

Linking Health & Learning Newsletter

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

August 2017

Welcome Back

Linking Health & Learning is back in publication after being idle for two years.

NEWS

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Welcome

Linking Health & Learning is back! The newsletter has been inactive since 2015 due to staff rollover at the Agency of Education (AOE). In the past, this newsletter was an effective way to communicate with the field – the aim of this letter is to continue this tradition. The goal of this AOE Health and Physical Education newsletter is to:

- Connect teachers in a learning community
- Keep educators informed of AOE news
- Address areas which require support
- Develop and share high quality resources

There are multiple ways you can access this newsletter

- Request subscription by emailing Susan Yesalonia; your name will be added to a listserv
- The AOE *Weekly Field Memo* when issues are published
- SHAPE Vermont website
- SHAPE Vermont email-blast

The purpose of this issue of *Linking Health & Learning* is to set the tone and establish the lines of communication. I am going to work hard to make sure that the newsletter is published once a month, (August – June) is relevant and useful to your work. I am asking for submissions such as narratives, events, units of study, resources, Q & A, and, most importantly, successes and student work! You can find instructions for submission requests at the end of this newsletter. Have a great start to the school year! *Susan Yesalonia*

Help Administrators Kick the Habit – Health and PE are not “Specials”

For years, health, physical education, music, and art have been thought of as “specials” not core academic subjects. In many schools, this thought continues to hamper the development of quality health and physical education programs. Things have changed! Here is a little history lesson:

- In May 2012, Vermont statute [16 VSA §131](#) was adopted which stipulates schools must deliver a Comprehensive Health Education (extensive and systemic) in elementary and secondary schools.
- In April 2014, Vermont adopted the [Education Quality Standards](#) (EQS) that identified Health *and* Physical Education as required two of six required content areas Vermont students must demonstrate proficiency in to graduate from high school. Proficiency-Based Graduation Requirements (PBGRs) are based on approved standards and are set locally in each supervisory union/supervisory district/unified district's (SU/SD/UD's).
- The 2016 [Every Student Succeeds Act](#) (ESSA) has identified health and physical education as part of a child's “well-rounded” education and federal funding is available to support safe and healthy students. Note: *Contact your Consolidated Federal Program (CFP) team leader to understand your SU/SD/UD's fund availability.*

The stage is set for Vermont's health and physical educators to advocate for quality school programs that are aligned with federal and state laws, state standards, and the EQS.

Curriculum Alignment in Vermont Schools

EQS (Rule 2120.6) stipulates that each SU/SD/UD shall ensure that *each school* implements the SU/SD/UD's curriculum, which shall be aligned with standards approved by the State Board of Education, coordinated across grades to prepare students for graduation, and coordinated across the SU/SD/UD. This means health and physical education curricula in a school system are standards-based and vertically aligned so that students in the school system meet the same proficiencies for any given grade level. Ideally, if a SU/SD/UD includes five K-6 elementary schools that send students to one middle/high school, students should enter seventh grade having met the same proficiencies so they can advance through secondary health and physical education curriculums.

Sounds simple, but in reality it is quite challenging to design and implement vertically aligned curricula within a district so all students can meet the identified proficiency-based health and physical education graduation requirements. With the guidance from Principals and the Director of Curriculum, district health and physical education teachers need time and opportunity to work together to complete this work.

To support SU/SD/UDs in this work, on-site and regional trainings will be offered by the AOE this year. Additionally, a session will be offered at the SHAPE Vermont conference in October at Killington. The AOE has limited capacity to serve districts individually, but will answer questions as they arise. Future on- and off-site training locations, dates and times will be published in the next newsletter.

Results of the 2017 Vermont Health and Physical Education Survey

In June 2017, the AOE released the Vermont Health and Physical Education Survey. The purpose of the survey was to collect data from health and physical educators considering Vermont's Education Quality Standards, proficiency-based learning, and the development of SU/SD/UD's K-12 health and physical education curricula anchored to national standards. The survey has just closed; the result will be reported in the next newsletter.

Vermont's Presidential Youth Fitness Program Trainers

The [Presidential Youth Fitness Program](#) (PYFP) was developed to support quality physical education. Designed to be easily integrated into existing physical education curricula, the PYFP helps physical educators enhance their fitness education and assessment process by focusing on three core areas: professional development, assessment, and motivational recognition. Katy Culpo, Castleton State University professor, and Susan Yesalonia, AOE Health and Physical Education Specialist on the Proficiency-Based Learning Team, attended the June 2017 PYFP Training-of-Trainers Program with the goal of obtaining the knowledge and skills required to deliver the PYFP in-person training to Vermont Physical Educators. Several workshops will be scheduled around the state this fall to train and support physical education professionals. The schedule of workshops will be published in the September issue of *Linking Health & Learning*.

Events, Announcements and Resources

Announcements:

- **KUDO!** Thank you SHAPE Vermont for support the distribution of the Vermont Health and Physical Education Survey.
- [The #PhysEdSummit 2017](#) On August 26, 2017, starting 8:00 a.m., there will be a **FREE online** conference put on by Health and PE professionals for Health and PE professionals. This is a global event with 16 hours of back-to-back, one-hour #PhysEd and #HealthEd webcasts. The mission is to provide digital professional learning opportunities for physical education and health professionals by sharing, discussing, and reflecting on best practices. Visit the #PhysEdSummit website to access the conference program and [register](#).

