

Advisory Council on Health and Physical Education - Spring 2022

Monday, May 16th

11-1 PM

Hybrid: Carver Center and Google Meet

Attendees

Jason Semanoff - Maryland State Department of Education
Cara Grant - Co-Chair, Montgomery County Public Schools
Christiana Walsh - Co-Chair, Anne Arundel County Public Schools
Rebecca Aiken - Garrett County Public Schools
Jim Barry - Salisbury University
Eric Bishop - Howard County Public Schools
Nana Donkor - Prince George's County Public Schools
Matt Golonka - Charles County Public Schools
Joe Harbert - Harford County Public Schools
James Knauss - Maryland State Education Association
Tracey Leonard - Allegany County Public Schools
Teri McCambridge - American Academy of Pediatrics
Kristi Pier - Maryland Department of Health
Ellie Mitchell - Maryland Out of School Time Network
Justin O'Brien - Baltimore County Public Schools
Dennis Frazier - Maryland Association of Counties
Erin Hager - Maryland State School Health Council
Bill Keswick - Talbot County Public Schools
Nick Thompson - Wicomico County Public Schools
Brian Griffith - Frederick County Public Schools
Geoff Meehle - SHAPE Maryland

Notes

11:00 Greetings & Introductions

- Roll Call
- Welcome and agenda review
- Approved Fall 2022 minutes
 - Motioned by Brian Griffith, seconded by Nick Thompson
 - Approved by all members

11:10 Maryland State Department of Education Updates, Jason Semanoff

- Publications
 - The [Adapted Physical Education Guidebook](#) was updated this spring
 - Coming soon
 - A revised version of the PE Framework. -Updating the glossary, sample assessments and list of critical elements. No changes were made to the standards, outcomes, or indicators.

- Title IX Guidance and Recommendations for Physical Education Classes.
 - Individualized Action Plan (IAP) Guidance
 - Physical Education Participation Memo
 - Secondary Health Education Training Modules
 - Maryland High School 3Rs Lessons
- Online Adapted Physical Education Course (APE)
 - Teachers can earn 3 CPD credits.
 - 7 people enrolled for the summer '22 course.
 - MSDE will continue to offer one APE course per semester using CANVAS.
- Health Education webpage
 - MSDE's communications office and leadership team updated the health education website to echo the purpose of the State Framework.
- Updating the State standards for health education and physical education
 - SHAPE America owns the copyrights to both the health education and physical education standards.
 - Separate task forces were created and began the process of updating them.
 - Maryland has representation on both task forces.
 - When published the Council will have a chance to review and discuss the next steps.
- Legislative Updates
 - No health education or physical education-specific bills passed this session.
 - Please contact your legislative office if you'd like to learn more about the outcome of this session.
- Online high school health education and physical education courses
 - Under development by the University of Maryland Global Campus and Frostburg State University.
 - Materials will be free
 - Scheduled to be completed by August 2023.
 - Will seek input from LEA leaders to develop the strongest programs possible.
- LEA Grant Opportunity through the CDC; titled "Improving Adolescent Health Through Surveillance and School-Based Programmatic Strategies"

<https://www.grants.gov/web/grants/view-opportunity.html?oppId=340052>

11:25 SHAPE Marland and SHAPE America Update, Geoff Meehle

- [SHAPE Maryland Convention](#)
 - [Call for proposals](#)
 - [Early bird registration](#) is open
- SHAPE NOLA Highlights
 - Lots of health education presentations
 - Dr. Blackshear's (Towson University) session was standing room only
 - Keynote - 1% percent better every day
 - Coffee talks were a hit-making connections
 - Future conventions
 - '23 Seattle, '24 Cleveland, '25 Baltimore
- SHAPE America PE Standards survey closes today (5/16); the HE survey closes on 5/20

11:35 Local School System Highlight, Brian Griffith

- Shared a draft document about family life and human sexuality instruction.
 - Designed to be customized by each LEA
 - Used by teachers, school-based administrators, etc. to inform their communities about how this unit is taught

11:45 Maryland State School Health Council Update, Dr. Hager

- Moved to Johns Hopkins Bloomberg School of Public Health
- Maryland Wellness Policies and Practices Project ended in 2020
 - “Coffee Table Books” will be mailed this summer
 - Still available to support LWP implementation
- Wellness Champions for Change
 - The project ended early due to the pandemic
 - The online course is still available and free to Maryland teachers
 - NEW - Students-Led Wellness Teams
 - Sharing curriculum with interested school districts, nationally
- Next Webinar is June 7th at 3:30pm
- Potential LSHC meeting at SHAPE Maryland Convention in November
- Contact ehager@jhu.edu if you are interested in learning more and/or joining the executive board

11:55 Maryland Department of Health Update, Kristi Pier

- Safe routes to schools
 - LEAs should work with their local health departments → reach out to Kristi (kristi.pier@maryland.gov) for more info.
 - Future potential funding
 - Example projects - bike park, access to safe walking routes between and within communities and schools. Jason will share more info when it becomes available.
- Walk to school day is October 5th; this is also Walk Maryland Day.

