

First off I would like to thank Chairwoman Lehner and other distinguished education committee members for the opportunity to have me come out and share how much Health Class has taught me and why state standards should be issued. Health class has taught me how to think through and make the right choices in a situation, how to tell good healthy foods from other non healthy options, and how to set goals.

In school I always hear other kids saying “When will I need this in life”. One class I haven’t heard it is Health. Health teaches life lessons and skills you will use later on in life. If you don’t believe here are some things that has happened in my life. That I needed to use a lesson or skill that I learned. I was about to take a test and one of my friends asked if I wanted to help them cheat. I used Stop, Think, Choose. These are steps that can help you make the right choice in a situation. I stopped and said to myself, “is this the right thing to do?” “Does it go against my values and what I believe is right?” I thought about the options A) Help him cheat and risk getting in trouble or B) Say I’m sorry but I don’t want to get in trouble. I ended up choosing B which I think was the right thing to do. This was a small example and later on there might be a bigger situation and consequences.

When Mrs. Schneider my Health teacher said the unit we’re starting is about knowing which foods are healthy and unhealthy. I said to myself, Oh I already know all of this because of my wrestling and lifting background. Boy was I wrong. I was so surprised to see how much I really didn’t know. From the different names for sugars that companies use to trick people to the crazy blue zones. Blue zones are locations around the world where people live longer due to their healthy diet. One location is Okinawa Japan where 67% of their diet is sweet potatoes and 12% rice

If someone a year or two ago asked me what are my short term and long term goals I couldn’t give them a good answer. Health has taught me how to set S.M.A.R.T goals. (Second page for definition). Many people just set goals without thinking of a process that you need to do. Yeah I can say I want to make \$50 by the end of the week but without a solid plan. It probably won’t happen or will be a lot harder. This helped me a lot with wrestling I would say “ I want to be a state champ” but how can I do this. Some steps could be doing extra work after practice or watching what I eat better. Now why? Why do I want this goal. I couldn’t give you this answer or many other goal oriented questions before Health. Now I can. “I want to go out there and have all those hard practices and runs to pay off. Also to be able to have my hand raised looking at the stands seeing my family and friends cheering for me.”

Health class has done a lot for me and I was blessed to have such a great teacher and standards set to make sure I learned all that I did. Thank you again for your time and letting me come out and tell you the great experience I had with health class.

Kael Voinovich

S:Specific (What exactly will I do differently than now?)

M:Measurable (How will I know I reached my goal?)

A:Adjustable (Is the goal adjustable and still able to be effective?)

R:Realistic (Is the goal attainable by the deadline?)

T: Time (What is the time limit of your goal?).