



Advisory Council on Health and Physical Education - Spring 2023 Meeting

Friday, May 12th, 11 AM – 1 PM

1265 Green Holly Dr, Annapolis, MD 21409

Attendance: Rebecca Aiken, Eric Bishop, Greg Buckler, Jess Clough, Delk Crouthamel, Matthew Golonka, Cara Grant, Brian Griffith, Jason Hayes, Bill Keswick, Cyndi Naylor, Justin O'Brien, Sheri Olsen, Carly Pepper, Kristi Pier, Marla Posey-Moss, Anna Routzahn, Jason Semanoff, Alexandra Taylor, Nick Thompson, William Vandegrift, Christiana Walsh, Mike Watson, and Wendy Zimmerman

Greetings and Introductions

11:05 AM

Cara Grant and Christiana Walsh, Co-Chairs

- Welcome
- Roll call and member introductions
- Review and approve Fall 2022 meeting minutes
 - Motion to Approve – Justin O'Brien
 - Second – Mike Watson
 - Vote - Approved

School Visit – Broadneck High School Unified Physical Education Showcase

11:15 AM

Christiana Walsh, Coordinator of Health, Physical Education, and Dance

Maryland State Department of Education Update

11:50 AM

Jason Semanoff, Director of Comprehensive Health and Physical Education

- MSDE is in the process of hiring a coordinator of comprehensive health education and a [coordinator of standards-based physical education](#) to expand their office to a staff of 3. Once brought on board, one of their main responsibilities will be to deliver high-quality professional development to your teachers and administrators. MSDE will remain flexible in its offerings (nights, weekends, face-to-face, and/or online). If you have dates and specific topics in mind, please email me ASAP so we can get you on the calendar. As the coordinators are brought on board, Jason will introduce them to the Council.
- The health education, physical education, and council websites have been updated and will continue to be refreshed. If there is a particular document you are looking for and you can't find it, please contact Jason.
- MSDE started developing a health education FAQ document similar to [California's](#). Once published, it will live on the health education webpage and is intended to provide constituents with easily digestible information about comprehensive skills-based health education.
 - This document will be reviewed by the health education professional learning network, LEA supervisors, and the Council prior to publishing.
- Recognizing a need for specialized training as required by COMAR 13A.04.18.01.F, the Maryland State Department of Education (MSDE) partnered with Maryland Public Television to develop a [series of free online modules](#) for elementary and secondary health education teachers. They are now available for use.
 - Elementary-Using Skills-Based Approach to Sexual Abuse and Assault Prevention



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- Elementary-Using Skills-Based Approach to Substance Abuse Prevention
- Secondary-Preventing Sexual Violence through Health Skill Development
- Secondary-Preventing Substance Use through Health Skill Development

Each module is self-directed and takes approximately one hour to complete. Participants must earn 80% or higher on the summative assessment to receive a certificate of completion that can be submitted to the teacher's principal and/or the health education coordinator and kept on file. MSDE is not tracking program completers, so if participants lose their certificate, they must retake the module(s). *MSDE recommends LEAs require all health education teachers to complete MSDE's health education modules as part of their professional development plan this summer/fall.*

- Participants who require technical assistance with accessing the modules should contact onlinepd.msde@maryland.gov. Questions about the content should be directed to Jason at jason.semanoff@maryland.gov. LEAs can continue to disseminate their own specialized training course(s) if they choose.
- Please consider taking MSDE's [strategic plan survey](#).
- Later this summer, MSDE will send out invitations to your organization's leadership team (superintendents or executive directors) seeking membership to the council for the 2023-2024 school year (one-year term).

SHAPE Maryland & SHAPE America Update

12:00 PM

Brian Griffith, Executive Director

- SHAPE Maryland continues to partner with [Leveling the Playing Field](#). They can provide your schools with free physical education equipment.
- Plans are underway to host a Sneaker Ball. More details are forthcoming.
- SHAPE Maryland Golf Outing will take place on July 17 at the Woodlands; looking for sponsors and participants; [Registration is open](#). For questions, contact Nick Klug at nklug@aacps.org or Geoff Meehle at grmeehle@bcps.k12.md.us.
- SHAPE Maryland is partnering with One Love and the Baltimore Ravens for a Fun Walk on June 17th at the Maryland Zoo; [Registration](#). For more information, contact: Brian Griffith at shapemdexec@gmail.com
- Seeking new board members for SY 23-24 – Please contact Brian or any current board members if you're interested in this leadership opportunity.
- Upcoming professional development opportunities
 - SHAPE Maryland Convention
 - October 21st at Old Mill High School in Millersville, MD - [Registration](#)
 - Awards Banquet
 - Friday, October 20th @ La Fontaine Bleue - 7514 Ritchie Hwy, Glen Burnie, MD 21061
 - There is great representation across the state, including all content areas; all nominees have received letters; now developing review committees.



