



STATE OF HAWAII
DEPARTMENT OF EDUCATION
P.O. BOX 2360
HONOLULU, HAWAII 96804

Date: 03/24/2017
Time: 02:45 PM
Location: 229
Committee: Senate Education

Department: Education

Person Testifying: Kathryn S. Matayoshi, Superintendent of Education

Title of Resolution: SCR 137 REQUESTING THE BOARD OF EDUCATION TO CONSIDER REQUIRING STUDENTS IN GRADES SIX, SEVEN, AND EIGHT TO TAKE COURSES IN PHYSICAL EDUCATION AND HEALTH EDUCATION.

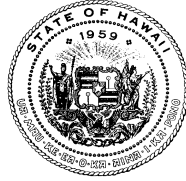
**Purpose of
Resolution:**

Department's Position:

The Department of Education (Department) recognizes the intent of SCR 137 and offers comments.

Currently students in grades six, seven, and eight are required to take courses in physical education and health. Physical education is offered for a semester each year. Health instruction is delivered during grade seven.

Thank you for the opportunity to provide testimony on SCR 137.



STATE OF HAWAII
DEPARTMENT OF HEALTH
P. O. Box 3378
Honolulu, HI 96801-3378
doh.testimony@doh.hawaii.gov

**Testimony COMMENTING on SCR137
REQUESTING THE BOARD OF EDUCATION TO CONSIDER REQUIRING STUDENTS IN
GRADES SIX, SEVEN, AND EIGHT TO TAKE COURSES IN PHYSICAL EDUCATION AND
HEALTH EDUCATION**

SENATOR MICHELLE N. KIDANI, CHAIR
SENATE COMMITTEE ON EDUCATION

Hearing Date: March 24, 2017

Room Number: 229

1 **Fiscal Implications:** The Department defers to the Department of Education on possible fiscal
2 implications if additional instructors are needed to provide health and physical education.

3 **Department Testimony:** The Department of Health (DOH) supports the intent of SCR137
4 requesting the Board of Education (BOE) to consider requiring students in middle school grades
5 to take courses in physical education (PE) and health education.

6 The Department supports the Department of Education (DOE) vision that students are
7 “*educated, healthy, and joyful lifelong learners,*” and continues to fund district level PE and
8 health education resource teachers to provide teacher training and technical assistance. Currently
9 the BOE has policies (103-1, Health and Wellness and 105-1, Academic Program), and the
10 Wellness Guidelines which cover requirements for PE and health education in schools for all
11 grade levels. However, the BOE middle school policy (102-9) omits PE and health education as
12 required courses in grades 6, 7, and 8

13 Quality PE contributes to a child's daily accumulation of physical activity and this is
14 especially important for children who are overweight or who lack access to these opportunities in
15 their home or community environment. Currently, only 14.4% of Hawaii’s middle school
16 students have daily PE. By high school that rate goes down to 6.7% compared to the national

1 average of 29.8%.¹ Regular physical activity in childhood and adolescence boosts strength and
2 endurance, helps build healthy bones and muscles, aids weight control, reduces anxiety and
3 stress, increases self-esteem, and may improve blood pressure and cholesterol levels.² The
4 Physical Activity Guidelines for Americans, issued by the U.S. Department of Health and
5 Human Services, recommend that children and adolescents aged 6-17 years have 60 minutes or
6 more of physical activity each day.

7 Health education during the middle school years is especially important to prevent the
8 onset of risky behaviors. Health-risk behaviors such as early sexual initiation, violence, and
9 physical inactivity are consistently linked to poor grades and test scores and lower educational
10 attainment.³ School-based health programs can have positive effects on educational outcomes,
11 health-risk behaviors, and health outcomes. High quality health education would help students
12 to acquire the knowledge, attitudes, and skills they need to make healthy decisions, become
13 health literate, and promote the health of others.

14 Thank you for the opportunity to provide testimony.

15 **Offered Amendments:** The DOH offers the following amendment for consideration on
16 page 2, paragraph 6, from lines 27 to 30, “. . .the Board of Education is requested to consider
17 revising its policy 102-9 requiring students in grades six, seven, and eight to take courses in
18 physical education and health education; and . . .”

19

¹ Hawaii Youth Risk Behavior Survey 2015, <http://hhdw.org/health-reports-data/data-source/yrbs-reports/>

² U.S. Department of Health and Human Services. *Physical Activity Guidelines Advisory Committee report*. Washington, DC: U.S. Department of Health and Human Services, 2008.]

