



Minutes

"SHAPE of Washington - 1 Million Even Stronger"

Vision – *Every child in Washington State is healthy, active, educated, and ready for the future.*

Mission – *SHAPE WA supports coordinated efforts to foster healthy, active, educated youth in Washington State through professional development, advocacy, community outreach, and partnerships.*

November 2, 2019

Best Western Plaza on the Green
24415 Russel Rd, Kent, WA 98032

8:30am

Call to Order – Judy

Welcome & Introductions

Name, School District, Board Role

Meeting Norms:

Respectful and attentive listening
Seek first to understand
Accept non-closure (continue the dialogue)
Be fearless

Folder Overview:

Agenda, fund raising document and fun stuff

Review motion procedures: Denise

President acknowledges
Discussion is Pertinent to the motion
Call for the motion and Vote

Goals for the year-individuals and committee and To-Do's:

Goals for the Meeting –

Approve Agenda

Approval of Minutes (last meeting)

Motion to approve minutes – Kristin

Second – Dustin

Approved

Board Member Roles and Responsibilities:

Ideas for this year – share small group - whole group and discuss.

Journal Articles due Dec. 1

Dustin updated the SHAPE WA Google Drive account and has updated roles for Board positions

Advocate for our organization, be present at conferences as you can

OLD BUSINESS

- SHAPE WA & Fall Conference – Gayle

- Membership Numbers – around 500 paid members
- Financial Report – waiting for Highline to send final invoice – made money (raised registration fee which helped), Conference Attendance – was up from last year, Conference/Workshops Revenue
- Pre-conference was very successful – largest turnout so far around 70 people.
 - Dialogue is changing around Adapted PE (how do we get adapted specialists in our district, how can people improve, how to advocate, best practices for specific unit information, etc.)
 - Susan Sellers – advocate through the legislature. We don't have adapted PE programs in our schools.
 - Increase awareness about adapted PE

NEW BUSINESS

9:00-9:10 Legislative Action – Susan

- Explanation of topics to be discussed
 - Importance of having someone trained in PE, teaching PE.
 - Music is also interested in supporting this as they have the same problems as PE does with untrained music teachers.
 - Waiver language – would like to see it removed from RCW's
 - Need more clarification of what law actually says
 - Comprehensive sex ed legislation – make it mandatory for all districts to have
 - Work group of parents, teachers, public health professionals, etc. worked on agenda of 4-12 Comprehensive Sex Education Public has concerns about K-3 students having Comprehensive Sex Education.
 - Parents can opt out but we want districts to provide Comprehensive Sex Education as a requirement in the schools.
 - Will know after Dec. 1st if the legislature will pick this up.
 - Superintendent Chris Reykdal is promoting the need for Comprehensive Sex Education as well.
 - Student and teacher input – students didn't think teachers were comfortable teaching the information and teachers agreed.
 - Separate Health endorsement – something to look at
 - Go to where CTE professionals are – present at CTE conferences.
 - Big conference in Spokane in August

- CTE is advertising our PE and Health conferences
- Survey results collected by OSPI:
 - 6% of surveys are filled out by people with PE background
 - Majority completed by assessment people
 - 11 districts have inadequate facilities
 - Highline 17 schools without adequate space
 - Waivers:
 - Elementary school 2090 waived out of PE
 - Medical or religious exemptions primarily at the elementary level
 - Middle school 6162 students waived
 - High school 9965 students waived
 - Who teaches Health at elementary?
 - Often left to the classroom teacher who usually doesn't teach it. 54% of PE teachers were reported as teaching to the health standards but we know this is incorrect as PE teachers may be teaching some of the Health standards within their PE program but not all of them.
 - 56% of MS PE teachers were reported as teaching to the health standards – again we don't think this is an accurate number.
 - Minutes: majority of districts are not getting 100+ minutes of PE each week to K-8 students.
- SHAPE Up Day – January 23rd
 - Night before is a meeting in Olympia to plan for the next day.
 - Meet with WEA reps the morning of to see who may be supportive and unsupportive of our asks.
 - If you need a sub – get ahold of your EA president to let them know you will be lobbying. Use Community Action funds for your sub.
 - SHAPE Washington pays for travel.
- Who is traveling this year to SPEAK Out Day in Washington DC? (March 10-11)
 - Melissa Boswell

- Upcoming Conferences/workshops (events) DATES:

Board members are expected to attend as many as possible. If you are working you don't have to pay for registration.