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- Free State PTA expressed an interest in assisting with this event.
- The 2024 convention will, in all likelihood, not be in a school.
- SHAPE America
 - The 2024 National Convention will be in Cleveland.
 - The 2025 National Convention will be in Baltimore.
 - Please advocate your local boards to cover day passes, transportation, and sleeping arrangements, for your staff members.
- Congratulations, Cara Grant, on becoming President-Elect.
- SHAPE Maryland is waiting for guidance on what being an affiliate of SHAPE America means.
- SHAPE Maryland continues to be a 100% volunteer organization; no paid employees.
- SHAPE Maryland [Swag Store](#) is still open if you are interested in purchasing SHAPE Maryland branded clothing.

Local Education Agency Highlight – Howard County Public Schools

12:15 PM

Eric Bishop, Supervisor of Health and Physical Education

- High School Health Education II Course
 - Implementing this year with ~700 students, 8 teachers; ~15% of 10th graders
 - Added to the course catalog immediately, including the summer (increase access)
 - Received lots of feedback – Students couldn't enroll in other courses.
 - The curriculum was developed with experts from across the state.
 - Priority was making sure teachers were prepared to teach sensitive topics and worked with counselors to overcome potential barriers.
 - Professional Development started in August (half-day) – made sure everything was consistent.
 - Teachers previewed everything.
 - Continually met with teachers throughout the year prior to instruction beginning on each unit.
 - Went through lesson planning, making sure the lessons were taught with fidelity.
 - Lots of reflection on what worked and didn't work and how the students and community reacted.
 - Saw an increase in PE enrollment – the only other option for students was a social studies class.
 - Eventually, the course will be open to 10th and 11th graders.
 - Summer school offering will be through Innovative Pathway Office
 - 3-week courses, 5 hours per day.
 - HE II teachers will implement it and modify curricula as it's being taught.



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- An estimated 75 students are currently enrolled, many of whom are taking it in the summer to eliminate scheduling conflicts.
- In 2023-24, it will be offered in the evening. High demand drove this decision.
- Eric and Tempe visited each class once, if not twice.
- Mike Watson, is MSDE still developing online HE1 and HE2 courses with UMGC?
 - Jason, yes, they are due to MSDE on September 1st. MSDE leadership will review the courses and publish them shortly thereafter.

Council Business

12:18 PM

Cara Grant and Christiana Walsh, Co-Chairs

- Met with MSDE leadership – Deputy State Superintendent, Dr. Deann Collins
 - Thanked leadership for their continued support of adapted physical education by awarding SHAPE Maryland and the APE Steering Committee \$3,500 through the FY23 Maryland Leads Grant.
 - Reaffirmed the importance of separate Health and Physical Education positions at MSDE.
 - Rigorous and thorough process of finding the right person.
 - Requested publication of the Elementary and Secondary Health Modules for Teachers
 - Published (see notes above)
 - Requested a Health Education Participation Memo/FAQ Document
 - Received approval to start drafting this document. Jason will work with the new health education coordinator and the health education PLN to develop it.
 - Informed leadership about the pending updates to the Health Education and Physical Education Standards
 - Updated national standards projected to be published by SHAPE America at the 2024 national convention in Cleveland.
 - It will take the Council approximately 1 year to review them.
 - A recommendation from the Council may be made to the State Board of Education to adopt the new standards or revise the existing standards.
 - Then, framework writing groups will be formed to make the necessary changes in the State Frameworks.
- Consider expanding membership to include the [Maryland State Dental Association](#)
 - Greg Buckler – Recent legislation required the creation of a dental task force to see why Marylanders struggle with getting oral care. The association is working on making connections with partners about the connection of oral health with whole-body health. MSDA would like to share the education piece with the Council.
 - Motion to approve – Brian Griffith
 - Second - Justin O'Brien
 - Vote - Approved 16-0



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- Nominate and vote for a new co-chair to serve Fall 2023-Spring 2025
 - The co-chair serves a 2-year term working closely with Jason.
 - Carly Pepper, health and physical education teacher in Talbot County Public Schools, self-nominated.
 - Motion to Approve - Justin O'Brien
 - Second - Nick Thompson
 - Vote – Approved 16-0

All Member Update

12:34 PM

- Kriti Pier – The next round of YRBS data will be released in Fall 2024. The IBIS site is back up, and the most recent YRBS data can be found there. <https://ibis.health.maryland.gov/>
- Christiana Walsh, on behalf of Ellie Mitchell – The MOST Network is hosting a webinar on YRBS data with MDH and a youth panel - [Registration](#)
- Sheri Olsen – AHA's national young ambassador is from Carroll County – she will be the face of the campaign.

Public Comment

12:38 PM

- None

Closing Remarks

12:40 PM

Cara Grant and Christiana Walsh, Co-Chairs

- Organization/Membership letters – Be on the lookout for a formal letter from MSDE seeking members for next year.
- The SY23-24 meeting days, times, and locations are TBD. – October/November and May
- Meeting adjourned