

Linking Health & Learning Newsletter

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

August/September

2018

Articles:

- Physical Education Assessment News
- CDC Healthy Schools: Healthy Students, Ready to Learn
- Vermont YRBS Information
- Transgender Inclusion: SHAPE America Guidelines
- Vermont Department of Health: Performance Scorecards
- August 22, 2018 New York Times: How You Felt about Gym Class May Impact Your Exercise Habits Today

Resources, Announcements and Professional Learning Opportunities

The next issue will be published the last week in October, 2018.



Physical Education Assessment News

In May of 2018, the Vermont Agency of Education (AOE) piloted the Vermont Physical Education Assessment (VTPEA). About 91% of Vermont's public and independent schools participated in the pilot. A [full pilot](#) report has been release by the AOE. Great Job!

The AOE is preparing for the 2019 VTPEA. The information below provides important details about the 2019 assessment, educator trainings, and the VTPEA certification process.

2019 VTPEA Information

- Data will be used in Vermont 2019 accountability reporting.
- Test window: April 1 – May 31, 2019
- Grade levels: All publicly funded students in grades 4, 7, and 9 in public and independent schools.
- Assessment tools: FitnessGram, Brockport Fitness Test (BPFT), or the Individualized Fitness Assessment (IFA), an alternative assessment planned by a student's IEP team.
- Assessment domains: Aerobic capacity, abdominal muscular strength and endurance, upper body muscular strength and endurance, flexibility

2019 VTPEA Certification Process

Any educator administering the 2019 VTPEA to students must complete certification process before administering the assessment. To become certified, educators must complete one of the following training processes:

- Educators that administered the 2018 VTPEA pilot assessment must complete
 1. VTPEA Refresher Course (Protocol review and calibration)
 2. VTPEA for Special Populations Training (Process for using BPFT or IFA for students who cannot access FitnessGram protocols and the alternative assessment data reporting procedures.)
 3. The VTPEA certification test (online platform TBA by November, 2018)
- New to Vermont or pre-service educators who will be administering the VTPEA
 1. Introduction to the VTPEA, how to administer protocols, and data reporting.
 2. VTPEA for Special Populations Training (Process for using BPFT or IFA for students who cannot access FitnessGram protocols and the alternative assessment data reporting procedures.)
 3. The VTPEA certification test (online platform TBA by November, 2018)

These trainings will be conducted locally by trained VTPEA teacher leaders.

2018-19 VTPEA Training Plan

The Vermont AOE will conduct several trainings for educators that will be administering the 2019 VTPEA.

1. Vermont AOE Training – Open to all educators
 - a. VTPEA Refresher Course and VTPEA for Special Populations workshops
 - i. October 18 or 19, 2018 at SHAPE Vermont Conference
2. VTPEA **Teacher Leader** Trainings (for teacher leaders appointed by Superintendents/Headmasters)
 - a. Regional Training – November 15, 2018 at Castleton University
 - b. Regional Training – November 16, 2018 at Norwich University
3. Web-based VTPEA Refresher, 'New to VTPEA', and Special Populations Trainings – not available until November, 2018.
4. VTPEA training for all Vermont **pre-service** Physical Education teacher education programs.
 - a. February 19, 2018 at Castleton University

The AOE is in the process of working with Superintendents/Headmasters to identify VTPEA teacher leaders. These educators will be facilitating the development of a local VTPEA training plan for their SU/SD/IS, work directly with district test administrators, and serve as communication liaisons for the AOE with local physical educators. After completing AOE trainings, trained VTPEA teacher leaders will conduct local trainings for SU/SD/IS educators who will be administering the 2019 VTPEA.

The AOE content and assessment webpages for PE are in the process of being updated. For additional information on the VTPEA please contact Gabriel McGann, Statewide Assessment Coordinator, at gabriel.mcgann@vermont.gov, or Susan Yesalonia, the AOE Health and Physical Education Specialist, at susan.yesalonia@vermont.gov.

National Report: CDC Healthy Schools - Healthy Students, Ready to Learn

[Subscript of June 14, 2018 CDC 2017 Youth Risk Behavior Survey Newsletter]

The [2017 Youth Risk Behavior Survey \(YRBS\)](#) data shows there is still more work to do in our nation's schools to improve the health and safety of children and adolescents and help them establish lifelong healthy behaviors. The 2017 YRBS examined overall trends in 121 health-related behaviors of students in grades 9-12 plus obesity, overweight, and asthma. Among the health behaviors examined in the 2017 YRBS related to nutrition, physical activity, sleep and chronic conditions, the data showed:

- **Nearly three-quarters of high school students are not meeting the recommended guidelines for physical activity – at least 60 minutes or more each day.** Fifty percent more students are spending three or more hours per day on tablets, computers or smartphones than are meeting recommended levels of physical activity, not including time spend watching TV.