- West Best – February 1st at Chief Sealth High School, Seattle
- Best of the Inland NW (East Best) – Feb. 22nd at Rogers High School, Spokane
- Health Conference – March 14th in Ellensburg (CWU)
- SHAPE America Conference – April 21-25 in Salt Lake City, UT
- Spring Board Meeting – Kent - **May 2nd**.
- SHAPE Up Day January 23
- SPEAD Out Day March 10-11 – Washington DC

9:10-9:20 Awards & Board Nominations – Judy

- Board positions open next year: **President-Elect, Secondary PE, Secretary and Treasurer**
 - Nomination forms are on the website
 - **Need to be dedicated to promoting and advocating for Health and Physical Education**
- Sept 1st deadline for nomination applications for Board Nominations—Feedback from fall conference
- April 15 for award nominations
 - Adapted PE
 - Elem. PE
 - MS PE
 - HS PE
 - Meritorious
 - Higher Ed
 - Emerging Leader
 - Health
 - Bob Melson – Honor Award
 - Community Partner
 - PALS (Physical Activity Leader)

9:20-9:30 Social Media – Ryan

- Joint conferences:
 - Oregon and Washington host a joint conference – potential.
 - Have to be cognizant of National conference if it is here in 2023.
 - 2021 – have a separate conference with Oregon.
 - Broaden our exposure and get new presenters.
 - Oregon does a leadership conference in the summer – this might be an option to partner with them.

9:30-9:45 – Vic Coleman

- COPC Policy Updates – **Long lasting partnership. Possible award recipient for community partnership?**
 - Child Obesity Prevention Coalition:
 - Made up of 44 members and try to put the Health lens into a variety of sectors in the community.
 - Update:
 - Sugary drinks – food stamp (SNAP) beneficiaries to promote healthier eating. Incentivize – example \$5 of healthy food gets you \$5 more. Safeway is partnering on this incentive.
 - \$2.5 million from the state to help with this.
 - Fruit and Vegetable incentive program
 - Healthy Schools, Healthy Kids – grant funding for PE equipment, water bottle filling stations, school kitchens. More requests than available funding. (There was \$3.25 million available)

- OSPI put it in their budget request to assist with the funding of Healthy Schools, Healthy Kids
- Sugary drink tax – COPC helped to implement that.
 - COPC Board to make sure money goes to the correct areas.
 - Nexus between the money and where it goes.
 - \$24 million a year – making money and hopefully making a difference to people.
- Initiative to look at restaurant kids meals to make sure the beverage is something different than a sugary drink. Make the healthy beverage choice milk, water, etc. default setting will be healthy choice rather than the sugary drink it currently is.
- Legislature support for healthy drinks in kids meals.
- Department of Transportation and Health education (how can transportation think about health benefits for transportation planning and products)
 - Multi-modal – walking, biking, ferry, cars, etc.
- Monitoring implementation of work already done.
 - August 1st – Early Learning Work preschools = limited screen time, nutrition, physical activity in licensing.
- Vaping – Governor, state board of health banned flavored vapes.
 - Vaping and lung disease – deaths. Trying to assess cause.
 - THC is a part of the issue.
 - Vaping and kids and hooking kids earlier with the flavors.
 - New emergent tool of *heat, not burn* by Philip Morris
- SHAPE Washington donation.

