
Parents, are you sick of schools making poor decisions about your child’s health? Yes. Do you want to see your kids grow up active and healthy? Yes. Do you want schools to actually fulfill their physical and health education requirements? Yes. If you’re upset that physical education (P.E.) classes have sunk to the bottom of the priority list, it is time to speak up! For P.E. to stay in schools, parents need to make their voice heard. Experts say when a child is healthy they learn more. Creating an active lifestyle at an early age prepares children for an active lifestyle.

Parents should care about P.E. because it can decrease their child’s risk of obesity. Obesity has a laundry list of consequences. Poor eating habits, lack of exercise and obesity can lower school success. Obesity is linked to heart disease, stroke and trouble sleeping. Obesity also affects a person’s quality of life. Obesity can limit people from the things they enjoy. This can lead to depression, shame and guilt. These feelings can cause loneliness and lower work achievement.

It may seem overwhelming when parents are told that 71% of students did not engage in exercise 60 minutes every day. Or only 7.5% of K-5 schools nationwide provide the 360 cumulative hours for health education. This is not okay. Lack of P.E. is not just a nationwide problem but a problem in Missouri. Data says only 8% of Missouri kids attend daily P.E. three time a week. Another 8% have it scheduled daily. The problem is in our own back yards. It is time to do something about it.

We need you to fight for P.E. because some teachers and school board members do not think health is a part of a school’s core subjects. A survey says only 60% of school board leaders think P.E. is important.

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