³ https://www.cdc.gov/HealthyYouth/health_and_academics/



Date: March 23, 2017

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

From: Trish La Chica, Policy and Advocacy Director, Hawai'i Public Health Institute

Re: **Strong Support of SCR 137/SR58**

Hrg: March 24, 2017 at 2:45 pm at Conference Room 229

Thank you for the opportunity to testify in **strong support** for SCR137/SR58, requesting the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

Created by the legislature in 2012, the Obesity Prevention Task Force is comprised of over 20 statewide organizations, and works to make recommendations to reshape Hawai'i's school, work, community, and health care environments, making healthier lifestyles obtainable for all Hawai'i residents. The Hawai'i Public Health Institute (HIPHI) convenes the Task Force and supports and promotes policy efforts to create a healthy Hawai'i.

In Hawaii, physical education is a required course in both elementary and high school, but not for intermediate and middle school students. Due to budget cuts and lack of resources, PE was eliminated in middle schools in 2009. According to the 2015 Hawaii Youth Risk Behavior Survey, about 65% of boys and 80% of girls in middle schools in our state do not meet national physical activity recommendations. Quality physical education contributes to a child's daily accumulation of physical activity and is of particular importance for children who are overweight or who lack access to these opportunities in the home environment.

Health education teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors. School health programs can have positive effects on health and educational outcomes, and studies have shown that healthier students tend to do better in school. They have higher attendance, have better grades, and perform better on tests.

Providing meaningful and high-quality physical education and health education courses are critical to providing our students with the skills and habits necessary to achieve and maintain life-long physical fitness and wellness that can prevent obesity, cardiovascular, and other chronic diseases.

We hope that the legislature can consider reinstating PE and health education in our middle schools by passing this SCR137/SR58 out of committee.

Mahalo,

A handwritten signature in black ink, appearing to read "Trish", is centered on a white rectangular background.

Trish La Chica
Policy and Advocacy Director



**American Heart Association testimony in support of SCR 137/SR 58,
“Requesting The Board Of Education To Consider Requiring Students In
Grades Six, Seven, And Eight To Take Courses In Physical Education And
Health Education.”**

The American Heart Association supports SCR 137/SR 58.

Childhood obesity has more than tripled in the past 30 years, and obese children are at least twice as likely as non-obese children to become obese adults. Hawaii's adult obesity rate is currently 22.7 percent, up from 15.7 percent in 2000 and from 8.9 percent in 1990, while 14.9 percent of Hawaii adolescents are classified as overweight and another 13.4 percent of adolescents are obese. Obesity costs the country between \$147 billion and \$210 billion each year. Hawaii spends roughly \$427 million obesity-related annual health care costs. One important way to stop this rise in obesity and chronic disease in our children is by establishing lifelong physical activity habits with strong physical education programs and regular physical activity opportunities throughout the day in our nation's schools.

Children must be physically active at school and learn about keeping healthy through exercise and a balanced diet. Regular physical activity is associated with a healthier, longer life and lower risk of CVD, high blood pressure, diabetes, obesity, and some cancers. If the lessons of lifetime physical activity and healthy food and beverage choices are modeled at both school and home, children will have the optimal foundation for healthy living.

Research shows that healthy children learn more effectively and achieve more academically. Unfortunately, many schools, including Hawaii middle/intermediate schools, have cut back on traditional physical education programs because of budgetary concerns and competing academic demands.

Obesity and lack of physical fitness in America's youth also affect our national security. Senior former military leaders report that 27% of young Americans are too overweight to serve in the military. Around 15,000 potential recruits fail their physicals every year because they are too heavy.

ACTIVE CHILDREN THRIVE ACADEMICALLY AND SOCIALLY

Physically active children are more likely to thrive academically and socially. Through effective physical education, children learn how to incorporate safe and healthy activities into their lives. Physical education is an integral part of developing the “whole” child for success in social settings and the learning environment.

*“Building healthier lives,
free of cardiovascular
diseases and stroke.”*

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Please remember the American Heart Association in your will.



- Evidence suggests that physical activity has a positive impact on cognitive ability, avoiding tobacco use, insomnia, depression, and anxiety. Other studies have shown that physically fit children have higher scholastic achievement, better classroom behavior and less absenteeism than their unfit counterparts.
- Ninety-five percent of parents believe physical education should be part of a school curriculum for all students in grades K-12.

QUANTITY AND QUALITY

- The national recommendation for physical education is 150 minutes per week in elementary and 225 minutes per week in middle and high schools. Hawaii's DOE policy currently falls short of both of these recommendations. In fact, Hawaii no longer requires PE in middle schools.
- The quality of the physical education program is also paramount. A high-quality physical education program taught by a certified physical education teacher enhances the physical, mental, and social/emotional development of all children and helps them understand, improve, and maintain physical well-being.

