

Linking Health & Learning Newsletter

The newsletter for Vermont's Health and Physical Educators and supporters

June-July 2018

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Physical Education Assessment News

The 2018 pilot of the Vermont Physical Education Assessment (VTPEA) closed on May 31, 2018. Vermont schools were asked to administer and report health-related fitness data on 4th, 7th, and students in either grade 9 or 10 using FitnessGram. Fitness data for students who could not access one or more FitnessGram assessments was collected by the Vermont Agency of Education (AOE) using a non-FitnessGram reporting form. At this time, the AOE is compiling school and district data reports and analyzing non-FitnessGram data reports. Results from these data collections will be used to develop a state report that will be published prior to the start of the 2018-2019 school year.

This summer the AOE staff has a long list of items to work on.

1. Write the 2018 VTPEA Pilot Report.
2. Create VTPEA guide for District Test Administrators and educators.
3. Create VTPEA accommodations manual.
4. Develop a training plan for two groups of educators: those that administered the VTPEA in 2018 and educators that will administer the VTPEA for the first time.
5. Develop an alternative assessment for students that cannot access the VTPEA.
6. Develop VTPEA Certification Test for educators administering FitnessGram.
7. Develop Non-FitnessGram Modification Certification Test for PE Teachers, Special Educators or Physical Therapists who may be administering the PE Assessment.

At this time the AOE is collecting feedback from educators that administered the VTPEA to students during the 2018 pilot. The AOE has emailed physical educators a link to the [2018 Pilot VT PE Assessment Debrief](#), an electronic feedback collection form educators need to complete *by June 30, 2018*. This feedback is very important! It will be used to inform the Agency's work with schools in the upcoming school year.

SHAPE America and American Heart Association Partnership Ends

Over the past 39 years, The Society of Health and Physical Educators of Vermont (formally VTAHPERD) has collaborated with SHAPE America (formerly AAHPERD) and the American Heart Association (AHA) to organize, promote, and run Jump Rope for Heart and Hoops for Heart programs (JRFH/HFH). On July 1, 2018, the partnership between SHAPE America, its 51 state affiliate organizations, and the AHA will conclude. It is time to open new doors to alternative fundraising opportunities for teachers, schools, and students.

SHAPE Vermont is truly grateful for the tireless dedication of its members and the countless volunteers who have ensured the success of both JRFH/HFH programs over the years. SHAPE America and Vermont are excited about new opportunities and partnerships that will give all of us choices for school-wide programs that get students and families excited about health, physical education and physical activity, all while raising much needed funds for our schools. Thank you to all Vermont JRFH/HFH Coordinators who have been committed to the success of Vermont's JRFH/HFH programs. (Summary of 5/24/2018 email sent by Dr. Lisa A. Pleban, Executive Director, SHAPE VT).

A Message from the Tobacco and Substance Use Prevention Coordinator

Neuroimaging and other developments have allowed unprecedented research on the human brain. In terms of alcohol and drug prevention, this has been crucial in understanding how people get addicted and what can be done to prevent and treat addiction.

Studying the brain is also fascinating. Talking about the brain in the classroom does a few things. First, it provides a framework for understanding emotions and behaviors that situates behavioral problems and emotional struggles as universally human rather than the fault of an individual. Second, it removes the ambiguity around issues like drug and alcohol abuse by providing a concrete explanation for how such problems develop allowing for more personal connection to the material. Last, it could increase motivation for self-care. When you learn how fascinating the brain is, and how hard it works to keep us safe and happy, you can't help but want to take care of it back!

[K-9 modules and lesson plans on the brain](#) and how it is impacted by drug use.

Highly visual, short slides on the brain, genetics and addiction—lots of animation on [Learn.Genetics website](#).

Graphics, videos and other resources for learning about drug abuse (website is user-friendly for adolescents/teens) on [Heads Up Scholastic website](#).

The Brain and Addiction for grades 9-12, includes lesson plans and guides, media/video links on [National Institute of General Medical Sciences website](#).

Beth Keister is the Vermont Agency of Education Tobacco and Substance Use Prevention Coordinator. She can be reached at beth.keister@vermont.gov.

2017 Vermont Youth Risk Behavior Survey Release

On May 31, 2018 the Vermont Health Department announced the release of the 2017 Vermont Youth Risk Behavior Survey results. Overall, 13,887 Vermont Middle School students representing 122 middle schools and 20,653 high school students representing 69 schools completed the survey. Copies of the 2017 Vermont [high school](#) and [middle school](#) surveys as well as previous surveys can be found online at [Vermont Health Department website](#).

Juuling – A Growing Trend

According to the Burlington Free Press, [Juuling has hit Vermont and Educators and Parents are Struggling to Keep Up!](#) The JUUL is a trendy e-cigarette or vape that resembles a flash drive and can be charged in a laptop's USB port. The term "[juuling](#)" usually refers to this recreational use. Although Juul products, like most e-cigarettes, are made and marketed as smoking alternatives for people 18 years and older, the device is increasingly popping up on high school and college campuses. Because of their sleek design and resemblance to USB drives, Juul products are easy for students to conceal and use in school. Juul's products come in flavors including mango, fruit medley and creme brûlée – flavors that are attractive to teens.