- **Resurrecting the Vermont Community of Health Educators (VCHE).** This fall Susan Yesalonia would like to reestablish VCHE, which has been inactive since Donna McAllister retired in 2015. VCHE provides members with a dynamic network of professional and personal support including professional learning tailored to the needs of health education professionals across Vermont. Participation includes focused professional learning, peer mentorship, the opportunity to stay current on health matters as they pertain to children and youth, pedagogical skill building based on current best practice, and opportunities to learn from experts in the field. If you are interested in becoming a 2017-2018 VCHE member, please email Susan Yesalonia at susan.yesalonia@vermont.gov. The first meeting will be held at the Vermont AOE on Wednesday, September 13, 2017 from 3:30 to 5:00 p.m.
- **Forming the Vermont Community of Physical Educators (VCPE).** This fall, Susan Yesalonia would also like to form VCPE and provide the same kind of professional supports and networking offered by VCHE to physical educators. If you are interested in becoming a member of VCPE, please email Susan Yesalonia at susan.yesalonia@vermont.gov. Once interest is established, a meeting will be planned in October.
- **New Micro-credential in Puberty Education.** Audience: PE teachers, school counselors, school nurses, others tasked with providing puberty education. The Vermont AOE is in the process of developing a puberty education micro-credentialing program. We are seeking ten educators who are tasked with providing puberty education to elementary school students in Vermont. We are seeking educators who do NOT have a health endorsement. To complete the micro-credential, educators will complete a 6-hour online workshop as a foundation. Following the workshop, educators will develop a lesson plan with an evaluation component. Participants will then submit their lesson/evaluation plan along with a video recording of teaching a lesson. Between 9 and 12 contact hours will be provided for those who complete the micro-credential. Workshop cost of \$150 will be covered by AOE. Please register by September 1, 2017. Contact: Tom Aloisi at (802) 479-1869 or thomas.aloisi@vermont.gov.

Events:

- [*Developmental Trauma and Trauma-Informed School: Transforming Knowledge to Action*](#)
Presenter: David Melnick, LICSW (This workshop/course is appropriate for PK-12 educators) September 26 & October 23, 2017 in Rutland, Vermont. Three-credit course option available.
- [International Walk to School Day](#)
Walk to School Day 2018 – October 10, 2018
- [SHAPE Vermont Conference](#)
October 19 & 20, 2017 in Killington, Vermont
- **Special Olympics - State of Inclusion: Building partnerships for lifelong transitions and youth engagement.** November 10, 2017, Taconic Hotel, Manchester, VT (9:00 a.m. – 2:30 p.m.)
- [Family Engagement in Windham County](#)
A conference for educators, community service and health care providers, families and community leaders. September 19, 2017 in Brattleboro, Vermont. **Free** to those who work or live in Windham County.

- [Suicide Prevention Awareness Training of Trainers](#)
October 17, 2017 at the Fireside Inn in West Lebanon, NH. Two training choices: half day **Gatekeeper Training** 9:00 - 11:00 a.m., for teachers, mental health counselors, ministers, youth workers, primary care professionals, law enforcement, first responders, parents...anyone, cost \$50.00 or full day **Training of Trainers** 9:00 a.m. - 4:30 p.m. which will equip attendees with skills to facilitate Umatter Suicide Prevention Awareness workshops in their community or place of work. \$125.00.
- [2 Day Umatter for Schools Youth Suicide Prevention](#)
November 15 and 16, 2017 at the Fireside Inn, West Lebanon, NH. Two options: **1 Day Umatter Gatekeeper** training for schools that have previously attended the 2-day team training but want to send individuals to a one-day Gatekeeper Training, cost is \$145.00 or the full **2-Day Training** which is designed for schools to respond to the mental health needs of students and prevent suicide, cost is \$195.00.
- [SHAPE Eastern District Conference](#)
January 28 – 30, 2018 in Burlington, Vermont
- *Save the date!* SHAPE America National Conference March 20-24, Nashville, Tennessee

Resources:

- [Weekly Field Memo \(WFM\)](#): The field memo is the weekly communication from the Vermont AOE to the education community. Usually sent midweek by email, the WFM is designed to keep subscribers up-to-date with current education policy, statewide education initiatives, and official messages from the AOE. The WFM is also a venue for AOE teams to share critical and time sensitive information. You may subscribe, unsubscribe, and update your email address for the WFM online at: <http://list.education.state.vt.us/mailman/listinfo/wfm>.
- Vermont Higher Education Collaborative [Fall 2017 Flyer](#) – Professional Learning Opportunities
- Free! [Self-Paced courses](#) on Vermont AOE website.
 - Developing and Applying Proficiencies in a Proficiency-Based, Personalized System
 - Practices in Personalized, Proficiency-Based Learning
- Proficiency-Based Learning [webpage](#)
- AOE [Physical Education](#) webpage
- AOE [Health Education](#) webpage

Directions for Submissions: If you would like to submit an article, announcement, event, or resource for a future newsletter, please email information to susan.yesalonia@vermont.gov. *Submission requests must be made by the end of the first week of the month for consideration and/or inclusion in that month's newsletter.*

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