

- **Payroll** - Ms. Douglas reviewed payroll and found same to be in order.
- **FHS Student Representatives** - Alexander Chitarra, Student Government President

Alex advised that the Student Government is hosting the Mr. K Color Run on May 13th, proceeds will go to the scholarship in Mr. K's name. The elections were held for student government, the class officer elections will be held in the next month or so, the seniors are getting excited for OSKEY.

- Nicolas Gnaman, Class President -

Nick advised that he was wearing all black today because after this meeting he is heading to High School to play in a benefit concert for the Jimmy Fund, hosted by Franklin TriM chapter, the other day was the mock trial banquet, the mock trial team made it to the final 4 teams in the State, it is the second time the mock trial team reached that position. Spring track and field won against Oliver Ames (Boys and Girls).

Dr. O'Malley asked about Nick and Alex's future plans.

Nick advised that he is deciding between two schools, UMASS Amherst or University of Pittsburgh, a decision to stay close to the nest or leave the nest.

Alex is attending Bryant University in September 2017.

- **Correspondence:** None

2. **Guests/Presentations:**

- Health/PE Curriculum Review - Dr. Edwards and Ms. Letendre** (also present were Ms. Connolly, Ms. Hess, Ms. Goldman, Mr. LaPorte, Mr. Nordberg, Ms. Schamber, Ms. Arnold, Ms. Carter, Ms. Mahan, Mr. Duguay, Mr. Pasquarosa, Mr. Rakovic, Mr. Nordberg)

(See Powerpoint)

Dr. Edwards read the Strategic Objective for the District Improvement Plan for 2016-2017. She advised that the Health/Wellness team is presenting on Action #1 of the District Improvement Plan for 2016-2017.

Dr. Edward's explained the rationale for the Curriculum review.

Ms. Letendre gave a review of Committee Overview, she also explained the process that the Committee used.

Mr. Goldman gave an overview of the Elementary Program which included the Physical Education and Health Program, he also shared the Elementary Parent Survey Results.

Dr. O'Malley asked what is BOKS?

Mr. Goldman explained it is a before school exercise program which is held an hour before school in the morning, it stands for Building Our Kids Success, it is based on the idea that getting their day started with physical activity will help them have a better school day.

Mr. Rakovic gave an overview of the Middle School Program including the Physical Education Program, Health Education Program. He also shared the Middle School Parent Survey Results. Mr. Rakovic also shared the middle school student survey results.

Ms. Hess gave an overview of the High School Program including the health education curriculum for Grade 9, Health education curriculum for Grade 10, as well as physical education curriculum. Ms. Hess also shared the High School parent survey results. Ms. Hess shared the grade 9 & 10 student survey results as well as the survey results for the grade 11 & 12 students.

Ms. Letendre shared the results of the K-12 Health & Physical Education Staff Survey results. Ms. Letendre shared the Administration Survey Results. Ms. Letendre explained the takeaways and the next steps for the Physical Education and Health Curriculum. The District PE/Teachers attended the SHAPE conference in Boston this year.

Dr. O'Malley made an observation that if we talked about these areas in the past, the room would be full with controversy and now parents are calling for more, society has changed, he is impressed with the work being done in Franklin. He congratulated the Committee.

Ms. Bilello, thank you all for being here, increasing parent education is very helpful. She was curious about potentially bringing down the elementary health amounts, seems so little already compared to other districts, concerned how little there is at the Middle School and Elementary level, both Health and Physical Education is so critical.

Ms. Letendre clarified that we do not want to scale it back.

Dr. Sabolinski advised that we don't want to overlap the curriculum, we want to eliminate redundancy.

Ms. Billelo urged the teachers that their education can focus in helping parents understand what your wellness curriculum does and what you are educating the students about so they can be better advocates at home too.

Ms. Schultz asked for a clarification on the BOKS program, she was fascinated to hear about the program and was curious about how long it has been around and how many students participating.

Mr. Goldman advised that it is different at every school, the way it is run at Oak Street, that it is run through Lifelong Learning, a letter goes home and an email is sent to inform parents that the letter will be in the backpacks, the sessions are 8 weeks, there is a small fee, it is capped at 30 students in a session. It is one hour a week for Grades 3-5 and one hour a week for Grades K-2 students.

Ms. Schultz asked if it was every day?

Mr. Goldman advised that it is not every day, it's once a week.

Ms. Schultz asked if all the 30 spots are filled?

Mr. Goldman advised that yes, and there is usually a waiting list. He has received some great feedback from parents.

Ms. Schultz asked how long has it been in place?

Mr. Goldman advised that it is in its 3rd year.

Dr. Sabolinski advised that the BOKS program began with a grant program with Reebok and the Y, it has been about 5 years, it was held at Davis Thayer and Keller, Oak and Parmenter. At Keller and Kennedy it was run by parents. It is now run through Lifelong Learning.

