

Linking Health & Learning Newsletter

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

October/

November 2018

Articles:

- Vermont Physical Education Assessment Update
- Appropriate and Inappropriate Practices related to Fitness Testing
- Vermont Council of Health and Physical Educators News
- 2018 SHAPE Vermont Award Winners
- Turnaround for Children

Resources, Announcements and Professional Learning Opportunities

The next issue will be published in January 2019.



Vermont Physical Education Assessment Update

The Agency of Education (AOE) staff have been very busy preparing for the 2019 Vermont Physical Education Assessment (VTPEA). The VTPEA suite of assessments has been defined, trainings have started, and the certification process is being finalized. Below are some of the highlights of this fall's work.

- The AOE Assessment Team completed regional trainings for Supervisory Union/School District/Independent School (SU/SD/IS) district test administrators and curriculum directors the week of October 22–26, 2018. Attendees had the opportunity to learn about the 2019 VTPEA.
- The VTPEA now includes FitnessGram, the Brockport Physical Fitness Test, and the developing Individual Fitness Assessment (IFA). This suite of assessments is designed to support all students in accessing health-rated fitness assessment.
- The 2019 Vermont Physical Education Assessment Guide has been developed to guide Physical Education teachers and VTPEA teams. The guide has been sent to trained VTPEA teacher leaders and will be posted on the [Vermont Comprehensive Assessment Portal](#).
- On November 15, 2018, the AOE conducted the first of two VTPEA 'Training of Trainers' for appointed Supervisory Union/School District/Independent School (SU/SD/IS) educators. Cathy Houston-Wilson, author of *Strategies for Inclusion*, co-presented with Katy Culp, Susan Yesalonia, and AOE Assessment Team members. The second training will be January 8, 2019 at Norwich University. Trained VTPEA teacher leaders will conduct trainings at the local level for SU/SD/IS educators who will be administering the 2019 VTPEA.
- Additional regional VTPEA trainings may take place. Collaboratively, regional SU/SD/IS's may request a VTPEA training; the training site must be provided at no cost and be open for outside district educators to attend. To request a regional training, please contact Susan Yesalonia at susan.yesalonia@vermont.gov.
- Any educator administering the VTPEA to students must complete the VTPEA certification process. This process includes attending SU/SD/IS trainings, reviewing the FitnessGram protocols and special population training, as well as passing the VTPEA certification test with an 80% or better.

Appropriate and Inappropriate Practices related to Fitness Testing

Fitness testing is a valuable part of fitness education when integrated *appropriately* into a comprehensive physical education curriculum. SHAPE America has published a [position statement](#) regarding appropriate and inappropriate practices related to physical fitness testing. This resource should serve as a guide for physical educators; it includes an eight-step process for planning fitness education into your curriculum.

Vermont Council of Health and Physical Educators News

The Vermont Council of Health and Physical Educators (VCHPE) met for the second time this school year on November 6, 2018. Seventeen educators gathered at the Pavilion in Montpelier, to share ideas about health education curriculum development, unit planning, and performance assessments. Sarah Chap, SHAPE Vermont Vice-President for Health and Jesse Carpenter of Spaulding Union High School presented the process they use to connect Health skills and content in unit planning. Several educators participated in a 'sharing session' featuring unit plans and assessments. The next VCHPE will take place in either April or May of 2019. If you would like to join this group, please submit your request to Susan Yesalonia at susan.yesalonia@vermont.gov.

2018 SHAPE Vermont Award Winners

The Society for Health and Physical Educators (SHAPE) of Vermont recognizes the best educators, laypersons, 'Rising Stars', and future professionals in the state. Congratulations to the following 2018 SHAPE Vermont Award Winners who were honored at the Awards Breakfast October 19, 2018 sponsored by *GOPHER*.

- **Elementary Physical Education Teacher of the Year:**
Bryan Cupoli, Northeast and Northwest Primary School
- **Middle School Physical Education Teacher of the Year:**
Michael Rowe, Rutland Town School
- **High School Physical Education Teacher of the Year:**
John Olsen, Otter Valley Union High School
- **Health Teacher of the Year:**
Sarah Chap, Spaulding Union High School
- **Distinguished Service Award:**
Angie Faraci, Peoples Academy
- **Physical Activity Leadership Award:**
Scott Ellis, Thetford Academy
- **Outstanding Future Professionals:**
Kristina Knockenhauer and Isabel Gogarty, Castleton University

[Nominations for 2019 SHAPE VT Awards](#) will open in spring 2019.



