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Purpose: Annual Report to the Board of Directors. Ends Policy Number 4 – Physical Health and Fitness

Health and Fitness E-4

Due to the school closure this spring, I feel the evidence we are able to accumulate and report is not sufficient to represent the work and progress of our staff and students. I believe that we typically have appropriate and meaningful ends measures in place for health and fitness. Some of these include fitness-related Curriculum Based Assessments (CBAs): Fitness Planning (grades 10-12), Fitness Plan for Pat (grades 8-9), and Get Fit Summer (grades 5-7). Others are health and nutrition related CBAs, including: Stressed and Depressed (grades 10-12), What’s on Your Plate (grades 10-12) Sarah’s Story (grades 8-9) and Mrs. Trimble’s Muffins (grades 5-7). In addition, the staff was set to pilot several new CBAs being released by the state this spring. We also utilize an important overall fitness measure, FitnessGram, which provides us a more quantitative measure of students’ general fitness levels by measuring an established set of skills and abilities and then comparing these results to a normed sample group. These combined measures represent thousands of data points during a typical year. However, none of these regular assessments could be completed or recorded in their entirety before the closure.

Below each item in the policy, I will provide a very brief update on what work is going on, or was going on before the closure. These updates will represent means and new information, but not Ends measures as would typically be provided.

All UPSD students are healthy and physically fit, and demonstrate the knowledge, skills, habits and attitudes of a healthy and fit lifestyle that will successfully carry them into adult life.

1. UPSD students are physically fit.
Pretests for some fitnessgram tests were given, but no results can be computed because no summative tests were given due to the closure. The language in this section of the policy was broadened so that other data sources, like athletics involvement could be included. This data is also incomplete.

2. UPSD students demonstrate knowledge of a healthy and fit lifestyle.
a. UPSD students know nutritional guidelines for healthy children.
b. UPSD students know that the choices they make both at school and at home with regard to physical activity and nutrition impact their ability to learn in school, their physical fitness, longevity, disease prevention and quality of life.

Section 2a and 2b - Teachers were trained in the up-to-date standards over the last two years to increase their knowledge base and to form a consistent foundation to adopt curriculum materials. This is the second series of trainings on the standards which included components specific to Wellness, Safety and Nutrition which relate directly to 2a and 2b. The training was completed this year, but the adoption process was halted due to the closure. We anticipate the adoption process to resume when school gets back to some form of normal. CBAs related to Section 2 could not be completed due to the closure.

3. UPSD students demonstrate the habits and attitudes of a healthy and fit lifestyle.

Section 3 is typically covered partially in health, science and partially in PE classes. In all three places, teachers participated in piloting of some CBA courses specifically geared toward the expectations under the standards. The standards related to Sexual Health, some portions of Emotional Health and Substance Use and Abuse are covered primarily in health classes. These teachers were included in the trainings completed this year as well. We adopted appropriate resources for 10th grade Health recently, which adequately cover these standards. Resources for secondary PE and specific health standards taught in PE and science classrooms at the intermediate and junior high level still need to be adopted. Again, this process will resume once school returns to normal.

The CBAs related to section 3 could not be completed due to the closure.