

SHAPE Washington

“Team Work Makes the Dream Work”

2015-2016 SHAPE WA Executive Board

Board Meeting Minutes

Fall Board Meeting December 5, 2015

Meeting called to order at 9:06 am by Jeana Haag, President – Meeting was at Best Western Plaza on the Green in Kent, WA

In attendance: Jeana Haag, Ryan Wiser, Melanie Flink, Marisa Rathbone, Sara Russell, Joyce Kjorsvik, Dana Henry, Jenni McCloughan, Secretary, Dan Persse, Tracy Krause, Denise Peterson, Gayle See, Executive Director, Krista Winn, Jeremy Mclver, Toni Bader, Terri Galloway, Kevin Schmidt, Emily Pond, Gretchen Gray, Carri Kreider

Jeana Haag, President started the meeting with the following:

- Celebrations and highlights from the past year in a power point (2014-2015)
- Vision and mission
 - Vision – Every child in Washington State is healthy, active, educated, and ready for the future.
 - Mission – SHAPE Washington supports coordinated efforts to foster healthy, active, educated, youth in Washington State through professional development, advocacy, community outreach, and partnerships.
- Meeting norms
- Board member packets – agenda, summary of member’s responsibilities, action plan, and board information

Old Business

Gayle See, Executive Director – SHAPE WA

- Discussed the expectations for voting and motions
- Financial update
 - We are financially stable and moving forward
 - Fall conference report – expenses (see final report)
 - Mead conference final report – there was a profit and it was successful!
 - Conference comments – keynotes were liked, people liked being at a school, next year possibly Heritage High School in Vancouver, people liked the app, vendors were in a good location, possibly need a map of the layout for next year.

Alice Atha, Journal Editor – Journal Report

- Alice went through the list of journal articles for the next publication
- Articles were due December 1st
- Next journal articles due April 1st

New Business

Marissa Rathbone, OSPI Health and Physical Education/CCSS/H&F Cadre Update

- If you have information for the monthly newsletters please forward to Marissa
- Healthy Schools Next Generation – grant opportunity and information can be found on the OSPI website. Due date is February 19th. Encourage everyone to apply!
- Opportunity for awards through the ASCD Superintendents & Curriculum Development – applications are available now. See Marissa Rathbone if interested.
- Leadership changes – Superintendent election is next year. A few people have declared that they are going to run, be sure to vote, and more information to come out in the future. Marissa will keep us informed.
- Project that Marissa is working on is a program on closing the achievement gap in schools and proving that health and physical education help close the achievement gap. Needs to know of a few schools that can prove that health and PE are helping to close the achievement gap. Let Marissa know if you have any schools or programs in mind. i.e. Gear Up & Go program for 5th grade students in Snohomish County
- School visits – Marissa wants to go and visit schools. She would like to see how the standards are being implemented in the gyms.
- Standards update
 - Posting for public comment in January and February
 - Goal is to be transparent as possible and please feel free to weigh in with feedback
 - No concerns getting the national PE and Health Standards approved
 - Hope is that Randy Dorn will sign off at the end of February
 - Goal = In March the standards will be open for everyone
 - Looking for people to provide examples of using these new standards 2016-2017
 - Marissa needs engaging lesson plans, videos, evidence of success using the new standards

Carrie Nass, Hope Heart Institute

- Local non-profit program based in Bellevue with 12 staff members
- Started by a cardiovascular surgeon and the goal is to aim to make cardiovascular disease preventable with a focus on nutrition, exercise, and wellness education.
- School based programs:
 - Kids Take Heart – an interactive curriculum targeting anatomy, fitness, nutrition, stress and goal-setting for 3rd-5th graders. This program is aligned with CCSS and Next Generation Science Standards. Teacher credits and clock hours available via SPU.

- Youth Take Heart – science based curriculum focusing on heart anatomy, nutrition, and causes for CVD.
- Teen Take Heart – interactive science and health evidence based cardiovascular program for high school students www.teentakeheart.org
- School Based Events – family health fitness nights that people can apply for this program. Low economic schools are encouraged to apply. Free dinner, prize drawing, and student led performances are also included.
- Heart Restart in Schools – provides skill based training on how to do hands only CPR and how to use an AED. The program focuses on how to be prepared or recognized a sudden cardiac arrest.
- Carrie Nass, Director of Prevention Program, cnass@hopeheart.org #425-456-8730 for more information

Nitasha Sharma, Washington State representative for Action for Healthy Kids

- Works on grants for healthy living for students in Washington State – brain boosters, recess, wellness policies, forming school wellness teams, healthy breakfasts, and Nitasha can help us with finding resources
- Provides help and/or training on forming and working with school district Wellness Teams

Karen Hake, American Heart Association

- Presented on Jump Rope for Heart and Hoops for Heart about the partnership between SHAPE and JRFH/HFH
- Dogs are the themes this year instead of ducks like last year
- Program is running full steam ahead!