Ms. Schultz asked a question to Michelle Hess regarding that she mentioned that Franklin High School curriculum for reproductive is Abstinence only.

Ms. Hess advised that we teach the students that we believe in the abstinence theory for where they are at in their lives right now, that at some point they will make the decision to become sexually active, that it is their decision, but we recommend abstinence for several reasons. They go over all the forms of birth control that are available to them if they are in committed relationships.

Dr. Bergen commented again that these are things we have lost, there are so many topics jammed into short amount of time. Are you able to identify the students that may be experiencing anxiety or depression, are there ways to screen?

Ms. Hess advised that through the curriculum the teachers talk about what it is, i.e. what is depression, what are the signs and symptoms to look for whether it is for them or a friend, how does it affect you. The Signs of Suicide curriculum is also used and there is a screening tool included. Talk about resources and trusted adults, who they can reach out to. There is a slip that they can complete if they need to speak to someone. If this slip is received there is an immediate check in with the student. There is certain protocol with that curriculum, i.e. cannot happen on a Friday or a day before vacation because if they need to check in on a student it will be in place immediately.

Dr. Bergen asked if the kids consider it tattling or will they come forward?

Ms. Hess advised that they talk about being a good friend and getting your friend the help they need.

Dr. Bergen asked at Middle School, how long are the blocks?

Mr. Rakovic advised that it depends on the school but at Annie Sullivan it is 60 minutes, Mr. Duguay advised that at Remington 6th graders have 50 minutes and 7th & 8th graders have 60 minutes.

Dr. Bergen asked if recess time is increasing and is it the same at all schools?

Dr. Sabolinski advised that it is the same block of time, however, at elementary level if it's nice outside teachers will get the students out for more movement breaks, the Middle School level also has movement breaks.

Dr. Bergen asked where does the sexting thing come in? Is that part of the curriculum?

Ms. Hess and Ms. Letendre advised that it is part of the bullying and cyber connection education. It also falls into the dating violence. We try to use our time as efficient as possible.

Dr. Jewell commented that time is limited, it is important to try to get kids to work on their own, he believes if one is successful, some mental problems will take care of themselves. How do you encourage the kids? How do you track improvement? Are you able to do this or how do you go about it?

Ms. Letendre advised that the curriculum is skill based, their job is to give kids the tools and skills so that they can be active for their lifetime. While they are with us, we do a lot of reflections, track them while they are in school, we do fitness testing (K-10), when they are not with us, there is not a lot of tracking we can do other than some student data.

Dr. Jewell directed the question to Mr. Rakovic.

Mr. Rakovic advised that when they do the survey the students are asked what they do outside of school, what sports do you participate in? Fitness test is done in September when the students are not required to be active, the students are then given goals to meet.

Discussion ensued.

Recess

3. Discussion Only Items:

- **Policy - Second Reading**
 - **JJG - Community Sponsored Activities**

Ms. Scofield advised that she did not hear from anyone, there were no questions.

Mr. Light advised that the sentence that we would not discriminate against people based on their genetic information was removed, it was not a useful component of the policy.

4. Action Items:

- a. I recommend approval of the budget transfers as detailed.
Motion: Dr, Bergen Seconded: Ms. Douglas
Approve: 7 Oppose: 0

- b. I recommend approval of the request to take ASMS 8th graders to McCoy Stadium in Pawtucket, RI on June 7, 2017 for a PawSox game.
Motion: Ms. Scofield Seconded: Ms. Douglas
Approve: Oppose:

- c. I recommend approval of Policy JJG – Community Sponsored Activities as discussed.
Motion: Dr. Jewell Seconded: Ms. Douglas
Approve: 7 Oppose: 0

- d. I recommend approval of the request for a recurring field trip for RMS Adventure Club students to Mt. Monadnock in Jaffrey, NH on May 20, 2017 as detailed.
Motion: Ms. Scofield Seconded: Ms. Douglas
Approve: 7 Oppose: 0

- e. I recommend approval of the request for a recurring field trip for HMMS Students to travel to Save the Bay in Providence, RI on May 31, June 1 & 2, 2017 as detailed.
Motion: Ms. Scofield Seconded: Ms. Douglas
Approve: 7 Oppose: 0

5. Information Matters:

- **Superintendent's Report:**

Dr. Sabolinski advised that she had a Teacher roundtable today and shared fabulous things going on in the District.

- Keller had a event "What is it like to be a 2nd Grader, they brought the parents, the kids went through and presented all the aspects of their day.
- Elementary and some Middle Schools participated in honor flight letters which is writing letters to serviceman and women, box them up and ship to NH. (discussion ensued)
- JFK is doing autism awareness week, tomorrow is light it up blue day. They do a lot of activities to raise awareness about the impact of autism
- Next week is Mental Health Awareness week, the High School has a lot of activities planned.
- Remington will be having a mental health day where the students will choose different activities to raise awareness on how they can support their own mental health.
- Annie Sullivan Middle School - before vacation participated in Boston Strong week, it is kind of a spirit week, it works to honor the memory of the Boston Marathon situation and on Friday they did a peace walk, a mile long, and raised \$2,000 to donate to Martin Richard playground fund.

