ADVOCACY TEMPLATE LETTER

(from taxpayer to superintendent and/or school board)

Dear [Insert Name(s)],

I am a taxpayer for [name of school district]. I am writing as a strong supporter of student health, wellness, and physical literacy. As you plan for instruction in the _____ school year, I respectfully ask that you continue to prioritize health and/or physical literacy because of its well-documented physical, mental, and social-emotional benefits for students.

Physical education is recognized as a core academic subject under the Every Student Succeeds Act (ESSA) and plays a critical role in educating the whole child. Quality health and physical education provide students with essential knowledge, skills, and behaviors that support lifelong health, academic success, and overall well-being—just as other core subjects do.

I have seen firsthand how health and/or physical literacy has positively impacted my child. [Describe how health and/or physical literacy has helped your child physically, emotionally, academically, and/or behaviorally.]

My child's health/physical education teacher, [insert teacher's name], has done an outstanding job creating a supportive, inclusive, and active learning environment while teaching essential wellness and life skills. Through health and physical literacy opportunities, my child has had consistent opportunities to be active, learn healthy behaviors, develop confidence, and manage daily stress—benefits that extend beyond the gym or classroom and into all areas of learning.

The American Academy of Pediatrics encourages schools to maintain a balanced curriculum that supports students' physical and mental health, rather than placing exclusive emphasis on tested subjects alone. Research consistently shows that students who participate in regular, high-quality physical education demonstrate improved focus, behavior, and academic readiness.

I strongly believe that prioritizing health and physical education as a core subject is more important now than ever. Thank you for your continued commitment to whole-child education and for supporting programs that help all students thrive.

[Add any additional thoughts you may have about the importance of health and/or physical literacy.]

Sincerely,

[Insert Your Name]
[Insert Your Phone Number and/or Email Address]

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