Denise Peterson, Dairy Council Update

- Catalogues on tables with information on the new and improved allocation \$25 for free materials in the catalogue and must be ordered online. Visit the improved and streamlined www.eatsmart.org starting January 2016.

Gayle See, SHAPE America Update

- NW District has decided on workshops instead of a conference with an advocacy workshop in Great Falls, MT next August
- Membership has gone up because of the Seattle conference last March
- Gayle is trying to make a connection with folks who don't join their state professional organization
- Sara Russell is the high school TOY representing NW District
- West's Best is Saturday, Feb. 6th at Chief Sealth High School in Seattle
- SHAPE National Conference in Minneapolis in April 2016

Joyce Kjorsvik, Awards & Nominations

- There are currently 3 elementary nominations for TOY in Washington
- Need middle and high school nominations for TOY in Washington

- Need Health, Dance and Adapted teachers of the year
- How do we draw new people for awards? After people receive their award how can we get them involved with the SHAPE Board? Dana Henry suggested a document that outlines the next steps after you when the state award.
- Jeremy suggested sending out the TOY nomination form in the “plan” via email.
- Can we get the nomination form out to principals?

Carri Kreider and Melanie Flink, Student Leadership Opportunities

- How can we connect the PETE programs? Goal is to get students working together and connect with one another.
- An idea from Carri is to have professional guest speakers that can talk to college PE majors. A video conference to share among universities with a speaker discussing the job experience or after-school programming or maybe do a live presentation for universities throughout the state.

Denise Peterson, Jump Rope for Heart and Hoops for Heart

- Numbers are going up and more schools are participating
- If your school participates in JRFH or HFH then you get your SHAPE Washington membership for free the following school year.
- Are there any thoughts in running a district-wide Jump Rope for Heart? Krista Winn in Port Angeles School District does a district-wide event every 4 years. The event takes place at the high school gym and all students go the central location for the Jump Rope for Heart event.
- 10 clock hours are available for JRFH or HFH Coordinators through SHAPE Washington, info at shapewa.org, available January 10, 2016 through June 30, 2016.

Committee Chair Reports

Marketing – Krista Winn

- A plan was put in place with a tech version of a “phone tree”. One person at each ESD is a “Coach” who sends emails to the “Captain” at the district level to send out emails to all PE teachers.
- We still need a contact name for quite a few districts so if you know of anyone please pass along the information about the “plan” for communication.

Legislative Action – Dan Persse reporting for Susan Sellers

- 2 bills presented to state legislature
 - 1. Endorsed physical education and health teachers – must be certified in these areas
 - 2. Get rid of waivers for “other good cause”
- January 12th we will need 4-6 reps down in Olympia to gather signatures
- January 28th SHAPE Washington day – go and advocate for physical education and speak out
- Send an email to your representatives about these planned days to put them in the loop that action is taking place

Assessment – Toni Bader

- Once the new OSPI standards are approved then we will work on new assessments

- Special Olympics has assessments on their website for students with disabilities along with free curriculum
- Wellnet – how can we make that more ADA accessible?
- Assessment suggestions, send to Toni and she can put them on the assessment tab on the SHAPE Washington website
- Kevin Schmidt mentioned that this is a really good time to focus on curriculum with the new standards coming out

Advocacy – Sara Russell

- How can we make the advocacy part on the website more user friendly? i.e. School districts are having some issues with waivers and this making the news so it would be good to have a statement prepared for when this happens to use as a resource.

Social Media – Melanie Flink

- We have a Facebook page and a twitter account so please get familiar with them. Send information to put on FB and twitter to Melanie and to Gayle so that it can get posted and the goal is to utilize these avenues for social media.

Action Plan Template – Jeana Haag

- A template to use to guide our committee work.
- Time for committees to work together and come up with a plan for their work together.

Reminders:

- Board Member Action Plan
 - Due to Jeana by January 2nd
- Spring Board Meeting is April 23
- Gayle See mentioned Brain Training on Friday, April 22 day prior to the SHAPE Washington board meeting
- Tracy Krause motioned that SHAPE Washington provides substitutes and travel costs for up to 5 SHAPE WA members to attend an Action Based Learning Workshop on Friday, April 22
- Jeremy McIver seconded the motion
- Jeremy McIver motioned that SHAPE WA provide travel to Olympia and substitutes pay for up to 5 people for the following events:
 - January 12th gathering signatures for bill support
 - January 28th speaking with legislatures about bill support and present signatures (*When a hearing occurs)
 - Jeremy moved that SHAPE WA provide travel to Olympia and substitute pay for up to 3 people to testify on behalf of the bill(s)
- Dan Persse seconded the motion

Meeting was adjourned at 3:30 pm