6. School Committee - Sub-Committee Reports

- **Policy** - Ms. Scofield advised that there will be a Policy Sub Committee meeting tomorrow night at 7:00 p.m. (Wednesday, 4/26/17)
- **Community Relations** - Ms. Schultz advised that there is a coffee scheduled on Saturday, 5/13/17 at 9:00 am. She is making another plea to

fellow School Committee members to send her content for the newsletter.

- Ms. Schultz advised that she testified in front of the Joint Committee on Education on April 13, 2017 at the State House. She testified in favor of bill Age 2053 which is an act relative to healthy youth, this bill advocates for schools that are providing sex education that it be comprehensive, medically accurate and age appropriate. We do this in Franklin and she was able to share some great data that Dr. Edwards provided her with. She will keep all posted on the progress of the bill.
- **Joint PCC** - Dr. Bergen reported that the Joint PCC has put out a plea for volunteers as there is a shortage, and that a suggestion was made to have a community calendar so to not overlap activities.
- Dr. Bergen gave another reminder that SEPAC will be holding a seminar on April 27th, a financial planner will be speaking to plan for special needs kids future. It will be held in the Training Room.

7. School Committee Liaison Reports

- a. Community Relations - Ms. Schultz - see above**

8. New Business: None

9. Adjourn: Ms. Schultz made a motion to adjourn, seconded by Ms. Douglas.

Adjourned: 8:23 p.m.

Respectfully Submitted,

Susan Childers

SCAgenda 4-25-17.pdf

Payroll Warrant #1721 summary.pdf

Payroll Warrant #1721.pdf
FPS Summary & Sign Off.pdf
SCWarrant040617.pdf
April112017SCMinutes-DRAFT.docx.pdf
HEalth and PE Curriculum Review Report Spring 2017.pdf
Health/PE Curriculum Review (Revised) Spring 2017
Health%2FPE Curriculum Review (Revised) Spring 2017.pdf
JJG - Community Sponsored Activities - DRAFT.pdf
ActionA.pdf
ActionB.pdf
ActionC.pdf
ActionD.pdf
ActionE.pdf
Pledge Student.pdf

Health and Physical Education Curriculum Review Spring 2017

Kris Carter, Miriam Connolly, Kyle Duguay, Joyce Edwards, Nick Goldman,
Michelle Hess, Kristin Letendre, Greg Rakovic

District Improvement Plan for 2016-2017

Strategic Objective:

To ensure that all students are supported and challenged to reach their full potential, the Franklin Public Schools will align curriculum, best instructional practices, and varied assessment opportunities to personalize learning and meet individual needs.

Action Item #1:

Continue aligning and refining curriculum maps, unit plans, and lesson plans with the Massachusetts Frameworks in all areas with a targeted review of Health/Wellness.

Curriculum Review Rationale

Why review curriculum?

Last curriculum review 2006-2008

Program feedback from all school stakeholders

Review current practices and curriculum

Ensure curriculum meets the needs of all students and provides a quality learning experience



Committee Overview



Health and physical education committee members

3 high school

2 middle school

2 elementary school

Assistant Superintendent for Teaching and Learning, Joyce Edwards

5 full day professional development day meetings

K-12 health and physical education department professional development and meeting time for input and planning

Process Used

SWOT Analysis (Strengths, Weaknesses, Opportunities, Threats)

Reviewed current practices

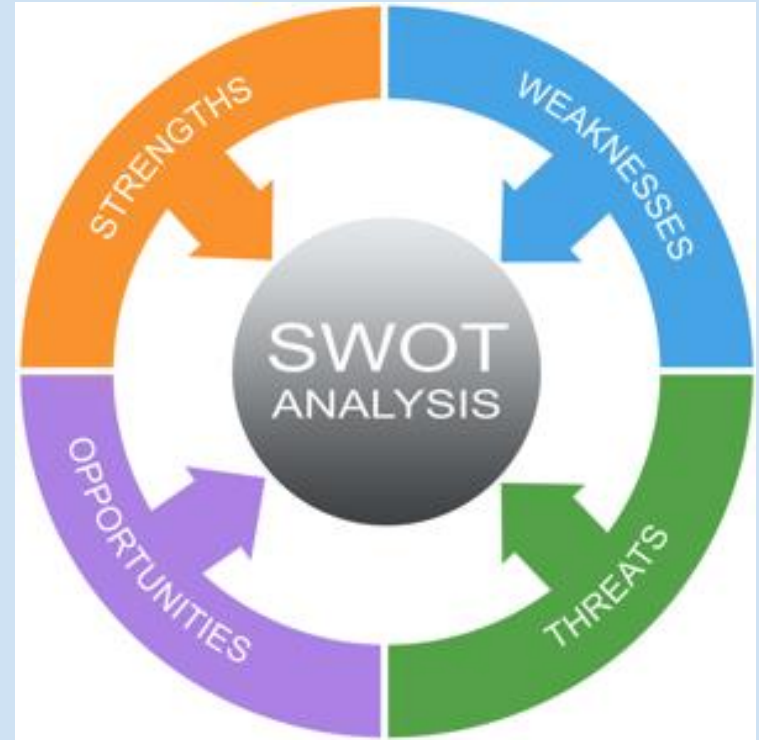
Developed survey

Student (grades 6-12)

