

Linking Health & Learning

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

June 2022

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- ✓ The [AOE Weekly Field Memo](#)
- ✓ The AOE Website:
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Change Is in the Air!

This is my last *Linking Health and Learning* newsletter as I transition into retirement. I have had a rewarding career in health and physical education that has spanned over 40 years. I have held the jobs of athletic trainer, camp director, lifeguard, swimming instructor, coach, K-12 educator, professor, and state level content specialist. I have taught thousands and worked with hundreds of educators over the years! I have many fond memories considering the work I have accomplished at the Agency of Education and in the field of education. As I move into 'phase one' of my retirement, I will continue to work part-time as the Health Education Program Coordinator for the Vermont Higher Education Collaborative supporting educators who are seeking endorsement as a health educator. A new health and physical education specialist will lead Vermont through the implementation of updated health and physical education standards. This person will be fortunate to work with an amazing field of educators that prioritize the health and well-being of our Vermont students! 'Thank you' to those of you I have come to know personally; we have done some meaningful and important work. Be well!

Getting to the 'Y': Engage Youth with Youth Risk Behavior Survey (YRBS) Health Data

The [CDC \(2020\)](#) defines health literacy as "the ability to find, understand, and use information and resources to inform health decisions and actions." As many health educators know, one way to engage students in their health education is to use local YRBS data to inform instruction. Another way to engage students is through Up for Learning's [Getting to the 'Y' Program](#). Getting to 'Y' (GTY) increases youth engagement with data and their communities and creates an opportunity for young people to improve their health literacy.

There are six steps to form a GTY school team. It starts with having an adult advisor and five to eight youth leaders attend a project orientation and training. The core team holds a data analysis retreat with 15 to 20 peers who are interested in analyzing and interpreting the YRBS data for their school or community. The core team then plans and conducts a community dialog where they share interpretations of the data, brainstorm ideas, get input, and create a draft action plan. The team then finalizes and implements their action plan, celebrates successes and lessons learned, and makes plans to carry on the work in the future as new data become available.

To find out more about the GTY, visit the [GTY website](#). You can register for GTY 2022-2023 [here](#). If you have questions or would like to consider a training event for several schools in your region, please contact [Sharon Koller](#) or [Hans Cabra](#).

Title IX Turns 50!

June 2022 marks the 50th anniversary of Title IX, which [prohibits gender discrimination](#) in education and federally funded programs. The law provides a wide range of protections from gender-based discrimination in schools and universities. Title IX is best known for its impact on sports. It requires schools to provide students of any gender with equal access to athletic opportunities.

SHAPE America's spring 2022 edition of Momentum's feature and free [open-access article](#) is about Title IX's 50th birthday. Additionally, Morningside Center for Teaching Social Responsibility has [two open-access articles](#) and discussion prompts for teachers to use for Title IX instruction.

Preventing Intentional Self-Poisoning in Youth: A Toolkit for Vermont Health Care Providers

The Northern New England Poison Center and Safe Kids Vermont requests your assistance in sharing a new nationally accredited toolkit for primary care providers and other key stakeholders, including educators. Across the country, a growing number of young people are attempting to hurt themselves by poisoning. This toolkit focuses on the critical role health care providers can play in intervention. You can also view the toolkit by visiting the [Northern New England Poison Center's website](#).

SHAPE America Professional Learning Events

- [Back to School Summit: Reflect, Renew, Restart](#). July 20-21, 2022.
- [TOY Talk Tuesdays – SHAPE America](#)
- [Equity Diversity Inclusion \(EDI\) Podcasts](#)
- [SHAPE America Podcasts](#)
- New Free Open Access SHAPE America JOHPERD Article
 - [On the Front Line: The Role of Physical Educators in Preventing Student Suicide](#).

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

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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](#)