AMERICAN HEART ASSOCIATION RECOMMENDATIONS FOR PE

The AHA advocates for daily, quality physical education in our schools, together with other healthy lifestyle choices. We support policy that would:

- Require a physical education coordinator at the state level to provide resources and offer support to school districts across the state.
- Offer regular professional development opportunities to physical education teachers that are specific to their field.
- Require physical education teachers to be highly qualified and certified.
- Add valid fitness, cognitive, and affective assessments in physical education that are based on student improvement and knowledge gain.
- Require that students be active in moderate vigorous physical activity for at least 50% of physical education class time.
- Assure that physical education programs have appropriate equipment and adequate facilities.



- Not allow students to opt out of physical education to prepare for other classes or standardized tests.
- Not allow waivers or substitutions for physical education.

The American Heart Association supports SCR 137/SR 58 as a first step toward implementing what it hopes will be a quality physical education program for Hawaii's keiki.

Respectfully submitted,

A handwritten signature in black ink that reads "Donald B. Weisman".

Donald B. Weisman
Hawaii Government Relations Director

*"Building healthier lives,
free of cardiovascular
diseases and stroke."*

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Please remember the American Heart Association in your will.



HAWAII YOUTH SERVICES NETWORK

677 Ala Moana Boulevard, Suite 904 Honolulu, Hawaii 96813

Phone: (808) 489-9549

Web site: <http://www.hysn.org> E-mail: info@hysn.org

Rick Collins, President

Judith F. Clark, Executive Director

Bay Clinic

Big Brothers Big Sisters of
Hawaii

Bobby Benson Center

Central Oahu Youth Services
Association

Child and Family Service

Coalition for a Drug Free Hawaii

Domestic Violence Action Center

EPIC, Inc.

Family Programs Hawaii

Family Support Hawaii

Hale Kipa, Inc.

Hale 'Opio Kauai, Inc.

Hawaii Student Television

Ho`o

Hui Malama Learning Center

Kokua Kalihi Valley

Life Foundation

Marimed Foundation

Maui Youth and Family Services

P.A.R.E.N.T.S., Inc.

Parents and Children Together
(PACT)

Planned Parenthood of the
Great Northwest and
Hawaiian Islands

Salvation Army Family
Intervention Services

Sex Abuse Treatment Center

Susannah Wesley Community
Center

The Catalyst Group

Uhane Pohaku Na Moku

O Hawai'i

Waikiki Health

March 20, 2017

Senator Michelle Kidani, Chair,
And members of the Committee on Education

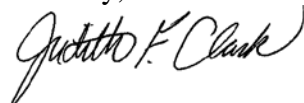
**TESTIMONY IN SUPPORT OF SCR 137/SR 58 REQUESTING THE
BOARD OF EDUCATION TO CONSIDER REQUIRING STUDENTS
IN GRADES SIX, SEVEN, AND EIGHT TO TAKE COURSES IN
PHYSICAL EDUCATION AND HEALTH EDUCATION**

Hawaii Youth Services Network, a statewide coalition of youth-serving organizations, supports SCR 137/SR 58 Requesting the Board of Education to Consider Requiring Students in Grades Six, Seven, and Eight to Take Courses in Physical Education and Health Education

Healthy lifestyle choices, including regular physical exercise, good eating choices, and refraining from risky behaviors, strongly influence one's health over a lifetime. Providing opportunities for physical activity in school helps children develop healthy exercise habits as well as increasing academic performance. Health education classes teach students the skills to make healthy decisions that avoid substance abuse, unplanned pregnancy and sexually transmitted infections, and a variety of injuries and accidents. Ensuring that Hawaii's students engage in physical exercise and receive health education will reduce disease and disability from diabetes, heart disease, and other chronic health conditions; and reduce Hawaii's health care costs in the long term.

Thank you for this opportunity to testify.

Sincerely,



Judith F. Clark, MPH
Executive Director

March 24, 2017 at 2:45pm
Conference Room 229

Senate Committee on Education

To: Senator Michelle N. Kidani, Chair
Senator Kaiali'i Kahele, Vice Chair

From: Michael Robinson
Vice President – Government Relations & Community Affairs

Re: SCR 137/ SR 58

My name is Michael Robinson, Vice President and Government Relations at Hawai'i Pacific Health. Hawai'i Pacific Health is a not-for-profit health care system with over 70 locations statewide including medical centers, clinics, physicians and other caregivers serving Hawai'i and the Pacific Region with high quality, compassionate care. Its four medical centers – Kapi'olani, Pali Momi, Straub and Wilcox – specialize in innovative programs in women's health, pediatric care, cardiovascular services, cancer care, bone and joint services and more. Hawai'i Pacific Health is recognized nationally for its excellence in patient care and the use of electronic health records to improve quality and patient safety.