Parents (K-12)

Health/PE Staff (K-12)

Administrators (K-12)



Research Methods

Surveys Conducted (December 2016)

Students

Middle School (6-8)

High School (9 & 10)

High School (11 & 12)

Parents (K-12)

Survey customized by grade level

Health/PE Staff (K-12)

Administrators (K-12)



Elementary Program Overview

Currently K-5 students receive:

30 minutes per week of Physical Education

30 minutes per week of Health

Throughout the K-5 PE department other optional offerings include:

BOKS

Morning Movement

Recess clubs (running, walking, chess)



Elementary Program Overview

Physical Education Program

Concepts taught include: Locomotor Movements, Hand-Eye Coordination, Kicking/Punting Manipulatives, Throwing and Catching, Volleying, Body and Spacial Awareness, Fitness Concepts

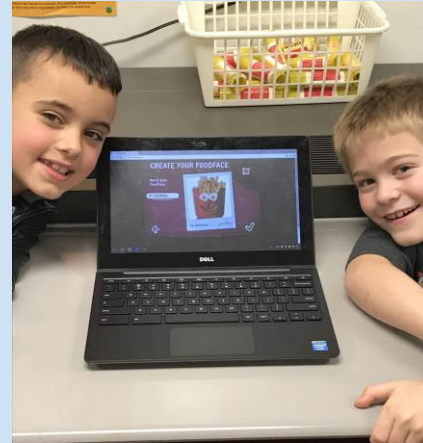
Concepts taught through: Tag Games, Basketball, Soccer, Football, Floor Hockey, Lacrosse, Tennis, Volleyball, Gymnastics, Parachute, Cooperative Activities



Elementary Program Overview

Health Program

Health Units: Bullying Prevention, Fitness, Nutrition, Disease Control and Prevention, Mental Health, Safety and Injury Prevention, Tobacco and Alcohol, Human Growth and Development



Elementary Parent Survey Results

Is 30 minutes of PE enough time?

85% not enough

13% enough

PE important in your child's education?

93% agree

Is 30 minutes of Health enough time?

53% not enough

46% enough

Health important to child's education?

