



## News Release

**March 1, 2024**

### **Woodside Elementary hosts inaugural PE Parent Week**

*Much excitement, smiles, and education as parents join students in fitness activities*



**[Everett, WA]** — Parents at Woodside Elementary were invited to attend their student's physical education class with them for the first-ever "PE Parent Week." They came to school dressed to participate in the activity, with a water bottle in hand. After introductions, classes engaged in a challenge run, four corners' Rock/Paper/Scissors, Battleship, or "Oscars Trashcan."

To impact the lives of students, parents are the key to success! Many parents are interested in what their children are learning at school and love the opportunity to see their students in class. This week,

they had the opportunity not only to observe but participate and experience the curriculum in action, as well as discuss their shared experiences with their student.

Craig Langley, the physical education specialist at Woodside Elementary came up with the idea after watching a video of a parent coming out of a physical education class for parent week in another state. The parent in the video was explaining how fun the experience was which led him to try it at Woodside Elementary School.

Principal Betty Cobbs said, "It was so much fun watching the interactions between kids and their parents and all who attended enjoyed participating."

"The goal of inviting parents to Physical Education Classes at Woodside was to let parents experience a PE class, bond with their student, and have fun!" Langley added, "It was neat to see how excited the kids were while participating in PE class with their parents. We had over 200 parents attend this event! After receiving so much positive feedback from students and parents, I plan on having another Parent Week in June. The event was very successful, and it exceeded all my expectations!"

Due to the two weather-related late starts this week, there are two more 45-minute sessions next week on Monday and Tuesday, March 4 and 5.



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**For more information:**

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