I write in support of SCR 137/ SR 58 which requests that the Board of Education consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

Physical education and health education programs, while sometimes overlooked and defunded during times of economic difficulty, are important resources to provide for healthy childhood development. The habits that an individual develops in childhood directly influence that person's long term health outcomes and lifetime health habits. Physical activity programming during the school day has been shown to positively correlate with higher academic success in the classroom. Therefore requiring physical and health education for middle-school aged students will have a lasting positive impact on health outcomes.

Thank you for the opportunity to testify in support of SCR 137/ SR 58.

EDU Testimony

From: dtabangay@everyactioncustom.com on behalf of Diane Tabangay
<dtabangay@everyactioncustom.com>
Sent: Thursday, March 23, 2017 12:12 PM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.
March 23, 2017

The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair Members of the Senate Committee on Education

Re: SCR 137
Requesting the Board of Education to Consider Requiring Students in Grades Six, Seven and Eight to Take Course in Physical Education and Health Education

Dear Chair Kidani, Vice Chair Kahele, and Committee Members:

The Pioneering Healthier Community (PHC) Leadership Committee strongly supports SCR137 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

The PHC members are very concerned about the health of Hawaii's keiki. Many children in Hawaii are developing the chronic disease risk factors such as poor nutrition, lack of physical activity, and obesity. This is important in light of Hawaii's already high prevalence of diabetes and cardiovascular disease, especially in many rural and economically disadvantaged communities. These health issues often develop in early childhood and worsen during adolescence.

High quality physical education helps students to develop life-long skills to increase their physical activity and develop a positive attitude toward physical fitness, in general. Health education teaches students about all aspect of personal health including physical, emotional, mental, and social health. Together, these courses help children to develop the knowledge, skills, and positive attitude toward their own health and wellness. Such courses are especially important for adolescents in middle school since this is a time of tremendous physical and emotional change and a time when students need accurate information about their bodies and health.

Unfortunately, in Hawaii physical education and health courses are only an optional component of the DOE middle school curriculum.

SCR 137 will request that the Board of Education consider requiring physical education and health education in grades six, seven, and eight.

We strongly support SCR137 and ask you to pass this out of committee.

Mahalo,
Michael Broderick, Co-Chair
Jennifer Dang, Co-Chair

Pioneering Healthier Communities Leadership Team – Honolulu Team Members Voicing Support of SCR 137

Michael Broderick, Y of Honolulu, President & CEO Jennifer Dang, Community Member Sam Aiona, Community Member Joy Barua, Kaiser Permanente, Government and Community Benefits, Senior May Okihiro, MD, Hawaii Childhood Obesity Research (HICORE), Director Daniel Leung, Kapiolani Community College (KCC), Culinary Arts Program, Educational Specialist Barbara Pleadwell, Hastings & Pleadwell Ray L'Heureux, Community Member Tina Tamai, Community Member Paula Adams, Hawaii After School Alliance, Executive Director Anni Peterson, Better Tomorrows, Towers at Kuhio Park (KPT), Social Service Coordinator Diane Tabangay, Y of Honolulu, Executive Director of Children's Programs

Sincerely,
Diane Tabangay
1441 Pali Hwy Honolulu, HI 96813-2050
dtabangay@ymcahonolulu.org

From: mailinglist@capitol.hawaii.gov
Sent: Wednesday, March 22, 2017 4:54 PM
To: EDU Testimony
Cc: hgov@azelski.net
Subject: *Submitted testimony for SCR137 on Mar 24, 2017 14:45PM*

SCR137

Submitted on: 3/22/2017

Testimony for EDU on Mar 24, 2017 14:45PM in Conference Room 229

Submitted By	Organization	Testifier Position	Present at Hearing
C. Azelski	Individual	Support	No

Comments:

Please note that testimony submitted less than 24 hours prior to the hearing, improperly identified, or directed to the incorrect office, may not be posted online or distributed to the committee prior to the convening of the public hearing.

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From: mailinglist@capitol.hawaii.gov
Sent: Saturday, March 18, 2017 1:14 PM
To: EDU Testimony
Cc: mendezj@hawaii.edu
Subject: *Submitted testimony for SCR137 on Mar 24, 2017 14:45PM*

SCR137

Submitted on: 3/18/2017

Testimony for EDU on Mar 24, 2017 14:45PM in Conference Room 229

Submitted By	Organization	Testifier Position	Present at Hearing
Javier Mendez-Alvarez	Individual	Support	No

Comments:

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From: mailinglist@capitol.hawaii.gov
Sent: Wednesday, March 22, 2017 12:15 PM
To: EDU Testimony
Cc: john.a.h.tomoso@gmail.com
Subject: Submitted testimony for SCR137 on Mar 24, 2017 14:45PM

SCR137

Submitted on: 3/22/2017

Testimony for EDU on Mar 24, 2017 14:45PM in Conference Room 229

Submitted By	Organization	Testifier Position	Present at Hearing
John A. H. Tomoso	Individual	Support	No