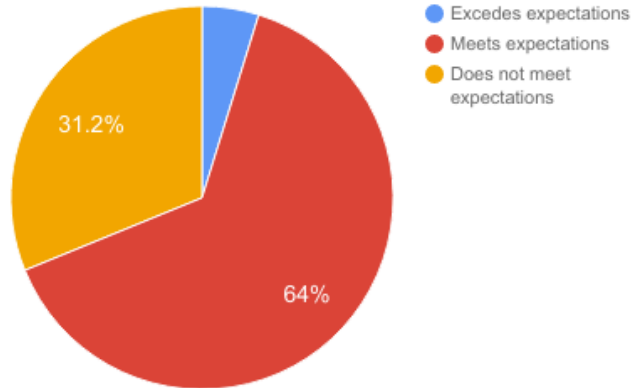
86% agree

14% somewhat

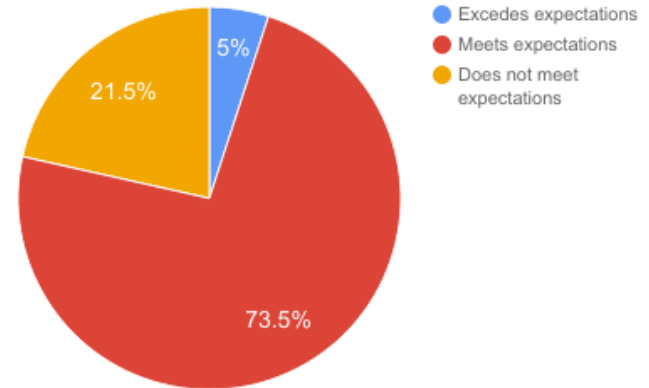


Elementary Parent Survey Results

The Elementary Physical Education Program

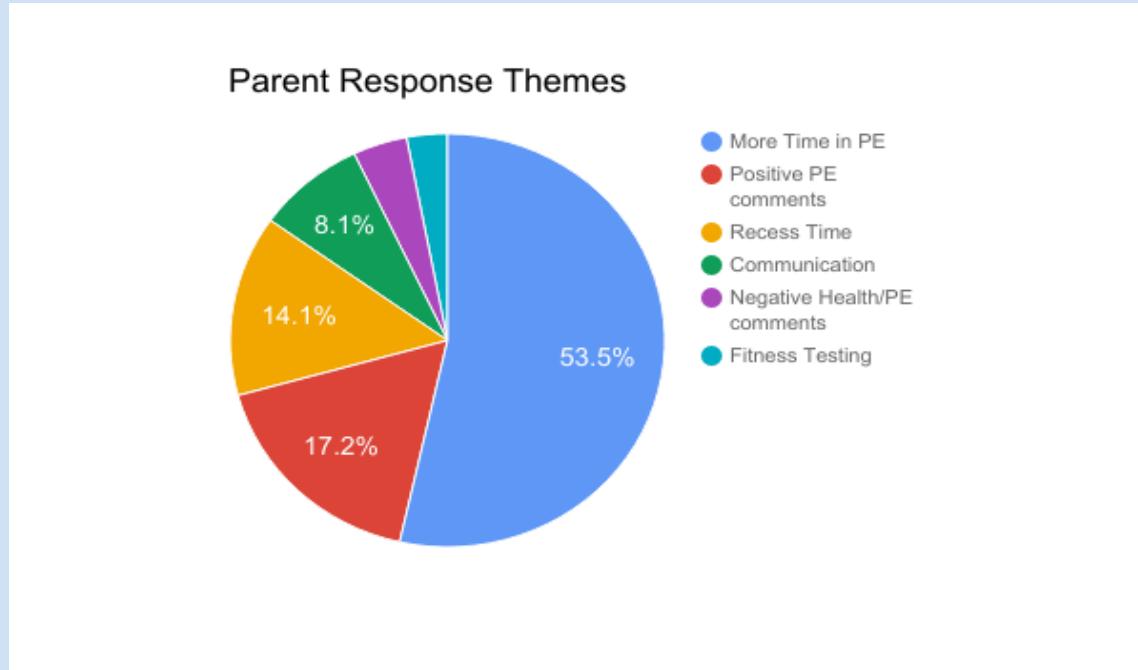


The Elementary Health Education Program



Elementary Parent Survey Results

Data based on results from elementary school parent survey



Elementary Survey Results

Major Takeaways:

Parents want increased active movement time, mostly through physical education

Some parents commented about additional recess time as well

Positive comments regarding high quality physical education program

Additional program communication would be helpful to parents

Recommendations:

Increase physical education time

Include program information on monthly basis in accordance with each school's communication policy

Increase use of social media

Middle School Program Overview



Physical Education Program

Students participate in a warm up that includes cardio, strength and flexibility to start the class

Units will include but are not limited to:

- Fitness
- Team Sports
- Individual Sports
- Dual Sports
- Cooperative Games

Health Education Program

Grade 6 - Growth & Development, Nutrition, Violence Prevention

Grade 7 - Violence Prevention, Tobacco, Alcohol, Drug and Other Substances Use/Abuse, Mental Health, Growth & Development

Grade 8 - Disease Prevention and Control, Nutrition, Social/Emotional Health, Violence Prevention

All middle schools also offer after school strength/conditioning/athletic clubs and team sport intramurals

Middle School Parent Survey Results

Health Education classes meet ~30 minutes a week at the middle school level.

50% - not enough time

48.1% - enough time

1.9% - too much time

At the middle school level, students participate in ~80 minutes of PE per week.

51.4% - not enough time

44.9% - enough time

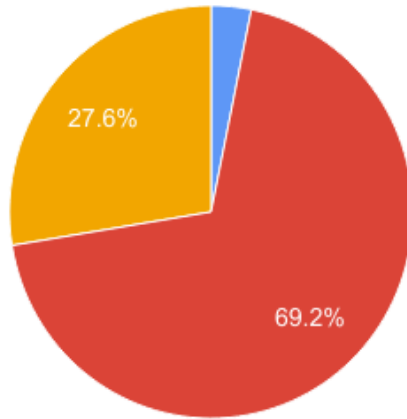
3.7% - too much time

How important do you feel Health and PE is to your student's



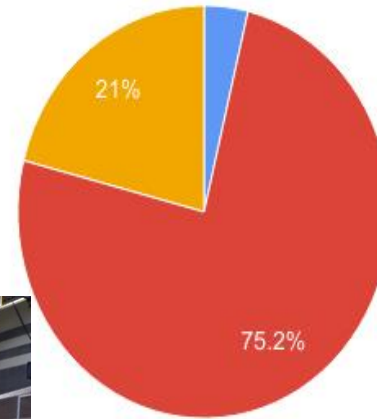
Middle School Parent Survey Results

The Middle School Physical Education Program



- Exceeds expectations of a high quality program
- Meets expectations of a high quality program
- Does not meet expectations of a high quality program

