

**Education Subcommittee Conference Call  
November 6, 2007  
3:00 PM – 5:00 PM**

**Members Present**

Bill Montford, Co-Chair  
Julie Ryczek

**Members Absent**

Karen Dowd  
Nancy Hogshead-Makar, Co-Chair  
Kez McCorvey  
Shannon Miller

**Others Present**

Kim Berfield  
Rachel Duerr  
Catherine Howard  
Kelli Lane

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Bill Montford, Co-Chair, called the meeting to order at 3:05pm.

Rachel Duerr, Education Subcommittee Coordinator, took roll and RSVP's for the Ft. Lauderdale meeting. She also announced that two full council conference calls would be held on Tuesday, November 20 from 2pm-4pm and Tuesday, November 27 from 2pm-4pm.

Mr. Montford announced that the minutes from the last meeting were not yet available for approval.

Mr. Montford introduced Kim Berfield, Deputy Secretary of the Florida Department of Health. Ms. Berfield is drafting the recommendations for the council based on their discussions and recommendations at the previous meetings.

Ms. Berfield provided an overview of each of the draft recommendations for the Education Subcommittee. She emphasized that these were draft recommendations and effort has been made to capture the intent of the subcommittee. She told the members to feel free to offer suggestions and feedback on the recommendations.

Ms. Berfield reviewed the first recommendation which was created to address issues the council felt needed continual work.

**Education Subcommittee Draft Recommendations**

*The Governor's Council of Physical Fitness recommends that the Governor and Florida Legislature improve physical education policies and facilities in schools by:*

**1) Assuring continuity of state leadership by assuring that the Governor's Council on Physical Fitness continues to act under the authority of Executive Order or through legislation or that the Governor appoint or the legislature create a Task Force on Physical Fitness that will develop:**

- *A report of the best practices for Florida Schools' physical education programs and recommendations for the amendment of Section 1003.455, Florida Statutes, to implement these best practices. The report and recommendations shall address implementation throughout Florida of minimum physical fitness education requirements for kindergarten through grade 5, grades 6 thorough 8, and grades 9 through 12 by amending Sections 1003.01(16) and 1003.455, Florida Statutes.*

- *Phase 1 FY 08-09: Enact legislation to adopt minimum standards, provide funding and rulemaking authority*
- *Phase 2 FY 09-10: Implement 225 minutes of physical education per week for grades 6 through 8 by the 2010 school year*
- *Phase 3 FY 10-11: Implement 225 minutes of physical education per week for grades 9 through 12 by the 2012 school year*

Julie Ryczek asked if this recommendation addressed the definition of physical education or physical activity. Ms. Berfield said this recommendation did not address the definition specifically. It is possible to amend the recommendation. Ms. Berfield suggested amending the definition of best practices to be based on definitions or examples from national organizations.

Mr. Montford suggested adding “and funding” to Phase 2 and 3. Mr. Montford discussed how school districts cannot do anything additional unless something is taken away or hours and/or funding is added. Ms. Berfield said she would add funding to Phase 2 and 3. She will also check with Kate Kemker from the Department of Education to ensure she did not miss anything.

Ms. Ryczek asked if SB601 was cited. Ms. Berfield said it was not cited because it was not discussed by the subcommittee; but could be looked at. Mr. Montford said it may be premature to support this as other bills may be forthcoming.

Mr. Montford discussed that the council wants to make good, sound recommendations. For them to be fulfilled, something has to be changed. What the council wants to accomplish cannot be done under the current school structure. The recommendations will only be as good as the support the school districts have. Ms. Berfield said she would find a way to address this in the introduction. Mr. Montford said he would also bring this up to the full council. He stated it would be great if physical education legislation is passed, but questioned how it would be implemented as it will result in an increased need for PE teachers, facilities, and equipment.

The committee agreed they were comfortable with the recommendation.

Ms. Berfield reviewed the following recommendations.

