

# Understanding Parental Attitudes Towards Health in Ontario Schools - Frequently Asked Questions

## General

**How many parents were surveyed?**

651 parents were included in the survey.

**Will Ophea be providing any sample social media posts to support sharing this information more widely?**

We will be sharing this information through Ophea's twitter account (@OpheaCanada). Feel free to follow / re-tweet / adapt any of our tweets to disseminate to your networks.

## Analysis

**Can the information gathered be analyzed by parents of elementary vs secondary school students?**

The information can be analyzed this way. Ophea will work with Environics to investigate next steps for analysis and will share this information to stakeholders as it is available.

**Can the information gathered be analyzed based on demographics?**

The information can be analyzed this way. Ophea will work with Environics to investigate next steps for analysis and will share this information to stakeholders as it is available.

## Health and Physical Education (H&PE)

**As it relates to parent opinions on health topics included in the Health and Physical Education (H&PE) Curriculum, were the listed topics the only ones included? (pg 12)**

Yes, the listed topics were the only ones included in the survey.

**As it relates to parent opinions on satisfaction with Health and Physical Education (H&PE), was the question open-ended or were they provided a list? (pg 16)**

The question was open-ended.

**As it relates to parent opinions on satisfaction with Health and Physical Education (H&PE), what is meant when parents included 'does not provide serious health education' as a reason for not being satisfied? (pg 16)**

This likely refers to parents feeling that certain health topics are not covered in enough depth (i.e., the information provided to students is too high level).

**Was any data collected regarding satisfaction of school health promotion initiatives outside of instructional/classroom time?**

No specific questions were asked regarding parent satisfaction of these types of health promotion initiatives. This feedback will be considered for future parent surveys.

### **Does Ophea have a position on specialty teachers?**

Ophea believes Health and Physical Education (H&PE) should be taught by a qualified teacher. Ophea's position re: specialty teachers and other areas relating to Health and Physical Education (H&PE) are included in our position statement "Physical Activity In The Elementary School Setting" which is available on our website: [www.ophea.net/advocacy](http://www.ophea.net/advocacy).

### **Healthy Schools**

**How were the indicators selected for "extent to which schools are perceived as healthy schools"? (pg 14)**

These indicators were identified in alignment with some key guiding documents for schools (including Foundations for a Healthy School resource and School Improvement Plans). There are definitely other indicators that also apply to a healthy school environment and we will re-visit these questions, and the associated indicators, for future parent surveys.

### **Physical Activity**

**Were parents asked about whether physical activity should be offered outside of the school day?**

The questions in this survey were specifically focused on physical activity in a school setting.

**Were parents asked about 60 minutes of physical activity or physical education?**

Parents were asked about their opinions re: 60 minutes of daily physical activity for their children.

**Were parents asked in their children were receiving 60 minutes of physical activity a day at school?**

Parents were asked if their children received 60 minutes of physical activity in a day.

**Were parents asked about their perspectives on the connection between physical activity and academic achievement?**

This question wasn't asked as part of this survey but will be considered for future parent surveys.

Time at school would be included but there was no question specific to how much physical activity they receive at school.

**Were parents generally familiar with the term 'physical literacy'?**

While some questions referenced physical literacy (see page 12), there weren't any specific questions included to gauge parents understanding/familiarity with the term 'physical literacy'.

## Safety

**Were parents asked about their familiarity with the Ontario Physical Education Safety Guidelines? (e.g., what are they? where to access them?)**

Parents were asked more broadly about their comfort with physical activity if safety guidelines are used. The question provided some high-level background information on the Ontario Physical Education Safety Guidelines to give them more context before answering.