



WELLNESS-PHYSICAL ACTIVITY

POLICY ISSUE/SITUATION:

The School Board has requested reports yearly against the Strategic Plan. The following report is the Annual Wellness Report from Teaching & Learning. This report includes data specific to Wellness measures the board has identified in the following areas:

- Participation in state-required minutes of PE class
- Recess minutes at the elementary level
- Participation in school- sponsored athletics at the high school level
- Participation in non-school sponsored athletics at the high school level

RECOMMENDATION:

It is recommended that the Board review and discuss this report.

Wellness – Physical Activity

The Beaverton School District recognizes the need and overall benefits to our students of developing life-long skills to ensure a healthy and active lifestyle. To encourage physical activity:

- 1) All students in grades K-8, including students with disabilities, special health-care needs and in alternative programs will have the opportunity for physical activity in PE class and/or recess, for an average of 150 minutes per week for elementary and 225 minutes per week for middle school.
- 2) All high school students in grades 9-12, including students with disabilities, will earn the state required one credit of physical education.
- 3) All elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of space, equipment, and verbal support.

Data Sources: Physical Education Instructional Minutes Data Collection; School survey of recess minutes; Student Survey

Physical Activity Measurements

Measurement	2012/13	2013/14	2014/15	2015/16 Goal	2016/17 Goal
% students participating in state-required minutes of PE class (Grades 1-8)	0%	0%	.0189%	1%	2%
Number of minutes recess time	--	32.5	31.7	100%	100%
% students participating in school-sponsored athletics			29.8%	33%	36%
% students participating in non-school-sponsored athletics	--	34%	39%	40%	43%

PE support is in place at each elementary school to provide a minimum of 90 minutes of instruction in a five or six-day rotation for the 2015-16 school year.

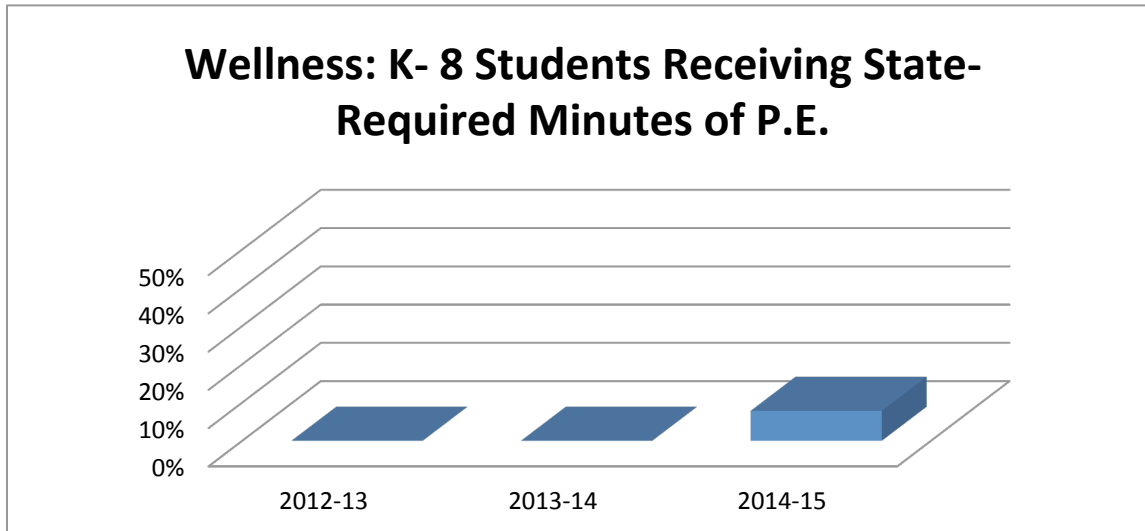
Middle school students received a range of 85 to 250 average minutes of PE instruction per week. The range of minutes varies based on master schedules and instructional needs of students.

