

# Ridgewood Public Schools

## Wellness Curriculum & Program Review

May 16th, 2016

**Robert Bell - Supervisor of Wellness**

# Ridgewood Public Schools Wellness Mission Statement

*The primary goal of the Wellness Program is to provide opportunities for students to gain the knowledge and experiences necessary for developing attitudes and practices to make informed decisions that will help them develop and maintain good health practices while living safely in a constantly changing environment.*

## **What is Wellness**

- Holistic philosophy combining Physical Education & Health
- Fostering a way of life
- Positive life long habits & activities

# The K-12 Wellness Study

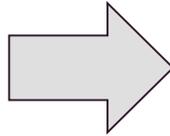
## Teacher Participation

### Entire Wellness Staff

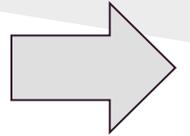
- 8 elementary school teachers
- 8 middle school teachers
- 11 high school teachers

# Wellness Five Year Timeline

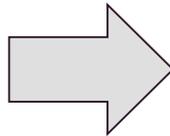
**September 2015 -  
May 2016**  
Review & Collect Data



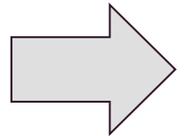
**May 16, 2016**  
Presentation to  
Board of Education



**June 2016 -  
June 2017**  
Complete  
Curriculum Writing  
& Professional  
Development in  
May / June 2017



**Fall 2017**  
Implement  
Recommendations



**2018 - 2020**  
Monitor & Adjust As  
Needed

# Wellness Study Year One Objectives

- Research ideal instructional programs
- Review current practices across the district
- Collect and review feedback from teachers, students and parents
- Recommend curricular revisions or reaffirmations

**What does the research show  
concerning K-12 Wellness?**

# SHAPE America

## Shape of the Nation Report

### **Shape America is the Society of Health & Physical Education**

- Formerly - American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD)

### **Report Findings**

- Children & adolescents are recommended 60 minutes of daily physical activity
- Majority of physical activity should be aerobic activity with three days of muscular strengthening activities
- 42 percent of children (ages 6-11) and 8 percent of adolescents (ages 12-19) engage in the recommended 60 minutes of physical activity most days of the week

# Institute of Medicine Study

*In this study, academic performance is broadly used to describe different factors that may influence student success in school.*

## **Factors fall into three primary areas:**

1. **Cognitive Skills and Attitudes**  
(e.g., attention/concentration, memory, verbal ability)
2. **Academic Behaviors**  
(e.g., conduct, attendance, time on task, homework completion)
3. **Academic Achievement**  
(e.g., standardized test scores, grades)

# Institute of Medicine Study

## **School Based PE**

- Increased time in physical education appears to have a positive relationship or no relationship with academic achievement

## **Classroom Physical Activity**

- Eight of the nine studies found positive associations between classroom-based physical activity and academic performance

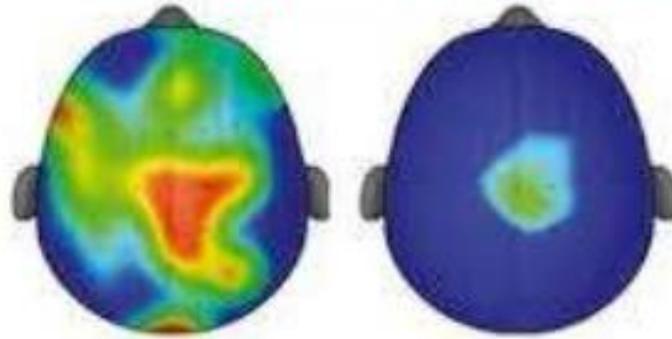
## **Recess**

- Time spent in recess appears to have a positive relationship with, or no relationship with, children's attention, concentration, and/or on-task classroom behavior.

## **General finding of the study**

- ***Active and physically fit students consistently outperform inactive students in all measures of achievement***

## Average composite of 20 students brains taking the same test

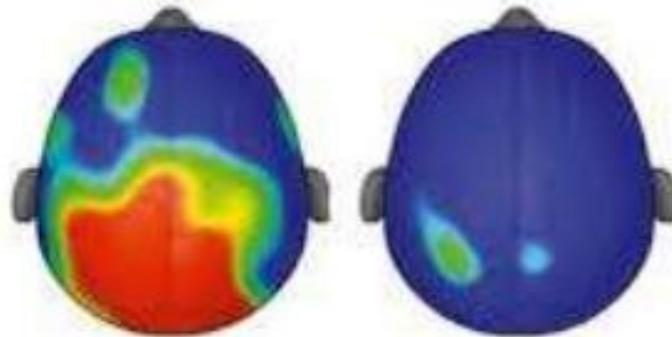


After 20 Minute  
Walk

**Exercise**

**No Exercise**

After Sitting Quietly



Research/Scan compliments of Dr. Chuck Hillman  
University of Illinois

IMPACT WELLNESS PLAN

27

*Brain Processing capacity & mental workload during cognitive tasks for children who exercised before tasks and who were sedentary*