The Middle School Health Education Program

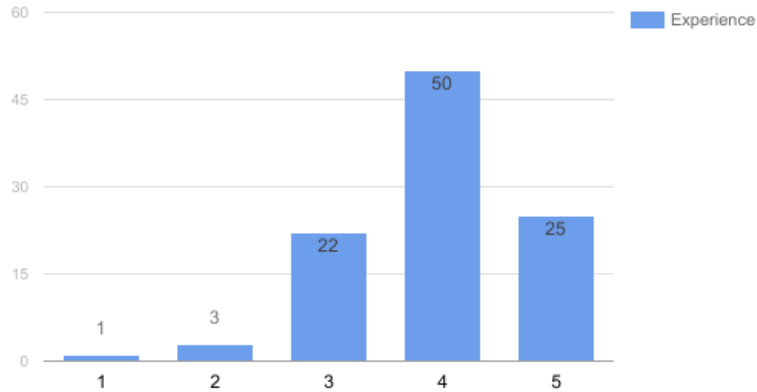


- Exceeds Expectations of a high quality program
- Meets Expectations of a high quality program
- Does not meet expectations of a high quality program

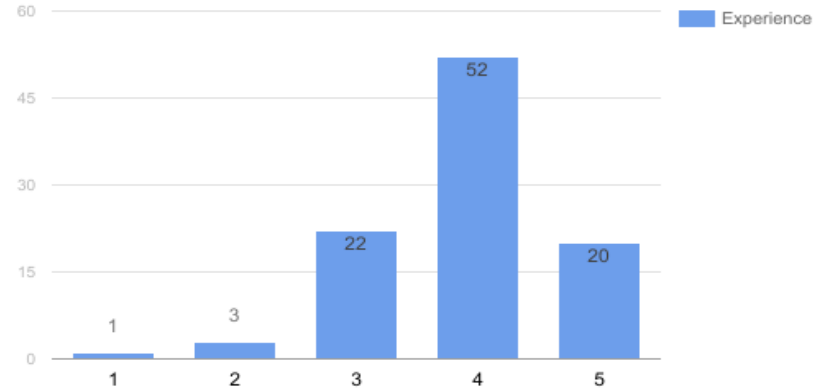


Middle School Student Survey Results

How would you rate your overall experience in Middle School Physical Education?



How would you rate your overall experience in Middle School Health Education?

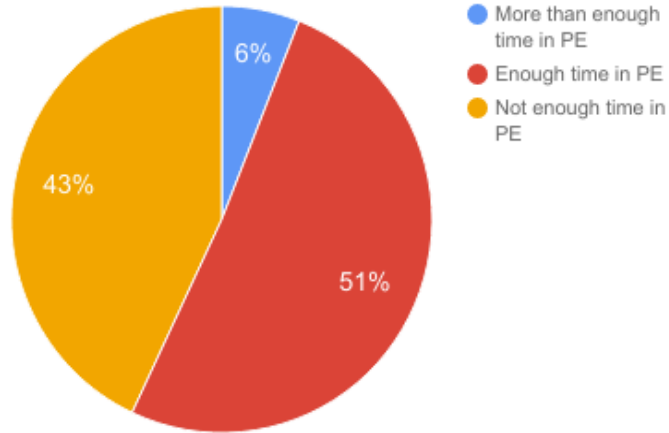


*5 = outstanding 1=poor



Middle School Student Survey Results

Students in middle school believe they are getting...



Middle School Survey Results

Major Takeaways:

~50% want more PE time

Students enjoy Health/PE programs

Additional program and curriculum communication would be helpful

Recommendations:

Consider increase in PE time

Continue to provide high quality Health/PE curriculum

Increase use of social media and parent communication



twitter 

Franklin High School Program Overview

Wellness 9 (required)

2 classes per 7 day cycle

Health Education - Semester 1

Physical Education - Semester 2

Wellness 10 (required)

2 classes per 7 day cycle

Physical Education - Semester 1

Health Education - Semester 2

Adaptive Wellness 1 and 2



FHS - Wellness 9 Health Education Curriculum

Mental Health

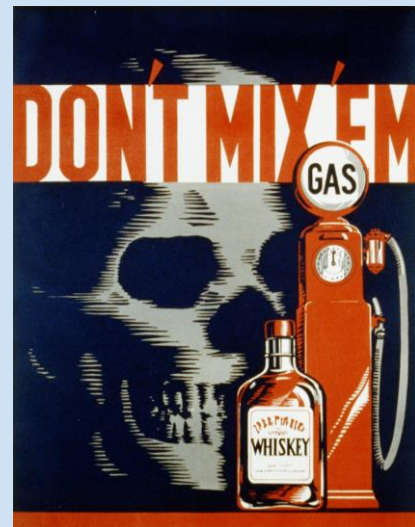
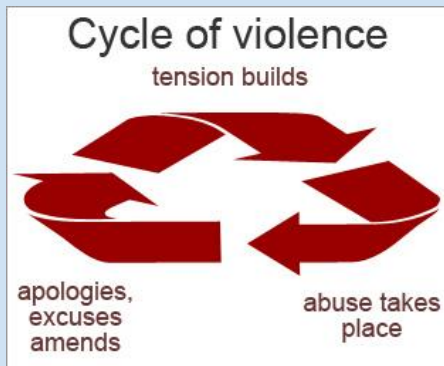
- Time Management
- Stress Management
- Self-Esteem
- Mental Health Disorders
- Depression
- Suicide (SOS Curriculum)
- Eating Disorders

