Committee on Enhanced PE Promotion  
Meeting Summary  
April 8, 2013  
11am-1pm

Illinois Public Act 97-1102 created the Enhance Physical Education Task Force. This Committee of the Task Force is 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.

Task Force Members Attending:
Chicago location: Chair Jessica Madrigal, the Great Lakes ADA Center, Dept of Disability and Human Development, College of Applied Health Sciences, University of Illinois at Chicago; Elissa Bassler, representing the Illinois Public Health Institute; Angela Crotty representing the Illinois Association of School Business Officials; Sandy Noel, representing the Illinois Association for Health, Physical Education, Recreation & Dance; William Truesdale, representing the Illinois Principals Association

Springfield location: Joey Ohnesorge, Principal Consultant for Health, PE, HIV, Illinois State Board of Education, representing State Superintendent Christopher Koch

By telephone: Bruce Bohren representing the Illinois PTA; Michael Brunson, representing the Chicago Teachers Union; Lynne Haefele, representing the Office of the Lt Governor; Michael Isaacson, representing the Northern Illinois Public Health Consortium; Annie Lionberger, representing the CEO of Chicago Public Schools; Amanda Minor, representing the Illinois Association of Public Health Administrators; Rick Reigner representing the IL YMCA Statewide Alliance

Illinois Department of Public Health Staff: Cheri Hoots (Springfield)

Illinois State Board of Education Staff: Shawn Backs (Springfield)

Illinois Public Health Institute Support Staff: Janna Simon (Chicago), Coby Jansen (Chicago), Sarah Chusid (Chicago)

Task Force Enhanced PE Promotion Committee Members not in attendance: Chair Jean Sophie, representing the Illinois Association of School Administrators; Anna Barnes, representing the Consortium to Lower Obesity in Chicago Children; Mark Bishop, representing the Healthy Schools Campaign; Lynne Braun, representing the American Heart Association; Neil Duncan, representing the Illinois Assoc. for Health, Physical Education, Recreation & Dance; Daryl Morrison, representing the Illinois Education Association; Kelly Nowak, representing the Illinois Association of School Boards; Stephanie Whyte, representing the Chicago Board of Education

Welcome & Introductions

Chair Madrigal welcomed committee members and outlined the goals for the meeting. Committee members introduced themselves.

Approval of Meeting Summary from March 8, 2013

The meeting summary from the 3/8/13 meeting was approved at 11:07am.
Review, revise and adopt Action Plan

Based on the previous committee meeting on March 8, a draft Action Plan was created to capture the various ways in which the task force will promote enhanced PE. The purpose of this Action Plan is to support the strategic goals and objectives of the task force, as set forth in Public Act 97-1102, by outlining specific actions that task force members can implement. The plan serves as a guide for communicating a set of core messages about the value of enhanced PE, and targeted messages about specific changes required to implement enhanced PE, to seven audiences: superintendents and district administrators, school boards, principals, PE teachers and adapted PE teachers, non-PE teachers, parents, and students. The plan includes a strategic goal, key objectives, core communications messages for all audiences, targeted asks by audience, as well as each audience’s respective communication venues, channels, messengers, timeline, and the task force lead.

During this meeting, the committee reviewed and revised the draft Action Plan. The substantive changes are highlighted below by target audience:

a) **Superintendents and District Officials:** The committee added a new primary ask for superintendents and district officials: Educate your school board about the importance of enhanced PE and PA. The committee edited another primary ask that is applicable to several target audiences, narrowing the focus from ensuring every class has daily PE time to ensuring every student has it. The committee added a new resource, a template letter to aid superintendents in executing the new primary ask to educate school boards on enhanced PE and PA. The committee also decided that a webinar (to be used for online trainings) should be recorded to encourage long term and repeat use, which should be coupled with a live call-in section to enable interactive learning. The training should be posted on the IASA and ISBE websites. For the timeframe on the IASA newsletters, the committee emphasized that the messaging should happen on a recurring basis.