**What are comparable school districts doing?**

# Sport Based vs Wellness Based Physical Education

- New Jersey does not keep any statistics on how many school districts in the state are sport based or wellness based models of physical education
- According to the Coordinator of Health & Physical Education in NJDOE the large majority of schools are sport based models, that teach wellness based elements
- Our peers follow the above model with an emphasis on sport based activities

# Sport Based vs Wellness Based Physical Education

## **What we have in Common with peer districts**

- Elementary Nursing staff teach health 5-8 lessons per class per year
- Incorporate fitness from kindergarten to 9th grade

## **How we are unique**

- Fitness is continued throughout high school
- Cardiovascular respiratory endurance is an educational focus
- Six marking periods of Health Education are offered in the High School
- Strong emphasis on mental health through yoga & stress management

**What are we doing and how  
are we doing it?**

# Wellness Delivery

## **Elementary Schools**

- Students receive Wellness twice a week and time varies by school and grade
- Emphasis on motor skill development, cardiovascular respiratory endurance, cooperative games, and sportsmanship
- Nursing staff teach five to eight health lessons in regular education classrooms each year

## **George Washington Middle School**

- Students receive Wellness three out of four days a week, based on the rotating schedule, for fifty seven minutes
- Emphasis on small sided games, motor skill development, cardiovascular respiratory endurance, cooperative games, and sportsmanship
- Students receive three marking periods of movement based Wellness and one marking period of Health per year
- Students are separated out for Health in a traditional model for one marking period per year

# Wellness Delivery

## **Benjamin Franklin Middle School**

- Students receive Wellness three out of four days a week, based on the rotating schedule, for fifty seven minutes
- Emphasis on small sided games, motor skill development, cardiovascular respiratory endurance, cooperative games, and sportsmanship
- Health is incorporated into the movement based portion of Wellness
- Students are not pulled out for Health but receive Health in a large group with breakout groups when necessary

## **High School**

- Ninth through Eleventh grade students receive four marking periods of Wellness per year
- Twelfth grade students receive three marking periods of Wellness
- All students receive six marking periods of Health education throughout High School
- Classes meet three out of four days a week based, on the rotating schedule, for sixty minutes
- Emphasis on five components of fitness, cooperative games, sportsmanship, mental health, stress management, & life long fitness

# Wellness Curriculum

- Last comprehensive update was done in 2009
- Teachers started importing best practices to curriculum documents in 2014
- Minor updates & addendum were written to align with 2014 standards
- Currently under review