12:00 Council Updates, Dr. Grant & Christiana Walsh

- Health education discussion
 - SHAPE America owns the copyrights to the National Health Education Standards and has created a diverse task force to update them
 - The National Consensus on School Health is a separate group not aligned with the CDC.
- Best practices for accessing ESSER funds
 - FCPS - Money has already been spent. Not sure if additional funds will be made available. Was able to host several professional development sessions for elementary school teachers on suicide awareness and sexual assault.
 - City Schools - Schools received the money. It was originally earmarked for arts and athletics. Was able to provide a 1-pager on different ways the funds could be used. Principals spent the funds at their discretion. Reminded H/PE teachers that they have to ask their principal to access the resources. Strong advocates were able to acquire widdle equipment, a Lu interactive playground, etc. Removing barriers was the goal. Having a seat at the table was critical.

- FCPS - some funds were used to provide access to safe Drinking water. Some schools bought bottled water. Others installed bottle filling stations. The goal is to have at least one bottle filling station in every building.
- HCPS - Purchased a set of pedometers for all middle and high schools and an additional set that can rotate through the elementary schools. The pedometers help with goal setting. The program will be fully implemented next year.
- .5 to 1.0 HE transition
 - AACPS - Is calling their high school courses Health A and Health B. Health B is in process. Will write the curriculum next year.
 - HCPSS - Will pilot “Health 2” in multiple schools next year. Working with the health education professional learning network to develop exemplar units and lessons.
 - MCPS - Offering paid Tier 1 training this summer (9 hours). Calling their courses Health A and Health B. Offering all honors courses unless certificate bound. Equity was brought to the forefront. Schools will be offering Health B this Spring as a pilot. MCPS Board of Education will consider the adoption of the Framework in June
 - HCPS - Piloting the courses next spring. Will LEAs hire new folks to teach these courses or will PE teachers be repurposed?
 - MCPS - some students will likely be pulled from PE electives. Was given 10 open contracts. Staffing pipeline concerns. Total staffing for the entire district will be lower because student enrollment is down, necessitating fewer teachers. Make sure potential HE teachers are aware of triggers that may occur from teaching the HE content.
 - AACPS - The students will choose which elective it comes from. Principals are posting health educator positions. Professional development will be needed to deliver the content.
 - HCPSS - Hiring more health education teachers. Lots of administrative support to do so. Elective enrollment increased in PE to match the HE half-year course.
 - WCBOE - “Health Through Wellness” will be taught in the gymnasium. Losing .5 credits of PE. Will use this course as an opportunity to fill the loss in physical activity due to the decrease in required PE credits. Looking at purchasing new health education textbooks and editing the curriculum next year. Will run this course in all schools.
 - PGCPs - Will offer Health 2 in the fall for 11th and 12th graders. Some students will, unfortunately, have to take both Health 1 and Health 2 at the same time.
- Letter to MSDE
 - The co-chairs will draft a letter to the State Superintendent advocating they hire a highly-qualified health education specialist with full benefits ASAP
- Membership Procedures
 - Goal - One active member per LEA
 - MSDE will send a letter to all LEAs and organizations seeking membership for SY22-23
 - Membership is valid for 1 year
 - Some LEAs and organizations choose not to nominate someone
 - Meetings will remain open to the public
 - Terms for Co-Chairs are two years
 - Nominations for one co-chair position will take place at the Spring ‘24 meeting

12:20 All Member Update

- Nick - Ocean City Beach Patrol
 - [Beach Safety Guide](#)
 - [Water and Beach Safety Coloring Book](#)
 - Received a grant to establish a Water Safety Program
 - Contact Nick if your LEA is interested in participating.

- Cara - Pride town hall this Saturday. Info on website. Sponsored by Pride alliance group with many community groups also present. Will model practices. For additional info contact Cara.

12:29 Public Comment

- None

12:30 Closing

- We will move forward with hybrid meetings. Next Meeting - October 17, 2022 (MCPS), and May 12, 2023 (AACPS), possibly on a school campus to do a walk-through or have a student listening session. Consider inviting SMOBs for an informal listening session.

Action Items

1. Review Family Life Document and provide Brian and Jason with feedback - All members
2. Send a letter to MSDE - Co-Chairs.
3. Update member list on the website and send invitation to organizational leaders for SY22-23 - Jason