

Testimony of Linda Adelson
Before the Montgomery County Board of Education
Public Hearing on the Strategic Plan October 12, 2006

Good Evening. My name is Linda Adelson. I am a member of the MCCPTA Health Committee and a member of the MCPS Physical Education Curriculum Advisory Committee. Tonight I am here as a parent, a registered nurse, and a strong advocate of health, nutrition and fitness.

Last spring, the MCCPTA passed two PE resolutions. Thank you for supporting the first resolution and approving the changes in MCPS Physical Education Curriculum for grades K-12.

The second resolution request a movement towards increasing physical education at the elementary school level to ensure full implementation of the new MCPS PE Curriculum

I am requesting that the board approve funding to accomplish the goals of these resolutions.

The revised curriculum covers important areas nor previously covered, including overall health and nutrition, with the ultimate goal of establishing a strong foundation of physical activity in the formative years to develop a life long practice in fitness.

As a nurse, I see an alarming increase of diseases caused by inactivity and poor nutrition. Obesity is about to become the number one preventable disease. In fact our children have a shorter life expectancy than our own!

We can reverse this trend and decrease the rate of childhood obesity, type II diabetes and other preventable diseases by teaching our children fitness and nutrition.

We can be proactive and spend the money for gymnasiums, physical education teachers and their training or we will spend the money in the health care of these unfit students.

Some have a concern that decreasing time for math and reading for physical education will lower our test scores. Schools that have increased physical education have improved their test scores and decrease their behavioral problems. Math, reading and science can be taught in PE class. In fact, the brain functions better after exercise.

I have reviewed the wonderful curriculum for our elementary schools. Unfortunately, I do not see how it can be taught with only weekly PE classes that are sometimes cancelled due to holidays or assemblies. Most elementary school students are scheduled for only 32 to 40 PE classes per school year!!! For many schools, P.E minutes have actually decreased over the past 2 years. Recently while 135 more classroom teachers have been hired, only 1 additional PE teacher has been allocated. To excel, our children need not only increased PE minutes but also reduced PE class sizes similar to the reductions already in place in all elementary school classrooms.

Please empower the next generation in the knowledge of lifelong fitness. Thank you for protecting the health and welfare of our children. They need your leadership. Respectfully submitted by Linda Adelson RN BSN CWOCN 6932 Winterberry Lane, Bethesda, MD 20817 adelsonl @juno.com 301-229-6424

Resources: P MCCPTA web site: <http://www.mccpta.com/health.html> -two PE resolutions P Smart Moves, Why Learning is NOT All, in Your Head by Carla Hannaford, PhD, Great Ocean Publishers, Arlington, VA 1995 , P www.cdc.gov CDC's Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People