Committee on Enhanced PE Promotion
Meeting Summary
April 30, 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: Jean Sophie, Superintendent, Lake Bluff School District; Jessica Madrigal, Great Lakes ADA Center; Elissa Bassler, CEO, Illinois Public Health Institute; Angela Crotty, Business Manager, Midlothian School District 143; Annie Lionberger, Chicago Public Schools; Sandra Noel, retired teacher, Hatch Elementary; Kelly Nowak, Vice President, Geneva CUSD 304 Board of Education; Rick Reigner, Illinois YMCA Statewide Alliance

Phone: Anna Barnes, Schools Programs Manager, CLOCC; Bruce Bohren, President, Illinois PTA; Michael Isaacs, representing the Northern Illinois Public Health Consortium; Daryl Morrison, Education Policy & Agency Relations Director, Illinois Education Association; Amanda Minor, Director, Douglas County Health Department; William Truesdale, Principal, Douglas Taylor Elementary School, Illinois Principals Association

Outside Expert: Dr. Weimo Zhu, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign (Phone)

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

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

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

Committee Members not in attendance: 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; Lynne Haefele, representing the Office of the Lt Governor; Stephanie Whyte, Chief Health Officer, Chicago Public Schools

Welcome & Introductions

The meeting commenced at 10:03am.

Chair Jessica Madrigal welcomed everyone to the meeting. Committee members at the Chicago and Springfield locations, and those attending by phone, introduced themselves. Chair Madrigal welcomed Dr. Weimo Zhu, an outside expert asked to provide feedback and support for the committee’s work developing metrics and thanked him for participating in this meeting.
Chair Jean Sophie also welcomed attendees and reported good progress on her work reaching out to fellow superintendents since the last meeting.

Approval of Meeting Summary from April 8, 2013

The summary from the April 8, 2013 meeting of the Enhanced PE Promotion committee was approved.

Updates from Committee Members on Action Plan

As one of its charges, the committee created and adopted an Action Plan to 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.

Committee members have begun implementing this plan and provided a round of updates outlined below to report progress, to identify additional supplemental support needed to continue moving forward, and to provide updates on additional opportunities for outreach that have emerged.

The updates are provided below by target audience and corresponding committee member(s): (During the course of these updates, further revisions to the Action Plan were made and are outlined below)

1) Target audience: Superintendents

a) Chair Jean Sophie:

Updates:

• She submitted a request to present at the October state conference of the Illinois Association of School Administrators (IASA).
• She met with the IASA’s lobbyist to discuss how to promote enhanced PE.
• IASA will begin disseminating “appetizers” of information about the Enhance PE Task Force on the connection between wellness, fitness and student achievement in June, and will then roll-out more information in the new school year (starting August).
• A proposal to have a roundtable presentation at the Triple I conference is still under consideration.

Support needed:

• She requested support from IPHI to create one or more webinar trainings that can be shared with superintendents.

b) Angela Crotty:

Updates:

• Per her request, the Illinois Association of School Business Officials (IASBO) has created a dedicated web page on its site for enhanced PE. She will provide periodic updates for the page.
• She checked into presenting at IASBO’s annual conference but the deadline for proposals has passed and there will not be another chance to apply until this fall, when proposals must be submitted for the conference in May 2014.

Point of Discussion

• Elissa Bassler reminded committee members of the April PE Update, a compilation of recent news items and resources circulated by the Illinois Public Health Institute prior to the meeting, and encouraged them to use it in their outreach.
• Sandy Noel suggested that school administrators should know about a NASPE resource with guidance for superintendents on how to evaluate PE teachers.

2) Target audience: School Boards

Kelly Nowak

Updates:
• She will work with Jean Sophie to arrange for a presentation at the Triple I conference, if their proposal is accepted.

Challenges:
• Several deadlines in the Action Plan might be overly ambitious.
• She would like the IASB website to link to another website that it routinely updated.
• There’s no uniformity to school board management so she’s not sure how to approach getting enhanced PE on their agendas en masse. Based on her personal experience as a member of a school board, her school board plans their agendas a year in advance, so if that’s any indication of how other boards operate, it would take special effort to make any changes.

Support needed:
• She thinks it will be easier to get on local school board meeting agendas if all the materials are assembled ahead of time and are shared with superintendents and school board members for them to decide to include.

Action item:
• She offered to author an article for the IASB magazine and will find out submission deadlines.

Points of Discussion/Edits to Action Plan:
• In discussing the challenges influencing agenda-setting at school board meetings, the committee added a new Primary Ask of superintendents: Educate your school board on the importance of enhanced PE and physical activity.
• Jean Sophie pointed out that the beginning of the school year is an optimal time to get school officials to act on new ideas, again emphasizing that it’s the link to student achievement that will resonate.
• This line of conversation brought up another item that has been under consideration: What precise recommendation should be made regarding the ideal amount of PE/PA time. Given the centrality of this goal to the committee’s work, the committee decided to put greater emphasis on encouraging more rigorous physical activity during existing PE and other movement time (e.g., recess), in its outreach to school boards and superintendents.
• Another recurring issue resurfaced during this discussion: the economic stress under which most schools operate. To reflect a sensitivity to these constraints, and by doing so perhaps soften the target audience’s resistance to change based on those constraints, the board edited the secondary ask on allocating staff resources to include the qualifier “if possible”.
• The committee modified another ask for school boards, such that instead of “Requiring that all students receive daily PE,” they are asking school officials to encourage daily PE time for all students.
• Annie Lionberger pointed out that, despite all these challenges, there are plenty of schools she works with that are ready to take action on enhanced PE and that the task force should be able to target various levels of readiness for change.
• At this time, a question was put forth on behalf of another committee member, Lynne Braun, who was absent, on why legislators are not included.
among the target audiences. The committee decided that they need to prioritize outreach to school officials now, rather than legislators.