BREAK (9:45-9:55am)

9:55-10:10am – Assessment - Terri

- Review of updated assessments:
 - Concepts of Physical Education:
 - Presented at 2018 SHAPE Washington conference to gain feedback. Feedback was taken and implemented on assessments as appropriate. Presented again at 2019 West Best to gain feedback; more changes made as appropriate.
 - Assessment was piloted in Highline School District and other individual schools. Feedback from teachers and students was again implemented as appropriate.
 - Concepts of Physical Education is complete. Ken Turner, (OSPI) making final editing changes and OSPI will finish design and it will be ready for complete implementation by beginning of 2020-2021 school year.

- Components of Personal Fitness Planning:
 - Presented at 2019 West Best to gain feedback. Feedback was taken and implemented on assessments as appropriate. Further work by the Assessment Team continued throughout the school year on this assessment.
 - Presented at 2019 SHAPE Washington conference to gain feedback. Feedback is currently being synthesized and will be completed by the end of November. Tracy Krause and Terri Farrar will review feedback and decide the best way to implement it to the three assessment writing teams in order to make changes as deemed appropriate.
 - Assessment is now being piloted and we hope to get that feedback by end of January.
 - Assessment will be presented at West Best and East Best in February to gain further feedback. Changes will be made as appropriate.
 - After these changes are made if substantial there may be a need for another group of teachers to pilot. (Hopefully some of the same that did it before to see if changes were helpful.)
 - Goal is to be finished with Components of Personal Fitness Planning by early summer so it can be turned over to Ken Turner (OSPI) and also be ready for complete implementation by beginning of 2020-2021 school year.

- Ken Turner answered questions about how it will be made available:
 - This is an ongoing conversation between Ken Turner, Tracy Krause, and Terri Farrar.
 - Suggestions by Ken included:
 - Moodle site on OSPI
 - OER site to members only

10:10-10:20am – Journal Report – Judy

- Article due: December 1st.
- Other news – 75 years of SHAPE Washington in 2020.
 - December Journal of then and now.
 - How do we reach the majority of the PE teachers in our state?
 - SHAPE Washington should put PD opportunities on the ESD calendars – Judy will take care of this.

10:20-10:25pm – Google Docs - Judy

- SHAPE WA Google Drive Account – let Judy know if you can't access the Google Drive.
- Ongoing work in progress ... feedback appreciated.

10:25-10:40 am - Adapted Physical Education Endorsement (PESB) – Lauren, Terri & Judy

- PLU is ready to do a Master's degree or provide classes to earn an endorsement in Adapted PE.
 - Toni Bader presented at PESB last spring and was told no to an Adapted Endorsement.
 - In August of 2019, Toni Bader and Terri Farrar met with Tania May from OSPI and Maren Johnson from PESB to find out what we needed to do to get an Adapted PE endorsement.
 - PESB doesn't have a WEST E from Pearson which seems to be the ultimate roadblock.
 - OSPI hasn't had a lot of inquiries lately about Adapted PE being an issue.
 - Toni Bader was able to get her people contacting OSPI as well as others and OSPI has since realized there could be an issue concerning the lack of quality Adapted PE.
 - Tania May reached out to SEAC (Special Education Advisory Council) and Toni Bader and possibly Terri Farrar will be speaking at an upcoming meeting regarding the importance of an Adapted PE endorsement.
 - OSPI looking at more compliancy issues around schools and Special Education including Physical Education adaptations.
 - Toni Bader: State of Play letter
 - Lauren Wood – Letter to Parents
 - Micro-Credential of Adapted PE – idea from OSPI as a kind of work around to get teachers at least more educated about teaching Adapted PE. Teachers earn so many clock hours in a specific area of interest and then get a micro-credential they could put on their resume.
 - Who would be allowed to teach this kind of Professional Development or could it be taught by anyone? (This is a major concern)

BREAK (10:40-10:50am)

10:50-11:20am – OSPI News - Ken

- Update and timeframe for roll-out of assessments:
 - Physical Education assessments discussed earlier in Board Meeting
 - Health Education assessments for nutrition for Elementary and Middle School.
 - Goal is for the two assessments to be available by beginning of 2020-2021 school year.
- Data dive
 - Most districts create their own PE curriculum 65%
 - Most elementary schools are not reaching their 100 minutes of PE per week.

