



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:

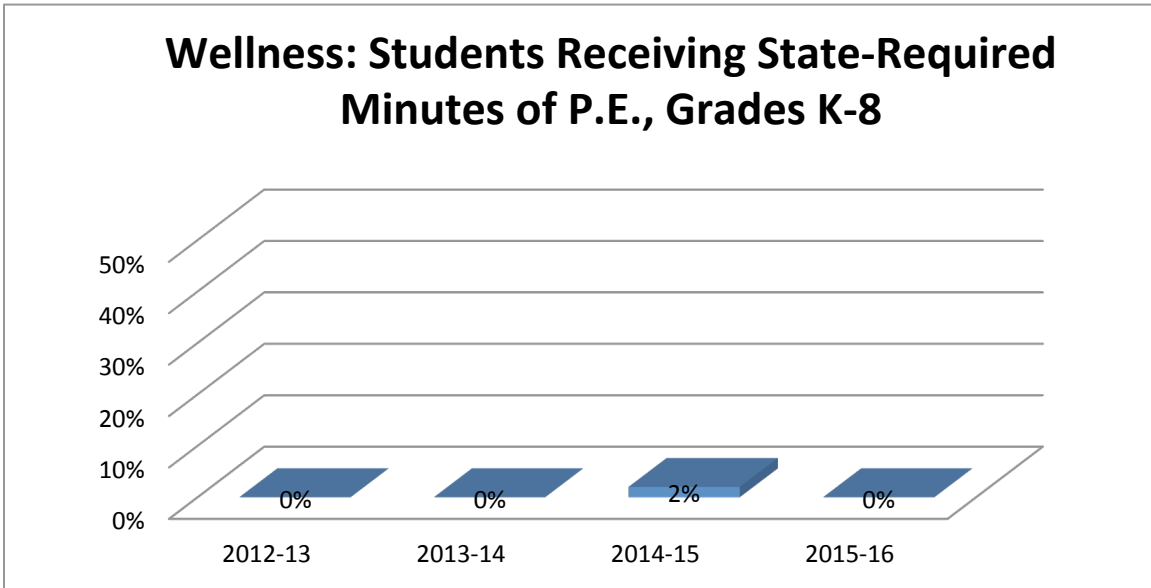
- 1) All students in grades K-8, including students with disabilities, special health-care needs and in alternative programs will have the opportunity for physical activity in PE class and/or recess, for an average of 150 minutes per week for elementary and 225 minutes per week for middle school.
- 2) 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; Data Warehouse; May 1 Megafire, Student Survey

| Measurement | 2013/14 | 2014/15 | 2015/16 | 2016/17 Goal | 2017/18 Goal |
|---|----------------|----------------|----------------|---------------------|---------------------|
| % students participating in state-required minutes of PE class (Grades 1-8) | 0% | 2% | 0% | 2% | |
| Number of minutes recess time | 32.5 | 31.7 | 32.3 | 100% | |
| % students participating in school-sponsored athletics | -- | 29.8% | 29.7% | 36% | |
| % students participating in non-school-sponsored athletics | 34% | 39% | 31% | 43% | |