- Jean Sophie suggested that having champion districts publish on their successful implementation of enhanced PE is a good idea.

3) **Target audience: Principals**

**William Truesdale**

**Updates:**

- Submitted an abstract for the annual conference of the Illinois Principals Association (IPA).
- Connected with a contact on legislative issues from IPA to share with U.S. Department of Education and elected officials for a forthcoming trip to DC
- Connected with Jason Leahy, IPA's Executive Director on the action items outlined for consideration. His responses:
  - On including IPA messaging in the Associations emails, he said short updates can be sent from time-to-time via their weekly broadcast email, but they need to be brief and link to other places for more information. Larger pieces can be blogged on IPA Connect.
  - On the IPA workshop for continuing education training on the new P.E. Learning Standards and Competitive Foods, he felt a full blown workshop is not a likely expectation. A few recess-related offerings that they've made available have not been well attended. He recommends creating a webinar.
  - On collaborating with Dr. Koch for an IPA Podcast, he doesn't think they are the best choices to lead it since they're not experts on the subject but is open to doing one with a Task Force member in the fall.
  - On developing an IPA catalogue of resources and posting it to IPA's website, he said once the resources are complete, he will review to see what is appropriate for them to post. IPA does not have the time or capacity to invest in developing the resources.
  - On encouraging principals to share information with students about the value of physical activity and PE, he is willing to share something provided by the Task Force, but does not have the time or capacity to develop the content and materials for distribution.

**Support needed:**

- He needs assistance in developing the script for the proposed webinar for IPA.
- He needs the Resource Guide currently in development for his outreach to IPA.

**Points of Discussion/Edits to Action Plan:**

- The revised outreach message encouraging daily PE time for every student was added to the list of primary asks for this audience.
- Elissa Bassler suggested creating a ‘how to’ guide for principals on implementing Enhanced PE.

4) **Target Audience: PE Teachers & Adapted PE Teachers**

**Sandy Noel**

**Updates:**

- She’s successfully scheduled the Enhance PE Task Force at IAHPERD's November conference.

**Action Step:**

- She will continue working on booking presentations at district conferences.

**Jessica Madrigal**

**Updates:**
• She’s been in touch with the president of the Illinois Coalition for Adapted PE Teachers. They were very receptive to her and agreed to post items on enhanced PE on their website.

**Action Step:**
• Jessica will send the April PE update and other resources from this meeting for them to post.

**Point of Discussion/Edit to Action Plan:**
1) A secondary ask, encouraging more MVPA during existing PE and other movement time (e.g., recess), was moved into the primary ask column.

5) **Target Audience: Students**
Specific action items have not been fleshed out for students up to this point, beyond participating and being educated on the importance of PA/PE. The idea of utilizing social networking to activate students came up but the committee decided that they have a lot going on already, so resolved to focus their efforts on those other target audiences at this time.

**Capture Committee Recommendations**

As its final work product, the Task Force is required to submit a report to the General Assembly in August. The committee is proposing recommendations to be included in that report that center on ways to ensure its work will continue after the body formally dissolves.

The committee considered a series of recommendations and assigned members to refine specific recommendations prior to and present before the full Task Force at its meeting on 5/15:

• Annie Lionberger suggested ISBE update its wellness policy to mirror CPS’, which makes the recommendation to require a certain % of moderate to vigorous physical activity (MVPA) during PE. She made this as a way to mitigate concerns about specifying a specific number of days or minutes for PE, which would open schools up to being classified as failing to meet that standard. Sandy Noel will present this recommendation to the task force.
• Joey Ohnesorge will report on the recommendation that ISBE monitor compliance with PE requirements. He will include an explanation of the existing instructional requirement and waiver process.
• Jean Sophie will present on the recommendation that ISBE implement recognition and reward programs to promote enhanced PE, and on determining the ideal amount of professional development available for PE and adapted PE teachers.
• Elissa Bassler will present on a recommendation to use the School Health Index in developing wellness policies and on including a measure for the number of PE minutes on the School Report Card.
• Jessica Madrigal will report on recommendations for using the Presidential Youth Fitness Test to measure fitness and ISBE aggregating those data from schools.
• Neil Duncan will report on a recommendation for ISBE to identify and share information about professional development available for PE teachers and adapted PE teachers.
• Neil Duncan and William Truesdale will report on a recommendation that ISBE assist in developing additional professional development opportunities to fill gaps in current offerings.
• Janna Simon will report on a recommendation that ISBE and IDPH identify other systems and stakeholders that are promoting student wellness to leverage resources for the implementation of enhanced PE.

**Public Comment**
There were no members of the public in attendance.

**Adjourn**
The meeting adjourned at 1:57 pm.

**Note:** IPHI will circulate the most recent versions of the PowerPoint, Fact Sheet and Resource Guide. **Send any final feedback by May 8th, 2013 to Sarah.Chusid@iphionline.org.**

**Next meeting:** Monday, June 3rd, 10am to 12pm, IDPH offices