Physical Activity Goals and Next Steps

The Beaverton School District desires to provide increased access to physical activity for all students. To work toward this goal, we created an Active Students Task Force charged with

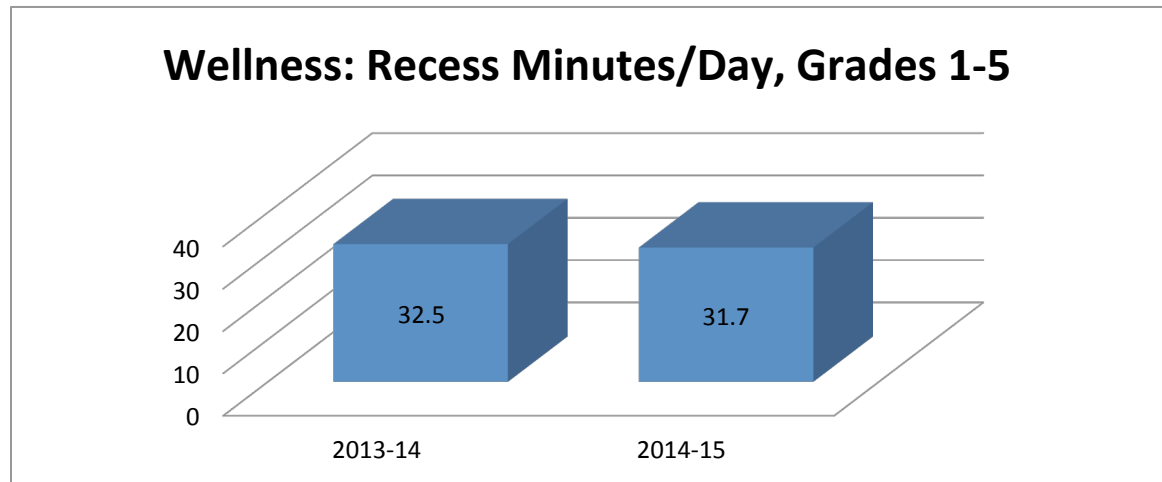
determining strategies to fully implement HB 3141 and researching best practices to encourage student physical activity.

Physical Activity Data



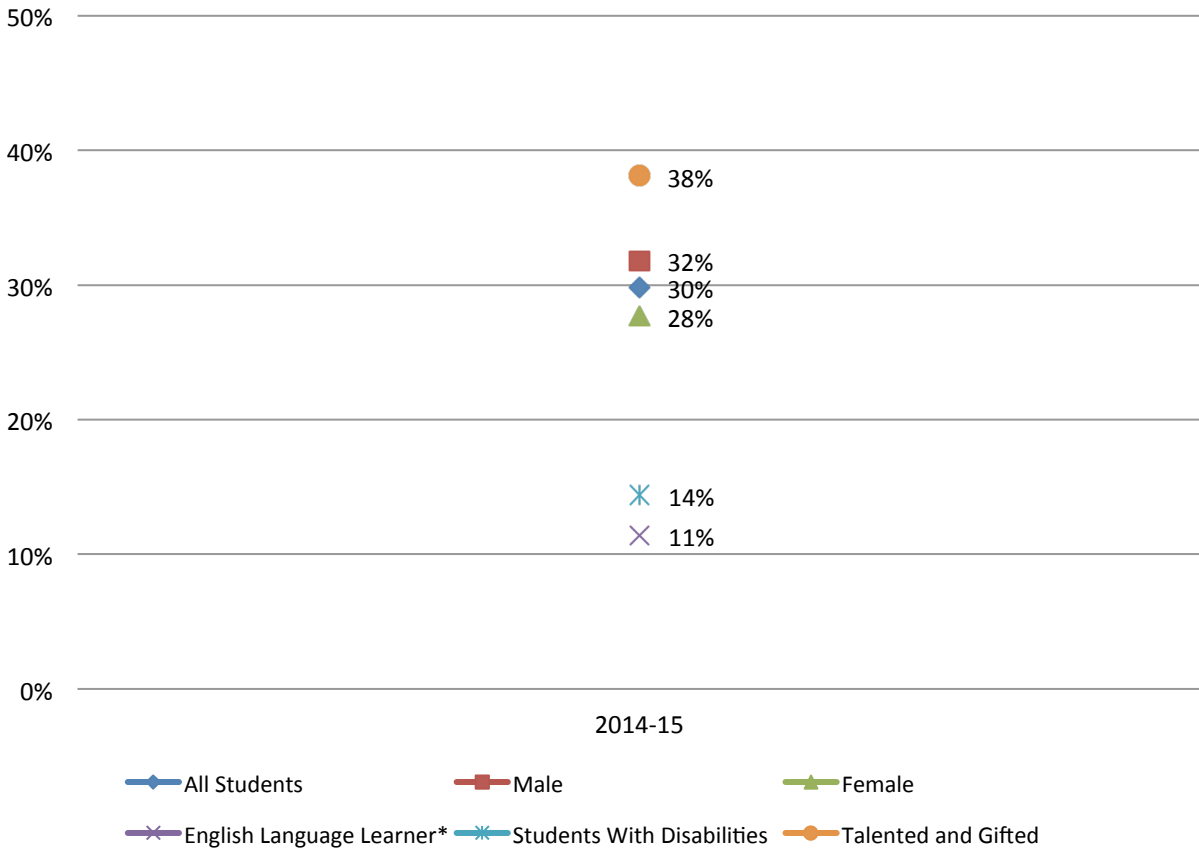
Percentage of Students Receiving 2017 State-Required Minutes of P.E. (Grades 1-8)			
School Name	2012-13	2013-14	2014-15
Beaverton School District	0%	0%	.0189%
Aloha-Huber Park K-8 School	0%	0%	0%
Arts & Communication Magnet Academy	0%	0%	0%
Barnes Elementary School	0%	0%	0%
Beaver Acres Elementary School	0%	0%	0%
Bethany Elementary School	0%	0%	0%
Bonny Slope Elementary School	0%	0%	0%
Cedar Mill Elementary School	0%	0%	0%
Cedar Park Middle School	0%	0%	0%
Chehalem Elementary School	0%	0%	0%
Conestoga Middle School	0%	0%	0%
Cooper Mountain Elementary School	0%	0%	0%
Elmonica Elementary School	0%	0%	0%
Errol Hassell Elementary School	0%	0%	0%
Findley Elementary	0%	0%	0%
Fir Grove Elementary School	0%	0%	0%
Five Oaks Middle School	0%	0%	0%
Greenway Elementary School	0%	0%	0%
Hazeldale Elementary School	0%	0%	0%
Health & Science School	0%	0%	0%