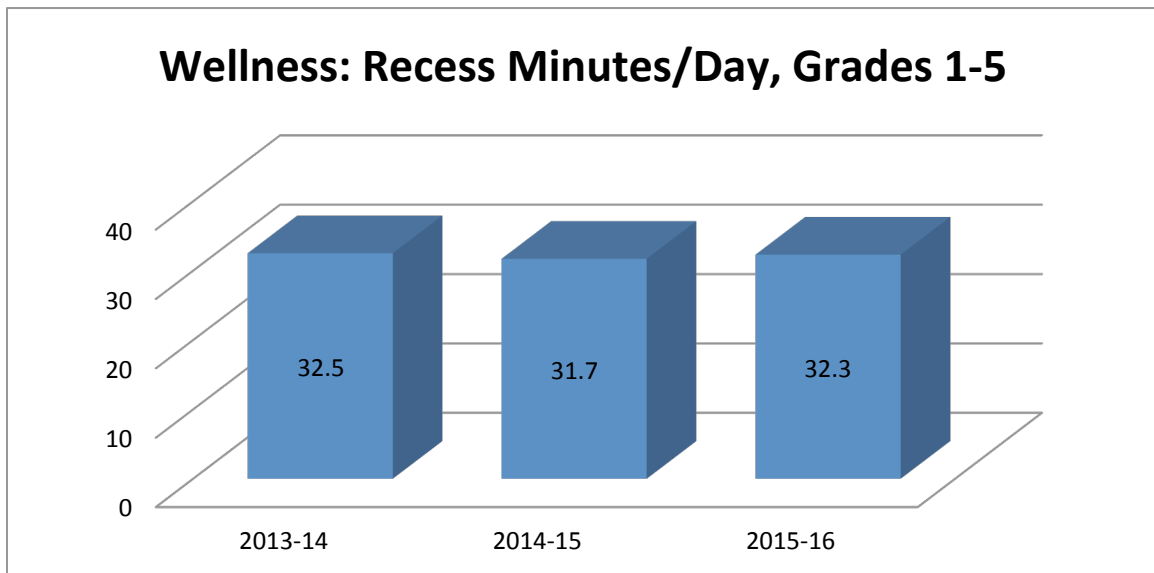
PE support is in place at each elementary school to provide a minimum of 90 minutes of instruction in a five or six-day rotation for the 2015-16 school year. Middle school students received a range of 85 to 245 average minutes of PE instruction per week when PE is offered. The range of minutes varies based on master schedules and instructional needs of students.

Data



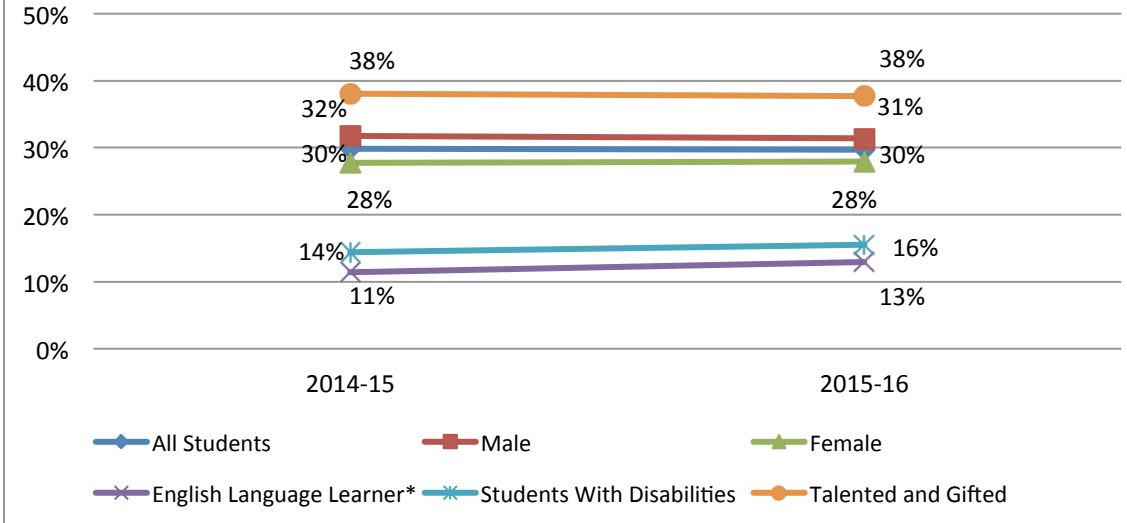
| Percentage of Students Receiving State-Required Minutes of P.E. (Grades 1-8) | | | |
|--|---------|---------|---------|
| School Name | 2013-14 | 2014-15 | 2015-16 |
| Beaverton School District | 0% | 2% | 0% |
| Aloha-Huber Park K-8 School | 0% | 0% | 0% |
| Arts & Communication Magnet Academy | 0% | 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% | 100% | 0% |
| William Walker Elementary School | 0% | 0% | 0% |