According to [TIME](#) Health, each JUUL cartridge – which lasts about 200 puffs – has as much nicotine as an entire pack of cigarettes. Nicotine exposure during adolescence, a critical period for brain development, can cause addiction and can harm the developing brain. Nicotine use can also contribute to future cardiovascular disease and increase the risk of a teen trying alcohol or other drugs. Nicotine itself is also a highly addictive drug, which explains why a significant proportion of teens who have never smoked a cigarette or who never intended to smoke a cigarette end up smoking *after* using e-cigarettes like JUULs. Take the time to educate yourself, educators, students and parents about the true dangers of juuling!

Summer Camps

Vermont has many summer camps schools can promote to keep students active and busy during summer vacation. The Vermont Family Network published a comprehensive 2018 summer [Camp List](#) for K-12 students and Lyndon Institute offers a [Dance Camp](#) for students in grades 7 through 12.

Summer Safety

Summer means lots of kids will be playing outdoors, but it's important to keep [a safety checklist](#) in mind to keep kids safe while they're having fun. Here are some great tips to keep in mind for kids' safety. Post this safety checklist in your school, send it home with students, or post on your school's website as a reminder of ways to keep kids safe and prevent injuries or accidents from ruining summer fun.

School-based Health Educators and Personal Responsibility Education Program Meet and Greet

Would you like a chance to connect with the other folks teaching *Sex Ed.* in your area? The Vermont Agency of Education and the Vermont Department of Health have scheduled regional get-togethers with Personal Responsibility Education Program (PREP) facilitators and school-based health educators at the beginning of the new school year. We will be hosting informal gatherings during an open house from 3-5 p.m. so you can meet others in your area doing similar work with young people. You don't need to be there for the full two hours. Stop by for a snack when it fits your schedule.

- Burlington: August 24 at ONE Youth Center on 20 Allen Street
- Rutland: August 27 at Boys and Girls Club on 71 Merchants Row
- Bennington: August 28 at United Counseling Service on 100 Ledge Hill Drive

Resources:

- [Weekly Field Memo \(WFM\)](#): The field memo is the weekly communication from the Vermont AOE to the education community. You may subscribe, unsubscribe, and update your email address for the [WFM online](#).
- [Healthylessons.org](#): This website contains dozens of FREE elementary health related lesson plans as well as fun, online games. It is intended to help both health educators and busy classroom teachers present excellent health lessons to their students. *All lessons correlate to the National Health Education Standards.* Parents will also find a section of relevant health information.
- Free [Self-Paced courses](#) on Vermont AOE website.
 - Developing and Applying Proficiencies in a Proficiency-Based, Personalized System
 - Practices in Personalized, Proficiency-Based Learning
- [AOE Physical Education webpage](#)
- [AOE Health Education webpage](#)
- [Vermont Comprehensive Assessment Portal Newsletter](#)

Announcements & Professional Learning Opportunities

- VT-HEC [Summer Workshops](#) – Last Call!
- The Governor's Institute for [Health and Medicine](#), July 22 – 28, 2018. St. Michael's College, Winooski, Vermont. 1
- SHAPE Vermont 2018: October 18 and 19, 2018. Killington Grand, Killington, Vermont. SHAPE Vermont is soliciting [conference proposals](#) until July 1, 2018.
- [Coaching Leadership: Issues Facing Today's Student Athlete](#), Shawn Hair, June 25, 2018 – August 12, 2018 (7 weeks, 45 contact hours), Castleton State University Continuing Education, online.
- [Adapted Physical Education for Educators](#), Andy Weinberg, July 5, 2018 to August 10, 2018. In person at Castleton University on July 5, 2018 and August 10, 2018 from 8:00 am to 4:00 pm with online and independent work in between, Castleton University, Castleton, VT and online.

- [Designing Personal & Proficiency-based Learning Experiences](#), Gabrielle Lumbr, Asynchronous meetings online June 25, 2018 to August 19, 2018, online.
- [Designing Proficiency-Based Assessments](#), Gabrielle Lumbr, June 25, 2018 to August 19, 2018, online.
- [Journeying Toward Proficiency and Personalization](#), Adam Rosenberg, This course is built around attendance at the “Vermont’s Journey Toward Proficiency and Personalization”. A two-day conference at Castleton University, July 18 and 19, 2018 from 8 a.m. - 3 p.m. Course participants will also meet on July 16, 17 and 20, 2018, 8 a.m. - 3 p.m. at the Rutland Central Supervisory Union Conference Room, Rutland, VT.
- [Putting Proficiency-Based Learning into Action](#), Andrew Jones, Saturday June 23, 2018 from 9 am - 2 pm and Saturday August 18, 2018 from 9 a.m. - 2 p.m., Mill River Union High School, North Clarendon, VT.

To subscribe, or unsubscribe to the Linking Health & Learning e-bulletin, write to susan.yesalonia@vermont.gov or call (802) 479-1284.

Have a Great Summer!



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