

# Linking Health and Learning

A Newsletter for Vermont's Health and Physical Educators

## Fall 2023

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## Welcome Back!

I hope all of you had a restful summer and wish each of you a great to start the school year. For those of you who are starting in your first year in the field of physical and health education, welcome!!! This year will be a busy one; we will have new standards in both health and physical education sometime this Spring. I look forward to working with many of you over this next year as we navigate the changing landscape of health and physical education in Vermont.

## SHAPE Physical Education Standards

Public comments on revised draft National Physical Education Standards just closed. You can review the proposed standards on this [webpage](#). The standards are broken down by grade bands (K-2, 3-5, etc.). As the authors of these Draft Standards state, "The change from grade-level outcomes to grade spans is based on current motor development research that shows development is age-related not age-dependent. Skill development is also dependent on practice opportunities, instruction and encouragement; therefore, it should not be expected that all students in one grade will be at the same stage of motor development." (p. 3-4).

## SHAPE Health Education Standards

Public comments on a revised draft of the National Health Education Standards are now open for public review. You can review the proposed standards on this [webpage](#). As previously stated, the National Consensus for School Health Education published a revised edition of the National Health Standards last summer. The Center for Disease Control (CDC) updated its website and no longer lists the National Health Education Standards but "standards-based" health education language is now used in their resources. At this time, the 2nd Edition of the National Health Standards should continue to guide instruction in Vermont. I am in close communication with stakeholders from SHAPE, the CDC, and the Consensus and will provide updates to this standard development process and the eventual adoption of standards as I am able.

## Updated Local Wellness Policy Guide

The Agency of Education (AOE), in collaboration with the Vermont School Board's Association (VSBA) and the Advisory Council on Wellness and Comprehensive Health (Advisory Council), has developed an updated [Vermont Local Wellness Policy \(LWP\) Guide](#) to support supervisory unions and districts (SU/SDs) in aligning their existing LWPs in accordance with [Act 66 of 2021](#). In 2021, the Vermont State

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Legislature passed Act 66, which required the inclusion of Comprehensive Health Education into the existing model Local Wellness Policy Guide. This updated Guide replaces Vermont's School Wellness Policy Guidelines and Implementation resource of 2019 in sum (see [Memo: New Local Wellness Policy Requirements for the 2023-2024 School Year](#)). In this guide, where model policy language is suggested, alignment to sections of the model Local Wellness Policy available in the [Model Policy Manual](#) on the Vermont School Boards Association website are referenced. These references have been included for local school boards and administrators to understand how components of the streamlined recommended model LWP correspond to sections of this guide.

We have developed this [LWP feedback form](#) to hear from the field, and to better customize our supports based on needs of local LEAs. New guidance documents will be developed over the year, and changes made to existing documents as feedback is gathered (see [Healthy and Safe Schools](#)). If you have questions on this guide or the impact it may have on health and physical education in the state, please reach out ([ian.burfoot-rochford@vermont.gov](mailto:ian.burfoot-rochford@vermont.gov)).

## **Act 1 and Updates to Educational Quality Standards**

Act 1 of 2019 established the Ethnic and Social Equity Standards Advisory Working Group. This group was purposed, "to review standards for student performance adopted by the State Board of Education and recommend to the State Board updates and additional standards to recognize fully the history, contributions and perspectives of ethnic groups and social groups" ([Ethnic and Social Equity Standards Advisory Working Group](#)). The State Board is currently hearing public comments on the revisions, that were initiated by Act 1, to the Education Quality Standards. The proposed changes to Rule Series 2000, which is where you will find references to health and physical education, can be found on this [webpage](#). If interested in making public comments related to the proposed Rule Series 2000, you can find information on how to do so at this [webpage](#).

## **Resources**

**Stanford Tobacco Prevention Toolkit – [The You and Me, Together Vape-Free curriculum](#)**, which is part of the Stanford Tobacco Prevention Toolkit, is a 6-lesson theory-based and evidence-informed curriculum created by the Stanford REACH Lab as well as by our Youth Action Board, educators, healthcare providers, and scientists across the U.S.

**Stanford Cannabis Awareness and Prevention Toolkit – [The Smart Talk: Cannabis Prevention and Awareness Curriculum](#)**, which is part of the Stanford Cannabis Awareness & Prevention Toolkit, is a 5-lesson theory-based and evidence-informed curriculum created by the Stanford REACH Lab and Youth Action Board, educators, healthcare providers, and scientists across the U.S.

**The Characteristics of an Effective Health Education Curriculum –** Society for Public Health Education (SOPHE) has developed a [new interactive website](#) to assist educators with using the 15 Characteristics of an Effective Health Education Curriculum to support effective learning and promote public health through education.

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## Professional Offerings

### Castleton Course: Systemic Use of Data to Improve Student Learning

**Audience** – Superintendents, Curriculum Directors, Principals, and K-12 Teachers

This course is being offered through Castleton and is free for Vermont educators. It is designed for teams to build a collaborative data-use culture, where teachers and administrators meet regularly and leverage a variety of assessments to improve student learning and teacher practices. The course starts on October 11<sup>th</sup> and includes three in-person sessions (October 25; January 10; May 22, 2024) and nine two-hour virtual sessions. The option for earning three credits is available for \$450. For details and registration, visit the [Vermont Data Use website](#).

## Other Announcements

**Youth Risk Behavior Survey** – The 2021 YRBS local Supervisory Union / School District reports are now available on the Vermont Department of Health [Youth Risk Behavior Survey webpage](#). You can access these reports by scrolling down and clicking the “Supervisory Union / School District Reports” section.