



Developing Healthy & Active Individuals Minutes

Date: Friday, April 01, 2016

Central Services, Room 212

Time: 4:00-6:00

Attendees:

- | | |
|--|--|
| <input checked="" type="checkbox"/> Nic Castona, PE, Parkview | <input checked="" type="checkbox"/> Robert Knickrehm, Math/Science, Whatcom Middle |
| <input checked="" type="checkbox"/> Barbara Cummins, School Nurse | <input checked="" type="checkbox"/> Darin Nolan, PE, Bellingham High |
| <input checked="" type="checkbox"/> Melanie Flink, PE, Happy Valley | <input checked="" type="checkbox"/> Julee Pitalo, PE, Whatcom Middle |
| <input checked="" type="checkbox"/> Shannon Flory, Science, Shuksan Middle | <input checked="" type="checkbox"/> Katie Powell, PE, Shuksan Middle |
| <input checked="" type="checkbox"/> Doriane Gunnels, PE, Fairhaven Middle | <input checked="" type="checkbox"/> Paula Stratman, Counselor, Happy Valley |
| <input checked="" type="checkbox"/> Eric Hofstedt, PE, Sehome High | <input checked="" type="checkbox"/> Jessica Sankey, Director of Wellness |
| <input checked="" type="checkbox"/> Kelley Jackson, PE, Squalicum High | <input checked="" type="checkbox"/> Charisse Berner, Director of Teaching & Learning |
| <input checked="" type="checkbox"/> Elizabeth Kealy, 5 th Grade, Lowell | |

Topic	Discussion	Decision
1. Welcome & Framing the Purpose	Charisse Berner welcomed the two advisories, Developing Healthy & Active Individuals and Developing Multilingual Speakers and Readers. Charisse gave an overview of the Teaching & Learning Advisories. Purpose of the advisories is to gather advice regarding K-12 curriculum & instruction that is focused on developing outcomes as stated in the Bellingham Promise. The advisories will start to draw a road map to where we are and where we want to be. The goal is that eventually the Advisories will be about tweaking what is already in place, striving to always be better and fine tuning what we do in order to be aligned with State Standards.	
2. Intro to the Work	Charisse introduced Jessica Sankey who will be leading this advisory. In line with the Bellingham Promise, the focus of this advisory is to work on developing healthy and active	

individuals. One of the largest gaps at this point is in the area of health. The group will need to define what 'healthy and active individuals' means for our students.

Jessica asked the committee members to write down one *wish* and one *wonder*. After sharing with a neighbor, the *wishes* and *wonders* were shared with the group:

- Wish to have it be across more than just PE & health, such as the cafeteria and gardens, and wonder if health is being taught
- Wish PE teachers could teach health without losing PE time, and wonder where the current curriculum went
- Wish we could update health curriculum for 5th grade, and wonder if mental health should be included
- Wish all schools could be vertically aligned with PE/health, and follow through with meaningful teaching practices, assessments, etc., and wonder if it is possible in our district
- Wish curriculum could be aligned with state standards and the RCWs, and wonder what the objective of the committee is and will the recommendation seriously be considered
- Wish PE could be more for 'fun' and 'less competitive' in middle and high school, to help students who suffer from anxiety and are anxious, and wonder if it is possible for one group to accomplish everything
- Wish all four high schools could be aligned, and wonder is there is enough money for new curriculum and can it all be addressed in two meetings

Charisse said that there will likely not be enough resources (time and money) to cover all the concerns right away, so the advisory will need to prioritize. Currently our schools have different schedules, so there are some challenges with aligning practice based on different schedules. As a district we are promoting a change in our high school schedule that will be beneficial for students and for curriculum alignment.

All recommendations will be seriously considered, but not all can be addressed immediately. With advisories being active from year to year, it will help to keep things in the fore front.

The District is also starting a Wellness Policy Advisory. The purpose of that group is to review best practices, federal guidelines, and current activities to propose adoption of a local school

	<p>wellness policy. A wellness policy is intended to guide our work to establish a school environment that promotes students’ health, well-being, and ability to learn by supporting healthy eating and physical activity. There are four components: physical education, physical activity, nutrition education, and nutrition. The goal is to draft a plan, and then make it a living document. People on the Developing Healthy and Active Individuals can also be on the Wellness Policy Advisory. The two advisories will need to communicate with each other.</p>	
<p>3. Curriculum on the Wall</p>	<p>A question was asked if the scope & sequence for PE is actually to be sequential or should the same content be repeated year after year. Charisse replied that the scope & sequence should be based on standards, and we try not to repeat content unless this meets students’ needs.</p> <p>Charisse explained the ‘curriculum on the wall’ activity. We divided into elementary, middle school, and high school groups. Each group was to write down on a chart what they knew about the current PE & health education instruction across the grade levels, which standards are being used, core & supplemental resources, approaches to intervention & extension, online resources & assessments that are currently being used at each level, and what areas we need to learn more about?</p> <p>At the conclusion, each group circled three things that they would like to know more about and/or focus on.</p> <p>Elementary: Know the standards, Great Body Shop - look into it, online resources as no one knows of any.</p> <p>Middle School: Nutrition needs to be taught, need curriculum, but need the time to teach, enter assessment data into Homeroom, and accountability for any tests.</p> <p>High School: New standards – need to develop a clear understanding of the new state standards which drives the resources, need to think about ELL students when looking at curriculum, online resources – a lot of great apps available.</p>	
<p>4. Goals for the Year</p>	<ul style="list-style-type: none"> • Addressing wish & wonder responses • Understanding the draft Washington State Health Education standards • Prioritize the wishes and wonders 	

Summary:

For the next meeting, be thinking about waivers – what checks and balances should be in place, how do we change the culture, how do we support and teach students about physical activity if they are waiving PE, and what does it look like when middle school students waive PE?

Next meeting dates: April 27, 2016, 4:00 – 6:00 pm in Room 212