

Governor's Council on Physical Fitness Minutes for the Education Committee

The meeting of the Education Committee was held on the 20th day of October, 2009 via conference call, commencing at 11:00 am.

Call to Order:

Karen Dowd called the meeting to order at 11:00 and noted there were 4 members present.

Call in:

<u>Name of Member</u>	<u>Attendance</u>
Karen Dowd (Co-chair)	Present
Bill Montford (Co-chair)	Present
Dr. Jayne Greenberg	Present
Dot Richardson	Present
 <u>Others</u>	
Kim Berfield	Present
Katie Hammond	Present
Jenna Lockwood	Present

Order of Business:

Topic: State Plan of Action Recommendations

- Require 225 minutes per week of physical fitness education for students in middle and high school.
 - Dowd commented that the language recommending “225 minutes per week of physical fitness education” should be changed.
 - It was stated that the 2007 and 2008 mandate uses the “physical education” language instead of “physical fitness education.”
 - Montford said that he has heard on numerous occasions that “our kids don’t sweat enough.”
 - It was stated that there is a tremendous difference between physical fitness and physical education.
 - Montford asked Dr. Greenberg whether she had discussed this subject around the State.
 - The Committee decided that they would recommend at the November 18th meeting that the council change the recommendation to read, “Require 225 minutes per week of physical education to include physical fitness education.”
 - Nichole Wilder, with the Department of Education (DOE) will be asked to discuss with the Council what DOE’s position would be on this change as well as the statutes pertaining to nutrition education.

- Adopt nationally recognized best practices for improving physical education standards in schools.
 - National Association for Sport and Physical Education (NASPE) has been in existence over 100 years and is considered the gold standard. The Committee agreed to look into their written national standards for coaching and physical education.
 - The Committee discussed a positive correlation between increased levels of physical activity and increased academic achievement. The Committee cited Pinellas County's 3 year study.

- Determine if the time spent on academic subjects can be adjusted to include physical education and still meet Florida's education standards.
 - Montford was concerned about the lack of time schools have to include physical education.

- Provide professional development opportunities and incentives for school teachers and staff that will enable them to teach and set examples of a healthy lifestyle.
 - Wilder will be asked to give the Committee an overview of the opportunities and incentives currently being offered at the next meeting.
 - Districts currently are in charge of the professional development of their teachers.
 - The Committee considered whether the funding cuts had an impact on physical education training. Many teachers have to pay their own way and/or cost share with the school substitutes to attend trainings and this has had an impact on attendance. In 2007, 1,075 teachers were in attendance and in 2008 there were only 703. The training was in the same location in 2009 and the number dropped to 602.
 - Many teachers requested scholarships to attend training activities.
 - State conferences have many more experts than conferences held at the local level.
 - Montford would like to discuss this issue further at the next meeting.
 - Montford asked if in the in-service training physical activity leading to good academics is discussed. The reply was that it is targeted and many have national organizations come in for the trainings.

- Identify ways for colleges and universities to prepare future teachers to teach state-of-the-art fitness and health.
 - Discuss how the University of Miami can assist with professional development.
 - Many universities have cut their programs due to budget cuts.
 - Dr. Greenberg said there is legislation that physical education is required but does not have to be taught by a physical education teacher so the universities took it out of the catalogs. Physical

education needs to be taught by a physical education teacher so that the education is appropriate.

- Montford mentioned that many people are of the opinion that anyone can teach physical education, but physical education is more than physical fitness and that should be stressed.
 - The Committee requested materials be provided to them at their next meeting about the current physical education teacher standards.
- Create standards for developing a model healthy school based on national best practices. Once schools meet these standards, they will be awarded the title of a “Healthy Lifestyle School.”
 - Dr. Greenberg mentioned the problem of 17 percent of preschoolers (4 year olds) being overweight. Montford asked if the problem relates to nutrition or lack of physical activity. Dr. Greenberg replied that it is a little of both, but also mentioned that WIC programs and food stamps are working to include healthier foods.
 - SHAC’s involvement around the state was discussed. Dr. Greenberg added that we have a district and in school coordinator who handle many of the issues needing to be addressed in wellness.
 - Berfield pointed out that you may want to have a SHAC representative work with Wilder and present at the next meeting. The Department of Health has lost the position that worked with the SHACS.
 - The creation of a “Healthy Lifestyle School” award was discussed.
 - Improve our understanding of the growing obesity problem in Florida by consistently monitoring and reporting the Body Mass Index (BMI) of school children.
 - The committee recommended consistently tracking the BMI of students and making it uniform.
 - Adopt higher nutrition standards recommended by the Institute of Medicine for foods served in schools and child care facilities in Florida.
 - There are currently six Silver Award schools in Florida. This award is given to schools that follow the Institutes of Medicine nutrition standards.
 - Food service began to be aggressive in making healthy changes but there were major costs to schools and many were reversed in 2009 due to lack of funding.
 - DOE’s healthy schools and nutrition management were recognized for the effort they have put forth to encourage good nutrition.
 - The school districts are trying to find funding for nutritious food. YMCA received federal funding for healthy snacks for children, and they have noticed a huge difference in behavior.
 - Dr. Greenberg said that she has noticed in her visits to schools that the children seem to be making healthier choices.

- Montford said he notices younger people taking an interest in healthier choices.
 - It was also mentioned that many students may not eat anything other than what is provide at school as more and more families are becoming unemployed.
 - A Central Florida student's study was referenced regarding behavior problems with after school programs. The study demonstrated that the longer the time between lunch and the next time they ate the more likely they were to get into fights and have behavior problems.
- Expand the school breakfast program to include all children in elementary through high school.
 - Montford said he was not sure how well that is working.
 - Recommendations for Individuals, Families and Communities.
 - The Committee is interested in presenting to the full Committee with some of the efforts that are being done to educate parents. In addition, the committee would like to reach out to DOE and community stakeholders.
 - The idea to provide a presentation regarding the parents' role in nutrition and providing ways for them to cook the foods they like.

Topic: High School Inclusion in the Challenge

- The status of the Governor's Fitness Challenge was discussed.
 - Currently elementary schools are registering on the new online system and middle schools will be doing so soon.
- The Committee decided that the incorporation of high school in the challenge should be held off while the Committee gets the current update on the website worked out and teachers become more comfortable using the website.

Topic: Presentation for November 18th meeting

- Dowd will bring information regarding the National Association for Sport and Physical Education (NASPE).
- The Committee indicated they were interested in a breakfast program presentation.
- The Committee also mentioned a possible presentation from DOE regarding school nutrition.

Next Meeting Date and Location:

November 18, 2009, Ft. Lauderdale

Details to follow

Meeting Adjournment:

Meeting adjourned 12:07 p.m. by Karen Dowd

Submitted by:

Jenna Lockwood, Florida Department of Health Staff