National School Health Program Manager
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No matter how well teachers are prepared to teach, no matter what accountability measures are put in place, no matter what governing structures are established for schools, educational progress will be profoundly limited if students are not motivated and able to learn.

- Charles Basch
issue

Though rhetorical support is increasing, school health is currently not a central part of the fundamental mission of schools in America nor has it been well integrated into the broader national strategy to reduce the gaps in educational opportunity and outcomes.

- Charles Basch
healthy  
safe  
engaged  
supported  
challenged
We challenge communities to redefine learning to focus on the whole person. We encouraged schools and communities to put aside perennial battles for resources and instead align those resources in support of the whole child. Policy, practice, and resources must be aligned to support not only academic learning for each child, but also the experiences that encourage development of a whole child—one who is knowledgeable, healthy, motivated, and engaged.

- Whole Child Commission, 2007
In sum, if American schools do not coordinate and modernize their school health programs as a critical part of educational reform, our children will continue to benefit at the margins from a wide disarray of otherwise unrelated, if not underdeveloped, efforts to improve interdependent education, health, and social outcomes. And, we will forfeit one of the most appropriate and powerful means available to improve student performance.

- Lloyd Kolbe, 2002
WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD

COORDINATING POLICY, PROCESS, & PRACTICE

HEALTHY

SAFE

CHALLENGED

SUPPORTED

ENGAGED

IMPROVING LEARNING AND IMPROVING HEALTH

Community Involvement
Community Education
Physical Education & Physical Activity
Nutrition Environment & Services
Health Services
Counseling, Psychological, & Social Services
Social & Emotional Climate
Physical Environment
Employee Wellness
Family Engagement

COMMUNITY

COMMUNITY
Strategies to Close the Educational Achievement Gap

- Standards and accountability
- Revising school financing
- Teacher preparation
- Rigorous curricula
- Charter schools
- Reducing educationally relevant health disparities
7 Priority, Educationally Relevant Health Factors

1) Vision
2) Asthma
3) Teen pregnancy
4) Aggression and violence
5) Physical activity
6) Breakfast
7) ADHD
Reciprocal Relationships

Health ↔ Education

Poverty
Causal Pathways

1) sensory perceptions
2) cognition
3) school connectedness and engagement
4) absenteeism
5) temporary or permanent dropping out
Cognition

Visual Problems
Asthma
Aggression & Violence
Physical Activity
Breakfast
Inattention & Hyperactivity

Educational Outcomes
State Policy

KENTUCKY PHYSICAL EDUCATION

SHAPE America Recommendations:

- 30 minutes of daily PE for elementary grade levels
- 45 minutes of daily PE for secondary school grade levels

78% of Kentucky high school students did not attend PE class at all during an average school week.

Does Kentucky...

<table>
<thead>
<tr>
<th>Have state-adopted PE standards?</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Require 30 minutes per day of elementary school PE?</td>
<td>✔</td>
<td>✗</td>
</tr>
<tr>
<td>Require 45 minutes per day of middle school/junior high school PE?</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Require 45 minutes per day of high school PE?</td>
<td>✗</td>
<td>✗</td>
</tr>
<tr>
<td>Require that only certified physical educators teach elementary PE?</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Require that only certified physical educators teach middle school/junior high school PE?</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Require that only certified physical educators teach high school PE?</td>
<td>✔</td>
<td>✔</td>
</tr>
</tbody>
</table>

Take Action: Any red “✗” above indicates an opportunity for improvement.

State Policy

State and Federal Requirements for Local School Wellness Policies:

All elementary and secondary school students in Kentucky are to receive physical education and health education instruction in accordance with the Kentucky Academic Standards and meeting the minimum unit requirements for high school graduation set forth in 704 KAR 003:305.

KDE Wellness Policy Guide

Local boards of education and school-based decision-making councils determine the curriculum to be used for teaching the Kentucky Academic Standards, the hiring of qualified personnel and the allocation of instructional time. More information about school-based decision-making councils can be found here.

https://kyshape.org/advocacy/state/
LEGAL REQUIREMENTS SUMMARY for KRS 158.856/KRS 160.3455 are as follows:

Section 11 of KRS 160.345 addresses the role of SBDM councils for school wellness policy including the requirement that K-5 schools have a plan for moderate-to-vigorous physical activity.

KRS 158.856 requires that all school districts annual complete a nutrition and physical activity assessment.

- Post a report to the district website about the nutrition and physical activity environments for schools within the district at least 60 days prior to January 31.
- Discussion of the findings of the nutrition report and physical activity report by each local board and the board seeking public comments during a publicly advertised special board meeting or at the next regularly scheduled board meeting following the release of the nutrition and physical activity reports.
- By January 31 of each year, the local board of education holding an advertised public forum to present a plan to improve school nutrition and physical activities in the school district.
- By May 1 of each year, each school district compiling a summary of findings and recommendations and submitting the summary to the KBE.

https://kyshape.org/advocacy/state/
State Policy

Recess And Physical Education (K-5)

State Policy

Kentucky Recess Guidance: KRS 160.345

FAQ Kentucky PE Credit: Marching Band, ROTC and Extracurricular Sports: KRS 156.160

https://kyshape.org/advocacy/state/
Every Student Succeeds Act (ESSA)
Published: 12/7/2016 11:14 AM

In December 2015, Congress reauthorized the Elementary and Secondary Education Act, the main federal law governing P-12 public education. Now known as the Every Student Succeeds Act (ESSA), the measure replaces No Child Left Behind and creates a long-term policy that gives states additional flexibility and provides more state and local control over the accountability process.

ESSA provides an opportunity for Kentucky to create a new accountability system that will be used as the basis to better our schools and celebrate their educational progress. The goal is to produce a system that will improve the education and readiness of ALL Kentucky students and is fair, reliable, valid and easier to understand than the current system.

Draft Timeline

RESOURCES

The Every Student Succeeds Act (ESSA) - the law
ESSA final federal regulations on:
  * Accountability, state plans, and data reporting
ESSA Changes the Game

Sets new framework and funding for elementary and secondary education and shifts focus to a “well-rounded education” for all students.
Overarching Themes Heard

- Our children must be at the heart of the system.
- A well-rounded education is important and necessary.
- All subjects, both tested and non-tested, need to be valued.
Title IV, Part A

- Student Support and Academic Enrichments Grants
  Flexible state block grant program authorized at $1.65 billion in FY 2017 in ESSA

1) Well-rounded education (e.g. educating the whole child, all subjects in definition covered)
2) Supporting safe and healthy students (e.g. comprehensive school mental health, drug and violence prevention, training on trauma-informed practices, health and physical education, etc.)
3) Effective use of technology (professional development, blended learning, devices, etc.)
HOW TO GET THERE IN KENTUCKY

Strategically Planned

- Maximize yield from investments
- School-specific priorities
- Ongoing process
- Community involvement
Effectively Coordinated – Policies, Programs and Practice

- School health coordinator
- School health council
- Community involvement and support
- Program integration
- Coordinated services for individual students