Comments: 03-21-17 RE: SCR137/ SR58 TO: EDU Aloha kakou I understand that this Resolution (SCR 137/SR58) has been introduced to urge the Department of Education to require students in grades six, seven, and eight to take courses in physical and health education. From my own student experience and as I am the husband of the Middle School Teacher, I know that these curriculum subject areas are foundationally crucial and critical to the development of the whole child. Physical activity and knowledge of health/ public health and healthcare, along with strength, fitness and ability are important areas for the children/ student and should not be overlooked or left out of mandatory learning. The overall health of our community, and its members therein should not be left to chance. Mahalo John A. H. Tomoso, MSW, ACSW, LSW 51 Ku'ula St. Kahului, Maui, HI 96732-2906 808-280-1749 john.a.h.tomoso@gmail.com

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From: mailinglist@capitol.hawaii.gov
Sent: Wednesday, March 22, 2017 11:06 PM
To: EDU Testimony
Cc: bautista.aprilk@icloud.com
Subject: *Submitted testimony for SCR137 on Mar 24, 2017 14:45PM*

SCR137

Submitted on: 3/22/2017

Testimony for EDU on Mar 24, 2017 14:45PM in Conference Room 229

Submitted By	Organization	Testifier Position	Present at Hearing
April Bautista	Individual	Support	No

Comments:

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From: mailinglist@capitol.hawaii.gov
Sent: Tuesday, March 21, 2017 7:54 AM
To: EDU Testimony
Cc: ramizusawa@gmail.com
Subject: *Submitted testimony for SCR137 on Mar 24, 2017 14:45PM*

SCR137

Submitted on: 3/21/2017

Testimony for EDU on Mar 24, 2017 14:45PM in Conference Room 229

Submitted By	Organization	Testifier Position	Present at Hearing
Richard Mizusawa	Individual	Support	No

Comments:

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EDU Testimony

From: tktrinh528@everyactioncustom.com on behalf of Kim Trinh <tktrinh528@everyactioncustom.com>
Sent: Thursday, March 23, 2017 11:43 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Kim Trinh
541 Ekekela Pl Honolulu, HI 96817-1629
tktrinh528@gmail.com

EDU Testimony

From: hallac@everyactioncustom.com on behalf of Allie Hall
<hallac@everyactioncustom.com>
Sent: Thursday, March 23, 2017 11:15 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Research shows that aerobic exercise increases neurotransmitter (serotonin, norepinephrine and dopamine) levels in the brain; improves focus; is a natural remedy for preventing/reducing/treating depression; alleviates anxiety, substance abuse disorders and ADHD; enhances memory; supports intelligence (both IQ and EQ)--the bottom line is that regular exercise makes students healthier, smarter and helps their brains be more efficient, including while they are in school. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Allie Hall, RN, MPH
Wellness Educator and Tobacco Treatment Specialist

Sincerely,
Allie Hall

642 Ulukahiki St Ste 105 Kailua, HI 96734-4418 hallac@ah.org

EDU Testimony

From: mfsm819@everyactioncustom.com on behalf of Mary Santa Maria <mfsm819@everyactioncustom.com>
Sent: Thursday, March 23, 2017 11:05 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical Education programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness activity and LIFE LONG wellness activities. Health education teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes considered "extras", actually play a huge role to life and school success for students of all ages. We need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,

Mary Santa Maria, M.P.H., M.S.
Public Health Educator

Sincerely,
Mary Santa Maria
211 Ulana St Makawao, HI 96768-8034
mfsm819@hotmail.com

EDU Testimony

From: sistaval@everyactioncustom.com on behalf of Valerie Toro
<sistaval@everyactioncustom.com>
Sent: Thursday, March 23, 2017 8:20 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

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Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Valerie Toro
251 Kahiko St Paia, HI 96779-9728
sistaval@kpoa.com

EDU Testimony

From: Jikehara@everyactioncustom.com on behalf of Jo Ann Ikehara
<Jikehara@everyactioncustom.com>
Sent: Thursday, March 23, 2017 7:53 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

The introduction of positive lifestyle practices affecting health need to begin early to make a difference over a person's lifetime. Including PE & HE in our keikis' curriculum will go a long way. They will learn skills in how to balance their school work & play as relates to health maintenance & in their pursuit of happiness.

Health Ed with PE are great tools to help reduce & prevent obesity & diabetes in our communities.

I don't know what cost burden would be to implement this program. However, as this is weighed, the consequences of no action will undoubtedly lead to greater costs for personal health maintenance (as in need for daily medications & treatment, as well as support for an afflicted individual no longer able to work).

Please support this measure!

Mahalo nui loa!

