincerely,

[insert your name]

[insert your phone number and/or email address]

### 3) Template letter from taxpayer to superintendent and/or school board

Dear [insert name(s)],

I am a taxpayer for [name of school district]. I am reaching out to you as a big supporter of physical education.

This past year of the COVID-19 pandemic has been difficult on everyone, and our kids have been greatly affected. As you plan for school year 2021-22, I request that you prioritize physical education because of its physical, mental, and social-emotional health benefits.

[Describe why you support physical education.]

Physical education teachers are keeping our kids moving and adapting lessons and assignments to fit the circumstances. Physical education helps ensure that kids and teens participate in much-needed opportunities to learn and practice healthy behaviors and shake off the stress of sitting behind a screen all day.

Since schools play a vital role in ensuring kids and teens get the nationally recommended 60 minutes of physical activity each day, I'm asking you to provide students with the maximum possible amount of physical education instruction and other physical activity opportunities.

The American Academy of Pediatrics states in their guidance for schools during COVID-19 that "It is also critical to maintain a balanced curriculum with continued physical education and other learning experiences rather than an exclusive emphasis on core subject areas." I strongly believe that focusing on whole child education and prioritizing physical education instruction is more important now than ever before, and I hope that you will act accordingly on behalf of the students in our district.

[Add any other thoughts you have about the importance of physical education.]

Sincerely,

[insert your name]

[insert your phone number and/or email address]