

**Health Education Standards and
Physical Education Standards:**

**District H/PE Resource Teacher
Year-End Summary Report**

Report submitted to the Hawaii State Department of Education and
Department of Health, as part of the on-going evaluation of the Healthy
Hawaii Initiative.

Investigator: Jay Maddock, Ph.D.

Staff: Leilani Takeuchi, M.A., M.P.A

Christina Huang

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District H/PE RT Year-End Summary

2004-2005 School Year

BACKGROUND

Six District Health Education and Physical Education Resource Teachers (H/PE RTs) are currently in place to train and educate teachers in their region (grades K-12) to implement the Hawai'i Content and Performance Standards (HCPS) in Health Education (HE) and Physical Education (PE). H/PE RTs assist the Healthy Hawaii Initiative Educational Specialist (HHI ES), the H/PE Educational Specialist (H/PE ES), and the Coordinated School Health Educational Specialist (CSH ES) with reviewing, revising, and developing standards-based programs, units, activities, and lessons for general HE and PE. District H/PE RTs also mentor and conduct trainings for HE and PE teachers in their designated district complexes to improve instruction of the HCPS.

This report is a summary of the information submitted by the H/PE RTs for the 2004-2005 school year. H/PE RTs submitted semester and year-end reports that detailed their expenditures, trainings, collaborations, and resource library usage. H/PE RTs also reported teacher requests, facilitators and barriers to success, academic year successes, and future goals. All resource teachers are listed below, with the exception of the Leeward and Maui District Offices which were vacant for the 2004-2005 school year.

<u>District</u>	<u>Name</u>
Central District	Yvette Ikari
East Hawaii District	Eileen Wagatsuma
Honolulu District	Denise Darval-Chang
Kauai District	Nancy Graf
Leeward District	Vacant
Maui District	Vacant
West Hawaii District	Kathy Jo Kube
Windward District	Richard Jimenez

WORKSHOPS & CONFERENCES

District RTs mentor and conduct training for HE and PE teachers in designated district complexes. Numerous district workshops were conducted to support and train teachers across the state. Summary reports from these conferences are available from the Healthy Hawai'i Initiative Evaluation Team. The tables below show the state and district conference/workshop attendance for the 2004-2005 school year.

**STATE WORKSHOPS AND CONFERENCES:
2004-2005 SCHOOL YEAR**

<i>State-Wide Conferences/Workshops</i>			
Workshop	Date Held	Health/P.E.	Attendance
State PE Workshops	October, 2004	PE	224
Elementary (Oahu)	10/25/2004	PE	60
Secondary (Oahu)	10/28/2004	PE	98
E. Hawaii	10/21/2004	PE	41
W. Hawaii	10/22/2004	PE	25
Maui	10/16/2004	PE	27
Kauai	10/18/2004	PE	20
LifeSkills Training	11/22/2004	HE	-
State Health Celebration Conference	11/30/2004	HE	482
State Health Workshops	February, 2005	HE	213
Elementary (Oahu)	2/1/2005	HE	40
Middle (Oahu)	2/3/2005	HE	48
High (Oahu)	2/10/2005	HE	30
East and West Hawaii	2/17/2005	HE	40
Kauai	3/3/2005	HE	27
Maui	2/8/2005	HE	29
Elementary HPE Department Chairperson Meeting	3/7/2005	HPE	33
Secondary HPE Department Chairperson Meeting	03/10/2005	HPE	66
State Health Workshops (Make-up Session)	4/25/2005	HE	15
State PE Conference	5/2/2005	PE	483