Sincerely,
Jo Ann Ikehara
2515 N School St Honolulu, HI 96819-2520 Jikehara@lava.net

EDU Testimony

From: jamesjtz@everyactioncustom.com on behalf of James Gauer
<jamesjtz@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 9:36 PM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
James Gauer
1320 Ala Kapuna St Apt 204 Honolulu, HI 96819-1331 jamesjtz@aol.com

EDU Testimony

From: sandycooks@everyactioncustom.com on behalf of Sandy Barr Rivera
<sandycooks@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 8:13 PM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

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I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Sandy Barr Rivera
45 476 Ilima St Box 1561 Honokaa, HI 96727 sandycooks@earthlink.net

EDU Testimony

From: klcerf@everyactioncustom.com on behalf of Kei-Lin Cerf
<klcerf@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 7:53 PM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

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I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Kei-Lin Cerf
47 -4629 Honokaa Waipio Rd Honokaa, HI 96727-7102 klcerf@hawaii.edu

EDU Testimony

From: katiapohai@everyactioncustom.com on behalf of Katia Worley
<katiapohai@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 6:52 PM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

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I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Katia Worley
141 Ainoni St Kailua, HI 96734-2138
katiapohai@gmail.com

EDU Testimony

From: cyd.hoffeld@everyactioncustom.com on behalf of Cyd L. Hoffeld
<cyd.hoffeld@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 5:49 PM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

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I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Cyd L. Hoffeld
RR 2 Box 4549 Pahoia, HI 96778-9764
cyd.hoffeld@gmail.com

EDU Testimony

From: stephandjim@everyactioncustom.com on behalf of Stephanie Austin
<stephandjim@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 5:11 PM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

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I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Stephanie Austin
495 Awalau Rd Haiku, HI 96708-5555
stephandjim@aol.com

EDU Testimony

From: marniehoney@everyactioncustom.com on behalf of Marnie Honeycut
<marniehoney@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 5:11 PM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

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I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Marnie Honeycut
425 Haili St Hilo, HI 96720-2515
marniehoney@hotmail.com

EDU Testimony

From: anncinzi@everyactioncustom.com on behalf of Anni C. Peterson
<anncinzi@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 12:38 PM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

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The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Anni C. Peterson
205 Vineyard St Apt 301 Honolulu, HI 96813-2432 anncinzi@gmail.com

EDU Testimony

From: patti.ornellas@everyactioncustom.com on behalf of Patti Ornellas
<patti.ornellas@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 12:31 PM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

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The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Patti Ornellas
3343 Kanakolu St Lihue, HI 96766-1089
patti.ornellas@cancer.org

EDU Testimony

From: mokihiro@everyactioncustom.com on behalf of May M. Okihiro
<mokihiro@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 12:18 PM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

As a pediatrician, I am all too aware of the impact poor health has on the short and long term outcomes of children in Hawaii.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

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I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
May M. Okihiro
46 -193 Yacht Club St Kaneohe, HI 96744-3641 mokihiro@me.com

EDU Testimony

From: Psuenaga@everyactioncustom.com on behalf of Patricia Soeda
<Psuenaga@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 11:57 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

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I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Patricia Soeda
1147 Ala Napunani St Ph 6 Honolulu, HI 96818-1695 Psuenaga@yahoo.com

EDU Testimony

From: shay.chanhodges@everyactioncustom.com on behalf of Shay Chan Hodges
<shay.chanhodges@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 11:56 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

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I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Shay Chan Hodges
37 Puu Koa Pl Haiku, HI 96708-5117
shay.chanhodges@gmail.com

EDU Testimony

From: ericacoe@everyactioncustom.com on behalf of Erica Coe
<ericacoe@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 11:48 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

As a health care provider and specifically, a pediatric dental resident, I strongly support SCR137/SR58.

Health risks associated with childhood obesity are strong indicators for predisposition to adult morbidity and mortality. These health risks include type II diabetes, cardiovascular disease (hypertension, high cholesterol), psychological stress (low self-esteem, depression), respiratory disorders (sleep apnea, asthma), orthopedic issues, and hepatic problems. The health risks of obesity are probably more extensive than we even know and there are suggestions that obesity can affect dental health. One study indicated that adolescents aged 17 to 21 years had an increased risk of periodontal disease for each one km increase in body weight and one cm increase in waist circumference. Incipient periodontal disease has been found to be increased in children and adolescents with diabetes. I am in support of any policies that encourage health education and promote lifestyles that will help combat and reduce childhood obesity.