# Student & Parent Survey Data

# Parent Surveys

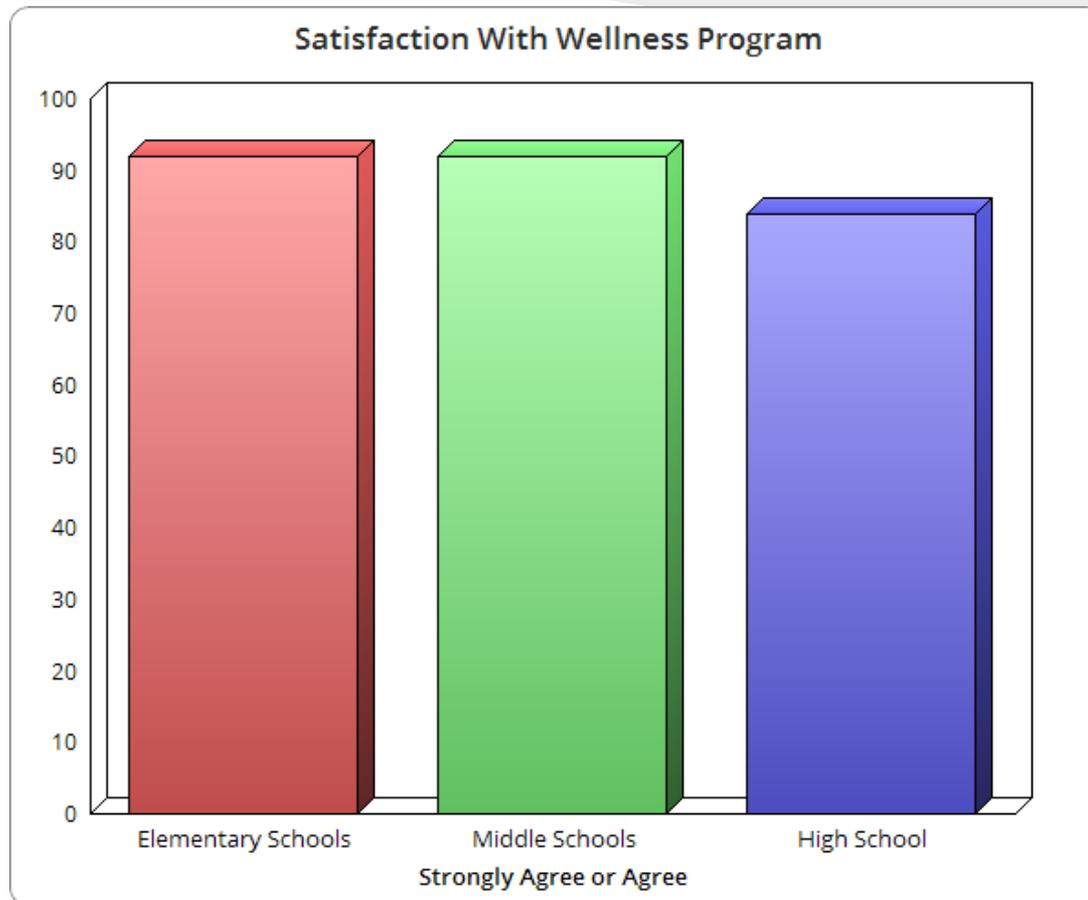
## **Goal of the Survey**

- Gather community perceptions
- Determine the level of satisfaction with current program
- Ascertain parents sense of importance regarding Wellness Education

## **Participation Rate**

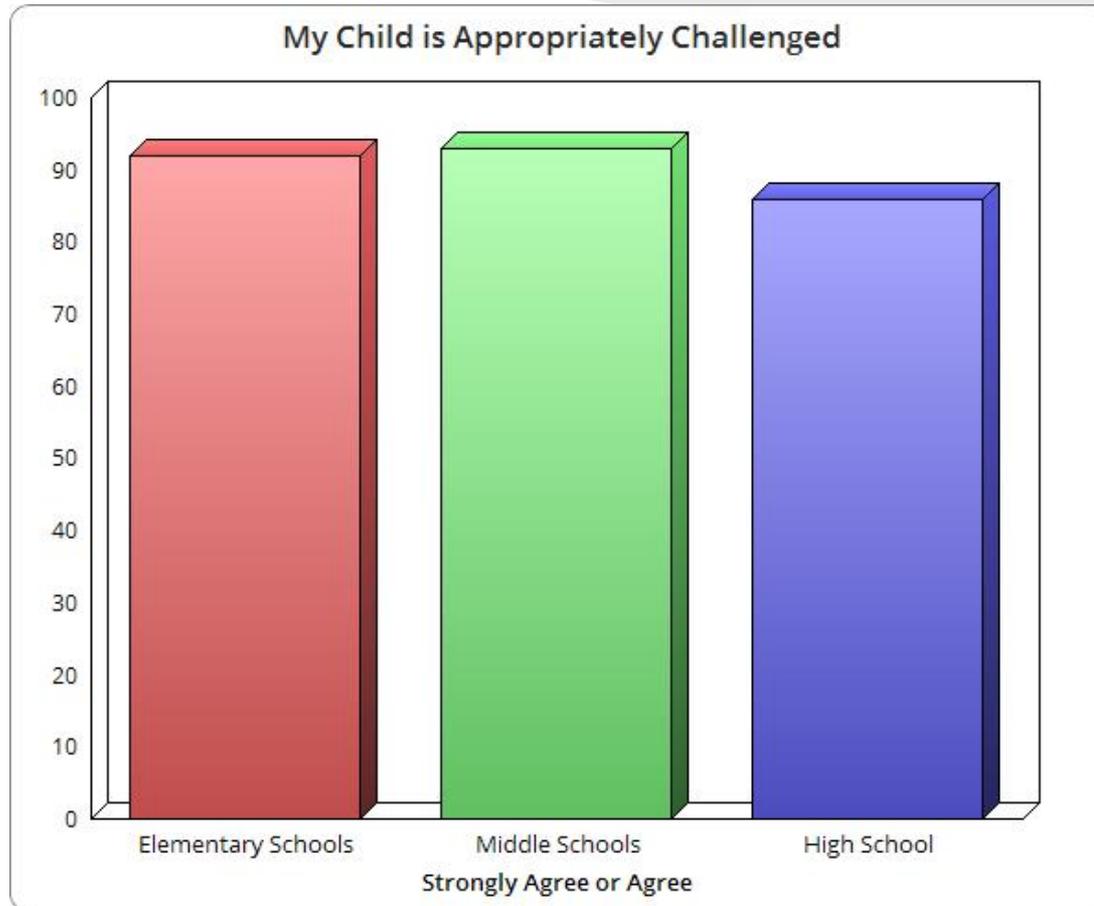
- **Elementary Schools**  
276 Parents or guardians responded
- **Middle Schools**  
162 Parents or guardians responded
- **High School**  
121 Parents or guardians responded