- Most middle schools claim they offer 150 minutes per week but is it every semester for each student? Probably not as many students may only take one semester of PE each year of middle school.
- Who teaches health at elementary level – primarily PE teachers then general education teachers. (are students really getting health?)
- Waivers – is really Excused to Participate (Students have to be assessed and show knowledge of physical education – how many schools are doing this?)
 - OSPI is trying to push for HS having at least one class that everyone has to take before being “excused” out of PE.
- Schools with Comprehensive and Targeted Supports (CaTS)
 - Tier III – high poverty (School with CaTS have less than 50% of endorsed teachers teaching Health and PE classes.)
 - 61% of Health classes are not taught by endorsed Health teachers
 - 51% of PE classes are not taught by endorsed PE teachers
 - How can we help these schools be exposed to PE and Health PD?
 - How do we get their PE and Health teachers to the conferences?
 - Online SHAPE Washington/PE Central PD – small districts have teachers taking the class.
 - Buddy system from larger districts as an option.
- Grants – Healthy Kids-Healthy Schools Grants due 11/7, Safe Routes to School program grant (will extend the date), LifeSkills Training (LST) Substance Abuse Prevention Grant, due 11/21.
 - Safe Routes to School Program - Can share bikes with a joint district.
- CTE Health Teachers: Go where they are:
 - AWSP/WASA Conference – principals – assessments – teaching a principal how to observe a PE teacher (Spokane summer)
 - WERA conference (data driven) (December Seatac)
 - CTE’s many, many conferences
 - WIAA & coaches, etc.

Susan Sellers made a motion that we send a board member to the AWSP/WASA conference to attend.

Second by Ken Turner.

Discussion –

Dustin - what would we want our mission to be in sending someone to attend.
Presentation acceptance would be the first goal

What types of sessions are being accepted – how does PE fit into their conference – this would help us to know what we could do. (Marzano, Danielson, CEL 5D, assessment – SHAPE Washington observation form for principals to understand how to observe Physical Education teachers properly)

Amendment: Send up to two SHAPE Washington board members as vendors

Motion to Amend Susan Sellers

Discussion – SHAPE Washington pay for travel and 2-night lodging.

Registration for non-member is \$470

Exhibitor fee - \$660

Amended Amendment – submit a presentation proposal to present at 2020 WASA conference. If presentation submission is rejected, SHAPE Washington will attend 2020 WASA conference as an exhibitor.

Second by Ken Turner

Call for the question – Krista Winn

Amended Amendment Passed

LUNCH: 11:20-12:00pm – Group Photo and Ingallinas Catering

Action Based Learning:

ABL – half and full day presentations.

ABL Training approximately \$1000.

ESD's and Districts haven't been interested in it lately.

Information has primarily been given out through the ESDs. May be time to look at going to individual districts or schools.

Judy will work on this

12:00-12:30pm – Fall Conference – Dustin Oct. 9 & 10 waiting for verification from Kent School District

- Location – Kentlake or Kentwood in the Kent District
- Theme – 75 Years and Going Strong (Then and Now)
 - Invite all past presidents back and have them do an open forum.
 - Keynotes – Sandy Zimmerman (Ninja Warrior) - \$1000 including lodging and travel. Have Sandy have a session for everyone at the conference.
 - With Health sessions opposite her for those who aren't interested in PE.
 - Pre-Conference on Adapted PE:
 - Could it be held on Saturday so more people can attend.

