

# The Arete School

## CONNECT THE DOTS: CONCERNS

### ACADEMICS

### WELLNESS

### ECONOMICS/DEMOGRAPHICS

<ul style="list-style-type: none"> <li>• 2007 CA STAR test results (grades 2-11) (CSDE) 38% are proficient in science 33% are proficient in social studies 41% are proficient in math 43% are proficient in English language arts</li> <li>• California’s K-12 Public Schools: How Are They Doing? (RAND Corp., 2005)  California NAEP scores are significantly lower than the average scores in the nation and are the lowest scores of the five most populous states.</li> <li>• California children attending charter schools do no better academically than those in regular public school. The trend holds firm even when the scores of only low-income students are compared. (SFC 9/16/04)</li> <li>• California high school graduation rates by race (SFC 6/4/04) 57% of Latinos graduate in four years 59% of African Americans graduate in four years 81% of Caucasians graduate in four years 89% of Asian Americans graduate in four years</li> <li>• “Our research provides evidence that high school students are indeed more bored and less engaged while in public classrooms than they are otherwise.” (D. Shernoff, Ph.D., U of Wisconsin, Madison; CA Assembly Education Committee Hearing, 2/27/02)</li> <li>• “It seems increasingly clear that the chief impediments to learning are not cognitive in nature. It is not that students cannot learn, it is that they do not wish to.” (M. Csikszentmihalyi, Ph.D., U of Chicago. New Horizons for Learning, 2002)</li> </ul>	<ul style="list-style-type: none"> <li>• “Being overweight and obese can lead to Type 2 diabetes, heart disease, cancer of the colon, breast, uterus, and other cancers.” (Dr. D. Satcher, US Surgeon General. C-SPAN, 1/7/02)</li> <li>• A third of all cancers are related to smoking, and another third are related to obesity, poor diets and lack of exercise—all factors that also contribute to heart disease. (SFC 1/20/05)</li> <li>• The United States is now witnessing an “obesity epidemic” among young children. (Dr. W. Dietz, Dir., Nutrition and Physical Activity, CDC. SFC 4/22/01)</li> <li>• “In the past 20 years, the incidence of overweight and obesity has doubled among children and tripled among adolescents.” (Dr. D. Satcher, US Surgeon General. C-SPAN, 1/7/02)</li> <li>• “Three out of every four California students are unfit and more than a quarter are overweight.” (J. O’Connell, CA Supt. of Public Instruction; CDE 3/26/04)</li> <li>• Unless many more people start eating less and exercising more, nearly half of all US Latino and black children are likely to develop diabetes. (Dr. K. Narayan, Epdmlgst, CDC. SFC 6/15/03)</li> <li>• If their habits don’t change, a third of California’s two million teens could face “chronic and debilitating health problems” like diabetes, heart disease and cancer by their early 30s. At particular risk are Hispanic and black teens, whose chances of being overweight can be twice the rate of their white and Asian-American peers. (Public Health Institute. Marin IJ 9/26/00)</li> </ul>	<ul style="list-style-type: none"> <li>• Californians’ per capita income will drop 11 percent over the first two decades of this century unless the state closes the educational gap of its expanding Latino population. (SFC 11/9/05)</li> <li>• Nationally, the white working-age population is expected to decline by 5 million between 2000 and 2025, while working-age Latinos are estimated to grow by 18 million. (SFC 9/6/02)</li> <li>• About a third of California’s residents are Latino, a number projected to double by 2025. (US Census Bureau. SFC 4/30/03)</li> <li>• “Among people younger than 25 years old, Hispanics are already the largest race or ethnic group in California.” (B. Reyes, SF Public Policy Institute of CA. SFC 6/19/03)</li> <li>• Beginning in July 2001, more than half of all California babies were Latino. (UCLA Center for the Study of Latino Health &amp; Culture. SFC 2/6/03)</li> <li>• The total direct costs associated with obesity and (physical) inactivity in California equal \$24 billion per year. (CA Task Force on Youth and Workplace Wellness; Memorandum 12/15/04)</li> <li>• Premiums for job-based health insurance jumped 11.2 percent on average this year across the nation. This was the fourth consecutive annual double-digit rate hike. (Kaiser Family Foundation and Health Research and Education Trust. SFC 9/10/04)</li> <li>• “If these dangerous trends (dramatic increase in rate of diabetes) continue at the current rates, the impact on our nation’s health and medical care costs in future years will be overwhelming.” (Dr. J. Koplan, Director, CDC. SFC 1/26/01)</li> </ul>
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# The Arete School