- **There is room for improvement in healthy eating for students and large racial disparities exist.** Forty percent of high school students are not eating even one vegetable a day; prevalence was higher in black students (51%) than Hispanic (44%) or white (37%) students. Only 35% of students eat breakfast every day; more white students (38%) than black (29%) or Hispanic (32%) students eat breakfast daily.
- **Obesity and overweight remain high among high school students and racial disparities persist.** About a third of students (30%) had obesity or were overweight; these conditions were higher among Hispanic (38%) and black (36%) students than white (27%) students. Nationwide, 47% of students were trying to lose weight.
- **A majority of high school students are not getting enough sleep at night.** Seventy-four percent of students are not getting the recommended eight hours of sleep each night. As students get older, they tend to get less sleep.
- **Many students come to school with a health condition, like asthma, they need help managing.** Nearly 23% of students have been diagnosed with asthma by a health care provider; asthma was higher among black (30%) than white (21%) and Hispanic (21%) students.

Schools have a unique and important role to play in addressing the health-related behaviors of all students. Schools can:

- Teach and provide student with opportunities to improve their dietary and physical activity behaviors.
- Provide healthy and enriching alternatives to screen-time through afterschool options.
- Support healthy sleep for students by adopting later start times for high school.
- Support student health, learning and attendance by providing case management and adopting policies to help students manage conditions, like asthma, at school.

To learn more about the 2017 Youth Risk Behavior Surveillance Survey visit the [CDC website](#).

Vermont YRBS Information

On May 30, 2018, the Vermont Department of Health released a [special report](#) from Commissioner Dr. Levine, considering Vermont's 2017 YRBS results. This report identifies new concerns that all Vermont educators need to be aware of. Health and physical educators can use this information to inform their instruction. To view **your school's 2017 YRS results** visit the [Vermont Department of Health website](#).

Transgender Inclusion: SHAPE America Guidelines

It is the responsibility of school leaders to create inclusive policies and practices that enable all students to benefit from and enjoy physical education and physical activity programs (e.g., athletics, intramural, and other before or after-school programs) in a safe and respectful climate. SHAPE America has published [Transgendered Inclusion](#) to guide the field in creating policies that will support LGBT students and their participation in physical activity programs. *Transgendered Inclusion* contains resources such as federal and state laws, best practices, model policies, barriers, and an FAQ to facilitate the development of local policies. Help make all students feel safe participating in your programs!

Vermont Department of Health: Performance Scorecards

The Vermont Department of Health (VDH) has many useful scorecards that can be used to inform health and PE instruction. For example, the Vermont [3-4-50 scorecard](#) provides information and chronic disease trend data. Vermonters today are more likely to die from a largely preventable disease than an infectious disease. 3-4-50 is a simple concept educators can use to teach students to help them grasp the reality that 3 health behaviors (smoking, inactivity and poor diet) contribute to 4 chronic diseases (cancer, diabetes, heart disease and lung disease) that claim the lives of more than 50% of Vermonters. Visit the [VDH Performance Scorecards](#) for more data that can be used to inform instruction.

August 22, 2018 New York Times

[How You Felt about Gym Class May Impact Your Exercise Habits Today](#) has caused a stir in the physical education community. The article states “people tended to harbor vivid memories of gym class, a new study found”; many of these memories created barriers considering motivating adults to stay physically active. As you plan your teaching for the 2018-19 school year focus on creating positive memories that can motivate lifelong physical activity in your students. Emphasize moving if fun at all ages!

Resources:

- [AOE Physical Education webpage](#)
- [AOE Health Education webpage](#)
- Free [Self-Paced courses](#) on Vermont AOE website.
 - Developing and Applying Proficiencies in a Proficiency-Based, Personalized System
 - Practices in Personalized, Proficiency-Based Learning
- [Healthy Lessons](#): 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.

- [HealthSmart](#) is a free K-12 health curriculum aligned with National Health Standards as well as the National Sexuality Standards, HECAT, and others. Resources are provided along with instructional guidelines.
- [Research Brief: Proficiency-Based Grading Practices](#)
- [Vermont Comprehensive Assessment Portal Newsletter](#)
- [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](#).

Announcements and Professional Learning Opportunities

- [Fall 2018 VT-HEC Courses](#): Nutrition Course is being offered.
- [SHAPE Vermont 2018](#): October 18 and 19, 2018. Killington Grand, Killington, Vermont. *Early Bird Special ends September 21, 2018!*
- Vermont Physical Education Assessment Program -Training of Trainers: November 15 or 16, 2018. More information to follow.
- [2019 SHAPE America Convention](#): April 9 -13, 2019, Tampa, FL.

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Have a great start of school!