# Parent Survey Results



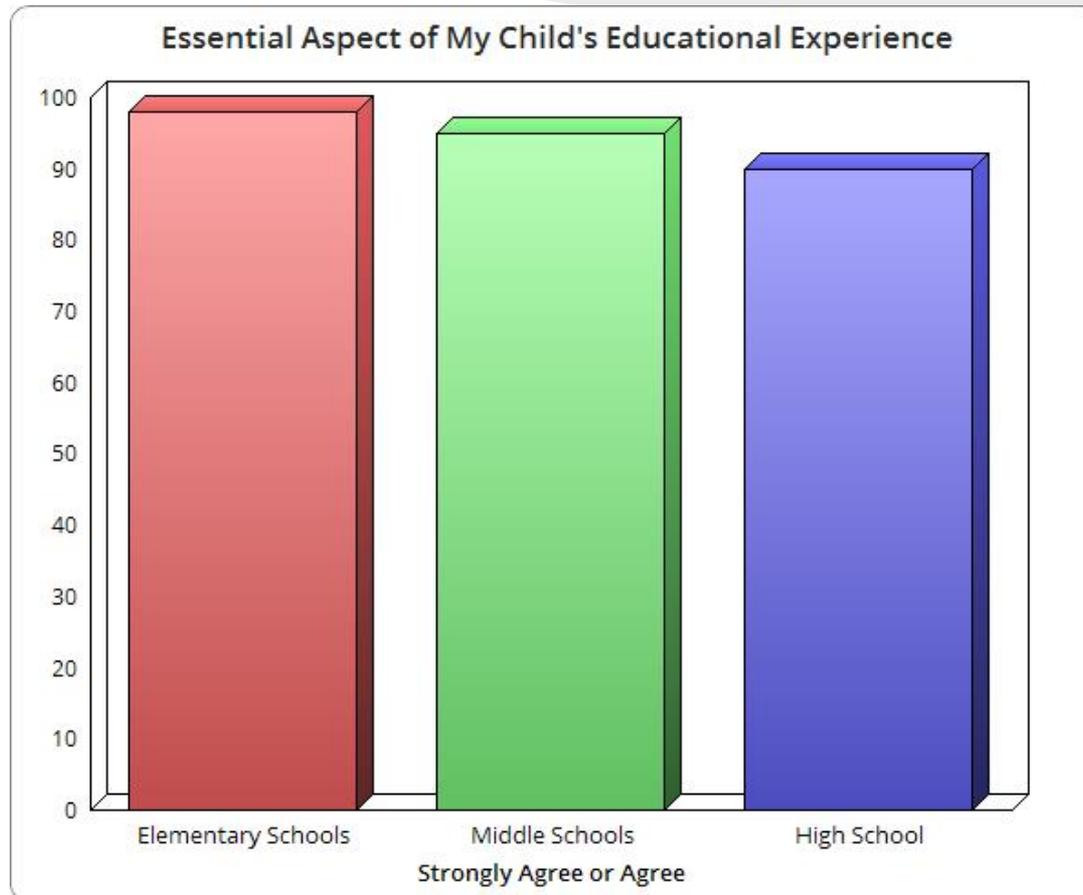
- Elementary Schools - 92 Percent
- Middle Schools - 92 Percent
- High Schools - 84 Percent

# Parent Survey Results



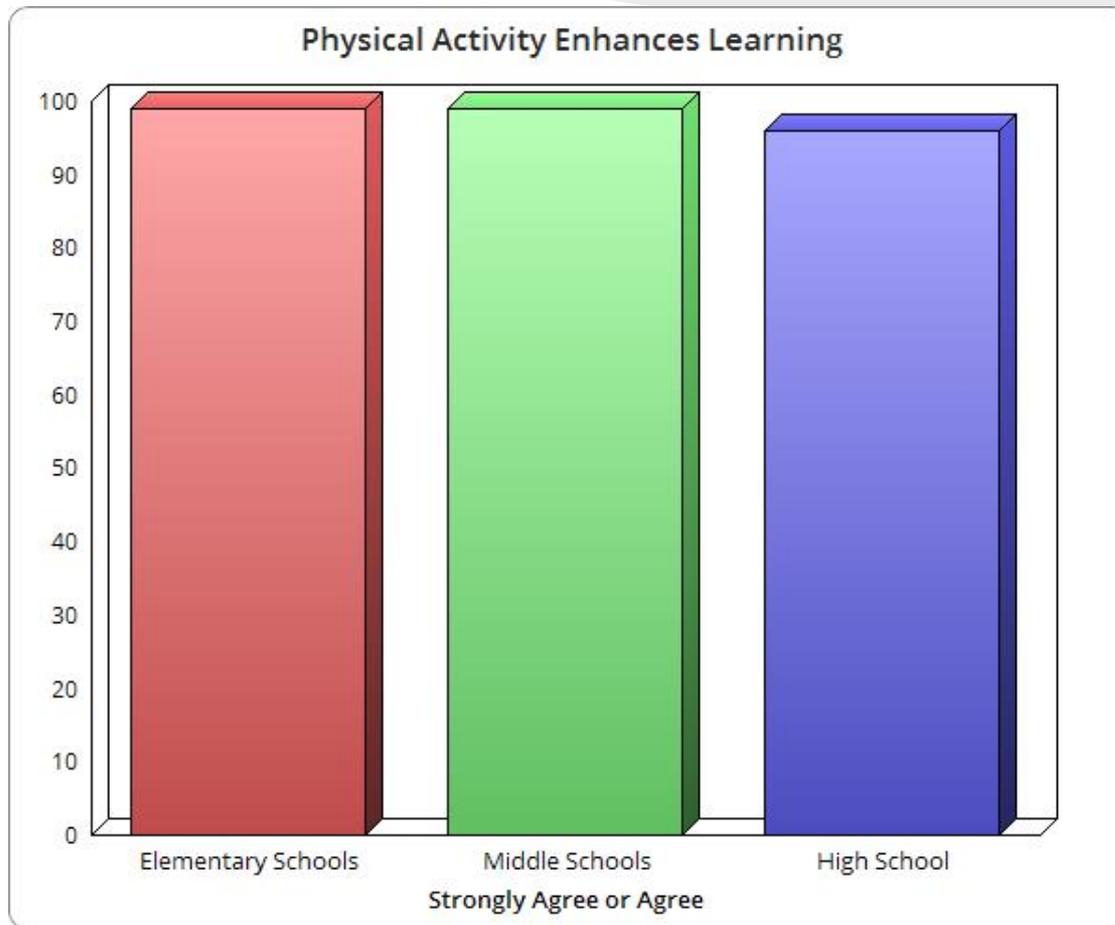
- Elementary Schools - 92 Percent
- Middle Schools - 93 Percent
- High Schools - 86 Percent

