

Linking Health & Learning Newsletter

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

March 2018

Get Ready....Spring is Coming

NEWS

- *Physical Education Assessment Update*
- *Making the Most of Recess*
- *Replacing Detention with Yoga*
- *SHAPE Eastern Vermont Award Winner*

Events, Announcements and Resources



Physical Education Assessment Update

The Vermont Agency of Education completed the first round of PE Assessment trainings on February 21, 2018. Forty-seven Supervisory Union/School District (SU/SD) teams of physical educators, district test administrators, and special populations' representatives completed the one-day training along with three independent school teams. After the training, SU/SD PE Assessment implementation teams became responsible for training at the local level.

Upon completing the initial training, the SU/SD PE Assessment implementation team was charged to complete several tasks at the local level. District Test Administrators are responsible for providing SU/SD physical educators' access to FitnessGram software. The Presidential Youth Fitness Program (PYFP) *Training of Trainers Model* was used to train teams of physical educators. PYFP trained physical educators were charged to train SU/SD physical educators using Module 1 and Module 2 of the PYFP training Model.

To learn how to provide all students access to the PE assessment, physical educators and special educators will attend a second set of PE Assessment trainings, that will be conducted at Champlain Valley Union High School (March 12, 2018) and Hartford High School (March 13, 2018). These one-day trainings will train educators how to use the FitnessGram companion assessment, the Brockport Fitness Test. The SU/SD educators that attend this training will again, go back to their SU/SD to train physical educators and special population educators. Registration for the March 12 and 13, 2018 trainings is open until March 9, 2018.

For this pilot year, the PE assessment window for all Vermont students is May 1, 2018 to May 31, 2018. All 4th and 7th grade students complete the PE Assessment. To support the collection of data at the high school level, a decision was made in February to allow SU/SDs to choose what high school grade level they would collect fitness data for, 9th or 10th grade.

The AOE continues to develop support materials for SU/SD PE Assessment teams. Additional useful information:

- An updated [PE Assessment FAQ](#) has been posted on the AOE Physical Education webpage
- [PE Assessment Implementation Checklist](#)
- [PE Assessment Educator Certification Process](#)
- Office Hours: the second and fourth Wednesday, February through May, 2018

Coming soon!

- *Online PPT Voiceover: PE Assessment Training – Part I (March 15, 2018)*
- *Live Webinar: PE Assessment Training – Part II (FG Protocols: March 15, 2018, 3:00 -4:30 p.m.)*
- *Webinar: PE Assessment Companion Training (TBD)*
- *Webinar: Conducting PE Assessment Event at your School (TBD)*
- *Webinar: Implementing a Comprehensive School Physical Activity Program at your School (TBD)*

Making the Most of Recess

[The 2008 Physical Activity Guidelines](#) recommends that children and adolescents engage in 60 minutes of physical activity every day. According to SHAPE America, students who achieve this level of physical activity tend to have better fitness, grades, school attendance, classroom behaviors, and cognitive performance. Vermont's Education Quality Standards (EQS) stipulate that schools shall offer options for students in grades K-12 to participate in at least 30 minutes of physical activity within or outside the school day not including physical education class time. Recess can be an opportunity for students to be physically active. Most elementary schools provide daily recess for students; it is not clear however, how many middle and high schools provide this opportunity for students.

SHAPE America's [Strategies for Recess in Schools](#), describes strategies for planning and providing recess in schools to help increase participation in physical activity and improve academic performance. Schools have the potential to develop an infrastructure to create daily opportunities for students to be physically active at all grade levels. [Strategies for Recess in Schools](#) identifies and defines five strategies for schools to use to plan quality recess time. Physical educators are key participants in recess planning. Recess can be a time when students can work on developing competency in meeting Physical Education Standards if planned and supervised well.

50 Million Strong - Is your school participating in this health and physical education SHAPE America initiative? The [goals](#) of this initiative is to have students participate in 60 minutes of physical activity every day, making healthy choices, and prepare students to maintain healthy behaviors for a life time.

Replacing Detention with Yoga

A [Denver Colorado school](#) has replaced detention with yoga. Instead of after-school detention, students whose behavior would have in the past earned them detention attend 'Reflection' with Miss Trini (Trini Hefferon). Yoga is one program the school is using to help meet students' social and emotional needs. According to Hefferon "I want to create a space where they (students) can embody all these beautiful things of life, like self-awareness and fun, ... courage and kindness, and to be mindful of their feelings," she said. Hefferon teaches students mindfulness -concentrating on their present thoughts, emotions and environment, how to do yoga, and what they can learn from yoga. She also follows up with teachers to see if her students use the strategies she teaches. The nice thing about replacing detention with yoga is the kids are learning a life skill that they can use when their behaviors are escalating or they are feeling anxious to avoid getting in trouble both in and out of school.

SHAPE America Eastern District: Vermont Award Winner

Congratulations to Dr. Lisa Pleban, Executive Director of SHAPE Vermont and Professor of Physical Education at Castleton State University for receiving the 2017 Tilia J. Fantasia Service Award for the Eastern District. This award recognizes an individual or group that makes a significant contribution to the district. Lisa has served as SHAPE Vermont's Executive Director for several years. She has also worked with the Vermont Agency of Education to improve their initial teacher licensure portfolio and to update the Physical Education proficiency indicators, and wrote and received a \$25,000 grant from General Mills to support for Vermont schools' implementation of the Presidential Youth Fitness Program. Congratulations Lisa!

Events, Announcements and Resources

Announcements:

- The [Governor's Institutes](#); for 8th-11th grade teachers and/or anyone who works with teens. Governor's Institutes are residential enrichment programs of 1-2 weeks on VT college campuses on many different topics. They're open to students who have completed 9th, 10th or 11th grade. They feature advanced curricula (usually college level), expert mentoring, and hands-on learning. High schools and tech centers can nominate as many students as they like. Visit the [Governor's Institutes website](#) for more information and to apply.
- [VT-HEC Spring Workshops](#)
- **Group X** meeting will take place on Wednesday, March 28, 2018, in the Barre/Montpelier area. This will be a full-day workshop for health and physical educators will focus on establishing a group name; give AOE updates; developing Performance Assessments; and developing Proficiency Scales. This event will be free and open to all health and physical educators. Registration is required. To register email susan.yesalonia@vermont.gov.
- SHAPE America National Conference, March 20-24, 2018, Nashville, Tennessee.

Resources:

- [Weekly Field Memo \(WFM\)](#): The field memo is the weekly communication from the Vermont AOE to the education community. Usually sent mid-week 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](#).
- [SHAPE America Online Institute](#). Online Professional Development for Health and Physical Educators.
- [ASHA Newsletter](#): The mission of the American School Health Association (ASHA) is to transform all schools into places where every student learns and thrives. The ASHA envisions healthy students who learn and achieve in safe and healthy environments nurtured by caring adults functioning within coordinated school and community support systems. The Association is a multidisciplinary organization of administrators, counselors, dietitians, nutritionists, health educators, physical educators, psychologists, school health coordinators, school nurses, school physicians, and social workers.
- 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
- FitnessGram [teacher resource center](#)

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.

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