
APRIL NEWSLETTER FOR HEALTH AND PHYSICAL EDUCATION

Hello Friends,

We've made it to April. It is spring break for many of you this week, some just came back and others are gearing up for it in the next week or so. We are moving our PE classes outside (YAY) and all the fun outdoor sports are in full swing. Even though things still look different, there is something about spring that makes it all feel just a little better right? Here is your news from USBE:

1. We have been busy building **competency-based pathways** for educators to earn endorsements. In health and physical education there are not drastic changes, but there will be a new pathway. We are creating microcredentials (MC) for most of the courses required to earn the endorsements. MCs allow educators to demonstrate they have the knowledge, skills, and dispositions for a particular requirement (i.e., nutrition, motor learning, mental health). We have had university, district, and charter leaders help develop our new pathway and believe it will really increase the capacity for our teachers to earn endorsements. You can learn more about this new option in the second attachment.
2. SHINE skin cancer prevention program for high schools: Our team at the Huntsman Cancer Institute is looking to partner with high school teachers and other staff for the 2021-2022 school year to provide a skin cancer prevention program (SHINE) to students. SHINE fulfills core health standards related to skin cancer education. It includes 2 presentations conducted by our staff from Huntsman Cancer Institute and asking students to complete questionnaires on their sun protection and tanning behaviors. If you would be interested in our team coming to your class or if you would like to learn more please contact our coordinator, Nic Siniscalchi, at 801-213-6131 or nic.siniscalchi@hci.utah.edu
3. The CRUSH Diabetes program, you know, has been reimaged! The curriculum is still offered at no cost to teachers and now is offered as an online course with three learning modules:
 - Diabetes 101
 - Nutrition Basics
 - Physical Activity



Each module encourages healthy behaviors in middle school students and has a presentation slide deck, content videos, and student worksheets. Aligned with the Utah, Idaho, and Arizona school board standards for middle school students, our curriculum was designed to meet teachers' online learning needs and state standards. [Click to register for access.](#)

4. USBE Staff are excited to announce the release of [Just in Time Supports](#). This collection provides high quality educational resources that our Teaching and Learning team have curated to support educators, teachers and leaders, in addressing the current learning needs of our students and families. The resources contained in this section both highlight high quality instructional practices across content areas and grades, as well as content specific resources.

"I like the dreams of the future better than the history of the past." Thomas Jefferson

5. Reminder: The supplemental physical education standards for Dance, Outdoor Recreation, Strength and Conditioning, and Yoga passed the Board in December. You can access them through the updated Utah Core Standards for Physical Education [here](#).
6. Reminder: In a recent Board meeting the Utah State Board of Education passed [R277-311](#). This new Rule sets requirements for all physical education and driver education instructors, including “to renew a physical education endorsement, an educator must provide proof of current first aid and CPR certification from a provider approved by the Superintendent.”

7. This month our teacher spotlight is Brett Andrus from Dugway High School in Tooele School District. Dugway High Principal, Bryce Eardley wrote: “This is Brett’s 19th year of education and he has spent all 19 of those at Dugway High School. He’s a hometown kid who graduated from Dugway himself. So, to say he has a love and passion for this school would be an understatement. He brings that passion with him every day and it shows in his position as our PE and Health teacher as well as the school’s Athletic Director. Dugway is a small 1A school, and everyone wears multiple hats out here. Brett is an integral part of the school and currently serves on the Building Leadership Team and is also the Administrator in Charge anytime the Principal is out of the



building. He’s coached every sport there is to coach and fills in as an emergency coach whenever needed. As a teacher Brett’s greatest strength is creating a positive relationship with every student. He works to make sure he has a personal connection with each student who comes into his class. I have never once heard any student complain or say anything negative about Mr. Andrus. The students follow his directions and strive to do their best in his class, not out of fear or compliance, but because of the relationship they have with him. That, and the fact he strives to always present engaging and relevant lessons. His focus is on student learning and through constant checks for understanding, descriptive feedback, and data analysis he is able to help his students along the learning journey, rather than trying to determine what happened at the end. In short, Brett is Dugway. It can be a bit of a quirky place in that it’s on a military base, but it’s a community that gave so much to Brett growing up and he’s now doing so much to pay it back. Dugway High School is extremely happy to have him as part of our team.” Brett was also recently recognized by UHSAA receiving the Distinguished Service Award. Thank you for being such an example for others and highlighting health and physical education for Utah!