- *A method to determine compliance with physical fitness education requirements throughout Florida's public schools, through reports to the Department of Education.*
  - *Phase 1 FY 08-09: Enact legislation necessary to require reports of each school board or school district's adherence to physical fitness requirements, including necessary funding and rule making authority*
  - *Phase 2 FY 09-10: Implement rules for standardized reporting of adherence to physical fitness requirements*
  - *Phase 3 FY 10-11: Collect and review reports regarding grades 6 through 8 for the 2010 school year*
  - *Phase 4 FY 11-12: Collect and review reports regarding grades 9 through twelve for the 2011 school year*

- *Methods by which individual public schools or school boards or districts can enter into public and private partnerships to provide physical fitness programs before or after school hours to students, their families and other members of the community. Such recommendations must assess any issues of liability for personal injury or property damage that may be associated with such programs and recommend a method or methods whereby those providing the programs and the schools authorizing the use of the facilities can be protected from unnecessary risk while assuring the safety and legal rights of participants in the physical fitness programs.*
  - *Phase 1 FY 08-09: Collect information from school boards and school districts throughout the state regarding the physical fitness facilities available and the times these facilities could be made available to the public; invite comment regarding liability concerns and suggested solutions from legal counsel from each school board or school district*
  - *Phase 2 FY 09-10: Enact legislation to authorize use of public school facilities for publicly available physical fitness programs and provide funded liability insurance to participating school boards or school districts or provide another workable solution to liability concerns*
  - *Phase 3 FY 10-11: Publicize and coordinate programs based in public schools outside school hours and provide for reporting of public use of such programs*

Mr. Montford discussed the wording of school board and districts. He informed Ms. Berfield that school district would suffice and she agreed to make the change.

Mr. Montford thought a great job was done addressing the liability issue. He brought up the fact that there may be a strain on future partnerships due to budget restrictions and cuts. Counties, cities, and municipalities are experiencing decreases in park services which may have an impact when advocating the expansion for more public use. He suggested working in funding issues into the recommendations. Ms. Berfield said she would address funding and see if she could find a similar program that has implemented the partnerships.

Ms. Berfield reviewed the second recommendation and suggested utilizing the Healthy Floridians website as a part of the recommendation.

2) *Initiating a "Healthy Lifestyle School" designation for public and private schools throughout Florida that will:*

- *Establish standards for obtaining the "Healthy Lifestyle School" designation, including the type of facilities, equipment, staff and school resources, and healthful food choices for students and staff required to obtain the designation. The standards should include best practices for achieving a healthy lifestyle but may be different for existing schools and those constructed after the standards are established.*
  - *Phase 1 FY 08-09: Collect information from school boards and school districts throughout the state regarding current physical fitness facilities, equipment, staff, school resources and nutrition information; develop best practices standards in collaboration with state and local educators and other experts in the field of school-based fitness programs*

- *Phase 2 FY 09-10: Establish standards for obtaining the "Healthy Lifestyles School" designation that can be reasonably achieved by existing schools within a reasonable period if funding sources are made available; establish best practices standards for existing and new schools; establish a schedule under which existing and new schools can continue to receive the "Healthy Lifestyles School" designation so long as the scheduled improvements leading to best practices continue in accordance with the schedule*
- *Phase 3 FY 10-11: Enact legislation to authorize and fund construction of and improvements to public schools that will enable the schools to achieve and maintain "Healthy Lifestyles School" designations*
- *Phase 4 FY 11-12: Publicize and coordinate assistance to schools actively seeking the "Healthy Lifestyles School" designation*

Mr. Montford asked if Phase 3 was envisioning using the DOE facilities department and including minimum requirements. Ms. Berfield responded that this recommendation would set standards and determine how the standards will be carried out. The recommendation would also look at schools under construction, future construction, and reconstruction.

Mr. Montford suggested looking at creating partnerships between schools, community colleges, and universities for joint use of facilities. Ms. Berfield said she would create language to discuss.

Ms. Berfield reviewed the third recommendation while noting she was seeking additional input for referencing.

### 3) Evaluating the curriculum in elementary, middle and high schools to determine:

- *The actual time in each school week necessary to address each academic requirement under Sunshine State Standards. The evaluation should include the feasibility of incorporating physical fitness, nutrition and wellness information into academic course requirements. (Examples: calculation of the Body Mass Index and calories burned through different exercises in elementary school math; the genetics that predispose individuals and groups of individuals to obesity, high blood pressure and heart disease and the effect of exercise on these populations in middle school science classes; the economics of health care and the cost of unhealthy lifestyles in middle school social studies and high school economics.) The evaluation must also include recommended changes to assure that students are able to meet academic requirements while meeting the increased physical fitness course requirements.*
  - *Phase 1 FY 08-09: Create a workgroup of educators throughout the state to establish a detailed plan for the evaluation, including the materials that must be reviewed and the experts consulted.*
  - *Phase 2 FY 09-10: Designate the individuals or groups that will conduct the evaluation; begin the evaluation.*
  - *Phase 3 FY 10-11: Complete the evaluation and make recommendations for legislation necessary to allow schools to meet academic and fitness standards for students of all ages.*
  - *Phase 4 FY 11-12: Enact legislation and begin implementation.*

