"Healthy Kids Bill" – Physical Education Standards and Healthy Kids Awards Program, Chapter 396, SF 2908. Signed 5/25/2010.

Physical Education Standards

In 2003 the legislature required that all school districts adopt local standards for health and physical education. The new law requires districts to adopt statewide physical education standards. However, nothing has changed about the locally-developed health standards that districts are required to have in place.

1. What are the new physical education standards?
    a. The legislature directed Minnesota Department of Education (MDE) to adopt the National Association of Sport and Physical Education (NASPE) standards as the statewide standards. The new statewide standards were effective the day following final enactment which was May 25, 2010.

2. When does my school district need to implement these standards?
    a. Students will need to satisfactorily complete the new statewide physical education standards beginning in the 2012-2013 school year.

3. What does this mean for my district?
    a. Since school districts had to develop local physical education standards after the 2003 legislative change, many districts chose to adopt the NASPE standards or the Quality Teaching Network in Health Education and Physical Education (QTN) benchmarks, which are based on the NASPE standards. Thus, many school districts are already using the NASPE standards or a version of the standards and do not need to do anything else. Districts not using one of these standards will need to compare their standards to the NASPE standards and make appropriate changes in order to ensure all students satisfactorily complete the NASPE standards.

4. Can my school district receive any additional funding to implement these new standards?
    a. The bill did not appropriate any additional funds for the implementation of the statewide standards, but there are grants available to schools that could support the implementation of these standards:

Carol M. White Physical Education Program (PEP) Grant:
http://www2.ed.gov/programs/whitephysed/index.html
Applications for the PEP grant are due July 19, 2010.

Minnesota Statewide Health Improvement Program:
http://www.health.state.mn.us/healthreform/ship/about/index.html
Contact your local public health agency to learn more about possible opportunities.

For more information on the Physical Education Standards, contact Mary Thissen-Milder at 651-582-8505 or Mary.Thissen-Milder@state.mn.us.

Wellness Policy

The new statute requires that school districts post their local wellness policy on their school district's Website if they have a Website.

1. Is having a local wellness policy a new requirement?
    a. No, the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265), passed by the U.S. Congress and signed into law by the President, established a new provision requiring districts/schools participating in the federally funded school meal programs to develop and implement a local wellness policy by the beginning of the 2006 school year.

    Section 204 of Public Law 108-265: Local Wellness Policy
    (a) IN GENERAL – Not later than the first day of the school year beginning after June 30, 2006, each local educational agency participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C. 175 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) shall establish a local school wellness policy for schools under the local educational agency that, at a minimum –
    1. Includes goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines is appropriate;
    2. Includes nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;
    3. Provides an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to subsections (a) and (b) of section 10 of the Child Nutrition Act (42 U.S.C. 1779) and sections 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)), as those regulations apply to schools;
    4. Establishes a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the local educational agency or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the local wellness policy; and

5. Involves parents, students, representatives of the school food authority, the school board, school administrators and the public in the development of the school wellness policy.

Learn more about the federally required local wellness policy from the MDE Website at: http://education.state.mn.us/MDE/StuSuc/Nutr/

2. What if the school district doesn't have a Website?
    a. Then the school district does not have to post the local wellness policy.

3. How will this posting be monitored?
    a. Districts will need to show that they have posted their wellness policy on their Website during the Administrative Review of the National School Lunch Program.

Recess Guidelines

The Minnesota Department of Education is encouraged to develop guidelines that districts can adopt to promote quality recess practices and behaviors that engage all students, increase their activity levels, build social skills, and decrease behavioral issues.

1. Will the department choose to develop these guidelines? If so, how?
    a. Yes, the department will develop these guidelines through a federal Coordinated School Health grant from the Centers for Disease Control and Prevention. A workgroup will be convened to review research on the benefits of recess and effective playground management and to provide input into the development of the guidelines.

2. Will my school district be required to implement the new recess guidelines?
    a. No, school districts may choose whether to adopt the guidelines.

Common Course Catalogue

The Minnesota Department of Education is encouraged to include physical education classes, physical education standards, and local physical education graduation requirements that districts offer as a part of the Minnesota Common Course Catalogue.

1. What is the Common Course Catalogue?
    a. The Minnesota Common Course Catalogue (MCCC) is a grade 9-12 index of all courses that could be offered in high schools across Minnesota. It is based on the Secondary School Course Classification System: School Codes for the Exchange of Data (SCED) created by the National Center for Education Statistics (NCES). The MCCC is an essential part of upgrading and modernizing the Minnesota Department of Education (MDE) data collection processes. This upgrade will help streamline many of the individual MDE data collections currently conducted for a variety of program areas, including No Child Left Behind, Carl Perkins and Highly Qualified Teachers.

Learn more about MCCC at the MDE Website:
http://education.state.mn.us/MDE/EdExc/StanCurri/Curri/

2. Will MDE choose to include physical education classes in the MCCC?
    a. Yes, MDE will include all courses offered in high schools across Minnesota including physical education.

3. What does this mean for my school district?
    a. MCCC is currently in a pilot phase and is set to rollout late next year. Physical education courses were already in the plan for MCCC, so this new legislation does not require anything additional from school districts.

Healthy Kids Awards Program

The Healthy Kids Awards Program is established to reward schools that implement policies and practices that create opportunities for students to be physically active and make healthy food choices. The program will seek to integrate physical activity into nonphysical education classes, recess and extracurricular activities in addition to physical education classes. The program will also seek to integrate nutrition education and healthy food and beverage choices throughout the school environment. Additionally, the program will align with the Institute of Medicine's guidelines for school food and beverages.

Schools interested in participating in the program will submit letters of intent to the commissioner of education each school year. Schools that report to the commissioner and meet the program criteria will have a "Healthy Kids Award" indicator placed on the school report card.

MDE is working to develop the Healthy Kids Awards Program and will be providing districts with more information on what the program will entail and how schools and/or school districts can apply to participate in August through the Superintendents Newsletter. Please stay tuned for more information.