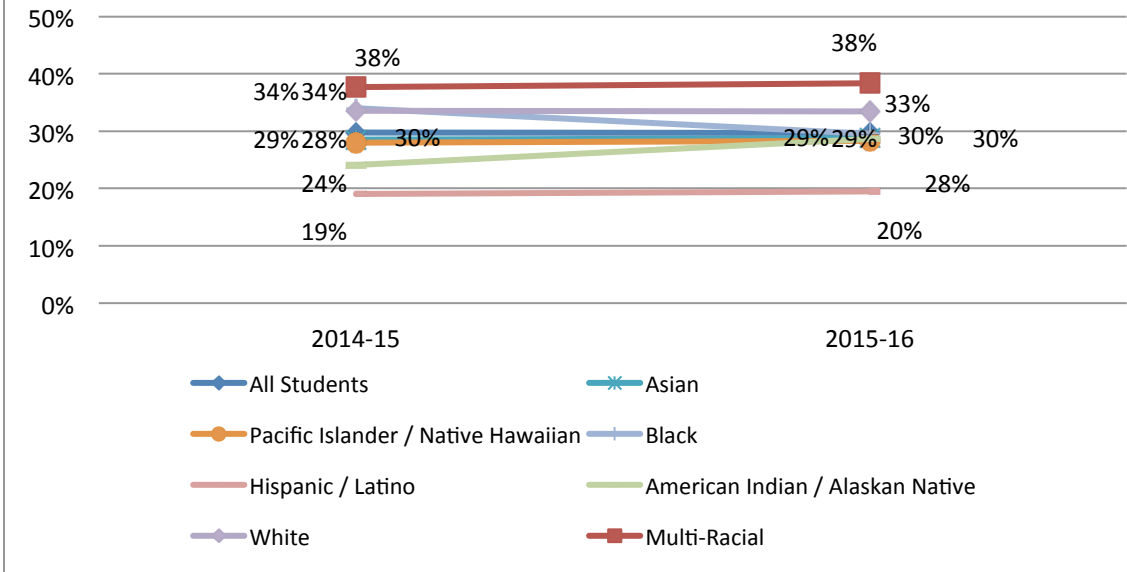


| Recess Minutes/Day, Grades 1-5 | | | |
|---------------------------------------|----------------|----------------|----------------|
| School Name | 2013-14 | 2014-15 | 2015-16 |
| Beaverton School District | 32.5 | 31.7 | 32.3 |
| Aloha-Huber Park K-8 School | 20 | 20 | 20 |
| Barnes Elementary School | 40 | 40 | 35 |
| Beaver Acres Elementary School | 20 | 20 | 30 |
| Bethany Elementary School | 35 | 35 | 35 |
| Bonny Slope Elementary School | 21 | 20 | 20 |
| Cedar Mill Elementary School | 32 | 31 | 35 |
| Chehalem Elementary School | 35 | 35 | 35 |
| Cooper Mountain Elementary School | 35 | 35 | 35 |
| Elmonica Elementary School | 20 | 20 | 20 |
| Errol Hassell Elementary School | 35 | 35 | 35 |
| Findley Elementary | 35 | 35 | 35 |
| Fir Grove Elementary School | 35 | 35 | 35 |
| Greenway Elementary School | 35 | 30 | 30 |
| Hazeldale Elementary School | 29 | 30 | 32 |
| Hiteon Elementary School | 35 | 35 | 35 |
| Jacob Wismer Elementary School | 35 | 35 | 35 |
| Kinnaman Elementary School | 35 | 35 | 35 |
| McKay Elementary School | 35 | 38 | 35 |
| McKinley Elementary School | 35 | 23 | 23 |
| Montclair Elementary School | 35 | 35 | 35 |
| Nancy Ryles Elementary School | 35 | 35 | 35 |
| Oak Hills Elementary School | 35 | 35 | 35 |
| Raleigh Hills K-8 School | 35 | 30 | 35 |
| Raleigh Park Elementary School | 35 | 35 | 35 |
| Ridgewood Elementary School | 35 | 35 | 38 |
| Rock Creek Elementary School | 35 | 35 | 35 |
| Scholls Heights Elementary School | 35 | 35 | 35 |
| Sexton Mountain Elementary School | 35 | 35 | 35 |
| Springville K-8 School | 35 | 35 | 35 |
| Terra Linda Elementary School | 35 | 35 | 35 |
| Vose Elementary School | 28 | 26 | 27 |
| West Tualatin View Elementary School | 40 | 35 | 35 |
| William Walker Elementary School | 31 | 32 | 33 |

