

Enhance PE Task Force
Meeting Summary
Friday, March 15, 2013
9:00am – 12:00pm

Illinois Public Act 97-1102 created the Enhanced Physical Education Task Force. This law requires the creation of a task force charged with promoting and recommending enhanced physical education programs that can be integrated with a broader wellness strategy and health curriculum in elementary and secondary schools in this State, including educating and promoting leadership on enhanced physical education among school district and school officials; developing and utilizing metrics to assess the impact of enhanced physical education; promoting training and professional development in enhanced physical education for teachers and other school and community stakeholders; identifying and seeking local, State, and national resources to support enhanced physical education; and such other strategies as may be identified by the task force. Additionally the task force shall make recommendations to the Governor and the General Assembly on Goals 19, 20, 21, 22, 23, and 24 of the Illinois Learning Standards for Physical Development and Health. The Task Force shall focus on updating the standards based on research in neuroscience that impacts the relationship between physical activity and learning.

Task Force Members Attending:

Chicago: LaMar Hasbrouck, Director, Illinois Department of Public Health; Elissa Bassler, CEO, Illinois Public Health Institute; Mark Bishop, Vice President of Policy and Communications, Healthy Schools Campaign; Lynne Braun, Nurse Practitioner and Professor, Rush University Medical Center, American Heart Association; Michael Brunson, Recording Secretary, Chicago Teachers Union; Neil Duncan, Naperville Central High School; Maureen Fournier, Southwest Suburban Teachers Union/IFT; Jessica Madrigal, Great Lakes ADA Center; Jean Sophie, Superintendent, Lake Bluff School District; Sandra Noel, retired teacher, Hatch Elementary; Kelly Nowak, Vice President, Geneva CUSD 304 Board of Education; Rick Reigner, Illinois YMCA Statewide Alliance; William Truesdale, Principal, Douglas Taylor Elementary School, Illinois Principals Association; Deb Vogel, retired member of Illinois Education Association; Stephanie Whyte, Chief Health Officer, Chicago Public Schools

Springfield: Christopher Koch, State Superintendent, Illinois State Board of Education; Peggy Pryor, Quincy Federation of Teachers

Task Force Members Attending by Phone:

Representative John Cavaletto, Illinois State Representative, 107th District; Lynne Haefele, representing the Office of the Lt Governor; Michael Isaacson, representing the Northern Illinois Public Health Consortium; Amanda Minor, Director, Douglas County Health Department; Serena Preston, Superintendent, Illinois School for the Visually Impaired

Presenters: Angie Bailey, Jackson County Health Department (Phone); Mark Bishop, Task Force Member representing Healthy Schools Campaign (Chicago); Sarah Lee, Centers for Disease Control and Prevention (Phone); Mike McKindles, Illinois State Board of Education (Phone); Seraphine Pitt Barnes, Centers for Disease Control and Prevention (Phone), Leticia Reyes-Nash, Illinois Department of Public Health (Chicago)

Illinois Department of Public Health (IDPH) Staff: Margie Harris (Phone); Cheri Hoots (Phone); Conny Mueller Moody (Phone); Leticia Reyes-Nash (Chicago); Tom Schafer (Springfield)

Illinois State Board of Education (ISBE) Staff: Shawn Backs (Springfield); Mark Haller (Springfield), Joey Ohnesorge (Springfield)

Illinois Public Health Institute (IPHI) Staff: Sarah Chusid (Chicago); Coby Jansen (Chicago); Janna Simon (Phone)

Members of the Public: Eric Bjorlin, Active Transportation Alliance; Paul Zientarski, Retired PE teacher, Naperville Central High School

Task Force Members not in attendance: Anna Barnes, Schools Programs Manager, CLOCC; Holly Benjamin, MD, appointed by the Illinois Chapter of the American Academy of Pediatrics; Bruce Bohren, President, Illinois PTA; Sandra Noel, retired teacher, Hatch Elementary; Angela Crotty, Business Manager, Midlothian School District 143; Senator Linda Holmes, Illinois State Senator, 42nd District; Representative Linda Chapa LaVia, Illinois State Representative, 83rd District; Annie Lionberger, Chicago Public Schools; Senator Sam McCann, Illinois State Senator, 149th District; Daryl Morrison, Education Policy & Agency Relations Director, Illinois Education Association

Welcome & Opening Remarks:

The meeting was called to order at 10:12am.

Drs. Koch (ISBE) and Hasbrouck (IDPH) gave their opening remarks.

Shawn Backs (ISBE) reviewed the charges before the Task Force and gave an overview of the meeting agenda.

