

Linking Health & Learning Newsletter

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

December 2019

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Note: Equity Literacy-Part II will be published in the next Linking Health and Learning



Health Education Endorsement: September 2019 Revision

The Vermont Standards Board of Professional Educators published the September 2019 version of the [Rules Governing the Licensure of Vermont Educators](#). These rules include revisions to the Health Education teaching endorsement beginning on page 127. Key changes to the endorsement include the authorization statement and alignment with Vermont Education Quality Standards, the SHAPE America National Standards for Initial Health Education Teacher Education, the National Health Education Standards, the National Sexuality Education Standards, and the Center of Disease Control (CDC) Health Education Curriculum Analysis Tool (HECAT). If you have any questions considering the endorsement revision and adding a Health Education endorsement or professional learning credits/hours for renewing a current endorsement please email the [licensing office](#) or speak with your local standards board representative.

Vermont Childhood Obesity Rate is Highest in New England

VT Digger has reported that more than [15% of Vermont's children](#) age 10 – 17 are obese, according to the Robert Wood Johnson Foundation's [State of Childhood Obesity](#) and this statistic has risen 3% in the last two years. According to St. Alban's Messenger writer [Emerson Lynn](#), obesity statistics are actually higher. [RiseVT](#) has made obesity its core mission, stating these statistics are low because the information gathered by the foundation was self-reported by parents or caregivers and the sample was not clear. According to Lynn, two years ago, RiseVT went to every school in Franklin and Grand Isle county to measure height and weight of 1742 students in grades 1, 3, and 5. The data showed that 19% of children in the sample were overweight and 22% were obese. We know obese children often become obese adults and that obesity is the precursor to many chronic life-threatening diseases.

Metabolic syndrome is a cluster or physiological and biochemical conditions that predict the onset of cardiorespiratory disease and type 2 diabetes. Risk factors include excessive belly fat, high blood pressure (hypertension), abnormal levels of blood fats (lipids), including cholesterol and triglycerides, and hyperglycemia (high blood sugar). According to Cooper Institute's Director of Youth Research and Education, Dr. Andjelka Pavlovic, a study of 375 second- and third-graders found that 5% had metabolic syndrome and 45% had one or two risk factors for it. Some

estimates say that nearly 1 in 10 teens – and over a third of obese teens – have metabolic syndrome.

We know fit students learn and perform better academically, so what can be done to address this issue? Health and physical educators can use this information to advocate for more comprehensive health and physical education. Programs can require students to show that they understand the personal health behaviors that lead to becoming obese, the consequences of obesity, and that they have the skills and ability make behavior changes to improve or protect their personal health status. Health and PE teachers can collaborate with school leaders and staff to incorporate nutrition and physical fitness education into the school's culture and set measurable goals to judge the effectiveness of the culture change. Examining school programs and creating a targeted plan to support the health needs of all students can be a good starting point.

Vermont Physical Education Assessment News

At this time the Agency of Education is working on finalizing the results of the 2019 Vermont Physical Education Assessment (VTPEA) and how it will be reported to the public. Results will be available to the public in the winter of 2019 in the SU/SD annual snapshot. At the local level, student and school reports can be generated through the [FitnessGram software](#).

The VTPEA Teacher Leader Trainings are taking place in November and December of 2019. Trained teacher leaders will conduct local trainings in their supervisory union, school district, or independent school (SU/SD/IS) for all VTPEA test administrators. The 2020 test window will be April 1 – May 29, 2020. Local trainings need to take place early in 2020.

All VTPEA test administrators must complete an **annual** certification process which includes attending their local SU/SD/IS training and passing the certification test with an 80% or higher, before administering the VTPEA. Failure to meet the VTPEA certification requirements can be a liability to the SU/SD/IS. The VTPEA Test Administration Manual and resources can be accessed through the [Vermont Comprehensive Assessment Portal](#).

Active Schools Grant Opportunity

[Active Schools](#) is a national movement working to ensure every kid in the U.S. gets 60 minutes of activity and play each day. Active Schools brings organizations and individuals together to give schools access to resources such as programs, training and [grants](#). These resources help schools enrich their physical education and classroom curricula, as well as before and after school programs, with the 60 minutes of physical activity and play all students need every day.