Highland Park Middle School	0%	0%	0%
Hiteon Elementary School	0%	0%	0%
International School of Beaverton	0%	0%	0%
Jacob Wismer Elementary School	0%	0%	0%
Kinnaman Elementary School	0%	0%	0%
McKay Elementary School	0%	0%	0%
McKinley Elementary School	0%	0%	0%
Meadow Park Middle School	0%	0%	0%
Montclair Elementary School	0%	0%	0%
Mountain View Middle School	0%	0%	0%
Nancy Ryles Elementary School	0%	0%	0%
Oak Hills Elementary School	0%	0%	0%
Raleigh Hills K-8 School	0%	0%	0%
Raleigh Park Elementary School	0%	0%	0%
Ridgewood Elementary School	0%	0%	0%
Rock Creek Elementary School	0%	0%	0%
Scholls Heights Elementary School	0%	0%	0%
Sexton Mountain Elementary School	0%	0%	0%
Springville K-8 School	0%	0%	0%
Stoller Middle School	0%	0%	0%
Terra Linda Elementary School	0%	0%	0%
Vose Elementary School	0%	0%	0%
West Tualatin View Elementary School	0%	0%	0%
Whitford Middle School	0%	0%	100%
William Walker Elementary School	0%	0%	0%

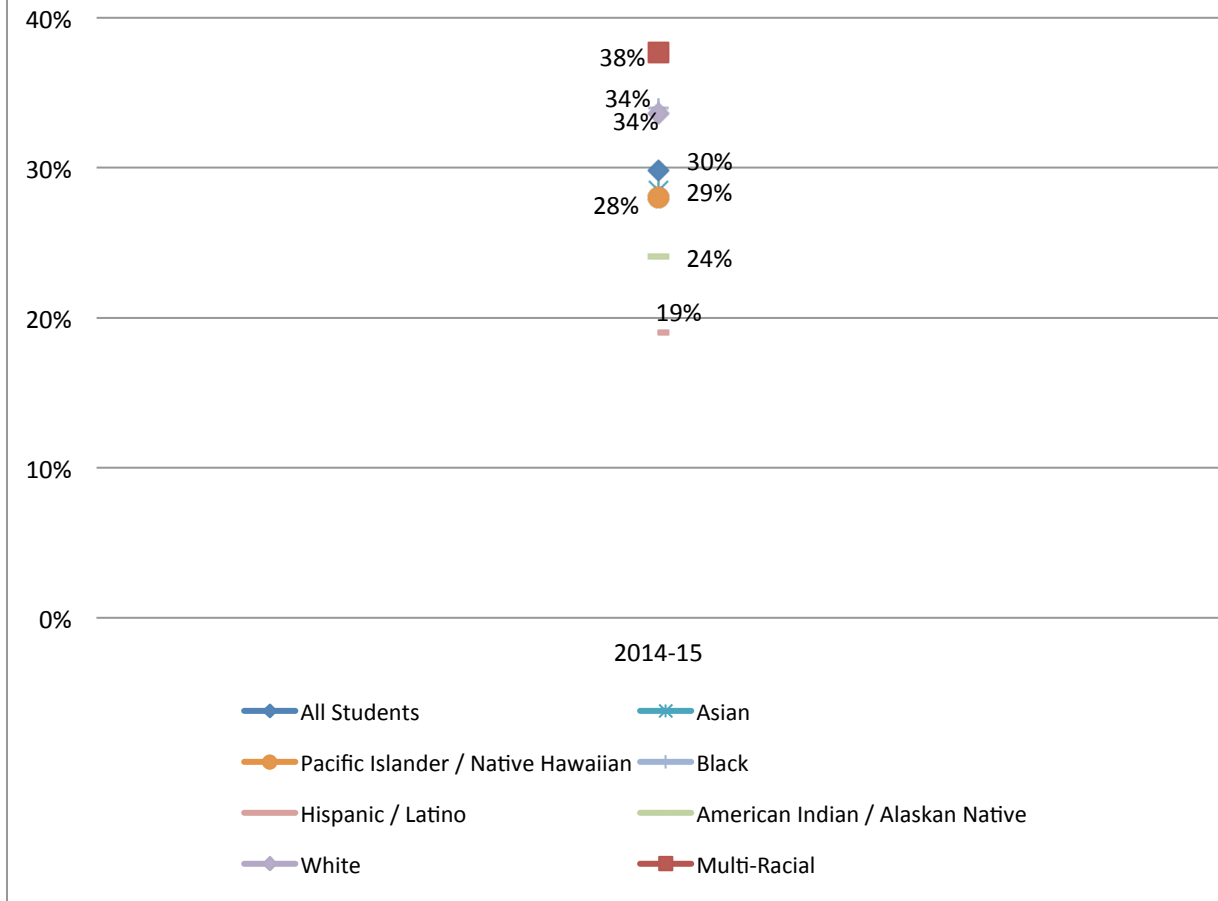


Recess Minutes/Day, Grades 1-5		
School Name	2013-14	2014-15
Beaverton School District	32.5	31.7
Aloha-Huber Park K-8 School	20	20
Barnes Elementary School	40	40
Beaver Acres Elementary School	20	20
Bethany Elementary School	35	35
Bonny Slope Elementary School	21	20
Cedar Mill Elementary School	32	31
Chehalem Elementary School	35	35
Cooper Mountain Elementary School	35	35
Elmonica Elementary School	20	20
Errol Hassell Elementary School	35	35
Findley Elementary	35	35
Fir Grove Elementary School	35	35
Greenway Elementary School	35	30
Hazeldale Elementary School	29	30
Hiteon Elementary School	35	35
Jacob Wismer Elementary School	35	35
Kinnaman Elementary School	35	35
McKay Elementary School	35	38
McKinley Elementary School	35	23
Montclair Elementary School	35	35
Nancy Ryles Elementary School	35	35
Oak Hills Elementary School	35	35
Raleigh Hills K-8 School	35	30
Raleigh Park Elementary School	35	35
Ridgewood Elementary School	35	35
Rock Creek Elementary School	35	35
Scholls Heights Elementary School	35	35
Sexton Mountain Elementary School	35	35
Springville K-8 School	35	35
Terra Linda Elementary School	35	35
Vose Elementary School	28	26
West Tualatin View Elementary School	40	35
William Walker Elementary School	31	32

