



Office of the



State Superintendent of Education

HEALTHY SCHOOLS ACT and HEALTH EDUCATION

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AGENDA

- Who is OSSE?
- Healthy Schools Act
- Health and Physical Education Standards
- Health Assessment



OSSE: OUR ROLE

- Set statewide policies, provides resources and support, and exercises accountability for **all** LEAs in DC
- Wellness & Nutrition Services:
 - Work with schools and CBOs to promote positive health behaviors
 - Examples:
 - Healthy Schools Act
 - Youth Advisory Committee
 - Grant dissemination



HEALTHY SCHOOL ACT

- Passed unanimously by Council in May 2010 and went into effect August 2010.
- The most comprehensive school-based wellness legislation in the nation.
- Provides approximately \$6 million in local funding annually to enable schools to comply.



HEALTHY SCHOOLS ACT

○ **Increased physical education**

- By 2014-15, must provide 150 minutes of PE per week for grades K-5 and 225 minutes of PE per week for grades 6-8
- 50% of physical education class to actual physical activity
- Based on OSSE learning standards

○ **Increased health education**

- Provide increasing amounts of health education, beginning with an average of 15 minutes/week for grades K-8.
- By 2014-15, schools must provide 75 minutes of health education per week to grades K-8.
- Based on learning standards



Health & Physical Education Standards

- Adopted in 2007, describes what students should know and be able to do
- Based on national standards
- Developed in collaboration with stakeholders
 - DCPS
 - PCSB
 - Universities
 - CBOs
 - Other gov't agencies
 - Teachers



DC CAS HEALTH ASSESSMENT

- First in the nation
- Developed like other DC CAS tests
- Not tied to student or teacher evaluation
- 2012 will serve as baseline data
- Resources
 - Health and PE standards
 - DC CAS Resource Guide
 - OSSE Resource Guide (grants, curricula, enrichment)



5TH GRADE BLUEPRINT

- Communication and Emotional Health (14%)
- Safety Skills (14%)
- Human Body and Personal Health (12%)
- Disease Prevention (12%)
- Nutrition (12%)
- Alcohol, Tobacco and Other Drugs (12%)
- Health Decision Making (12%)
- Physical Education (12%)



8TH GRADE BLUEPRINT

- Communication and Emotional Health (12%)
- Safety Skills and Community Health (14%)
- Human Development and Sexuality (14%)
- Disease Prevention (12%)
- Nutrition (12%)
- Alcohol, Tobacco and Other Drugs (12%)
- Health Information and Advocacy (12%)
- Physical Education (12%)



HIGH SCHOOL BLUEPRINT

- Human Growth and Development (12%)
- Sexuality and Reproduction (12%)
- Disease Prevention and Treatment (12%)
- Nutrition (12%)
- Alcohol, Tobacco and Other Drugs (12%)
- Safety Skills (12%)
- Locate Health Information and Assistance (14%)
- Physical Education (14%)



SEXUAL HEALTH OPT-OUT QUESTIONS

- To parallel health education instruction
- Small percentage of questions in each grade-level assessment
- Students, in conjunction with parents/guardians, may opt-out



WHAT IS OSSE DOING?

- Coordinated Health Education Team
- PD: 11/28 and 11/29
- Working with Schools & CBOs
- Planning Focus Groups
- Healthy Youth Development Team Services
- Will use teacher/school input, DC CAS data, SHP data, YRBS data to help determine next steps



WHAT CAN YOU DO?

- Join the HYDT list serve
- Collaborate with health and PE teachers at your school and across DC
- Collaborate with community partners
- Facilitate wellness committee
- Ensure standards-based health education across school settings



QUESTIONS?