# Parent Survey Results



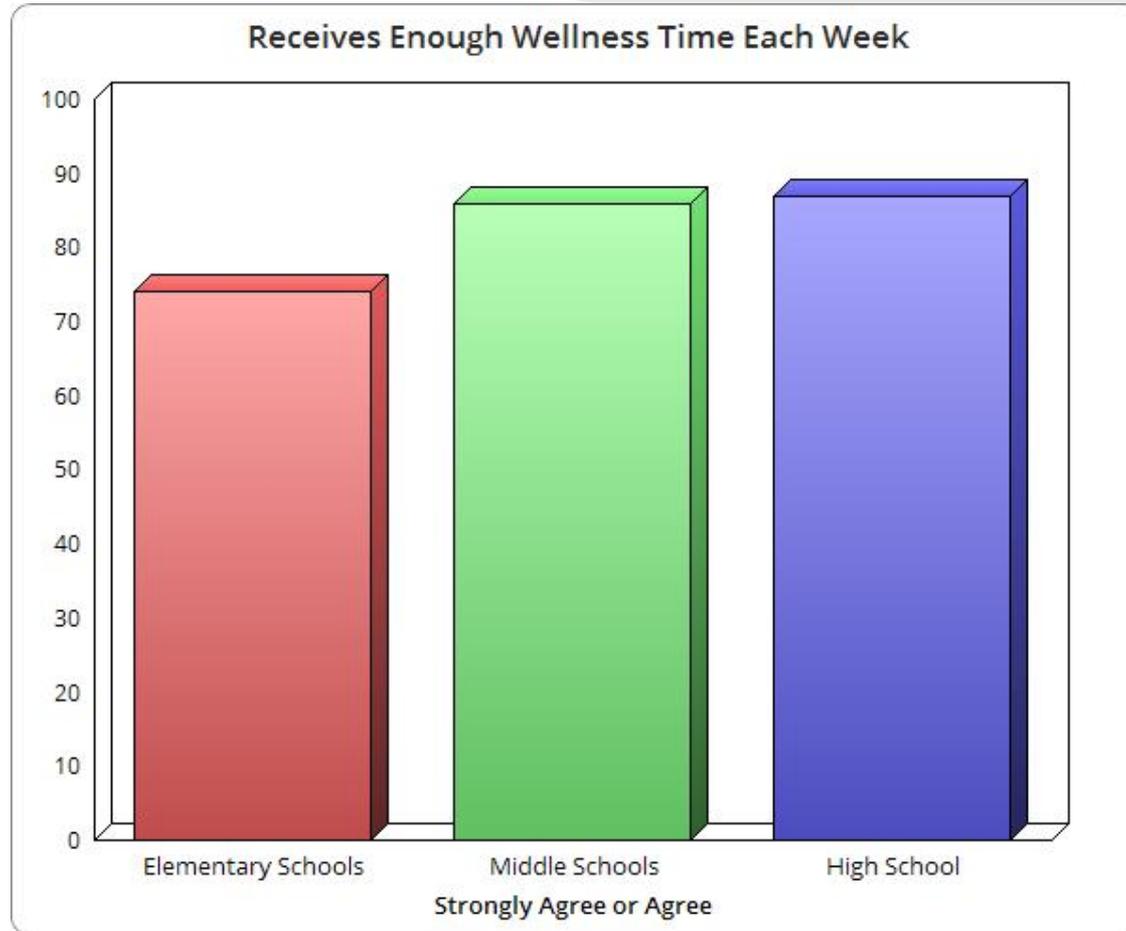
- Elementary Schools - 98 Percent
- Middle Schools - 95 Percent
- High Schools - 90 Percent

