

Developing Healthy & Active Individuals

Date: Thursday, February 23, 2017

Central Services, Room 212

Time: 4:00-5:30



Attendees:

- Miguel Boriss, Math/Science, Fairhaven MS
- Nic Castona, PE, Parkview
- Barbara Cummins, School Nurse
- Melanie Flink, PE, Happy Valley
- Shannon Flory, PE, Shuksan Middle
- Elizabeth Kealy, 5th Grade, Lowell
- Matt MacLeod, Teacher, Kulshan Middle
- Darin Nolan, PE, Bellingham High School

- Julee Pitalo, PE, Whatcom Middle
- Katie Powell, PE, Shuksan Middle
- Paula Stratman, Counselor, Happy Valley
- Kristy White, PE & Health, Sehome High School
- Shari Walsh, Vice Principal, Shuksan Middle School

- Jessica Sankey, Director of Wellness
- Charisse Berner, Director of Teaching & Learning

Topic	Discussion
1. Welcome & Introduction	<p>Jessica Sankey welcomed the advisory group and connected their work to The Bellingham Promise. This year's focus of the advisory group will be middle school health and developing a plan for middle school health offerings.</p> <p>Charisse gave a brief overview of the advisories. The purpose is to gather advice regarding K-12 curriculum & instruction that connects with outcomes as stated in The Bellingham Promise. The goal is to establish a cycle of reviewing content areas and refreshing curriculum and delivery methods in order deliver on The Bellingham Promise and to align with state standards.</p> <p>Individual introductions.</p>

<p>2. Current Practice in middle school health education</p>	<p>Shari Walsh & Shannon Flory from Shuksan middle school talked about their end of the year unit. The program takes about three weeks and uses the KNOW curriculum. Physical education (PE) covers physical health: how to check heart rate and what heart rate should be. Two years ago Shuksan held a community event. Planned Parenthood helped coordinate and provided speaker(s) for the event. The primary purpose was to give parents the opportunity to review the curriculum being presented in schools but the organizers expanded the event to include information for parents to understand what they are talking about in middle school and to provide tools for parents to talk with their children.</p> <p>Matt McLeod from Kulshan middle school teaches eighth grade. Their program is six weeks (15 school days). During the first semester the focus is nutrition. The second semester is health and safety, mental health (Look, Listen & Link curriculum is used), and digital citizenship. The Mastery, Autonomy, Purpose (MAP) class covers social-emotional health and substance abuse. PE covers First Aid.</p> <p>Julie Pitalo from Whatcom middle school. Their PE classes use Fit Principal, for nutrition they show documentaries “Super-Size Me”. CBA – Pat’s Fitness Plan. Science class teaches KNOW curriculum for HIV/Aids prevention education. Teachers believe in need for separate health class.</p>
<p>3. Share Community Support & Current Events</p>	<p>Jessica introduced the community members that were invited to share what they are doing and how they can support health education in our schools.</p> <p>Christine Hagstrom is a community outreach representative from Mount Baker Planned Parenthood (MBPP). They offer classroom presentations on health, puberty and sexual health. They will work with educators to develop presentations to meet school needs. Christine coordinates Teen Council, a group of local students who have been trained as peer educators. Teen Council presents about abstinence in middle schools and lessons are usually 55 minutes. Christine is a KNOW curriculum trainer and will be helping with teaching the fifth grade lesson. She is available to offer training on staff learning Fridays.</p> <p>Tracy Dahlstedt-Reinstra is a prevention and wellness coordinator for Western Washington University (WWU). Tracy coordinates the Peer Sexual Health Educator Groups. Peer educators can come to classrooms or parent events and speak on topics regarding health, body empowerment and alcohol and drug use.</p> <p>Amanda Winters is a research manager for Cardea. Amanda is working with Washington State Personal Responsibility Education Program (PREP) connected with the Boys and Girls Club of Washington to implement evidenced based sex education curriculum. She works with teachers & administrators to determine curriculum choices and provides training to teachers and health educators. Cardea helps school districts access resources.</p>

	<p>Daniel Soloff is an AmeriCorps youth program specialist for the Whatcom Dispute Resolution Center (WDRC). The WDRC provides conflict resolution training in schools. They have presented workshops in many schools throughout Bellingham School District. Their curriculum has been modified for youth and includes using small group discussion, games and individual reflection. Each workshop is four sessions and topics include: understanding conflict, physiologic response, understanding triggers, conflict strategies (tools to use in the midst of conflict), and communication strategies. WRDC also provides support for victim/offender meetings that focus on restorative justice and mediation services for parent/teen mediation or youth/peer mediation.</p> <p>Jessica spoke more about Kulshan middle school’s MAP class. Joe Wooding has arranged for MBPP, WDRC, Tracy Dahlstedt-Reinstra (from WWU), and Domestic Violence and Sexual Assault Services (DVSAS) to deliver programs on middle school health, social emotional learning, conflict and healthy choices this spring.</p> <p>An advisory member asked whether elementary counselors and community programs could work together to build similar partnerships at the elementary level.</p>
<p>Shuksan Family Engagement Night</p>	<p>This is an opportunity for parents to preview sex education materials and understand what schools are teaching. Shuksan middle school took the approach of supporting parents in how to talk to their kids and engaged with parents in conversations about what they are comfortable talking about with their children.</p> <p>Group members discussed how to engage other community partners and the benefits of having school nurses present. Consider using Shuksan as a model for delivering family night in other schools.</p>
<p>4. What would the perfect middle school health program look like?</p>	<p>The group brainstormed some ideal PE/Health schedules, including:</p> <ul style="list-style-type: none"> More full time certificated teachers for health aligns with “Great teaching with strong support” A one semester stand-alone class delivered all year every other day. Four classes all year every other day: PE, Health, Language, Art A semester of health for all three grades. Health should be presented on its own, not part of another subject Health is a core part of well-rounded curriculum. Need Community Health Engagement opportunities: community health experts can offer trainings & support to our teachers
<p>5. Next Steps</p>	<p>Draft recommendations for middle school health class. Develop a greater understanding of the Washington State Health & Physical Education Standards for middle school. Consider immediate next steps: how to introduce health topics & community resources to more middle school classrooms/teachers?</p>

Next meeting date: March 23, 4:00 – 5:30 p.m.