

Lynden School District
 Meeting: Health Standards Committee
 Date: 10/24/2016 Time: 3:30-5:00 pm
 LHS Library

Theory of Action:
It is our belief that strengthening the instructional core by:

- Supporting and strengthening educators' knowledge and skills through collaborative adult learning
- Developing classroom environments that are highly engaging to our students
- Providing academically challenging standards based curriculum

Our students will be college, career, and citizenship ready when they graduate.

Purpose of the Meeting:
 Review updated Washington State Health and PE standards and provide input on decisions to address the Health standards

Community Members:
 Monica Bedlington, Aimee Cantrelle, Suzie Cartagena, Kim Howell, Sarah Stewart

Lynden School District Members:
 Stacey Anderson, Coral Bartlett, Chris Elsner, Liz Grant, Elizabeth Hamming, Shirley Lee, Laura Lupo, Tanya Robinson, Tiffany Sahagian, Erin Shaffer

Recorder: Sarah Heeringa

Topic	Activity/Notes
Introductions and follow up from last meeting	<ul style="list-style-type: none"> • Review Norms Committee introduced new members (LMS Counselors) and reviewed norms. • Reflections from last meeting – lightening round Committee members felt the first meeting was productive. The general consensus was the meeting was not about “going through the motions” but their voices were actually heard. • Introductions – LMS Counselors LMS Counselors shared how Health is currently covered at the middle school and how it has evolved over time. In the past, there was a Health class offered at the middle school, but not everyone received it. At one point PE Teachers were going to cover health topics but currently there is no capacity in their current curriculum. The main challenge to offering health is finding classroom space and capacity in the current LMS student schedule. Offering Health at the middle school level is not a state requirement. However, as a district we can choose to make it a local requirement. Currently, LMS Counselors focus on an overall theme – for example “anti-bullying” which they integrated into the district’s LION PRIDE theme. Topics discussed included drugs/alcohol and decision-making skills. They also conducted discussion on being a responsible digital citizen (cyber bullying) and small groups. Small groups focus on social skills, academics, BAM (Boys Advocacy Mentoring), and lunch-bunch groups. A question was raised as to whether or not a focused week of health could be offered each trimester. However, a focused approach doesn’t support the modeling of changing behaviors over time. Also, student expect to receive a grade for completing assignments. Would a focused week be able to accomplish students receiving credit? LMS Counseling described an integrated approach. They were able to come into a classroom once a week over an 11-week period to discuss conflict and conflict resolution. The teacher utilized this health topic to integrate with their history unit and discussed conflict in history with students. However, this type of integration takes teacher buy-in. The greatest small group needs at the middle school is around anxiety, social/emotional issues, and adverse childhood experiences. Anxiety ranges from severe to family changes, depression, or depression/anxiety. The biggest challenge LMS counseling faces is when to have these small group supports because of the students

	<p>schedule. LMS Counselors also connect students with community resources, however not all parents follow through with recommendations for outside support. In addition, many outside resources have reached capacity and cannot see students until several months out.</p>
<p>LMS and LHS Health</p>	<ul style="list-style-type: none"> <p>● LHS Health teachers review course goals and activities</p> <p>The LHS Health teachers gave an overview of the high school Health course. They offer one 90-day Health class for freshmen and/or sophomores. Last year they were able to add Health 2 for juniors and seniors, next semester there are 3 sections of Health 2. There is also a Child Development elective course that covers reproduction and birth topics. In order to be under the Family Consumer Science Program as part of the Career and Technical Education, they have to meet State and CTE standards. There is an approved framework for the course, they have FCLA clubs, and they participate in an advisory board with other health teachers in the county.</p> <p>The class also follows legislative requirements. One of those requirements is they must prove 30-minutes of CPR training (it can be a video) to students. In their class they actually have someone from the fire department come and teach a hands on class with a CPR Manikin.</p> <p>There isn't one set of curriculum, but sections from several state curriculums. Currently they need guidance on the new gender standards and what exactly should be taught. Right now, they currently address this topic in terms of respect, anti-bullying, suicide prevention, and healthy relationships.</p> <p>The course has a Unit plan for Mental/Social/Physical and are written so a student can understand what they are going to learn, do, and how they will show they have learned it.</p> <p>● LHS counselors' Health services</p> <p>A lot of the services offered to students is around post-high school planning. Counselors meet with students individually – but the majority of the discussions are about high school and beyond. Counselors discuss health relationships with juniors and senior in Psychology class. They also run groups with their interns on different topics, for example last year the topic was about grief because of the high need. LHS Counselors reported that 84% of students are involved in some type of group (club). And students meet individually with counselors too.</p> <p>The students who take the most time with counselors are dealing with mental health issues. Counselors will refer out, but students may not follow-through with seeking treatment or even want it. LHS is fortunate to have a Psychologist onsite who can offer more tools for a student.</p> <p>In addition, there are a lot of new students from all over the place (not just Whatcom county). The current mobility rate in Lynden is 40% - both in and out. Why do kids move mid-year? Sometimes it's around employment, family changes, or abuse – which may compound their behavior (other students need to know how to respond to someone who is not acting appropriately). The cause is multi-faceted, and mental health/depression can stem from family systems, internet/social media (access to news and what is happening in the world, and students unable to cope with that information).</p>
<p>Action Items</p>	<ul style="list-style-type: none"> <p>● Next meeting – review Healthy Youth Survey results</p> <p>Committee members please review the WA State Health & Physical Education Standards. Highlight, according to your opinion, the most important standards to teach given the amount of limited time for Health (in K-8), and keeping in mind building of concepts. Also, approach this exercise from multiple perspectives: your children, their classrooms, and the wider community.</p>

Parking Lot Items:

Next Meeting:

11/28/2016 3:30-5:00 LHS Library