Task Force members, staff and guests in Springfield and Chicago introduced themselves.

Approve Meeting Summary from 12/19/12

The Task Force approved the summary of its 12/19/12 meeting.

Update: Standards Revision Committee

Chair Deb Vogel provided an update on the Standards Revision (SR) committee's work to date.

The SR committee is currently working on writing the revisions for ISBE's Performance Descriptors for grades 1-5 and 6-12, and State Goals 19-24. The committee has fleshed out a work plan and calendar, and the next phase of work has them coming back together to examine the draft revisions as a group, with individual members assessing the portions that align with their area of expertise.

The SR committee's guiding documents include the NASPE standards, the Centers for Disease Control and Prevention Health Education standards, and the summary of neuroscience research prepared by the Illinois Public Health Institute. The committee is undertaking a gap analysis to compare the current Illinois standards against the two sets of standards. The committee has also examined learning standards from British Columbia, Canada.

A succinct summary of the committee's view is that fit kids learn better and it's not just about movement, it's the type of movement that is key to producing the desired results.

Points of Discussion:

- How do the Canadian standards compare to Illinois'? The Canadian standards have greater detail on their performance indicators/descriptors that could be helpful in developing the IL revisions. Canada also has national goals/standards that emphasize the importance of literacy to PE as well as having highly skilled and PE certified teachers, and require 30 minutes of daily PE.
- The Enhanced PE Promotion committee should integrate the SR committee's work into its messaging, e.g. how exercises that cross the body's midline promote connectivity across the brain.
- Dr. Koch provided information on the timeline and process for ISBE to act on the Task Force's work/recommendations:

A proposal is submitted to the State Board → Required period for public comment, minimum of 45 days → Public comment summarized and analyzed → Analysis submitted to State Board → State Board recommends changes based on the public comment, if necessary → Proposal submitted to State Legislature → Proposal submitted to Secretary of State → Proposal becomes the state standard → Joint Committee on Administrative Rules takes action (6-8 weeks)

Given this process, the Task Force can reasonably expect implementation for the 2014-15 school year, depending on the degree of change its

recommendations require, although the Task Force could suggest an implementation date. Having resources ready to disseminate for summer 2013 would allow adequate time buffer.

Update: Promoting Enhanced PE Committee

Chairs Jean Sophie and Jessica Madrigal provided an update on the Enhanced PE Promotion Committee's (PEPE) work to date.

The PEPE committee created a work plan that could be implemented by the Task Force to promote implementation of enhanced PE programs and policies at the local level. Committee members identified seven key audiences that need to be reached, including superintendents and district officials; school boards; principals; PE teachers and adapted PE teachers; non-PE teachers; parents; and students.

The committee then identified key messages that motivate the target audiences. Many of these messages emphasized the benefit of PE and physical activity on academic achievement and behavior; recommended specific amounts of PE (e.g., elementary students need 150 minutes of daily PE, middle and high school need 225 minutes per week); explained to the audience that there are plenty of existing resources that can be used to implement quality PE and physical activity throughout the school day, etc.

The committee then generated a list of communication venues/opportunities for each target audience and fleshed out a list of resources for each.

Points of Discussion:

- Points that resonated with Dr. Hasbrouck include improving the image of the PE teacher and helping students, primarily parents, understand the difference between PE and recess. One of his main concerns is helping stressed schools in terms of student performance and addressing budgetary concerns. The Chairs affirmed that the committee shares these concerns and is working to address them in the work plan.
- Dr. Koch was interested in how the current standards for PE teacher training and certification relate to the quality of PE provided, and whether there is opportunity for improvement.

Data and Metrics – What should be measured and why?

The Task Force heard a series of presentations on different types of tools available to them to utilize in assessing PE and wellness in Illinois, and the way these are used:

Metrics and Action planning: Assessment Tools for PE and Wellness

- a) **School Health Index:** Seraphine Pitt Barnes of the Centers for Disease Control and Prevention (CDC) provided an overview of the School Health Index and Angie Bailey recounted the experience of Southern Illinois Schools in implementing this tool.

Summary: The School Health Index is an online self-assessment and planning tool that schools can use to improve their health and safety policies and programs.

Uses:

- Enables schools to identify strengths and weaknesses of health promotion policies and programs.
- Enables schools to develop an action plan for improving student health.
- Engages teachers, parents, students, and the community in promoting health-enhancing behaviors and better health.

Keys to success at rural schools:

School health champion (strong leadership); administrative buy-in; team representation, cohesion, and commitment; ground rules; well-facilitated process; and the team conducting the assessment was the same as the required Wellness Committee.

