

Annual Wellness Committee and Physical Education Report 2020

Date: May 21, 2020

To: Superintendent Polm and Port Townsend School Board Directors

From: Sandy Gessner

Subject: Wellness Committee and Physical Education Update

Section I – Current Wellness Committee Work

- Using the Healthy Youth Survey Data and the district’s strategic plan, the Wellness Committee realigned the work of the committee to align with both the data and the plan.
- Here are the priorities established using that process:
 - Priority 1: Create learning communities where all students feel welcome
 - Priority 2: Address Substance Use in our Schools and Community
 - Priority 3: Increase the amount of time students move throughout their school day
 - Priority 4: Continue to use the Nutrition Program and School Gardens to enhance wellness in our district

Section II – Update on Physical Education K-12

- Elementary K-5: Sheri Shaw and Dani Moyer
 - Articulated year-long curriculum map with FitnessGram Assessments
 - Swimming: PreK through 3rd Grade
 - Partnership with ReCyclery
 - Partnership with Running Club
 - Square Dance Unit in collaboration with music teachers and community members
 - Partnership with Broken Spoke
 - During the closure
 - Weekly lesson plans via SeeSaw and Google Classroom
 - Provided online resources and fun fitness activities for families to do at home.
 - Helping with ZOOM class sessions
 - Volunteering in Child Care
 - Weekly Playlists
- Middle School: Mark Tallarico
 - Safe Routes to School Bike Education Program
 - Community Partner: Jefferson County ReCyclery
 - Grant for new Bikes and Trailer
 - Partnership with Port Townsend city bikes
 - New Lunch Menu with help from Stacey Larsen
 - Fitness testing using FitnessGram assessments
 - 70% of students improved their mile-run times and number of push-ups
 - Cardio Health and Cooperation: badminton, lacrosse, volleyball, and basketball
 - During the closure
 - Provided workout ideas, games, activities and stress relieving ideas
 - Office hours for student contact time
- High School: Logan Stegner
 - Physical and Mental Well-Being
 - Monday: Functional movement and mobility
 - Tuesday, Wednesday, Thursday: Strength Training and Cardio Endurance
 - Friday: Mindfulness and Mental Health Day
 - Units of Study
 - Muscles and Bones, Energy Systems, Neuro Science of Exercise, Neuro

Genesis of Exercise, Benefits of Mobility, Human History of Fitness, Science of Yoga and Meditation

- During closure:
 - Google Doc for Physical Activity and Physical Education
 - Daily resources for exercise and movement
 - Daily resources for supplemental readings and videos on health topics

Section III – Moving Forward

- The Wellness Committee is drafting an action plan based on new priorities to implement in 2020-21 school year with recommendations that align to new priorities in anticipation of student and staff needs as school reopens.
- Compile the Scope and Sequence for Physical Education K-12 in PTSD
- Continue to nurture the two school gardens and orchard creating opportunities for students to engage in a garden curriculum and in gardens as a sense of place