High School Sponsored Athletics



High School Sponsored Athletics



* Includes ELL and monitored former ELL students

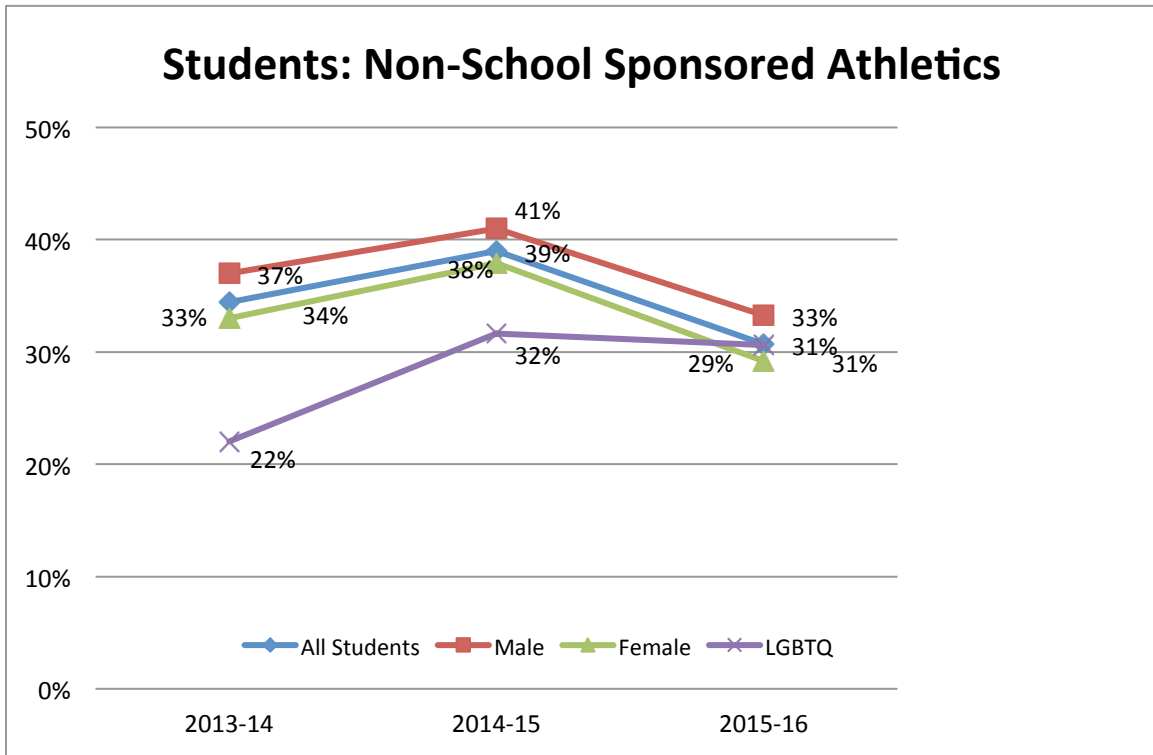
| High School Sponsored Athletics | | |
|--|----------------|----------------|
| Beaverton School District | 2014-15 | 2015-16 |
| All Students | 30% | 30% |
| Male | 32% | 31% |
| Female | 28% | 28% |
| LGBTQ | NA | NA |
| Asian | 29% | 29% |
| Pacific Islander / Native Hawaiian | 28% | 28% |
| Black | 34% | 30% |
| Hispanic / Latino | 19% | 20% |
| American Indian / Alaskan Native | 24% | 29% |
| White | 34% | 33% |
| Multi-Racial | 38% | 38% |
| English Language Learner* | 11% | 13% |
| Students With Disabilities | 14% | 16% |
| Talented and Gifted | 38% | 38% |