# Parent Survey Results



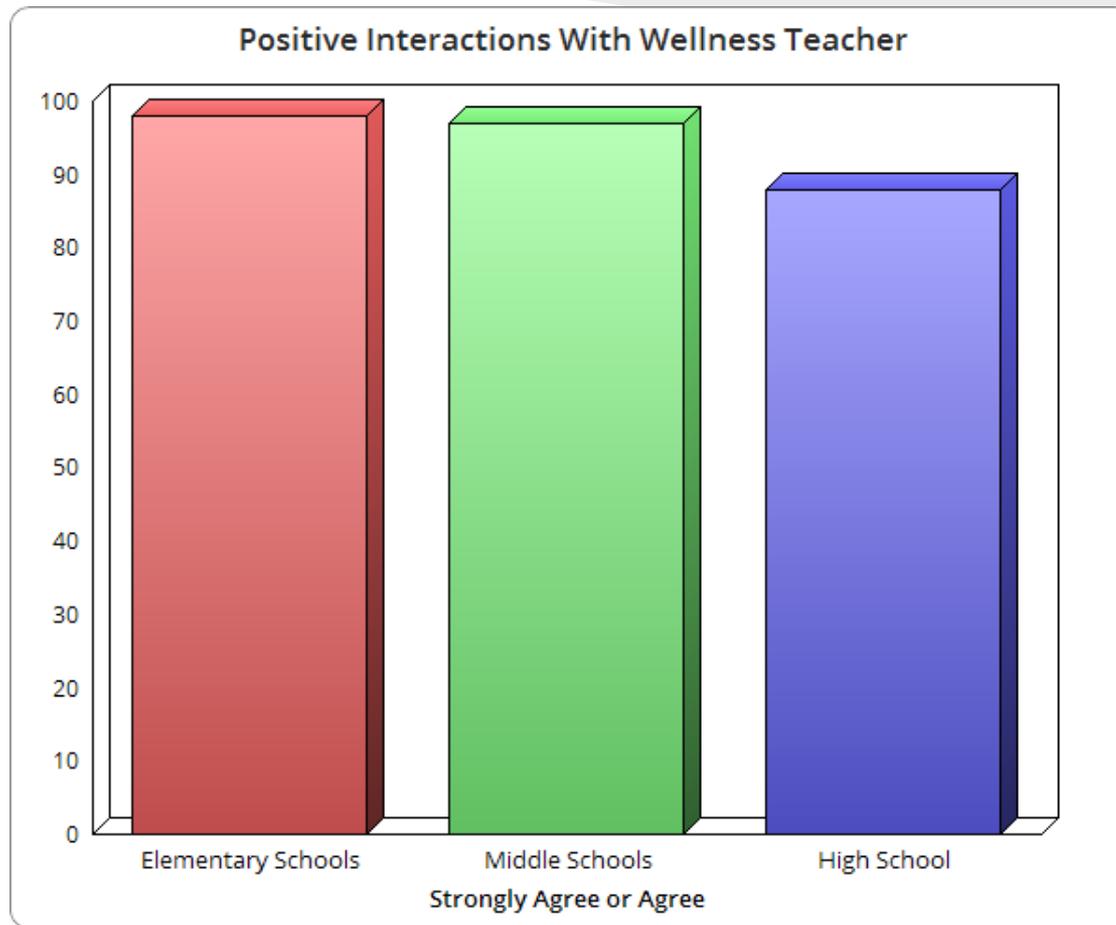
- Elementary Schools - 99 Percent
- Middle Schools - 99 Percent
- High Schools - 96 Percent

# Parent Survey Results



- Elementary Schools - 74 Percent
- Middle Schools - 86 Percent
- High Schools - 87 Percent

# Parent Survey Results



- Elementary Schools - 98 Percent
- Middle Schools - 97 Percent
- High Schools - 88 Percent

# What is Option II

- An alternative to traditional high school courses involving in-depth experiences that may be provided by school district personnel or instructors not employed by the school district (e.g., independent study, magnet programs, student exchange programs, distance learning etc.)
- New Jersey does not keep any statistics on Option II for physical education

# Option II Clarification

- Does not reduce staff & save the district financially.
- Does not give students a free period with no PE school work for three marking periods.
- When Option II is used in school districts, it is mostly used for academic subjects not physical education.
- According to the Coordinator of Health & Physical Education in NJDOE the vast majority of schools do not use Option II.
- Schools that initially implemented Option II did not properly align to state policies and had to eliminate it.

My sons really enjoy PE class and in class health!!!!

My children love their PE teacher. They love their classes.