Lessons learned at rural schools:

Better to do it on a school-by-school basis; paper versions would help strengthen communication between staff and partners; incorporate into Wellness Committee or School Improvement Plan – not as standalone effort; and committee should continue to meet after initial assessment is completed.

- b) **PE Curriculum Assessment Tool (PECAT)**, presented by Sarah Lee of CDC:

Summary: A self-assessment and planning guide developed by CDC, designed to help school districts and schools conduct clear, complete, and consistent analyses of physical education curricula, based upon national physical education standards.

Uses:

- Assesses how closely physical education curricula align with national standards for high quality physical education programs
- Analyzes content and student assessment components of a curriculum that correspond to national standards for physical education for four grade levels: K-2, 3-5, 6-8, and 9-12
- Helps school districts or individual schools identify changes needed in locally developed curricula

c) **Presidential Youth Fitness Program**, presented by Sarah Lee of CDC:

Summary: A voluntary program that includes a health-related assessment, as well as educational and motivational tools, to support educators and empower students to adopt an active lifestyle.

Uses:

- Helps students engage in their own health and fitness through a health-related assessment (FITNESSGRAM®), companion educational and motivational tools, and training materials and awards.

Question for presenter:

- Can whole states adopt FITNESSGRAM® as a statewide fitness test?
Answer: California and Texas have adopted FITNESSGRAM®.

Recess & PA break

At 11:15 the Task Force took a short break and then participated in a group physical activity.

Metrics: Illinois Data Collection Initiatives

The Task Force heard a second set of presentations on Illinois data collection initiatives to inform a discussion on the relevance and feasibility of implementing assessment tools.

a) **ISBE Longitudinal Data Collection**, presented by Mike McKindles of ISBE:

Summary and use: A system being created by ISBE and its Education Partners that, when full deployed, will provide data to help track the outcomes of Illinois students as the progress from Pre-K through Postsecondary education, and as they enter the workforce.

b) **Illinois School Report Card's proposed Healthy Schools Rating**, presented by Mark Bishop, Task Force Member representing Healthy Schools Campaign:

Summary and use: In 2011, HB 605 mandated ISBE to prepare an annual School Report Card with school data on health and wellness initiatives, including the average number of days of PE per week per student. The data used is required to be clearly established best practice or law, objective, quantifiable and verifiable, important to support student health, easy for schools to answer and readers to understand and be school-level data (not individual).

Points of Discussion:

- There was concern over the confidentiality of the data. Mike McKindles emphasized that it was aggregate-level data and that it is not possible to

determine individual student information. ISBE follows all the rules set forth in the Family Educational Rights and Privacy Act and all data used is already in the public domain.

- If the Task Force were to promote the Healthy Schools Rating element of the school report card, it would be toward opening a dialogue with schools on how they're doing in these measures.
- c) **BMI Data Collection**, presented by Leticia Reyes-Nash, Illinois Department of Public Health:

Summary and use: In 2004 Illinois passed legislation authorizing IDPH to collect BMI data from the completed child health examination forms. IDPH is currently piloting the collection of these data for surveillance purposes through the We Choose Health initiative, which funds the Coordinated School Health approach in communities throughout Illinois.

Point of discussion:

- Elissa Bassler of IPHI made the point that examining BMI at the aggregate versus individual level is an important distinction. Using BMI as a screening tool is controversial. Using it on the aggregate for surveillance is not as controversial.

Discussion: Relevance and Feasibility of Implementing Assessment Tools

Points of Discussion:

- There are assessment tools, like the School Health Index, that the task force can promote and could be used by schools on a voluntary basis as part of their individual or district planning efforts. There are also data collection systems that we can implement on a statewide level, like the Healthy Schools Rating tool with its simple stoplight rating or the Presidential Youth Fitness Program that could be used to measure student fitness, and aggregate data at the school, district and state levels to help measure fitness status and progress.
- The Task Force wants to make sure the metrics used are fair, even for stressed schools. The metrics should set these schools up for success.
- Utilizing these metrics would reposition PE in proportion to its importance, putting it on par with other subjects. It would also help with integrating it as a core part of curricula.

Public Comment:

Paul Zientarski, representing the Illinois Alliance to Prevent Obesity, commented that as a former PE teacher he is very excited by and optimistic about the Task Force's work and all the information they've come up with to date.

Closing Remarks

Dr. Koch thanked everyone for attending.

Adjourn

Meeting was adjourned at 11:55am.

Next meeting:

Wednesday, May 15, 2013, 9am-12pm