

# Linking Health & Learning

The newsletter for Vermont's Health and Physical Educators and supporters

April 2022

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## Looking Forward

What a crazy time it has been! The spring of 2022 brings great hope for living and working in less restricted environments, the return of warmer weather and sunshine, and new beginnings. This newsletter will focus on the latter, new beginnings! As you prepare to close out the 2021-2022 school year and plan for the next, think about the new initiatives on the horizon; new student-centered physical standards are being vetted by SHAPE America, school wellness programs in Vermont schools will need to be revised to include Comprehensive Health Education, and soon, new SHAPE America Health Education Standards will be revealed. The 2022-2023 will be a year focused on revisioning how we develop health and physical literacy of our students! As you think about the change and challenges ahead, it is imperative that you stay connected with your professional organizations and network with your peers to stay well informed and supported when it comes time to update and revise your curriculums.

## Job Posting

Susan Yesalonia has served as the Health and Physical Education Specialist for the Agency of Education since 2017. After a long career as an educator, she will be retiring in June 2022. The Student Pathways Division of the Agency of Education (AOE) is seeking an enthusiastic and mission-driven individual to be the **Health & Physical Education Specialist**. The person in this position will provide statewide leadership, oversight, and support to Vermont supervisory unions and districts (SUs/SDs), schools, educators, and communities to ensure comprehensive, equitable, and inclusive health and physical education in Vermont. Experience working with learning standards and developing curriculum as well as the ability to develop networks of education stakeholders are important qualities of the ideal candidate. Additionally, a passion for learning and a commitment to continuous improvement in service to supporting and sustaining an inclusive public education system is essential.

If you would like to know more about this opportunity, please [click on this link](#) or contact Pat Fitzsimmons at [pat.fitzsimmons@vermont.gov](mailto:pat.fitzsimmons@vermont.gov).

## SHAPE America Updates

### SHAPE America National Physical Education Standards

The SHAPE America National Physical Education Standards are in the process of being rewritten because it has been determined by the SHAPE America National

Physical Education Standards Task Force that the current standards do not meet the needs of all students. The goal for the new standards is twofold. First, “Each student should be able to see, engage, and find themselves in the standards and outcomes,” and second, .... “The standards and outcomes should assist educators in providing equitable access to every student regardless of context.”

According to SHAPE America, as a result of this year’s work, the task force has developed two documents which have now been combined for Public Review and Comment as [National Physical Education Standards – Public Review and Comment #1: Guiding Principles and Student Attributes](#).

- The Guiding Principles have been developed to assist educators in using best pedagogical practices and were used to inform the development of the Student Attributes. The Guiding Principles can be thought of as best practices or teaching standards; thus, the 10 principles are written in a manner of action (i.e., what an educator will do). These principles are supported by research and address the inequity and complexity of contextual climates.
- The Student Attributes are the basis of what students should know and be able to do in physical education. The Student Attributes are rooted in the theory of meaningful movement and address the affective, cognitive, and psychomotor learning domains, while introducing the idea of a fourth domain — social — to reflect the changing needs of today’s students. The attributes are being used to guide the development of the new National Physical Education Standards.

Physical educators have an opportunity to engage in the standards revision process. Between April 4 and May 16, 2022, they can review the Guiding Principles and Student Attributes and complete the [Survey for Public Review and Comment](#). Educators can also attend sessions at the SHAPE America National Convention in New Orleans or attend a virtual Town Hall on May 11, 2022. For more details and links to events please visit the SHAPE America website.

### **Guidelines for Facilities, Equipment, Instructional Materials & Technology in K-12 PE**

A new document, the [Guidelines for Facilities, Equipment, Instructional Materials & Technology in K-12 PE](#) was released by SHAPE America earlier this year. According to SHAPE America, “the purpose of this document is to provide guidelines relevant to facilities, equipment, instructional materials, and technology that support and facilitate the design and implementation of quality physical education programs and enhance students’ opportunities to learn.” Physical educators can use this guidance document to support program planning and the curriculum adoption process — and when working with administration to advocate for and address general and adaptive physical education program needs.