Violence Prevention

- Bullying & Cyberbullying
- Teen Dating Violence

Tobacco, Alcohol, & Other Substances

- Alcohol
- Marijuana
- Opiates
- Prescription & Non-Prescription Drugs



FHS - Wellness 10 Health Education Curriculum

Safety & Injury Prevention

CPR
First Aid

Tobacco, Alcohol, & Other Substances

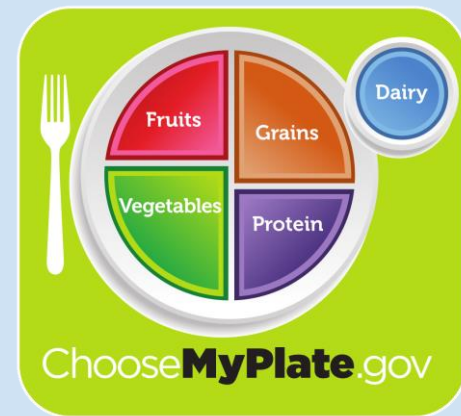
Alcohol
Prescription & Non-Prescription Drugs

Human Sexuality*

Anatomy and Physiology of the Reproductive Systems
Abstinence
Contraceptives
Sexually Transmitted Infections
Disease Prevention

Nutrition

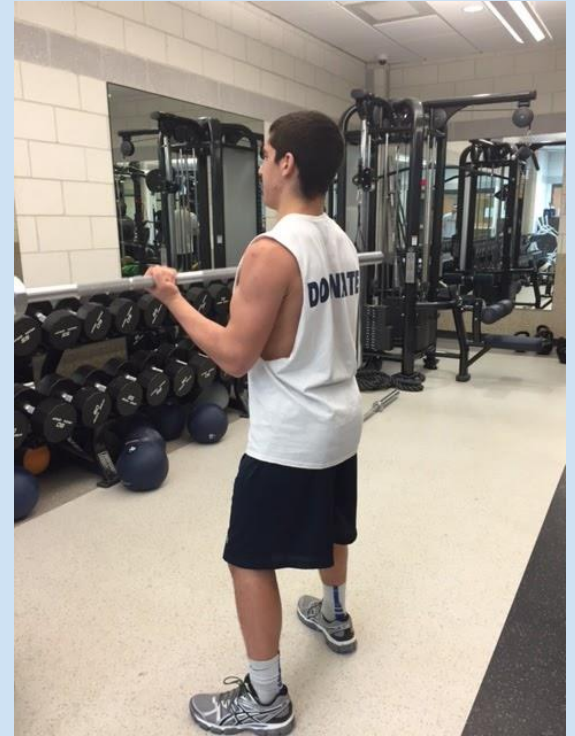
Fast Food Analysis
Personal Diet Analysis



*parental opt out available

FHS - Wellness Physical Education Curriculum

Individual, Dual, and Team sports
Project Adventure
Yoga
Fitness
Lifelong Activities



FHS Parent Survey Results

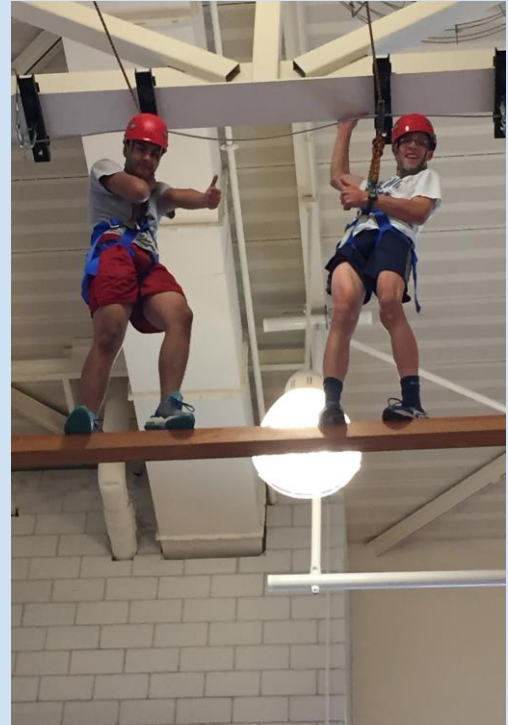
Major Takeaways

Not enough class time for Wellness 9 and 10

60% of students who belong to a gym or fitness center are not getting direct instruction