If you know of a teacher who is using innovative and exciting methods to engage students in health and physical education, please fill out the linked Google Form so I can recognize our great teachers. [Spotlight Nomination Form](#)

Sincerely,
Jodi Parker
Health and Physical Education Specialist- USBE
jodi.parker@schools.utah.gov | 801-538-7734

"I like the dreams of the future better than the history of the past." Thomas Jefferson

Helpful Resources:

CASEL: Social Emotional Learning resource for enhancing MTSS and PBIS.

Utah 211: 2-1-1 provides people with ways to get help and give help. Callers are connected to health and human resources they need.

ThinkB4YouSpeak Educator's Guide: GLESN Provides tips on how to support LGBTQ youth and the resources to support alternatives to the phrase "that's so gay".

Quick Facts on E-Cigarettes: Center for Disease Control and Prevention page dedicated to risks of e-cigarettes for kids, teens, and young adults.

Stop the Bleed: Minutes count! Someone who is severely bleeding can bleed to death in as little as 5 minutes. That's why bleeding control—keeping the blood inside the body—is the purpose of Stop the Bleed training.

The Huntsman Cancer Institute wants to remind you to protect your skin. Ultraviolet (UV) light from the sun and tanning beds may cause sunburn and is the main risk factor for skin cancer. High altitudes and reflective surfaces such as snow, water, and sand increase a person's exposure to UV light. You can prevent skin cancer by being sun safe. For more information visit their website: [Huntsman Cancer Institute](#).

Prevent Child Abuse Utah School Based Programs: PCAU prevention programs educate children to recognize abuse, engage children to learn safety strategies, and empower children to report abuse. PCAU in-school programs are FREE, age appropriate, and taught in the classroom with visual aids, videos, and other interactive activities. The programs also community members how to prevent child abuse, identify signs of possible abuse, and report abuse.

The state of Utah enacted the **Newborn Safe Haven Law** in 2001. The Newborn Safe Haven Law allows desperate parents to anonymously relinquish an infant in a safe, legal and confidential manner at any hospital in the state of Utah. The Utah Department of Health, with the approval of the State Board of Education, offers educational materials to help teachers introduce the Newborn Safe Haven Law in the classroom (**Administrative Rule R277-474 under Standard 6, Objective 3 of the State Board of Education Core standards for Health**). The Teacher Tool Kit includes a PowerPoint and a video. All materials are free and available in English and Spanish. For more information visit our Teacher resource page at utahsafehaven.org/resources.html.

Talk Saves Lives: An Introduction to Suicide Prevention. A community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. AFSP.org You can also view the [Utah specific fact sheet](#).

FitnessGram® is the most widely used youth physical fitness assessment, education and reporting tool in the world. Based on Healthy Fitness Zone® standards, created by the FitnessGram Scientific Advisory Board, FitnessGram uses criterion-based standards, carefully established for each age and gender. It serves as a student-centered assessment, reporting, and educational tool to promote children's health-related fitness and activity levels. You can request a demonstration through this link: [FitnessGramDemo](#) For more information contact: Ellen Ormsby eormsby@usgames.com, 443-995-9011.

***LEAs have the duty to select instructional materials that best correlate to the core standards for Utah public schools and graduation requirements. (UCA 53G-4-402(1(a)). Posting of these resources by USBE staff curriculum content specialists does not imply the resources have received official endorsement of the State Board. Educators are responsible to ensure use of these materials complies with LEA policies and directives.*

"I like the dreams of the future better than the history of the past." Thomas Jefferson