



ENGLEWOOD SCHOOLS STUDENT WELLNESS PROGRAMS 2009-2010 END OF YEAR REPORT

1. Describe progress made on your work plan, goals and objectives

K-12 Instructional Work Plan Priority Tasks:

- Determine Essential Learning Targets for Health Education (PE completed in 2009).
- Map/Pace Health and PE Essential Learning Targets over the 2009-2010 school year
- Collaboratively create common formative/summative assessments in Health and PE
- Plan Health and PE instructional units based upon the Essential Learning Targets.
- Implement the district instructional model and monitor student progress
- Engage in Monthly Data Team Meetings

Physical education teachers have worked to create a sequential physical education curriculum that incorporates instructional units based upon the Essential Learning Targets, includes collaboratively created common formative/summative assessments, and is appropriately paced and supported by best practices and shared resources. Teachers have routinely engaged in the Data Team process for the purpose of monitoring student progress and adjusting instruction to meet the needs of students. The FITNESSGRAM assessment program is administered to determine baseline fitness, wherein data collected is used by data teams to assist teachers and students in the formation of individual fitness goals (grades 3-8) and to help students develop personalized fitness improvement plans (grades 6-12).

Extensive training has been provided to K-8 PE teachers on the use of technology to monitor and assess student fitness. Through the Student Wellness grant funding, Polar has provided training on the PE Manager software, which allows teachers to monitor students “paperlessly”, using hand-held data collection devices (Pocket PC) and management software (PE Manager). Course schedules and class lists entered into the system give teachers a starting point from which to create performance rubrics in all domains of instruction – psychomotor (skill), cognitive (knowledge), and affective (behavior). In addition, physical education teachers have been trained on the use of Polar heart rate monitors to be used as formative assessment of individual student fitness. All of these data can be used to create standards-based reports of student outcomes.

Work on Health Education Essential Learning Targets (ELTs) was put on temporary hold pending the issuance of the new Colorado Comprehensive Physical Education and Health standards. Since the beginning of 2010, when the standards became available, K-12 physical education teachers have had the opportunity to review health integration into the physical education curriculum and began to include the “big ideas” into their work on revising the physical education ELTs to include health concepts and skills. To that end, the work plans for the 2010-2011 school year have focused on aligning the new standards vertically, infusing health instruction at every level. At the middle level, health education will be offered as a comprehensive, standards-based, stand-alone curriculum.

2. Describe the coordination with the K-12th grade comprehensive health education program, and your local health advisory council membership and responsibilities

The Englewood Schools' District Accountability Advisory Council (DAAC) met monthly, starting in October, 2009. School Health Teams and/or District Wellness Team members were included on the agenda and addressed the Council as follows:

- October 13, 2009 – Mary Vedra, Director of Learning Services, introduced the Student Wellness Program and distributed copies of the completed Healthy Schools Progress Tracker for each school.
- November 10, 2009 – Laura Mason, Physical Education Specialist at Englewood Middle School presented a PowerPoint on the nature and use of the FITNESSGRAM assessment program, database, and reporting.
- January 12, 2009 – Kim Tooze, Cherrelyn Elementary Physical Education Teacher presented the SHIP for her school team..
- February 23, 2010 – Nikki Westfall, Principal at Clayton Elementary presented Clayton's SHIP.
- April 13, 2010 – Dr. Dale Lumpa, Physical Educator at Charles Hay World School presented his team's SHIP.
- May 11, 2010 – Heather Maskalenko, Physical Education Teacher at Bishop Elementary presented an iMovie of her school's SHIP. A display board titled "Our Ships are Sailing!" was also featured at the meeting so that DAAC members could view the schools' and the District's progress in the 2009-2010 school year, highlights of their programs, and goals for the upcoming year.

In addition to district level reporting and coordination meetings, school teams met regularly to develop School Health Improvement Plans (SHIPs). The Englewood Middle School health team met three times in the second half of the school year with the sole intent of addressing the need for a comprehensive, standards-based, stand-alone health education program. It was agreed by the team members that a curriculum would be developed and instructional materials would be sought that would meet the needs of middle school students and instructors. Using the district textbook adoption procedure, the Glencoe *Teen Health* series was selected and approved at the May 4, 2010 meeting of the Englewood School Board. Materials have been purchased and received and plans for implementation at Englewood Middle School are underway for the 2010-2011 school year.

3. Describe any barriers to implementation

Finding meeting time seems to be the primary obstacle in the full implementation of Student Wellness Programs at the school and district level. When School Health Teams are comprised of only school staff, time to meet is contingent on staff schedules but when teams include parents, students, and community members, meetings must be held in the evenings and in larger venues. Physical education teachers are often engaged with other after-school activities that may prevent them from planning or conducting such meetings. In addition, district-level monthly DAAC meetings have very full agendas and are frequently used for the purpose of reporting as opposed to planning.

Likewise, the lack of time to meet with the district coordinator left some work plan items unfinished. Since the coordinator has recently vacated the position, two PE teachers were identified to act as co-coordinators in the spring of 2010. This action required these teachers to meet, attend workshops and training, and consequently, spend more time away from the classroom. The extensive training time required of all PE teachers to implement the technology tools also took them out of the classroom on more occasions than usual.

With regards to training, School Team co-leaders would have benefited by specific training in how to write SMART goals for their SHIPs. Some of the SMART goals were written in relatively broad terms, with action steps that did not always align with the goals nor did they contain measurable outcomes.

The CDE can assist Englewood Schools' School Health Team co-leaders and co-coordinators by providing ongoing training and refreshers on topics such as:

- Facilitating meetings
- Writing SMART goals
- Measuring outcomes
- Using online tools to monitor and assess progress
- Providing resources and ideas for integrating health education into elementary PE

4. *Provide three or four highlights or success stories from the district level during 2009-2010*

- District Accountability Advisory Committee (DAAC) invites one school per meeting to brief on Student Wellness initiatives, SHIPs, and progress.
- FITNESSGRAM K-12 database is used by Data Teams for individual student interventions and longitudinal data.
- All K-8 Physical Education teachers have been trained by Polar on the use of PE Manager software for standards-based assessments and reporting and use of Pocket PCs for on-site assessment and data collection.
- Polar Heart Rate Monitors are in use in elementary and middle school physical education programs.
- Food Services:
 - EAT - Offer quality menus and meals customized for students' nutritional needs.
 - LEARN - Nutrition education beyond the cafeteria and classroom with material that sets the stage for a lifetime of smart decisions. Menu graphics and information. Pamphlets and posters.
 - LIVE - Encourages students to embrace physical activity and extend what they learn at school to their homes and community.