High School Sponsored Athletics



High School Sponsored Athletics



High School Sponsored Athletics	Survey	Synergy
Beaverton School District	2014-15	2014-15
All Students	42%	30%
Male	47%	32%
Female	38%	28%
LGBTQ	25%	NA
Asian	40%	29%
Pacific Islander / Native Hawaiian		28%
Black		34%
Hispanic / Latino	35%	19%
American Indian / Alaskan Native		24%
White	46%	34%
Multi-Racial	46%	38%
English Language Learner*		11%
Students With Disabilities		14%
Talented and Gifted		38%

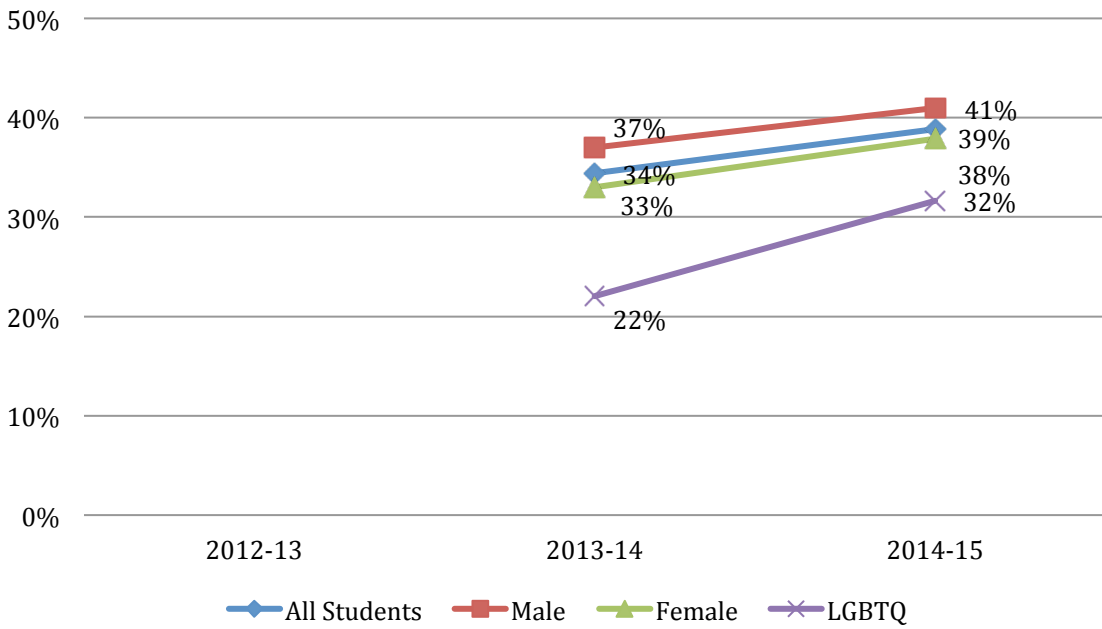
School Name	2014-15	2014-15
Aloha High School		26%
Arts & Communication Magnet Academy	18%	6%
Beaverton High School		34%
Community School	13%	1%
Health & Science School		12%
International School of Beaverton	29%	20%
School of Science & Technology	21%	5%
Southridge High School		39%
Sunset High School	54%	36%
Westview High School		31%