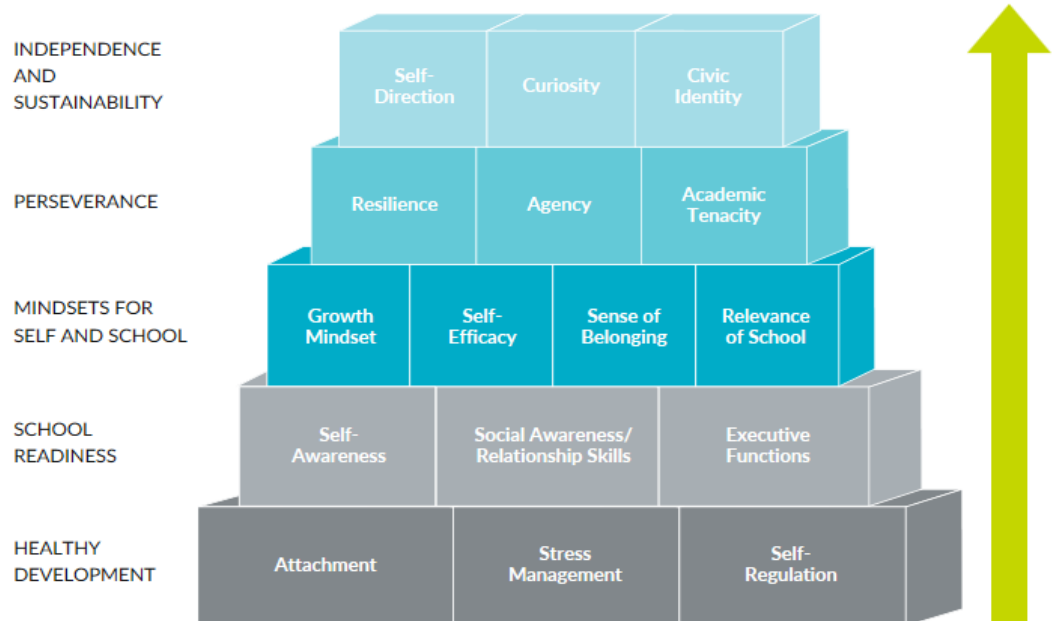
Turnaround for Children – Linking Health to Learning

Turnaround for Children connects the dots between science, adversity, and school performance to catalyze healthy student development and academic achievement. Turnaround equips educators to address the impact of adversity on learning and development. Science explains the connection between adverse childhood experiences and learning – it is the key for understanding the problem and key for the solution. Turnaround produces [research-based tools](#) that build environments, skills and mindsets to accelerate healthy student development and academic achievement.

Pamela Cantor, M.D., of Turnaround for Children, presented *The Power of Whole Child Personalization: Connecting Science, Learning and Human Potential* at the 2018 iNACOL conference. In a [video of the presentation](#), Pamela discusses how schools can support students who have experienced trauma. She shared new knowledge about how children learn and develop along with strategies for educators to unlock the potential in each student. Watch this inspiring video and use what you learn to inform your teaching practice.

Turnaround for Children’s [Building Blocks for Learning](#) is a framework for the development of skills children need for success in school and beyond. Each element represents a set of evidence-based skills and mindsets that have been proven by research to strongly correlate to, and even predict, academic achievement. The framework draws from research in multiple fields to suggest movement from lower-order to higher-order skills. Overall, it provides a rigorous perspective on what it means to intentionally teach the whole child – to develop the social, emotional, motivational and cognitive skills in every learner. Turnaround offers the building blocks framework as a contribution to a vital collaborative endeavor to deepen and transform K-12 education.

Building Blocks for Learning



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
- [Healthylessons.org](#): 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.
- [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.
- [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 & Professional Learning Opportunities:

- Vermont Physical Education Assessment -Training of Trainers: January 8, 2019.
- Winter Course: [Complex Trauma in Our Schools: Using Non-verbal Communication and Intervention for Improved Classroom Outcomes](#). Center for Health and Learning.
- SHAPE America [Health Education Curriculum Builder](#): Online five-part 20 hour course series
- Vermont Higher Education Collaborative – [Spring Course Catalog](#)
- [2019 SHAPE America Convention](#): April 9-13, 2019, Tampa, FL.

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