| School Name | 2014-15 | 2015-16 |
|-------------------------------------|----------------|----------------|
| Aloha High School | 26% | 28% |
| Arts & Communication Magnet Academy | 6% | 6% |
| Beaverton High School | 34% | 33% |
| Community School | 1% | 1% |
| Health & Science School | 12% | 11% |
| International School of Beaverton | 20% | 21% |
| School of Science & Technology | 5% | 5% |
| Southridge High School | 39% | 38% |
| Sunset High School | 36% | 35% |
| Westview High School | 31% | 30% |

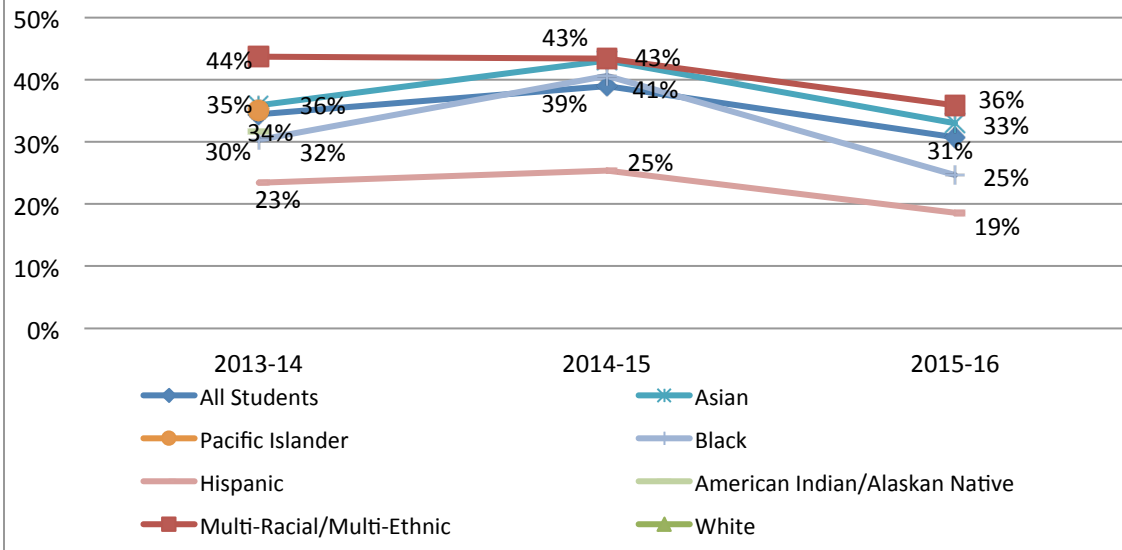
* Includes ELL and monitored former ELL students