**DISTRICT WORKSHOPS AND IN-SERVICES:
2004-2005 SCHOOL YEAR**

<i>District-Workshops</i>			
Honolulu	Date Held	Health/P.E.	Attendance
In-Service: P.E. Department P.D. Day to work on SID	10/1/2004	PE	3
Workshop: Holiday Thematic Dance Workshop	10/7/2004	PE	11
Workshop: Roosevelt Complex Collaboration Day	10/12/2004	HPE	13
Workshop: Building A Strong Foundation Part I & II	11/3/2004; 11/05/2004	PE	40
Workshop: USTA –Part I & II	11/23/2004	PE	13
In-Service: Kaimuki Middle School HPE Professional Development Day	11/24/2004	HPE	2
State HE Workshop: Resource Library (Breakout Session)	11/30/2004	HE	-
In-Service: Farrington High HPE Department Meeting	12/16/2004	HPE	4
Workshop: Autism Training / Adapted PE /Sensory Integration	1/25/2005	PE	40
State HE Workshop: Standards-Based Health Lessons & Assessment (Breakout Session- Hilo)	2/17/2005	HE	-
State HE Workshop: Standards-Based Health Lessons & Assessment (Breakout Session- Kauai)	3/3/2005	HE	-
In-Service: Kuhio Elementary Faculty In-service	4/20/2005	HPE	20
In-Service: Liliuokalani Elementary Faculty In-service	5/6/2005	HPE	23
Windward	Date Held	Health/P.E.	Attendance
In-Service: Castle High School Planning the school year with Standards	9/22/2004	HPE	-
Workshop: CSSS Team Meeting	10/14/2004	HPE	151
Workshop: USTA - Part 1 Tennis Workshop	10/20/2004	PE	12
Workshop: CSSS Team Meeting	10/21/2004	HPE	133
Workshop: USTA - Part 2 Tennis Workshop	10/27/2004	PE	8
State PE Workshop: Innovative Fitness (Breakout Session)	10/28/2005	PE	-
Workshop: Building a Strong Foundation - Part 1	11/4/2004	PE	-
Workshop: Tri-Fit Training	11/19/2005	PE	9

Central	Date Held	Health/P.E.	Attendance
In-Service: Understanding Standards-Based Lessons- Nimitz Elem.	7/26/2004	PE	45
In-service: Understanding Standards-Based Lessons- Aliamanu Elementary	7/28/2004	PE	43
In-service: Understanding Standards-Based Lessons- Pearl Harbor Elementary	8/18/2004	PE	41
In-service: Understanding Standards-Based Lessons- Hickam Elementary	8/18/2004	PE	45
In-Service: Understanding Standards-Based Lessons- Mokulele Elementary	8/18/2004	PE	37
Workshop: Step Up to Writing - PE Integration with Language Arts	8/24/2004	PE	209
In-Service: Integrating Movement into Curricular Areas	9/7/2004	PE	4
Workshop: USTA – Tennis Workshop - Part 1	9/20/2004	PE	5
Workshop: Holiday Thematic Dance Workshop	10/21/2004	PE	4
State PE Workshop: Innovative Fitness (Breakout Session)	10/28/2005	PE	-
Workshop: Building A Strong Foundation – Part 1 & 2 (Honolulu/Central)	11/3/2004; 11/5/2004	PE	59
In-Service: Collegial Visitation Opportunity	11/9/2004	PE	2
Workshop: Strengthening Your Health & Physical Education Program	11/10/2004	HPE	4
In-Service: Radford Complex Waiver Day	11/12/2004	PE	9
In-Service: Addressing Standards in Health Education	11/16/2004	HE	4
Workshop: Holiday Thematic Dance Workshop	11/17/2004	PE	10
State HE Workshop: Resource Library (Breakout Session)	11/30/2004	HE	-
In-Service: PE 101	12/1/2004	PHE	10
Workshop: Building A Strong Foundation – Part 2	12/3/2004	PE	11
Workshop: USTA – Tennis Workshop - Part 2	12/7/2004	PE	5
In-Service: Physical Education Overview (Informative Presentation)	12/14/2004	PE	-
Workshop: Adapted Physical Education (HDO)	1/25/2005	PE	40
State HE Workshop: Standards-Based Health Lessons & Assessment (Breakout Session- Hilo)	2/17/2005	HE	-
State HE Workshop: Standards-Based Health Lessons & Assessment (Breakout Session- Kauai)	3/3/2005	HE	-
In-Service: PE Manager	3/8/2005	PE	4

Central (continued)	Date Held	Health/P.E.	Attendance
In-Service: Kuhio Elementary Faculty In-service (Honolulu)	4/20/2005	HPE	20
Workshop: Increasing the Volume of Physical Activity Among Youth	4/30/2005	PE	20
State PE Conference: Integration (Breakout Session)	5/2/2005	PE	-
In-Service: Liliuokalani Elementary Faculty In-service (Honolulu)	5/6/2005	HPE	23
West Hawaii	Date Held	Health/P.E.	Attendance
Workshop: Reducing the Risk - Building Skills to Prevent Pregnancy STD and HIV	01/27/2005; 01/28/2005	HE	2
Workshop: Hamakua Complex Professional Development Day: Curriculum Mapping	2/7/2005	HPE	2
Workshop: HCPS III Forum - Secondary Education	2/24/2005	HPE	1
In-Service: Movement Education	4/6/2005	HPE	21
One-on-One Meetings: Health	2004-2005 SY	HE	24
One-on-One Meetings: Physical Education	2004-2005 SY	PE	8
One-on-One Meetings: Health & PE	2004-2005 SY	HPE	16
One-on-One Meetings: Other	2004-2005 SY	Other	11
East Hawaii	Date Held	Health/P.E.	Attendance
Workshop: POLAR Training	10/12/04; 10/14/04	HPE	11
Workshop: Fueling for Success	9/7/2004	HPE	178
State PE Workshop: Innovative Fitness (Breakout Session)	10/28/2005	PE	-
Workshop: Physical Activity and Nutrition In-Service for Parents and Students (Haaheo Elementary)	2/14/2005	HPE	13
In-Service: Principal's Meeting	3/11/2005	HPE	22
Workshop: Healthy Sexuality	4/22/2005	HPE	9
In-Service: Hilo High HPE Dept	05/06/2005	HPE	4
In-Service: Keaau High HPE Dept	5/11/2005	HPE	4