Thank you for your consideration,

Dr. Erica Coe, DMD

Sincerely,
Erica Coe
PO Box 2988 Honolulu, HI 96802-2988
ericacoe@gmail.com

EDU Testimony

From: barbrick@everyactioncustom.com on behalf of Barbara Nosaka
<barbrick@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 11:47 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

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The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Barbara Nosaka
2216 Hoonanea St Honolulu, HI 96822-2427 barbrick@hawaiiantel.net

EDU Testimony

From: hyeryeon@everyactioncustom.com on behalf of Hye-Ryeon Lee
<hyeryeon@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 11:45 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

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We need to come together to ensure healthy lives for our keiki. What possible reason could there be for our state legislature to not support a resolution such as this? I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Hye-Ryeon Lee
3094 Kaloaluiki St Honolulu, HI 96822-1570 hyeryeon@hawaii.edu

EDU Testimony

From: pat.fleckconsulting@everyactioncustom.com on behalf of Patricia Fleck
<pat.fleckconsulting@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 11:44 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Respectfully Submitted,

Patricia Fleck
Kailua-Kona, HI

Sincerely,
Patricia Fleck
77 -215 Hoowaiwai Ct Kailua Kona, HI 96740-4449 pat.fleckconsulting@hawaiiantel.net

EDU Testimony

From: fbatz@everyactioncustom.com on behalf of Forrest Batz
<fbatz@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 11:31 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

Aloha,

In Hawai'i, both physical education and health courses are offered as an optional component in the middle school curriculum.

Here in Hawai'i and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play', focusing on exercise, fitness and the health benefits gained from regularly engaging in physical activity.

Health education on the other hand teaches about physical, mental, emotional and social health, motivating students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Mahalo nui for your consideration.

Sincerely,
Forrest Batz
HC 3 Box 4730 Keaau, HI 96749-8602
fbatz@sonic.net

EDU Testimony

From: kurikir001@everyactioncustom.com on behalf of Ronald Kuriki <kurikir001@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 11:28 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Ronald Kuriki
1655 Palolo Ave Apt C Honolulu, HI 96816-2586 kurikir001@hawaii.rr.com

EDU Testimony

From: skaye@everyactioncustom.com on behalf of Springer Kaye
<skaye@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 11:20 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors. It may be the only opportunity for some students, particularly young women, to learn about their bodies and develop the vocabulary and confidence to speak up for their long-term reproductive health and safety.

There is a growing body of scientific research demonstrating that physical activity is crucial, not just for physical health, but for brain development, emotional well-being, and behavioral self-control. Active kids are smarter, more focused, and better behaved--a plus for everyone in the school system and beyond.

The habits that an individual develops in childhood are fundamental to leading a healthy life . We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Springer Kaye
28 -1515 Old Mamalahoa Hwy Honomu, HI 96728 skaye@hawaii.edu

EDU Testimony

From: shelleyng808@everyactioncustom.com on behalf of Shelley Ng <shelleyng808@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 11:20 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education. Cognitive development doesn't take place in isolation of physical development. Healthy bodies yield healthy minds. In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Shelley Ng
91 Kawanakoa Pl Apt A Honolulu, HI 96817-1722 shelleyng808@gmail.com

EDU Testimony

From: mkyono@everyactioncustom.com on behalf of Mae Kyono
<mkyono@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 10:45 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 5:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Mae Kyono
1319 Punahou St Honolulu, HI 96826-1001 mkyono@hawaii.edu

EDU Testimony

From: Worldmk007@everyactioncustom.com on behalf of Michael Kellar <Worldmk007@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 11:20 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Michael Kellar
435 Haleloa Pl Apt E Honolulu, HI 96821-2251 Worldmk007@gmail.com

EDU Testimony

From: jtsark@everyactioncustom.com on behalf of Joann Tsark
<jtsark@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 11:15 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Joann Tsark
1669 Palolo Ave Apt B Honolulu, HI 96816-6223 jtsark@imihale.org

EDU Testimony

From: Cindy_artemis13@everyactioncustom.com on behalf of Cynthia P Chow
<Cindy_artemis13@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 11:06 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 5:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Cynthia P Chow
46 -369 Haiku Rd Apt D6 Kaneohe, HI 96744-4258 Cindy_artemis13@yahoo.com

EDU Testimony

From: jcbanna@everyactioncustom.com on behalf of Jinan Banna
<jcbanna@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 11:03 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 5:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Jinan Banna
3029 Lowrey Ave Apt J-3017 Honolulu, HI 96822-1800 jcbanna@hawaii.edu

EDU Testimony

From: vyontz@everyactioncustom.com on behalf of Valerie Yontz
<vyontz@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 10:59 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 5:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

Strong Support for SCR 137/SR58

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 5:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education. In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,

Valerie Yontz
677 Auwina Street
Kailua, Hawaii 96734

Sincerely,
Valerie Yontz
677 Auwina St Kailua, HI 96734-3430
vyontz@hawaii.edu

EDU Testimony

From: mmg2b@everyactioncustom.com on behalf of Michelle Gray
<mmg2b@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 10:58 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 5:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Michelle Gray
430 Lanipua St Honolulu, HI 96825-2302 mmg2b@msn.com

