



FADSS

Florida Association of
District School
Superintendents

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August 6, 2007

MEMORANDUM

TO: District School Superintendents

FROM: William J. Montford, III
Chief Executive Officer

SUBJECT: HB 967

As a member of the Governor's Council for Physical Fitness, I am pleased to join the Florida Department of Education (Coordinated School Health and Food & Nutrition Management programs), Florida Department of Health, the American Heart Association and Florida Action for Healthy Kids Partnership to commend Governor Crist and the Florida Legislature for its passage of HB 967, which requires 150 minutes of physical education per week in grades K-5.

This law will not only improve children's health, but it also will supplement efforts to improve academics. Studies have shown that increasing PE time does not negatively impact academics (supported by research by D.P. Coe and Associates, which appears in the article, "Effect of Physical Education and Activity Levels on Academic Achievement in Children," in *Medicine & Science in Sports & Exercise*, 38, 1515-1519).

In addition, children who participate in daily physical activity exhibit:

- ◆ Better attendance
- ◆ A more positive attitude toward school
- ◆ Less disruptive behavior
- ◆ Higher self esteem
- ◆ Greater academic performance (*Jensen, 1998*)

HB 967 defines physical education as "the development and maintenance of skills related to strength, agility, flexibility, movement, and stamina, including dance; the development of knowledge and skills regarding teamwork and fair play; the development of knowledge and skills

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regarding nutrition and physical fitness as part of a healthy lifestyle; and the development of positive attitudes regarding sound nutrition and physical activity as a component of personal well-being.”

In order to help districts comply with the legislation, we would like to recommend the following web sites, which have clearinghouses and/or references to programs and materials to help increase physical education in schools.

Florida Department of Education, Food & Nutrition Management and Coordinated School Health Resource Center: Site offers a lending library service with over 1,000 materials suitable for classroom or training purposes. Books, videos, games, kits and other resources cover topics from nutrition education to school food service to wellness. Many come with teacher’s guides, pre- and post-tests, student-trainee worksheets and activities suitable for all ages. Items are loaned for four weeks and sent via the Postal Service, with return postage paid. <http://www.fldoe.org/FNM/resource/>

The Florida Department of Health provides physical activity and nutrition tips, and statistics. <http://www.doh.state.fl.us/family/obesity/index.html>

Action for Healthy Kids has compiled a Resource Clearinghouse on its web site that provides resources on a variety of wellness topics — from initiating an after-school program to instituting a school wellness policy. Visitors can select a topic from the site’s drop-down menu or search for a specific topic. <http://www.actionforhealthykids.org/resources.php>

Get Fit Florida provides on-going and ever-growing resources for physical educators. Educators can find an abundance of information relevant to their needs from best practice videos to lesson plans and lectures. <http://getfit.fsu.edu/>

The Alliance for a Healthier Generation (a joint initiative of the American Heart Association and the William J. Clinton Foundation) offers all schools enrolled in their Healthy Schools Program access to free professional development in the areas of integrating physical activity throughout the school day and providing quality physical education. Access their resources such as toolkits and one-on-one support by joining the free Healthy Schools Program. www.HealthierGeneration.org/HSB

National Dairy Council Nutrition Education site is updated frequently with timely, credible dairy and nutrition research, as well as educational tools. <http://www.nationaldairycouncil.org/nationaldairycouncil/health>

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A list of specific materials is provided on the *Florida Department of Education's Coordinated School Health* web site: <http://www.fldoe.org/bii/CSHP> and *Florida Action for Healthy Kids* web link: http://www.actionforhealthykids.org/state_profile.php?state=FL

We hope these resources will be helpful to Florida schools and school districts as they work to implement HB 967 and increase physical education for our children. The healthy habits that children develop at a young age can last a lifetime.

The Florida Association of District School Superintendents, the Florida Department of Education Coordinated School Health and Food & Nutrition Management programs, the American Heart Association and Florida Action for Healthy Kids are happy to share our knowledge and assist school districts in any way. Please contact us if you need further information.