Mr. Montford felt the recommendation captured the intent, and provided enough time for implementation. Ms. Ryczek asked if this recommendation only addressed the Sunshine State Standards specific to physical education. Ms. Berfield said the desire of the committee was to review all of the academic requirements and align them with physical fitness.

Mr. Montford and Ms. Ryczek discussed current requirements, waivers, and time in the school day. Ms. Berfield informed the members that the goal of having a comprehensive review of the requirements is to determine what the requirements are, and if there is a concern, to work on changing them.

Ms. Berfield reviewed the fourth recommendation.

4) Improve Physical Fitness Assessment by:

● *Incorporating the physical fitness level of students into Florida's A+ Plan for Education. This will require standards for evaluating a school's performance in assuring each child's overall physical fitness, including standards for fitness at each grade level and methods to measure and report fitness levels.*

- *Phase 1 FY 08-09: Evaluate the impact of incorporating physical fitness as a component of each school's grade under Florida's A+ Plan for Education*
- *Phase 2 FY 09-10: Create a workgroup of educators and experts in the health and fitness fields to establish physical fitness standards and to recommend appropriate methods to measure student fitness*
- *Phase 3 FY 10-11: Enact legislation to incorporate physical fitness as a component of each school's grade under Florida's A+ Plan for Education which phases in the requirements in concert with increased physical education requirements and increased funding for schools to improve their facilities and resources for physical fitness education and a "Healthy Lifestyles School" designation*
- *Phase 4 FY 10-11: Implement the combined academic and fitness grading system and publicize results*

Mr. Montford addressed his concerns with the A+ plan. He suggested staying away from the FCAT and A+ plan and encouraged coming up with a separate designation such as the "Healthy Lifestyle School." Ms. Ryczek agreed with Mr. Montford.

Ms. Ryczek asked about the Fitness Gram. Ms. Berfield informed the subcommittee that she needed some guidance on this area. The Health and Nutrition Subcommittee is looking at standardizing BMI testing and she wondered if this could be something the groups could collaborate on.

Ms. Ryczek discussed the benefits of using the Fitness Gram or comparable assessment such as the President's Fitness Challenge. Mr. Montford informed the members that the governor's office is working on a Governor's Fitness Challenge.

Catherine Howard gave a brief overview of the BMI testing the Health and Nutrition Subcommittee was reviewing. She discussed barriers with HIPPA, collection, standardizing, viewing and using the data.

Ms. Berfield said she would incorporate these ideas and remove the Florida A+ plan from this recommendation.

Ms. Berfield reviewed the fifth recommendation and discussed how the teachers would receive training to lead physical education courses to help them in complying with Florida Statute.

5) Providing opportunities and incentives for Florida's elementary, middle and high school teachers to receive in-service training and other opportunities for professional development relating to healthy lifestyles for Florida's Children Improve Physical Fitness Assessment by:

- *Phase 1 FY 08-09: Develop courses intended to be presented as in-service training on nutrition, physical fitness and health care management; include teachers as stakeholders in the "Healthy Floridian's Month" summit conference.*
- *Phase 2 FY 09-10: Develop courses for teachers' professional development and allow time from teaching activities to attend courses outside the school.*
- *Phase 3 FY 10-11: Compile reports from school boards and school districts regarding the hours of in-service and other professional development courses completed by teachers.*

Mr. Montford asked what Dr. Kemker's idea was for this recommendation. Ms. Ryczek asked if the training was for teachers only or if school staff such as principals could attend. Mr. Montford suggested changing the recommendation to read teachers and staff.

Ms. Ryczek asked if a date had been picked for the Healthy Floridians Month. The Active Lifestyles subcommittee has looked at February around Step Up, Florida! Ms. Ryczek informed the members that March 12 is Health through Fitness Day.

Mr. Montford thanked everyone and adjourned the meeting at 4:05pm.

Submitted By: Rachel Duerr

Approved By: Bill Montford