- New Ideas for the conference:
 - Display areas being designed by Krista of past conferences
 - Each committee design a poster (trifold) of their work
 - Maybe a poster presentation session
 - Time Capsule
 - Different lengths of time for sessions (30, 45, 60, 75 minutes as potential times)
 - Need time for people to see exhibitors and posters – can this be built into the conference?
 - Posters – include information on Action Based Learning, Fund Raiser Information, Legislature Sessions etc.
 - Do a Sample poster session at next conference so people have an idea of what a poster session might look like.

edTPA Update by Carri Kreider:

Our students are not passing.

2 out of 19 PE students passed in the Spring of 2019 – this is a national problem as well according to a session Terri Farrar attended at SHAPE America in Tampa.

2 of 9 passed at Eastern this Fall, 2019.

Conversations with Pearson and SCALE last spring and this summer have not changed anything. Students who we know should be passing still are not.

COMMITTEES

12:30-1:30pm - Committee Work: Fall Conference

Committees

- Marketing: Krista Winn
 - Promote fundraisers – Catch GO Dough, Health-Move-Minds, Step-it-Up
 - PE Central classes
 - ABL
 - Membership
 - PLAN (fix)
 - Twitter (Ryan)
 - Facebook (Melanie)
 - SHAPE WA (Gayle)
 - Journal/Sessions

- Legislative Action: Susan Sellers – information provided earlier in the Board Meeting

- Assessment: Terri Farrar and Curriculum: Jennie Hershey
 - 45 & 75 minute sessions
 - Leave gaps for networking / exhibitors
 - End of Day – Sandy, (Health Assessments, PE – going at the same time as Sandy)
 - Health Ed Track / Sessions

- Journal:
 - December: Then and Now
 - Fitness assessments
 - Gender
 - PE Teachers
 - Title 9 – sports and PE
 - Health Ed
 - Curriculum

 - June: 75 Years
 - 25 assessments
 - 25 instructional strategies

- 25 classroom management tips
- Advocacy: Teri Galloway (absent)
- Social Media: Ryan Wiser
 - A number of presenters weren't prepared for the technology – didn't have proper cables to hook their laptops to projectors.
 - Putting together a kit that has different cords for being able to hook up to the projector.
 - FlipGrid not a huge success.
- Social Justice: Kristen Edmiaston (Toni, Gretchen, Jacina)
 - Book Study – *See Poverty, Be the Difference* (will reach out to the author to ask if she will present at the conference)
 - Book Study would run summer to end of conference.
 - Jacina – interested in working with future teachers of color to offer SHAPE Washington support on becoming a PE Teacher.

1:30pm - Committee Progress Reports (None of us specifically responded to these questions)

- Use Post-its on Posters
- What tasks will you focus on for the fall conference and themes?
- Are there check-ins or deadlines you need to plan for to be ready for the conference?
- What specific job do you have and when will you report to committee chair or Dustin?
- Can you present related to your committee at one of the 3 upcoming conferences?

Final Announcements/Reminders ...

- Leave It Messages (Post-it Posters): Thoughts/ideas for making meetings more efficient or any comments that can help the board?
 - Agenda uploaded, Adapted PE information, Kens data – will be sent out to Board Members
 - Bling for 75th anniversary
 - PD on ESD calendars
 - Summary of all of the posters
 - Hard copies of SHAPE WA journals for 75 years
 - Target math, science, elementary, etc for ABL conferences
 - ABL meeting to target different subject areas
 - Ask Vic Coleman to present at Health Conference in March
- SHAPE WA board supports alternative approval of edTPA scores if PETE programs can verify the student is competent to teach.
- Committee chairs, please check the "minutes" in the coming days and if it does not summarize exactly what you need, please let Whitney know so we can have it written to use as a guide in coming months.

- THANK YOU for devoting your time and effort to our association/profession!!!

3:30 Clean-up and Adjourn



**Washington State is
1 Million Strong
...and getting stronger!**