* Includes ELL and monitored former ELL students

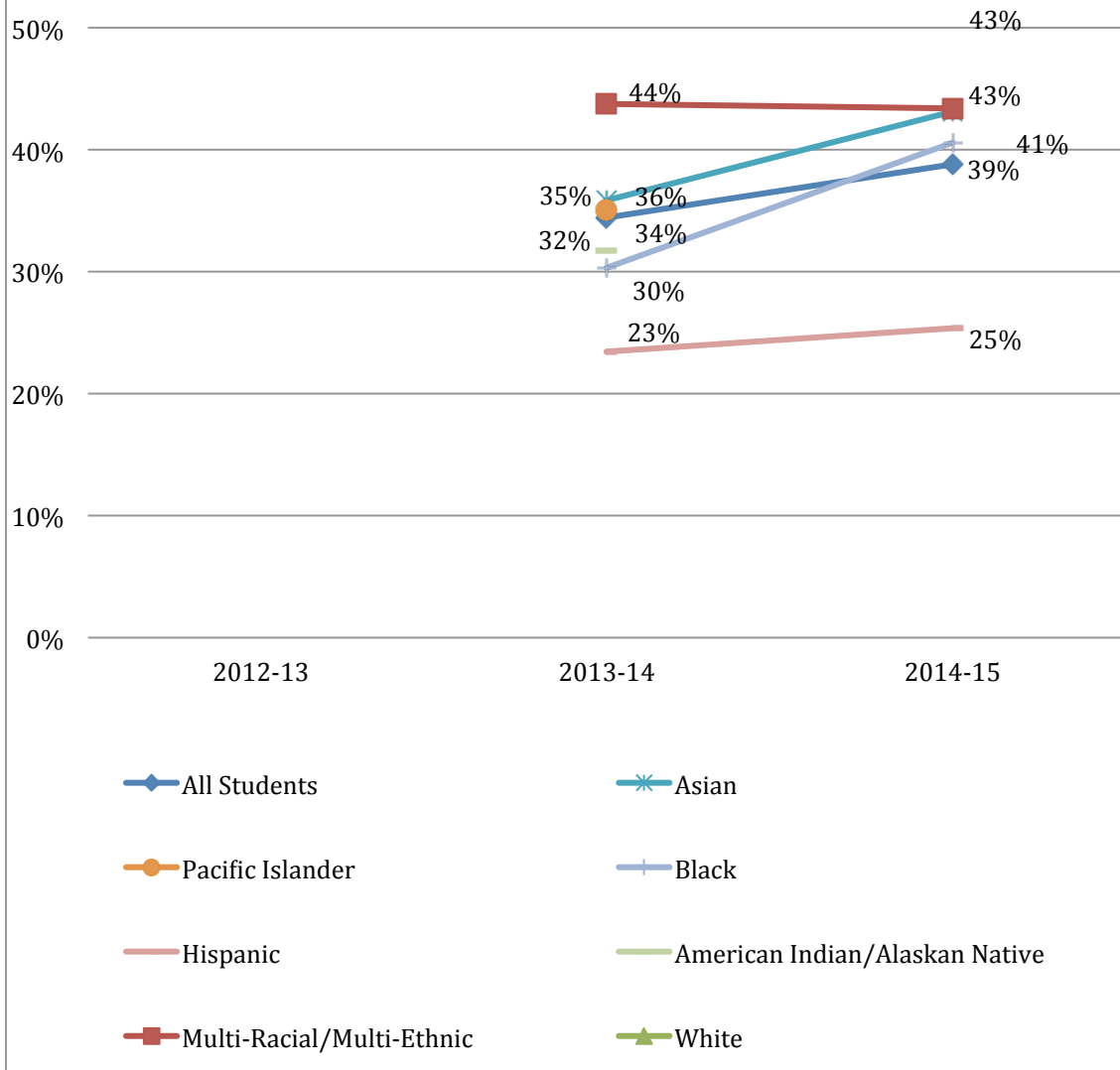
High School Sponsored Athletics	2014-15	Male	Female	Asian	Black	Hispanic /Latino	Multi-Racial	White	ELL	SWD	TAG
Aloha High School	26%	27%	25%	26%	28%	20%	30%	30%	10%	14%	47%
Arts and Communication Magnet	6%	6%	6%			8%	7%	5%		0%	8%
Beaverton High School	34%	35%	32%	4%	37%	18%	49%	39%	12%	17%	46%
Community School	1%	1%	1%			1%		2%		0%	
Health & Science School	12%	10%	12%	6%		7%		16%	6%	6%	14%
International School of Beaverton	20%	20%	20%	16%		10%	20%	26%			22%
School of Science & Technology	5%	4%	9%			14%		2%			2%
Southridge High School	39%	41%	36%	36%	47%	30%	48%	40%	16%	21%	46%
Sunset High School	36%	39%	32%	31%	38%	18%	48%	41%	10%	16%	46%
Westview High School	31%	32%	30%	28%	5%	23%	38%	34%	15%	15%	36%

Native American and Pacific Islander columns removed since all cell counts less than 30

Students: Non-School Sponsored Athletics



Students: Non-School Sponsored Athletics



Non-School Sponsored Athletics			
Beaverton School District	2012-13	2013-14	2014-15
All Students		34%	39%
Male		37%	41%
Female		33%	38%
LGBTQ		22%	32%
Asian		36%	43%
Pacific Islander		35%	
Black		30%	41%
Hispanic		23%	25%
American Indian/Alaskan Native		32%	
White		39%	44%
Multi-Racial/Multi-Ethnic		44%	43%