2019 SHAPE Vermont Award Winners

The SHAPE Vermont held its annual conference October 24 and 25, 2019 in Killington, VT. The following educators were honored at the conference:

- Health Teacher of the Year (TOY) – Meg Falby, Union 32
- Elementary Physical Education TOY – Chris Souliere, C.P. Smith Elementary
- Middle School Physical Education TOY – Ashley Stebbins, Albert T. Lawton
- High School Physical Education TOY - David Ball, Spaulding HS
- Outstanding Future Professionals – Gabriella Hunt and Dakota Garrow, Castleton
- Physical Activity Leadership Award – Nancy Heydinger, Girls on the Run

Congratulations to all the award winners. If you would like to nominate a colleague for the 2020 awards visit the [SHAPE Vermont](#) website.

Health and Physical Education Resource

- [Health.Moves.Minds](#). This is a SHAPE America service-learning program that is designed to inspire healthy habits, fuel active minds, and teach kids to thrive physically and emotionally. Schools can use a service-learning model to teach students and fund raise to support the school and the community. The program has free social emotional learning [educational resources](#) that support experiential learning.

Health Education Resources

- [The Health Education Assessment Tool \(HEAT\)](#). This is a new benefit for SHAPE America members. Access an assessment bank of over 800 reviewed test items to use in your classroom immediately! These assessments have been reviewed and revised from the original Health Education Assessment Project (HEAP) which began in 1993 with the goal of developing effective health education resources to improve students' health literacy.
- [This is Quitting](#). This is Quitting is a free text program designed by the Truth Initiative for ages 13 – 24. Youth can text in "VtVapeFree" to 88709 to enroll. For more information - or additional prevention resources - contact the Tobacco Control Program at tobaccovt@vermont.gov.
- [AOE Sexual Health webpage](#). This webpage has many resources that support quality sexual health education, including LGBT education HIV/AIDS and STD education, sexual violence prevention, and healthy relationships.
- [HealthSmart](#). This 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.

- [Toolkit Now Available to Address Youth Vaping Epidemic](#)
In partnership with the Burlington Office of Local Health, Vermont Department of Health Tobacco Control Program is pleased to share a new Electronic Vapor Education Toolkit for Schools to support administrators, nurses, SAPs and school professionals in their efforts to prevent youth vaping use, promote cessation, establish policies and follow through on policy enforcement.

Physical Education Resources:

- [Vermont Comprehensive Assessment Portal](#). This portal houses the VTPEA information and resources.
- [Unified Physical Education](#) (UPE). This is a model for bringing students with and without disabilities together, as equals, in a physical education setting where all students earn physical education credit, thus putting all students on equal footing. The model includes strategies and resources for educators to create a UPE course or infuse the Unified concept into an existing course. It includes options for integrating physical activity, fitness, sports, health, wellness, nutrition and student leadership into physical education and the broader school community. It also includes a menu of options from which educators may select activities to incorporate into their school or course. UPE may also complement inclusive activities already taking place in the school, or it may serve as a pathway for increased inclusion and eventual participation in the broader Unified Champion Schools program.
- [OPENPhysEd](#). A free resource that includes tools for K-12 Physical Education curriculum, early childhood movement exploration, and after-school physical activity programs.
- [BOKS](#), a free research-based physical activity program that empowers school communities to improve their children physically, mentally, and socially through the power of movement.

Professional Strengths and Needs Assessment

Questions? Comments? Suggestions? Please take a moment to fill out a [questionnaire](#) about your professional learning needs.

Announcements and Professional Learning Opportunities:

- [2020 SHAPE America Conference and Exhibition](#). April 21 – 25, 2020. Salt Lake City, Utah.
- [Vermont Higher Education Collaborative](#) fall and winter 2019 courses and workshops.
- [SHAPE America Professional Development](#) for P-12 educators, college/university faculty, coaching educators and researchers.

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

*Author: Susan Yesalonia
Health and Physical
Education Specialist
Proficiency-Based
Learning Team
Vermont Agency of
Education
1 National Life Drive,
Davis 5, Montpelier, VT
05620.
susan.yesalonia@vermont.gov
802-828-6553
[Health Education webpage](#)
[Physical Education
webpage](#)*