2004-2005 SY District Expenditures

Expense Type	Kauai	East Hawaii	West Hawaii	Windward	Central	Honolulu	Statewide Total	%
Office Supplies	\$500	\$620	\$500	\$570	\$ -	\$2,379	\$4,569	4.1
New Technology/ Equipment (Pedometers, Tanita Scale)	\$ -	\$ -	\$250	\$2,552	\$5,548	\$5,239	\$13,589	12.2
Training Materials	\$295	\$531	\$690	\$1,519	\$453	\$464	\$3,952	3.6
Substitute Costs	\$5,396	\$6,760	\$5,000	\$2,560	\$3,600	\$3,318	\$26,634	24.0
Travel (air, car rental, etc)	\$16,416	\$16,346	\$7,848	\$700	\$1,225	\$2,075	\$44,610	40.2
Other (Explain)	\$8,808 (Reg. fees, salary deficit)	\$500 (Reg. fees)	Stipends: \$1800 Fringe: \$350 Per Diem: \$1300 Total: \$3,450	\$1,385	Prof Dev: \$2040 Equipment: \$984 Total: \$3,024	\$525 (Reg. fees)	\$17,692	15.9
Total	\$31,415	\$24,757	\$17,738	\$9,286	\$13,850	\$14,000	\$111,046	100%

* Information provided by six districts

PROFESSIONAL DEVELOPMENT RECEIVED

Resource Teachers were provided numerous professional development opportunities throughout the year. On average, RTs attended 33.2 professional development opportunities during the 2004-2005 school year. The table below shows individual professional development attendance by district.

District	Number of Attended Professional Development Opportunities
Central District	50
East Hawaii District	29
Honolulu District	32
Kauai District	31
West Hawaii District	13
Windward District	44

** Information provided by six districts*

INDIRECT COMMUNICATION TO SCHOOLS & TEACHERS IN DISTRICT

Resource Teachers often use indirect communication methods to reach schools and teachers in their districts. Mass emails are often sent to inform teachers and staff about HE and PE training opportunities and resources. The table below shows the number of indirect communication with districts.

District	Mass Email	Newsletter	Material Dissemination
Central District	106	-	-
East Hawaii District	85	-	-
Honolulu District	37	-	3
Kauai District	13	-	-
West Hawaii District	10	2	1
Windward District	36	-	8
Total	287	2	12

** Information provided by six districts*

RESOURCE LIBRARY AND MATERIAL SUPPORT

Resource Teachers are provided materials to share with the schools in their district. RTs purchase additional resources and equipment to meet the specific needs of their district. The following table summarizes the resource library usage during the 2004-2005 school year.

District	# of Resources Utilized in District
Central District	217
East Hawaii District	16
Honolulu District	58
Kauai District	3
West Hawaii District	42
Windward District	31
Total	367

** Information provided by six districts*

PARTNERSHIPS & COLLABORATIONS

Many H/PE RTs cited school and community connections and partnerships as a major facilitator to their success this school year. This is also reflected in the large list of partnerships and collaborations each H/PE RT listed in their semester and year-end reports. Collaboration, equipment donation, and providing guest speakers for teachers and students were the most popular types of partnerships. The following is a list of the nature of partnerships that existed in the six districts.