## CONNECT THE DOTS: SOLUTIONS

### ACADEMICS

### WELLNESS

### BENEFITS

- “If educators invested a fraction of the energy on stimulating the students’ enjoyment of learning that they now spend in trying to transmit information, we could achieve much better results.” (M. Csikszentmihalyi, Ph.D., U of Chicago. *New Horizons for Learning*, 2002)
- PASS addresses the needs of the whole learner—intellectual needs, motivational needs, and other needs such as students’ physical and social needs. It engages students by its holistic approach and, in turn, their achievement is enhanced. (B. McCombs, Ph.D., and P. Lauer, Ph.D., Mid-continent Regional Educational Laboratory. *PASS Passes the Learner-Centered Test*, 1998)
- “PASS is a program which promotes resilience rather than one which prevents failure, and places the responsibility for learning in the students.” (S. Murray Nettles, Ph.D., University of Maryland. *The Athlete’s View*, 1997)
- “Flow is commonly reported during recreational and athletic activities, but can also promote optimal learning experiences in educational contexts. (D. Shernoff, Ph.D., U of Wisconsin, Madison; CA Assembly Education Committee Hearing, 2/27/02)
- “PASS can become a model for defining those qualities of total school reform that are needed to both engage students and help them achieve high academic standards. (B. McCombs, Ph.D., and P. Lauer, Ph.D., Mid-continent Regional Educational Laboratory. *PASS Passes the Learner-Centered Test*, 1998)

- “There is no drug in current or prospective use that holds as much promise for sustained health as a lifetime program of physical exercise.” (Dr. W. Bortz II, Stanford Univ.; *Berkeley Wellness Letter* 4/03)
- “We now believe physical activity is a primary component of preventing cancer.” (A. Bloch, Ph.D., RD, Chair, Advisory Panel to the American Cancer Society; *LA Times* 12/24/01)
- People who walk and get other kinds of exercise are less likely to develop many common health problems, including heart disease, high blood pressure, osteoporosis and diabetes. (SFC 3/30/04)
- “Healthy living habits developed in childhood last a lifetime.” (L. Meredith, Dir., Marin County Health and Human Services; *Marin IJ* 4/25/04)
- “Prevention is the key. That means working on all levels with parents, childcare providers, schools and other community organizations to ensure an environment that will nurture the child and to encourage parents and schools to instill and practice health habits every day.” (L. Armstrong, Program Coordinator, Marin County Health and Human Services; *Marin IJ* 3/25/03)
- Children spend a significant amount of time in school settings, and schools have opportunities to affect the epidemic by offering nutritious food and snacks, quality physical education and health studies, after-school programs, and school-based recreation. (CA Task Force on Youth and Workplace Wellness; *Resolution* 12/14/04)

- The creation of a model for our public schools to use to achieve high academic and high health and fitness levels for all students.
- The creation of a model for our public schools to use to produce a love of learning in all students, and have all students love going to school.
- A better-educated citizenry that can make informed decisions and produce a higher quality of life.
- Relieving the burden on health care providers due to a reduction in the number of children who will need treatment-oriented health care.
- A slowing in the rate of increase of health care costs, including Medi-Cal.
- The ability of more individuals and families to afford health care coverage.
- The ability of more businesses to afford health care coverage.
- A reduction in crime and its related costs.
- A stronger state economy, with more funds available to deal with other state and national issues.
- The saving of lives, and keeping families strong.
- A greater appreciation for and integration of the physical domain in society as it relates to personal, social, and environmental wellness.
- A positive change in the perception and position of sport in American culture.