It is challenging to get my daughter to exert herself. Keep up the good work!

My disagree responses are directed at PE largely because I think it should be offered more than twice a week. Kids in elementary school aren't getting enough recess and PE.

It would be nice to have gym more than twice a week, but the teachers make the most out of the time they are given. The kids love the class and say it is one of their favorites.

I am incredibly impressed with the wellness program at BF. All of the teachers find a way to engage the kids, no matter their fitness level. They find a way to make it interesting and fun, where my daughter looks forward to it.

Absolutely love the PE teachers at GW, they are fantastic.

My children have absolutely loved their phys ed classes. The gym teachers are fabulous and seem to absolutely love what they do and it makes it a fantastic experience for the kids.

*Parental Comments Pertaining to the Wellness Program*

# Student Survey

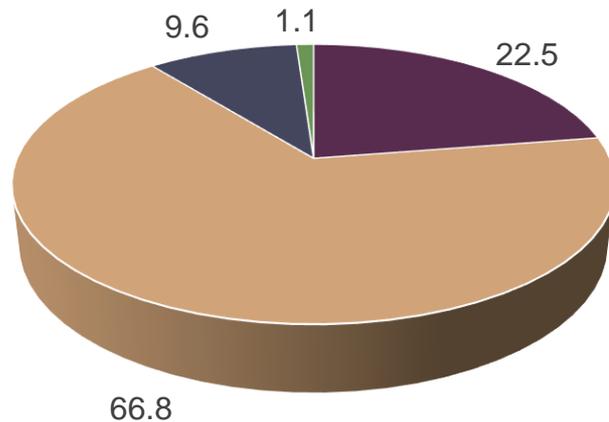
***Surveyed over 1000 High School Students in 9th - 12th Grade***

## **Goal of the Survey**

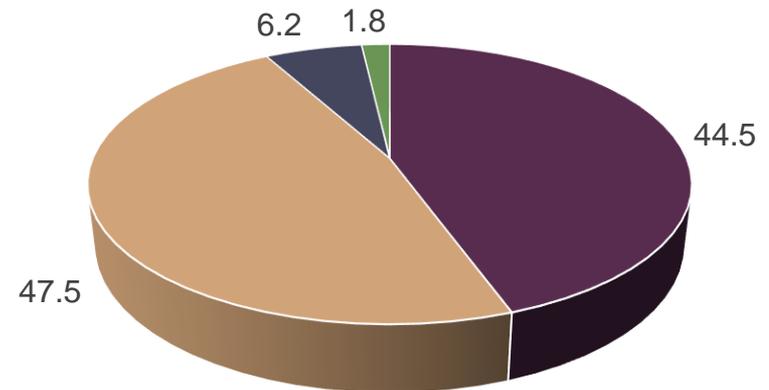
- Gather student perceptions
- Determine the level of satisfaction with current program
- Potential activities students would like to see introduced into the Wellness program

# Student Survey

Topics Covered in Health are Relevant to Today's Lifestyle Trends



Would like CPR Certified at the Conclusion of First Aid & Safety

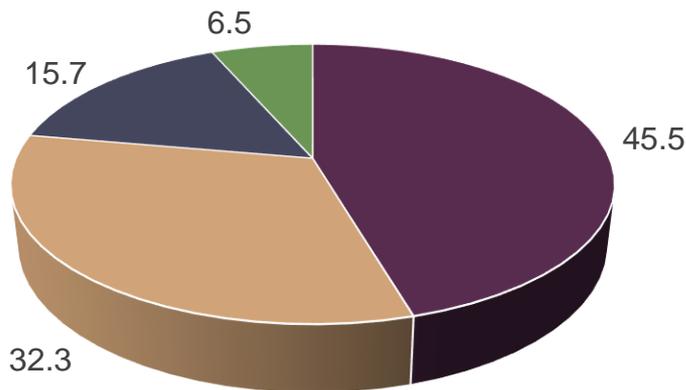


■ Strongly Agree ■ Agree ■ Disagree ■ Strongly Disagree ■ Strongly Agree ■ Agree ■ Disagree ■ Strongly Disagree

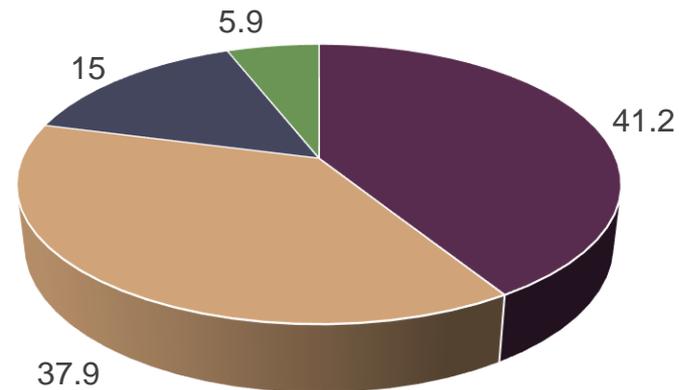
- 89 percent of students believe the topics covered in Health classes were relevant to today's trends
- 92 percent of students want to graduate with CPR certification

