

Julie Starks
Phy Ed



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I have always loved school! While I have worked in other professions, I have always felt proudest when I can say "I am a teacher."

I truly believe I teach the most important class in the school! I teach the whole body and how to stay healthy which supports the head and brain. I believe in the power of movement and activity and the joy that comes with participating in a way that is fun. When we all are at our physical best we are in a good position to do God's work here on Earth.

School is a place to learn, explore and try new things. This is especially true in the gym. My goal is to "hook" each student with at least one activity that they really enjoy and will participate in outside of school time. This variety of experiences includes dance, small group activities, team sports, individual sports and physical fitness training. I share with my students that "When presented with an opportunity to participate in a physical activity, I want you to say, 'Sure, I will try that.'" Then I feel I have succeeded as a physical education teacher.

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