| High School Sponsored Athletics | 2015-16 | Male | Female | Asian | Black | Hispanic/Latino | Multi-Racial | Pacific Island. | White | ELL | SWD | TAG |
|-----------------------------------|---------|------|--------|-------|-------|-----------------|--------------|-----------------|-------|-----|-----|-----|
| Aloha High School | 28% | 29% | 26% | 30% | 26% | 21% | 34% | 43% | 32% | 12% | 16% | 47% |
| Arts and Communication Magnet | 6% | 5% | 7% | | | 9% | 5% | | 6% | | 0% | 5% |
| Beaverton High School | 33% | 34% | 31% | 27% | 39% | 19% | 48% | | 38% | 13% | 21% | 46% |
| Community School | 1% | 1% | 1% | | | 1% | | | 1% | | 0% | |
| Health & Science School | 11% | 10% | 11% | 6% | | 7% | | | 13% | | 8% | 7% |
| International School of Beaverton | 21% | 21% | 20% | 16% | | 16% | 24% | | 25% | | | 25% |
| School of Science & Technology | 5% | 3% | 8% | | | | | | 4% | | | 2% |
| Southridge High School | 38% | 39% | 36% | 33% | 32% | 31% | 53% | | 38% | 11% | 23% | 47% |
| Sunset High School | 35% | 36% | 33% | 35% | 27% | 17% | 46% | | 40% | 14% | 17% | 45% |
| Westview High School | 30% | 33% | 28% | 29% | 34% | 23% | 31% | | 33% | 17% | 13% | 37% |

Native American column removed since all cell counts less than 30.



Students: Non-School Sponsored Athletics



| Non-School Sponsored Athletics | | | |
|--------------------------------|---------|---------|---------|
| Beaverton School District | 2013-14 | 2014-15 | 2015-16 |
| All Students | 34% | 39% | 31% |
| Male | 37% | 41% | 33% |
| Female | 33% | 38% | 29% |
| LGBTQ | 22% | 32% | 31% |
| Asian | 36% | 43% | 33% |
| Pacific Islander | 35% | | |
| Black | 30% | 41% | 25% |
| Hispanic | 23% | 25% | 19% |
| American Indian/Alaskan Native | 32% | | |
| White | 39% | 44% | 35% |
| Multi-Racial/Multi-Ethnic | 44% | 43% | 36% |

| School Name | 2013-14 | 2014-15 | 2015-16 |
|-----------------------------|---------|---------|---------|
| <i>6-8 Schools</i> | | | |
| Cedar Park Middle School | 51% | 43% | 50% |
| Conestoga Middle School | 53% | 44% | 48% |
| Five Oaks Middle School | 25% | 25% | 18% |
| Highland Park Middle School | 47% | 45% | 48% |
| Meadow Park Middle School | 47% | 39% | 34% |
| Mountain View Middle School | 29% | | 31% |
| Stoller Middle School | 56% | 54% | 55% |
| Whitford Middle School | 32% | 35% | 36% |

Analysis

Successes:

- Active Student Task Force pilots, during the 2015-16 school year, demonstrated the feasibility to conduct physical activity efforts outside the Physical Education courses.
- There has been an increase in the average number of minutes devoted to recess/unstructured physical activity at the elementary level.
- There has been an increase in school sponsored athletics teams for high schools, as golf and 4th level teams have been added back.

Issues:

- There is no Westview High school data for participation in non-school sponsored athletics for 2015-16.
- Lacrosse and Water Polo are not school sponsored athletic teams. Lacrosse has the largest number of student participants of any athletic teams, sponsored or non-sponsored.
- Athletic participation rates mirror school/community socio-economic status levels. Access, opportunity and costs outside the participation fees all impact student participation rates.
- The percentage of high school coaches on staff at the high schools can impact the student participation rate.
- Facilities, staffing, and allocation of time during the day remain as obstacles for scheduling Physical Education classes at the elementary and middle school levels.

Action Plan

- Professional development will be provided to ES and MS staff on physical activity outside the Physical Education classes.
- All elementary will conduct physical activity events outside the Physical Education classes.
- We have applied for a PEP grant to support additional Physical Education training and equipment. Awards to be announced in September 2016.
- Teaching & Learning will investigate the implications for lowering or eliminating athletic and activities participation fees.
- Teaching & Learning will continue to monitor the state level discussions around modifications to HB 3141.