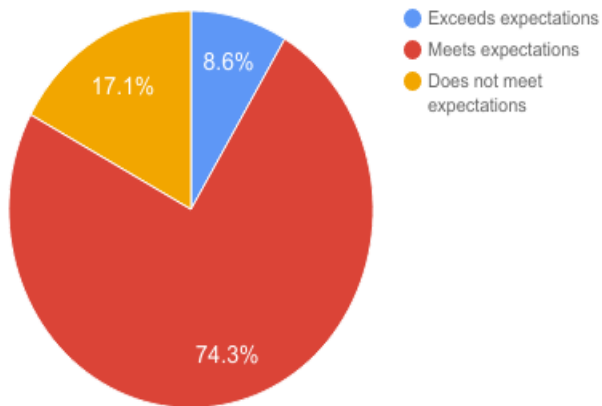
79% of parents would like their student to participate in a PE elective

77% of parents would like their student to participate in a health elective

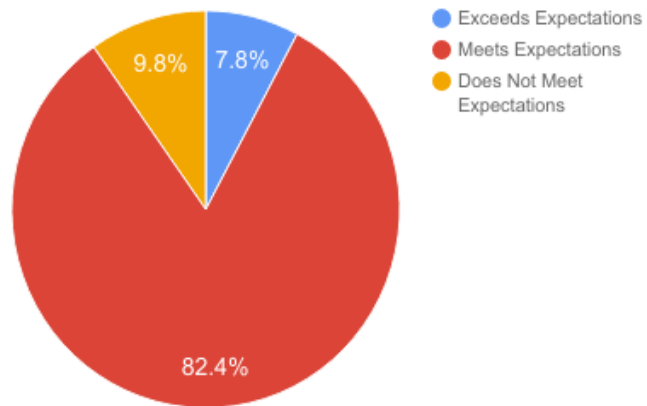


FHS Parent Survey Results

The High School Physical Education Program



The High School Health Education Program



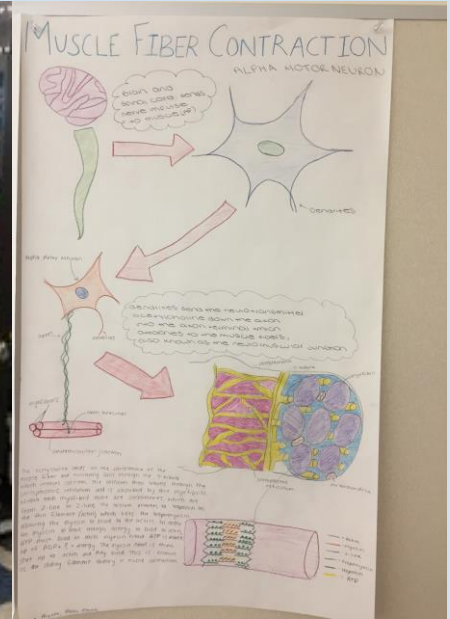
Survey Results for FHS Students Grades 9 & 10

93-97% - report the Health/PE program meets or exceeds expectations of a high quality program

29% of students report not having enough PE time

43% - report being interested in taking a physical education elective

63% - report being interested in taking a health education elective



Survey Results for FHS Students Grades 11 & 12

86% - report the PE program meeting or exceeding their expectations of a high quality program

39% - either participate in or are interested in participating in a physical education elective

40% - interested in taking a health education elective

84% - report the health education electives offered meet their needs



K-12 Health & Physical Education Staff Survey

Results

Major Takeaways

- More Health/PE educational time K-12
- Reduce elementary mental health units and add PE because of repetition with Zones of Regulation
- Revise and update the K-10 anti-bullying curriculum
- More content based professional development and common planning time
- Elimination of the FHS PE Pathways or increased oversight to facilitate compliance
- Staff feels supported by the FPS Administration



Administration Survey Results

Major Takeaways

- High quality program
- More time for elementary PE
- All current Health and PE curriculum units should continue to be taught (nothing eliminated)
- Offer a mix of both pedagogy and content for PD
- All administrators want to follow the SHAPE recommendations for PE class time



How can the Health & PE Program be improved for students?

Students should not receive health curriculum at the expense of active PE time

Additional health class time for nutrition, fitness, and social emotional learning (SEL)

K-12 Takeaways and Next Steps

Takeaways:

- Consider additional PE time in schools
- Increase parent communication

Next Steps:

- Continue to research best practices
- Continue and increase professional development (SHAPE Conference, tennis, and workshops)

- Summer Elementary Health Curriculum work on curriculum sequence

- Update curriculum as a result of the curriculum review

 - Align curriculum with state and national standards

 - Vertically align curriculum K-12

 - Align curriculum with district-wide SEL curriculum



Thank you, Questions?

K-12 Health & Physical Education Staff

Follow us on Twitter!! @FPSHealthPE