

Health & Fitness Articulation Meeting April 7, 2009

In Attendance:

Andi Brizendine	PE	Washington
Pam DePersio	Healthy Living	Orchard
Sally Dieringer	Healthy Living	Pioneer
Linda Dimmitt	School Nurse	MV, WestSide, SkillSource, Valley Academy
Terry Hammond	PE	Columbia
Camille Jackson	PE	Lincoln
Aaron McKenzie	Counselor	Washington
Tracey Reece	PE	Foothills
Maureen Rix	Health & Fitness	WHS
Jodi Smith	Teaching & Learning	WSD Administration

Agenda

1. Update Employee Wellness-Linda and Debbie
2. Report from Camille
3. FLASH Curriculum
4. Other

Introductions all around the table!

- I. Mtg. dates for 6-12 Fitness/8th grade Healthy Living.
 - a. Middle School: Healthy Living teachers meet Friday, May 8, 09 @PMS 7:45-3:00
 - b. Middle and High School fitness teachers: Monday, April 13 @ DO, 7:45-3 pm.
- II. Employee Wellness Project: report by Linda Dimmitt
 - a. Deb and Linda presented proposal to WSD Cabinet February 2
 - b. Cabinet was supportive but is limited by upcoming budget cuts.
 - c. Willing to begin with some short term proposals (see attachment) including:
 - i. Information Booth on Opening Day
 1. Wellness activities for WSD staff in each building (from results of building survey)
 2. Discount for memberships in health clubs
 - ii. Surveys (two) to go out this spring
 1. Survey to health/PE staff regarding current health/fitness activities available to staff in that building
 2. Staff Wellness Interest Survey
 - a. Asks for input regarding interests for personal wellness program
 - b. any other ideas--let Linda know.
 3. If interested in being involved with ideas, etc—contact Linda/Deb
 4. Recommend that Interest Surveys go out end of April—after WASL
 - iii. Health Tip of the Month

1. New “PR” person hired by district for better communication (new web site) with parents and others involved in education
 2. Brainstorming – how can we health tip information out to staff?
 3. Health Tip for September: Pam DePersio will work with PR person (Teri Fink) with on the importance of breakfast.
 4. Plan recommended by Jodi: Keep Linda and Debbie meeting & coordinate with Teri Fink about pulling together monthly articles for distribution to staff.
- III. My Pyramid curriculum: presented Camille
- a. Sponsored by USDA
 - b. Includes classroom lesson plans about nutrition for different grade levels
 - c. Camille has tried lessons—highly recommends them
 - i. Very user friendly
 - ii. Provides more nutrition teaching than Essential Connections material
 - d. Camille ordered packets for each classroom teacher 1st-6th in WSD
 - i. Discussed ideas for distribution of packets
 - ii. Suggested to distribute during next grade level training
 1. Jodi will contact Adrienne Nestor to coordinate
 - e. Discussed
 - i. Will all elementary teachers be asked to teach My Pyramid or will it be designated to specific grades?
 - ii. Possibly use for sub plans. Hooray!
 - iii. Connection of Essential Connections and My Pyramid
 1. which to use in classrooms and
 2. which most follows the GLEs
 - iv. Essential Connections-curriculum was never approved after pilot
 - f. Jodi suggested asking staff to try both curricula and report preference
- IV. F.L.A.S.H. Curriculum (Family Life and Sexual Health)
- a. Developed by King County Public Health
 - b. Highly rated, complies with current law
 - c. Recommended by Maureen as excellent source of supplemental material
 - d. Request for WSD to approve FLASH as supplemental curriculum –by Maureen
 - i. FLASH material is available online at no cost
 - ii. High school health teachers all participated in recent FLASH training.
 - iii. Current WSD approved material:
 1. Glencoe Health (text book)
 2. KNOW curriculum
 3. Guest speakers
 - iv. Approval process
 1. (Any) Supplemental material to be approved by building principals
 2. Discussed need to take into consideration the sensitivity of this subject
 - e. Aaron shared some of the FLASH curriculum for the elementary grade levels.
 - i. He gave some history about what is taught at different levels at different schools here in the district.
 - ii. He has worked with teachers in the district about puberty boys/girls separated and about the HIV/AIDS curriculum.
- V. WSD Sexual Health/Puberty Curriculum alignment

- a. Jodi suggested that we as a committee submit proposal to Cabinet:
 - i. what we see in student development—earlier maturation, esp. girls
 - ii. suggest moving the puberty unit, at least an introduction, in fourth grade
 - 1. Discussed: How/who can teach these girls?
 - iii. Moving current 10th grade health up to 8th or 9th grade
 - 1. to comply with current law
 - 2. to be proactive in preventing teen pregnancy
- b. Realigning Sexual Health curriculum would be a good project for next year

Respectfully submitted by Linda and Pam