EDU Testimony

From: evetb@everyactioncustom.com on behalf of Eve Teeter-Balin
<evetb@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 10:52 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 5:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

As an RN and Master of Science in Nursing, Family Nurse Practitioner student, I see first-hand the importance of establishing healthy lifestyles at a young age. With increasing frequency, I see children that are obese, thus increasing their risk of hypertension, diabetes, and other metabolic disorders. Not only will Hawaii be paying the price for these illnesses later on in their life, it also decreases the quality of life for our keiki. In the long-run, these preventative efforts are much more cost effective than playing "catch-up" in 15-minute visits in the clinic.

Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Eve Teeter-Balin
1372 Saint Louis Dr Honolulu, HI 96816-1724 evetb@hawaii.edu

EDU Testimony

From: lisakehl@everyactioncustom.com on behalf of Lisa Kehl
<lisakehl@everyactioncustom.com>
Sent: Wednesday, March 22, 2017 10:48 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 5:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Lisa Kehl
1914 University Ave Apt 412 Honolulu, HI 96822-2479 lisakehl@gmail.com

EDU Testimony

From: midla@everyactioncustom.com on behalf of Cortney Midla
<midla@everyactioncustom.com>
Sent: Thursday, March 23, 2017 4:55 PM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

As a parent of a son in the first grade at Hukulani Elementary School, I very much appreciate that his school has invested in a PE teacher.

As a registered nurse who works in a weight management clinic, I am acutely aware of the long-term affects of obesity.

I strongly support SCR137/SR58, which would help young people develop the life skills they need to manage their health.

Sincerely,
Cortney Midla
55 S Kukui St Apt D2302 Honolulu, HI 96813-2324 midla@hawaii.edu

EDU Testimony

From: katbumatay@everyactioncustom.com on behalf of Katherine Bumatay
<katbumatay@everyactioncustom.com>
Sent: Thursday, March 23, 2017 5:15 PM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Katherine Bumatay
HC 3 Box 13544 Keaau, HI 96749-9218
katbumatay@gmail.com

EDU Testimony

From: wdatario@everyactioncustom.com on behalf of Wilson Datario
<wdatario@everyactioncustom.com>
Sent: Thursday, March 23, 2017 6:50 PM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

I strongly support SCR137/SR58 which requests the Board of Education to consider requiring students in grades six, seven, and eight to take courses in physical education and health education.

In Hawaii, both physical education and health courses are offered as an optional component in the middle school curriculum. Here in Hawaii and across the nation, we are experiencing rising childhood obesity rates and losing the fight against inactivity among our young adults. Having meaningful, high-quality health and physical education as a required component in students' school curriculum is one of the best strategies to reverse this trend and increase the chances that young people will live healthier and more productive lives both in and out of the classroom.

Physical activity programs today go beyond the traditional 'gym' classes or 'free play' and focuses much more on exercise and fitness and the health benefits gained from regularly engaging in physical activity. Health education on the other hand teaches about physical, mental, emotional and social health. It motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors.

The habits that an individual develops in childhood are fundamental to leading a healthy life. Physical education and health education programs, while sometimes overlooked and lose funding during times of economic difficulty, actually play a huge role to life and school success for students of all ages. We all need for such programs to remain a priority in our public schools.

I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Wilson Datario
PO Box 623 Pepeekeo, HI 96783-0623
wdatario@hawaii.edu

EDU Testimony

From: bmih@everyactioncustom.com on behalf of Bryan Mih
<bmih@everyactioncustom.com>
Sent: Friday, March 24, 2017 12:46 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

To: The Honorable Michelle Kidani, Chair
The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

Re: Strong Support of SCR 137/SR58

Hrg: March 24, 2017 at 2:45pm at Conference Room 229

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I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Bryan Mih, MD MPH FAAP
Pediatrician

Sincerely,
Bryan Mih
1944 Naniu Pl Honolulu, HI 96822-1758
bmih@hawaii.edu

EDU Testimony

From: haapsharon@everyactioncustom.com on behalf of Sharon Hicks
<haapsharon@everyactioncustom.com>
Sent: Friday, March 24, 2017 7:26 AM
To: EDU Testimony
Subject: Strong Support for SCR 137/SR58

Dear Senate Committee on Education,

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The Honorable Kaiali'i Kahele, Vice Chair
Members of the Senate Committee on Education

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I strongly support SCR137/SR58 and ask you to pass this out of committee.

Sincerely,
Sharon Hicks
6370 Hawaii Kai Dr Apt 30 Honolulu, HI 96825-1253 haapsharon@gmail.com