

Paula Rae Strande

Fedde Middle School, Hawaiian Gardens, CA

Wellness and Sports

7th & 8th Grade Physical Education



2005 Honorees



“The procession starts with the flag of Greece (Yesterday’s pillow-case has been transformed by a mother’s love). The Boston Pops plays Summon the Heroes by John Williams. The children

proudly march by, each team holding high its homemade, brightly colored flag as the parade enters the arena. Students rise for the National Anthem and then share with all the history and credo of the Fedde Olympics – participation is more important than winning; one learns more from struggle than from triumph; and working together, we can all be victorious.”

“Hawaiian Gardens is a poor community. Most students live in cramped quarters, often working odd jobs after school, or at least, caring for their younger brothers and sisters while both parents work. The streets are not safe, so very few are active outside the home. As a result, obesity is widespread. When I came to Fedde 10 years ago, only the athletes participated in Physical Education – about 5% of the student body. I had to change that paradigm. After trying traditional methods, I realized that my students required so much more. They needed the motivation to make those lifestyle changes that would reshape the way they thought about themselves and how they would raise their own families in the future. They needed good nutrition, exercise and rest. We needed to motivate them to WANT to make the changes, for themselves, for their brothers and sisters, and for their parents, to break the cycle of inactivity and obesity. ‘Fitness for Life’ and ‘Nutrition for Life’ became our goals.”

“Now when teachers visit my class they remark how wonderful it must be to work with such a happy, hardworking and dedicated bunch of kids, whose favorite class is Physical Education. Students who would have never been involved in Physical Education in the past, love to join in, because no one is the last person to be picked for a team. Today, we have 98% student involvement.” – *Rae Strande*



“Ms. Strande is an exceptional teacher who has re-structured our physical education program from a program that was solely devoted to competitive sports to a different, new, and exciting physical education program which promotes the ‘health and wellbeing’ of our students. The program that Ms. Strande has developed focuses on the ‘total child’, the curriculum infuses good health habits into everyday life. A strong emphasis is made to address concerns of teenage onset obesity and diabetes. Creative lessons challenge students to improve their fitness level; at the same time students have fun.” – *Paul Gonzales, principal, Fedde Middle School*

Other Highlights:

Coach of the Year, varsity volleyball and basketball

Member, California Physical Education Advanced Recreation

Member, American Physical Education Advanced Recreation

Years Teaching: 25

Average Class Size: 50

Classes Taught Per Day: 6

School’s Percent of ESL Students: 50

School Type: Public, Medium-Small City

Type of Class: Physical Education