- Collaboration
- Equipment Donation
- Curriculum Training
- Presentations (e.g. Guest Speakers)
- Consultation
- Strategic planning and workshop collaboration
- Community Partnerships (e.g. American Health Association)

REQUESTS FROM TEACHERS IN DISTRICT

Requests	Frequency
Standards Based Assessment	4
Standards Based Grading	3
Report Card	3
Standards Based Lessons	2
Training elementary teachers to provide PE/movement activities for their students	2
Integration of technology (HRM & using PDA for grading/assessment)	2
Health	1
Staff Wellness	1
Workshop-technology.	1
National Board Certification	1
"Don't Be Shy" and "Brain Respiration"	1
"Ultimate Frisbee"	1
Scope and sequence for Health and P.E. (when and how to teach Sex Ed and when is it appropriate to play team sports?)	1
Model lessons and train teachers in sexuality education and first aid	1

* Information provided by six districts (2nd semester report).

FACILITATORS TO SUCCESSFUL IMPLEMENTATION OF STANDARDS BASED HE AND PE:

Facilitators	Frequency
Standards-based information for PE & Health Education	3
Lynn Shoji	2
Donna Ede	2
Attending workshops, conferences and national conventions	2
Assistance from and collaboration with District and State PE & Health RTs.	2
Encourage walkthroughs by peers, administration or resource people to look for evidence of standards based education.	1
Complex support by CASs and other RTs	1
Partnerships with charter schools	1
Networking with teachers in district	1
Teacher readiness	1
RT willingness to working with teachers one-on-one and to model lessons	1
RTs establishing positive and trustful relationships with teachers	1

** Information provided by six districts (2nd semester report).*

BARRIERS TO SUCCESSFUL IMPLEMENTATION OF STANDARDS BASED HE AND PE

Barriers	Frequency
Teachers are not receptive to Standards Based movement.	3
Teachers are overwhelmed with state initiatives and other content areas.	3
Lack of realistic samples in grading of standards to guide teachers. Everything always in "draft" form making teachers hesitant to change for fear of having to re-do their efforts.	2
Teachers not attending a training for various reasons – not wanting to leave students, or administrators not allowing them.	2
100% of all schools did not participate in professional development.	1
Elementary teachers not in-serviced as to how to provide quality PE lessons.	1
Lack of teaching in Health & PE due to NCLB focus to make AYP for schools.	1
HCPS III...something new again and too many questions about report card.	1
Administrators do not put enough emphasis on Health or P.E.	1
Sports theme units versus Skill Theme (standards based).	1
Middle School administrators looking to cut 7 th grade health or consider it an elective.	1
Most West Hawaii elementary schools do not have a PE teacher –showing teachers how to integrate PE and proving that it doesn't have to be "one more thing to do"	1

** Information provided by six districts (2nd semester report).*

2004-2005 SCHOOL YEAR SUCCESSES

Successes	Frequency
Made partnerships with RTs, teachers, and administrators that have brought learning to the classroom	4
Sharing information about standards-based Health Education and PE activities with classroom teachers.	3
Learned through all of the State Modules and Complex Team Meetings about Re-Inventing Education, title 51 and NCLB	2
Technology in-service by POLAR	1
Partnered with PCNC/FFT's to do presentations on physical activity & nutrition	1
Positive Coaching Conference	1
Providing direct services to 5/6 High Schools and Stevenson Middle P.E. Departments.	1
Presenting at workshops and conferences.	1
Mentoring two teachers in completing their National Board Certification Portfolio.	1
Involved more teachers in the workshops	1
Having Sunset Elementary buy in the DDR Sony PlayStation Technology.	1
Putting together the Windward District Fitness Meet.	1
Locating elementary teachers that want PE training	1

* Information provided by six districts(2nd semester report).

FUTURE GOALS

Goals	Frequency
Provide services to elementary, middle, and high schools based on unique school/teacher/student needs.	2
Nurture and develop relationships within schools	2
Provide in-service opportunities to demonstrate new technology - DDR, "Diabetes and You", and pedometers.	2
Guide more teachers in using standards-based physical education & health education lessons and assessments in their classes.	1
APE workshop	1
Diabetes Workshop	1
Standards Based Grading & Grade Book Workshop	1
Curriculum mapping	1
Follow-up with teachers who have attended workshops	1
Provide in-services to elementary schools in covering the standards, examples of standards based lessons and examples of various rubrics and assessments.	1
Assist Health and P.E. departments to share at a faculty meeting highlights of their department's teachings.	1
Encourage and mentor teachers to pursue National Board Certification.	1
Stay up to date with new developments and relay the information to facilitate standards based learning and assessment.	1
Recruit new "believers" within the schools and have them present with district and state RTs.	1
Train elementary teachers in PE and movement education through workshops and SPARKS training.	1
Work with a middle school core team on integrating health	1

** Information provided by six districts (2nd semester report).*