Hello, my name is Fred Folsom and I am an 8th grade Physical Education teacher at Oak Ave.  I am in my 20th year teaching, a career that started at Oak, teaching in Special Ed with the visually impaired students.  After a short layover at the Learning Center, I moved back to the Oak PE department and have loved every day of work since. In that time, I coached a bit of swimming and water polo at the high school, I was a building rep and served as a BTSA mentor.  I moved to Temple City when I was in 4th grade, attended Longden, Oak and TCHS.  Temple City is my home. My two daughters have grown up in Temple City schools and are now both at TCHS.   I get to give back to a school district that has made me what I am. One of the great pleasures I have is helping the students learn how to stay healthy.  I tell my students that rule number one is don’t work hard. If exercise sucks, they’re doing it wrong. As a side benefit of teaching PE, I get to have PE five times a day.  It helps slow the aging process a bit.