

**Health & Fitness Articulation**  
**Date: October 7, 2008**

In Attendance:

<i>Andi Brizendine</i>	<i>PE Washington</i>
<i>Debbie Carlson</i>	<i>Counselor Sunnyslope</i>
<i>Pam DePersio</i>	<i>Orchard-Healthy Living</i>
<i>Sally Dieringer</i>	<i>Healthy Living-Pioneer</i>
<i>Linda Dimmitt</i>	<i>MV &amp; WestSide School Nurse</i>
<i>Camille Jackson</i>	<i>PE Lincoln</i>
<i>Tracey Reece</i>	<i>PE-Foothills</i>
<i>Kathy Sadler</i>	<i>PE OMS</i>
<i>Jodi Smith</i>	<i>WSD</i>
<i>Glenna Younkin</i>	<i>Drug and Alcohol Intervention Specialist</i>
<i>Terri Hammond</i>	<i>arrived at 4:30</i>

- I. PEP Grant Update
  - a. PEP Grant not awarded
    - i. PE comprehensive curriculum was a big portion of the grant request
      1. K-12 Health Fitness Curriculum was not obtained because we lost the PEP grant
        - a. Curriculum requested in grant: “Five for Life” (*Focused Fitness*)
        - b. There is a continued void in PE curriculum
        - c. Continues to be a challenge for fitness teachers in K-8
      - ii. New weight room equipment for WHS (goal realized despite loss of grant)
        1. Exact source of funding unknown—private?
- II. Curriculum Need for Physical Education
  - a. Andi Brizendine presented background of need for comprehensive PE curriculum
    - i. Question:
      1. Where are we in district cycle for Health and Fitness materials
        - a. 13-15 years ago was last time curriculum was updated
      2. Options?
      3. Next steps?
  - b. Discussed options
    - i. Two teachers have purchase some of the Five for Life materials as part of their National Board projects
      1. Camille Jackson @ Lincoln
      2. Susan Valdez @ Pioneer
    - ii. Discussed formalizing work into Pilot Studies for *Focused Fitness* Curriculum
      1. Jodi requested itemized list (from Camille and Susan) of materials/resources needed for comprehensive pilot study

2. Jodi authorized these 2 pilot studies for this school year-pending cost approval (above)
3. Materials cost
  - a. \$220 for curriculum guide
  - b. \$750 (curriculum + nutrition+ video)
  - c. Suggested that each (pilot) school needs the comprehensive packet for the pilot.
4. Part of pilot's work would be to:
  - a. Recommend what materials are needed to teach comprehensive curriculum
  - b. Respective cost if this pilot is adopted district wide.
  - c. Assess what equipment we currently have could be utilized with this curriculum
  - d.

III. WA State Dairy Nutrition Curriculum needs to go thru adoption process

- a. Pilot 2 years ago
- b. Implementation 1-5<sup>th</sup> grade last year
- c. No formal adoption of curriculum has occurred
- d. Place on "to do" list this year

IV. Professional Learning Community

- a. Discussion of how the PLC model fits current needs
  - i. New PE curriculum
  - ii.

V. **GOALS for Health Articulation Team 2008-2009**

- a. Adopt Nutrition curriculum through appropriate process
- b. Formalize and Implement Pilot Study for PE Curriculum (see notes above)
- c. Identifying Power Standards for PE in elementary schools
  - i. Better that the person writing power standards is NOT the team leader
  - ii. Suggest Afternoons conference week as a good time to begin this process
    1. Suggest using Tanya Brown Monday of conference week as facilitator
- d. Coordinated School Health Interest Group
  - i. Invite persons interested in pursuing next steps following CSH workshops last year
    1. Date of First Meeting: November 7<sup>th</sup> Friday 8:00-11:30 in curriculum library
    2. Invitation being sent to:
      - a. Deb Carlson
      - b. Linda Dimmit
      - c. Pam DePersio
      - d. Sally Dieringer
      - e. Chet Harum
      - f. JoAnn Johansen
      - g. Mona Miles
      - h. Kent Getzin
      - i. Laury Lorz (school nurse)
      - j. Ruth Smeltzer (school nurse)

k. Jodi Smith

VI. Update from Debbie Carlson:

- a. Last year, elementary counseling curriculum included the evidence based "Life Skills" curriculum for grades 4 and 5. This year, all schools will deliver the program at one or both grade levels. It is a series of 8 lessons (45 min), so implementation in the school depends on collaboration with teachers and available time slots.
- b. OSPI is encouraging schools to develop compassionate/trauma sensitive approach to interactions with students. Debbie Carlson attended a series of workshops last year on this topic. At the Compassionate Schools Conference in Yakima this August, 3 of our elementary counselors worked with representatives from the ESD and Children's Home Society to explore ways to build connections between mental health providers and schools. Children's Home Society is able to provide mental health services in the school setting with funding through the RSN (Regional Support Network). School Counselors are working with principals to create ways for these services to happen. School Counselors would refer needy students with limited insurance resources to the program. Parent permission and an intake with Children's Home Society is needed to participate.
- c. Talking about Touch is a district-adopted curriculum. We need support for training of staff and implementation of the program in elementary schools. The lessons cover personal safety, including anti-bullying. Elementary counselors will be meeting with Chet Harum and Steve Cole regarding the curriculum on November 5. The district's anti-bullying program needs to be reviewed and revised.

VII. Next Meeting:

Submitted by Linda Dimmitt  
Oct 14, 2008