

April 2020

Dear Decision Maker,

Physical and Health Education Canada (PHE Canada) would like to acknowledge that 2020 is not a typical year and thank you for all that you are doing to support student wellness and learning during this uncertain time. COVID-19 has seminally changed the way that children and youth are living, and the education system has been greatly affected. Though the situation changes and evolves daily, you are trying to keep some consistency and stability in our students' lives - **thank you**.

At-home learning programs are being rolled out across the country and there has been a distinct focus on numeracy and literacy. As the only national organization working to ensure that Canadian children and youth live active and healthy lives by supporting the development and delivery of quality physical and health education in schools, **PHE Canada is asking for physical and health education to be included in these at-home learning modules.**

Time and time again, research shows that quality physical and health education has incredibly positive impacts on the mental, physical and social development of students. In these uncertain times, it is more important than ever to ensure that students are given the skills, tools and supports that they need to grow into resilient and successful citizens. Physical and health education (PHE) are the only curriculum subjects that focus on educating the whole child. These courses teach not only physical and health literacy, but also social and emotional learning - invaluable skills for these uncertain times. An at-home learning program that does not include PHE neglects to consider and care for all aspects of student wellbeing.

Canadians have access to a plethora of evidence about the positive relationships between physical activity and academic achievement. By including PHE in the at-home learning programs being developed and delivered, students will be better able to mitigate knowledge loss and achieve their personal goals.

Quality PHE, as part of whole-child education within a healthy school community, is one of the best gifts we can give youth today. Public education in Canada is designed for citizenship – if we want healthy citizens, we need physical and health education – especially in a world of physical isolation.

PHE Canada, and its provincial and territorial counterparts, have a wealth of resources available to support the proper implementation of PHE whether at home or in schools. They have been developed by experts, tested in classrooms, and now adapted for at-home learning. PHE Canada's resources can be found at: <https://phecanada.ca/activate/phe-home-learning-centre>.



Championing Healthy, Active Kids!  
Pleins feux sur des enfants sains et actifs!

This year is hard. Let's make it a bit easier for Canadian students by ensuring their education is focused on all of their needs - not just literacy and numeracy.

Sincerely,

A handwritten signature in black ink that reads "Lori Sigfridson".

Lori Sigfridson  
President  
PHE Canada

A handwritten signature in black ink that reads "Melanie Davis".

Melanie Davis  
CEO and ED  
PHE Canada