b) **School Boards:** Relating to the new focus on educating school boards, the committee identified an opportunity to reach school boards at bi-annual division meetings. The committee added public health departments as a messenger at school board meetings. In addition to the messaging that will occur during regularly scheduled school board meetings, the committee resolved that superintendents could request special school board meetings over the course of the 2013-14 school year for the purpose of educating the boards on enhanced PE.

c) **Principals:** Several additions were made to plans for the upcoming October conference of the Illinois Principals Association (IPA): Designated Task Force leads were charged with submitting an abstract that includes a roster of individuals experienced in implementing enhanced PE, including elementary and high school teachers, and content expert Paul Zientarski. ISBE will draft the script for a recorded discussion between Dr. Koch and IPA’s Executive Director, which will be used as content for a podcast.

d) **PE Teachers and Adapted PE Teachers:** Designated Task Force Leads will consult with ISBE on possible resources to support ‘train-the-trainer’ trainings in school districts. These trainings can occur during designated professional development time and could feature the Enhanced PE Manual, which is currently being piloted in select CPS schools and at the High Ridge YMCA in Chicago.

e) **Non-PE Teachers:** The committee added in-service trainings as a key venue for reaching non-PE teachers.

f) **Parents:** The committee revised the primary ask to learn and understand PA/PE by adding the idea of PTAs holding meetings on the topic and inviting PE teachers to present. The committee removed the primary ask of communicating with children as a stand-alone item and merged it with the next one to now read: “Become a role model; communicate with children and show by example the importance of physical activity in the home.”
Students: The committee identified PE teachers as the voice of enhanced PE in the classroom. Student awards for achieving PA goals were identified as a channel for communicating the importance of enhanced PE. The committee added Walk Across Illinois, the Healthy Schools Campaign and the Consortium to Lower Obesity in Chicago to the list of programs listed under key venues. It added another key venue, a principal-led orientation day for students to take place at the beginning of the 2013 school year.

The committee voted on and approved adoption of the revised Action Plan as their approach for promoting enhanced PE.

Physical Activity Break

Capturing Recommendations

The committee then discussed ideas and recommendations that could be implemented to promote enhanced PE after the task force adjourns and generated/revised the following list by task force charge:

For the general charge to promote and recommend enhanced PE programs:

1) ISBE, in partnership with IDPH, will update its model wellness policy to include principles related to enhanced PE and promote it statewide. In order to do so, the committee determined it first needs to a) define what components it thinks the model policy should include related to PE and b) craft a model policy, or modify the current one, which is provided by the USDA, to set higher standards for physical education and physical activity. The committee also identified a need to proactively share guidelines on developing and maintaining a wellness committee, the group required to develop and support implementation of the wellness policy. The committee assigned Sandy Noel to suggest revisions to the model wellness policy.

2) The committee debated the value of monitoring compliance with Illinois’ PE instructional requirement. The committee learned that the Regional Offices of Education meet with districts every 3 years to ensure that schools are providing all required physical activity, to check whether they have a waiver, and to assess whether they are making necessary accommodations. The committee had concerns regarding resources required to monitor compliance with the requirement and other implications that were noted and need to be thought through before suggesting a recommendation to the full task force.

3) A recommendation was suggested for future consideration by the committee: to modify the “ISBE State Goal on Wellness Policy” to include specific goals for PE.

Under the committee-specific charge to educate and promote leadership on enhanced PE among school district and school officials:

The committee discussed whether ISBE should implement recognition and award programs to encourage the adoption of enhanced PE programs. The committee suggested that recognition/award programs be made available only if they tie into existing application/requirements, such as the local wellness policy, so that schools won’t be required to complete, nor ISBE be required to review, additional paperwork for this recognition.

Under the committee-specific charges to develop and utilize metrics to assess the impact of enhanced PE and to identify and seek local, state, and national resources to support enhanced PE:
The committee will resume discussion regarding proposed recommendations at its next meeting.

Public Comment

No members of the public were in attendance.

Adjourn

The meeting adjourned at 1pm.

Next meeting:

Tuesday, April 30, 11am-1pm