# Student Survey

Would like Make Up Runs on My Own, Outside of School Using Technology



Would like Self Defense Added to the Wellness Program



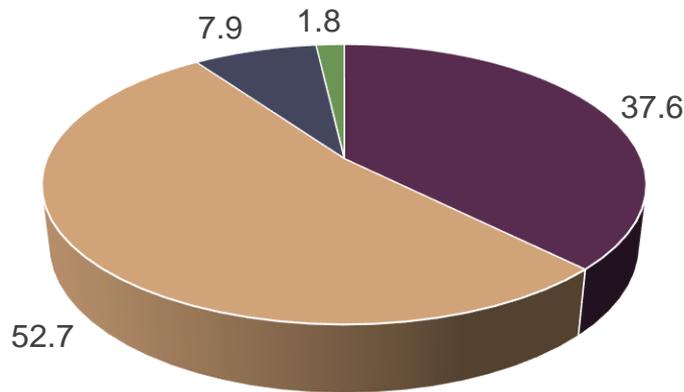
■ Strongly Agree ■ Agree ■ Disagree ■ Strongly Disagree

■ Strongly Agree ■ Agree ■ Disagree ■ Strongly Disagree

- 77 percent of students would like to make up missed run days on their own with technology as proof of completion
- 79 percent of students want Self-Defense added to the curriculum of all potential activities tested

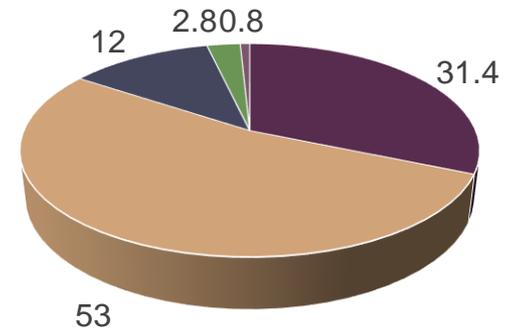
# Student Survey

Experiences from Wellness Classes have an Impact on Living a Healthy Lifestyle



■ Strongly Agree ■ Agree ■ Disagree ■ Strongly Disagree

Wellness Program Provides me with Important Health Knowledge



■ Strongly Agree ■ Agree  
■ Neither Agree nor Disagree ■ Disagree  
■ Strongly Disagree

- 90 percent of students understand that Wellness classes have a lifelong impact on living a healthy lifestyle
- 84 percent of students felt the Wellness program provide them with important Health knowledge

The wellness program at RHS overall is well-rounded and fun. I especially like Project Adventure

For the most part I have enjoyed gym class throughout high school. Whether it was learning about strength training, health, or project adventure courses. I can definitely say that I have grown as a person.

The making up of run days outside of school would be a tremendous help to those who cannot make them up after school or during.

Personally, I feel Ridgewood has a great wellness program considering where I used to live they did not have any and I really don't think they cared about the wellness of students. At least in this school the system cares for the students and wants the best for them.

I believe that the wellness program at RHS is great for the students to do more activities and understand more about health.

*Student Comments Pertaining to the High School Wellness Program*

# Recommendations

# Elementary School Recommendations

- Revise & update elementary school curriculum
- Rewrite report card indicators & comments that are specific to our Wellness based approach
- Create consistent class time for Wellness throughout all elementary schools
- Incorporate brain breaks in regular classrooms on non-physical education days
- Provide time for unstructured play with sports equipment available during recess

# Middle School Recommendations

- Revise & update middle school curriculum
- Continue to implement the Benjamin Franklin Middle School Wellness model & begin to develop a plan to implement this model in George Washington Middle School
- Begin shifting to digital portfolio assessment for Wellness in both middle schools
- Incorporate more student choice in physical education activities

# High School Recommendations

- Revise & update high school curriculum
- Include self-defense into the curriculum
- Incorporate injury prevention / sports medicine techniques into the curriculum
- Provide CPR certification for all students upon completion of CPR, First Aid, & Safety Course with minor fee

# High School Recommendations

- Improve & remodel Weight Room
- Purchase heart rate monitors to track target heart rate effectively
- Allow students to make-up run days on their own using technology (Strava, Videos, etc.)
- Give students additional options for cardiovascular respiratory endurance days (Cardio-machines, cycling, snowshoeing, rollerblading, circuits)

# Recommendations

## **Other Things to Consider**

- Explore development of a common grading system for all movement based High School Wellness classes
- Only hire staff who have dual Health & Physical Education Certification

# Special Thanks...

- To the members of the *Wellness Department* throughout the district for the *excellent* work they do every day
- To the parents, teachers and students who responded to the surveys
- To Cheryl Best for her support & guidance
- To Paul Zientarski for his abundance of data

# Work Cited

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