

Carol M. White Physical Education Program (PEP)

CFDA Number 84.215F

Office of Safe and Drug-Free Schools, Department of Education

Status

This information is based on proposed priorities, requirements and definitions. A public comment period has recently closed for these proposals, with no date set for final publication. The complete proposed priorities, requirements and definitions can be found at: <http://www2.ed.gov/legislation/FedRegister/proprule/2010-1/031610e.html>

Purpose

The purpose of PEP is to initiate, expand, and improve physical education for students in grades K-12. A new direction is proposed to strengthen and enhance PEP and to support a broader, strategic vision for (a) encouraging the development of lifelong healthy habits, and (b) improving nutrition and physical education programming and policies in schools and communities to prevent obesity and to decrease the number of children who are overweight or obese. This new direction will focus on increasing opportunities for students to be physically active and practice good nutritional habits in and out of school.

Proposed Priority Areas

- 1) Proposed Absolute Priority--Programs Designed to Create Quality Physical Education Programs
- 2) Proposed Competitive Preference Priority 1 -- Collection of Body Mass Index Measurement
- 3) Proposed Competitive Preference Priority 2-- Partnerships between Applicants and Supporting Community Entities

Proposed Requirements

- 1) Align Project Goal with Identified Needs Using the School Health Index
- 2) Nutrition and Physical Activity Related Policies
- 3) Linkage with Local Wellness Policies
- 4) Linkages with Federal, State and Local Initiatives
- 5) Updates to Physical Education and Nutrition Instruction Curricula
- 6) Equipment Purchases
- 7) Increasing Transparency and Accountability
- 8) Participation in a National Evaluation
- 9) Required Performance Measures and Data Collection
 - a) Student Physical Activity
 - b) Student Fitness Levels
 - c) Student Nutritional Habits

Required District Participation

- 1) Contact the St. Lawrence Health Initiative (SLHI) with your intent to participate by May 14, 2010
- 2) Complete Modules 1-4 of the School Health Index (SHI) by June 4, 2010. The SHI is available at <https://apps.nccd.cdc.gov/shi/default.aspx>. Health Quest MOVE staff are available to assist upon request. Please see back of this document for additional information about completing the SHI.
- 3) Provide the following data to SLHI by June 4, 2010
 - a) Fitness assessment data for grades 5-12 via Fitnessgram or TriFit group report
 - b) Percent of students meeting state p.e. standards (recording form provided by SLHI)
 - C) List of other community based organization which provide services for physical activity and nutrition (recording form provided by SLHI)
- 4) Sign a Memorandum of Understanding

Optional District Participation

- 1) Contact SLHI with intent to serve on ad-hoc committee by May 14, 2010
- 2) Appoint school staff to sit on an ad-hoc committee to identify priority areas within the program requirements
- 3) Attend scheduled meetings via online format

The Health Initiative encourages all districts to participate in this process for an opportunity to take part in the next round of PEP funding. We look forward to a continued partnership with each district and to build on the successes in physical education and activity, nutrition and wellness. For more information or to convey your intent to participate, contact Carol Zimmerman at 315-261-4760, ext. 15, or by email at carol@gethealthyslc.org.

Recommendations for Completing the School Health Index (SHI)

Excerpts Taken from <https://apps.nccd.cdc.gov/shi/Default.aspx>

Methods

- 1) Online (*Required format for participation*)
- 2) Paper format

Steps

- 1) Review modules (*Completion of modules 1-4 in both the elementary and middle/high versions required for participation*)
- 2) Assemble team
- 3) Identify a team coordinator
- 4) Meet with team
- 5) Complete modules
- 6) Complete overall score card
- 7) Review score card and improvement plan

Team Members

Possible members from the school community:

- Principal, Assistant Principal
- Physical education teacher
- Health education teacher
- Classroom teacher
- Student
- School food service manager
- School counselor
- School psychologist or social worker
- School nurse
- Bus driver
- Janitor or custodial worker
- Facility and maintenance staff

Possible members from the local community:

- Parent or other family member
- Community-based health care and social services provider
- Community health organization representative
- Local health department staff member

Expected Time Commitment

Approximately one school day (6 hours)

Assistance

Health Quest M.O.V.E. staff are available to assist with and facilitate the completion of the SHI upon request.