School Name	2012-13	2013-14	2014-15
<i>6-8 Schools</i>			
Cedar Park Middle School		51%	43%
Conestoga Middle School		53%	44%
Five Oaks Middle School		25%	25%
Highland Park Middle School		47%	45%
Meadow Park Middle School		47%	39%
Mountain View Middle School		29%	
Stoller Middle School		56%	54%
Whitford Middle School		32%	35%
<i>6-12 schools</i>			
Arts and Communication		29%	27%
Health & Science School		33%	
International School of Beaverton		50%	49%
<i>9-12 Schools</i>			
Aloha High School		21%	
Beaverton High School		30%	
Community School		19%	10%
School of Science & Technology		29%	30%
Southridge High School		31%	
Sunset High School		32%	34%
Westview High School		29%	

Non-School Sponsored Athletics	2014-15	Asian	Hispanic /Latino	Multi-Racial	White	Female	Male	LGBTQ
<i>6-8 Schools</i>								
Cedar Park Middle School	43%		33%		57%	43%	43%	44%
Conestoga Middle School	44%		27%	50%	51%	42%	47%	33%
Five Oaks Middle School	25%		16%		39%	21%	31%	16%
Highland Park Middle School	45%		23%	45%	55%	50%	39%	24%
Meadow Park Middle School	39%	59%	26%	37%	43%	38%	39%	38%
Mt. View Middle School								
Stoller Middle School	54%	58%		63%	53%	58%	52%	49%
Whitford Middle School	35%		23%		53%	35%	37%	40%
<i>6-12 schools</i>								
Arts and Communication	27%				24%	29%		20%
Health & Science School								
International School of Beaverton	49%	48%	37%	51%	51%	47%	53%	47%
<i>9-12 Schools</i>								
Aloha High School								
Beaverton High School								
Community School	10%		7%		9%	7%	10%	
School of Science & Technology	30%				33%	46%	27%	
Southridge High School								
Sunset High School	34%	25%	26%	44%	33%	30%	40%	25%
Westview High School								

Data Sources: Physical Education Instructional Minutes Data Collection; Executive Administrator for Middle Schools and PE TOSA; School survey of recess minutes; Student Survey; Student Groups Report in Data Warehouse. Student survey results are not reported when the number of respondents in a cell is less than 30. Student survey results at the school level are also not reported if the response rate is less than 30%.

Analysis

Successes:

- Schedule changes and additional staff dedicated have resulted in increased hours of physical education at several elementary and middle schools.
- The Active Student Task Force 2015-2016 pilot schools are working on a variety of efforts to increase student physical activity levels.
- Four middle schools are offering daily PE in 2015-2016.
- The PE TOSA hours increased in 2015-2016 to 0.5 position at the elementary level and a 0.2 at the secondary level.
- 100% of high school students earn state mandated 1 credit of PE.
- Elementary recess time averaged 31.7 minutes, meeting the goal of 20 minutes/day. *(It is recommended the measurement be better aligned with the goal.)*

Issues:

- Recess should not be included in physical activity time.
- Not all efforts are reflected within the School Board goals.
- Student responses to the survey questions have led to inaccurate data.
- Numerous obstacles limit our ability to provide students with the required physical activity. These include staffing, space and the limited amount of time within the school day. Cut sports at the high school level also limit the number of students who may be involved.

Action Plan

This year:

- Three elementary and one middle school will pilot several efforts around incorporating short periods of physical activity at the beginning of each day and during transition times to subjects/classes. PE staff in the pilot schools has provided training and support to certified staff. In addition, one middle school is participating in the pilot program.
- Ten \$2400 grants will be provided to schools to support opportunities for moderate to vigorous physical activity to a large number of students, incorporating a commitment to equity, positive student coaching and sustainability. Grants will be competitive with applications processed through a committee. The process will be open to BSD staff and external partners, and programs will be established at each level (elementary, middle and high).
- Golf and fourth level teams for all sponsored sports have been reinstated at the high school level for 2015/16.

Long-term:

- Determine the staffing, scheduling, and physical education space required at each school to meet the minimum minutes established by HB 3141 and make recommendations to the School Board to prioritize efforts in achieving these needs.