### **SHAPE Vermont Spring 2022 Conference**

On March 23 and 24, 2022, approximately 150 attendees, presenters, and exhibitors were involved in over thirty sessions as the SHAPE Vermont Conference returned as the first face to face program since fall 2019. The [conference program](#) shows the packed two-day agenda that was offered. The 2021 SHAPE Vermont Award winners were honored at the conference. Honorees include:

- Distinguished Service Award – Donna McAllister
- Health Teacher of the Year – Jeff Robinson, Lamoille Union High School
- Middle School Physical Education Teacher of the Year – Dustin King, Williston Central School
- Rising Star Award – Izzy Gogarty, Middlebury Middle School
- Outstanding Future Professional
  - Brett Ouderkirk, Norwich University
  - Eric Maxham, Castleton University

Congratulations to the 2021 Award winners!

### **Connections and Engagement - SHAPE Vermont (VT) President, Lyn Porter, shared the following message:**

“Wow! What a marathon we have all been on. Teaching during a pandemic and uncertain future has been a challenge and steep learning curve for all of us. This is something that we will all remember as a turning point in our careers.

First and foremost, I would like to thank and applaud you all for the work you have all done to keep Physical Education and Health vital, meaningful, and vigorous for our students. This work has not gone unnoticed. We could not have done it without the connections and support we each received from our own outreach.

Sue Yesalonia and Lisa Pleban worked tirelessly with all the SHAPE VT Boards to keep us updated on all policy changes that had direct implications on our teaching. Professional learning networks certainly expanded and social media seemed more active and engaged than ever. This is all positive growth to come from trying times.

I personally have gained a much greater appreciation for all the professional connections I have made through my career. We didn't always have answers or solutions, but we could share concerns and offer emotional support. This was never so evident to me as seeing the connections people were making at the SHAPE VT Conference just recently held in Killington. As I stood back and observed I could see people reconnecting and the sheer joy of seeing each other face to face was obvious. The feedback I have received from the conference has been positive. I also recognize that things are still not back to what we consider normal.

I entitled this letter 'Connections and Engagement' because through attending our conference I saw this in action. I know that I felt uplifted and reinvigorated from reconnecting with colleagues I had missed. This spirit focused me and re-energized me; to make sure that we continue to move forward, my students need to have those

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same opportunities. They need to feel connected and engaged. I see that coming back as we slowly begin to unmask and have more social and learning connections again.

I would like to thank you for allowing me to serve you and represent you as your SHAPE Vermont President. I celebrate you all for all you have done and will continue to do for our students and our profession. If you were unable to attend the conference, professional learning networks are growing like wild roses. Stop occasionally to smell the roses and focus on the beauty as we continue to work around the thorns. Thank you for all that you do!"

**SHAPE America Professional Learning Events**

- [2022 SHAPE America Convention \(New Orleans – April 26-30, 2022\)](#)
- [TOY Talk Tuesdays – SHAPE America](#)
- [Equity, Diversity, and Inclusion \(EDI\) Podcasts](#)
- [SHAPE America Podcasts](#)
- **Open Access SHAPE America JOHPERD Articles**
  - [Advanced Strengthening and Conditioning Programming for Physical Education](#) (January 2022)
  - [Developing Social-Emotional Learning in Physical Education Through Appropriate Instructional Practices](#) (November/December 2021)

**Vermont Professional Learning Events**

- **Vermont Higher Education Collaborative (VTHEC) - [Summer 2022 Courses and Workshops](#)**

**Health and Physical Education Resources**

- [PBS Learning Media - Health and Physical Education Resources](#)
- [Health Education Assessment Tool \(HEAT\)](#): This tool is for SHAPE America members. HEAT is an assessment bank of over 800 reviewed test items to use in your classroom immediately! Assessments cover health topics and health skills for elementary, middle, and high school levels as well as content and skill acquisition rubrics, scoring criteria, Lexile and grade range, and teacher information.
- [Backward Design SEL/HPE Units](#): Six SEL/HPE unit plans use backward design to show how SHAPE America Grade-Level Outcomes and/or National Health Education performance indicators align with appropriate social and emotional learning (SEL) competencies/sub-competencies, assessment, and instruction.
- [SHAPE Vermont Resources](#)
- OPEN's Free - [Teacher Learning School](#) See the new [Educational Gymnastics resources](#) for K-5 physical educators.
- PE BLOG – [10 Professional Development Websites](#) (Free)

**We're on the Web!**

[Health Education](#)  
[Physical Education](#)