

Summary

April 24, 2007

Health & Fitness Articulation Team Meeting

Those Attending: Jodi Smith, Terry Hammond, Glenna Younkin, Sally Dieringer, Pam DePersio, Tracey Reese.

Agenda

- I. What's Happening
- II. Nutrition Pilot: How will we measure outcome?
- III. Pedometer-Terry Hammond
- IV. Project Alert
- V. Job Alike Day reports
- VI. Next Year Action Plan 2007-2008

Meeting

- I. Job Alike -
 - a. Sally Dieringer — Middle school health 6-8
 - i. Action plan for next year-PE
 - ii. Grading at each school
 - iii. Shared lessons and PowerPoint
 - iv. Comparison in equipment, budget, computer, Airport
 - v. Towels-need laundry facility in locker room
 - vi. PE make-up forms-consistency
 - b. Pam DePersio
 - i. Honor's Health 8th Grade-must have certain GPA. Offered first semester
 1. Parents must come
 2. Make healthy lunch each week
 3. Professional day-earn first aid cards
 - c. Linda Dimmitt and Glenna Younkin — Alcohol Related Sexual Assault
 - i. Group of 14 (School nurse, drug & alcohol resource people, SSO/SRO, and CWH personnel)
 - ii. Brainstormed ways to reduce incidence in our student population
 - iii. Discussed gaps in health education seen at WSHS
 - d. Terry Hammond-Pedometer
 - i. The sponsoring group is Azuris Northwest Health
 1. Underwrote pedometers, backpacks, water-bottles
 2. Better pedometers needed-last year they were inferior
 - ii. Implementation this year
 1. Shortened the unit from 12 to 6 wks
 2. Opted to cover the unit in PE classes
 3. Piloted last year, repeated this year
 4. Present numbers to the company, and they will present grant money
 5. 4th graders look forward to this
 - iii. Track program
 - iv. Fitness Gram Software
 1. Data-gives prescription for physical fitness deficiencies

- e. Glenna Younkin-Project Alert
 - i. In May, survey in 3 middle schools
 - ii. Following 6th graders in middle schools
 - iii. Project Alert
 - 1. Drug and Alcohol curriculum that covers EALRS in district
 - 2. Covered in 6th grade health class at Orchard
 - 3. Other middle schools cover in science classes
 - 4. 3 booster lessons in 7th grade science
 - iv. Grant-to reduce underage drinking
 - 1. Campaign: “*Start talking before they start drinking*”
 - 2. Looking at different curriculum for the grade schools
 - a. 50% of curriculum must be evidenced based curriculum
- II. Nutrition Pilot-how will we measure? (June 5th meeting with pilot teachers)
 - a. Was it helpful
 - b. How well did it cover different disciplines
 - c. User friendliness
 - d. How was it received
 - e. Planning/prep
 - f. Prepare for CBA’s
 - g. Highlights/challenges
 - h. Suggestions for improvement
 - III. Health Articulation Team Action Plan for 2007-2008
 - a. Nutrition Unit-where to go from here
 - i. Feedback from teachers in pilot
 - ii. How to train teachers
 - iii. How to implement
 - b. Figure out CBA implementation
 - i. Dates
 - ii. Common scoring