


## How To Improve Academic Achievement When Your Plate Is Full

Eileen Hare, DPI  
Jon Morgan, DHS

## Whole School, Whole Community, Whole Child

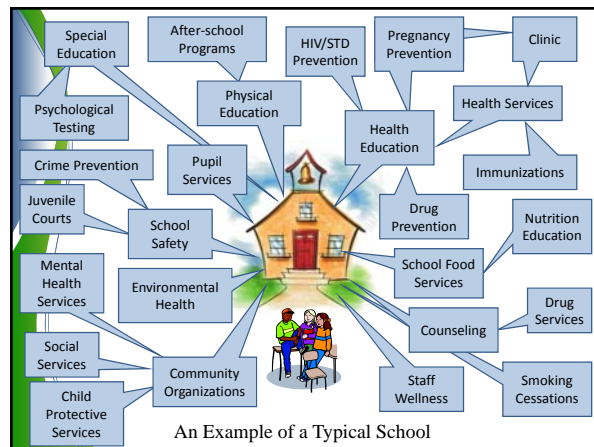
Healthy students are better learners and  
Schools are the right place to start

[Health and Wellbeing](#)



### Whole School, Whole Community, Whole Child Model (WSCC) – a collaborative approach to learning and health

ASCD: [www.ascd.org/learningandhealth](http://www.ascd.org/learningandhealth)  
CDC: [www.cdc.gov/HealthyYouth/cshp/](http://www.cdc.gov/HealthyYouth/cshp/)



## issue

*No matter how well teachers are prepared to teach, no matter what accountability measures are put in place, no matter what governing structures are established for schools, educational progress will be profoundly limited if students are not motivated and able to learn.*

- Charles Basch

## Success in School is More Than Just Academics

Schools must also consider other factors that affect academic achievement:

**Healthy Food Options**



**Opportunities To Be Physically Active**



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## Academic Achievement

**Academic performance**

- Class grades
- Standardized tests
- Graduation rates

**Education behavior**

- Attendance
- Drop out rates
- Behavioral problems at school

**Students' cognitive skills and attitudes**

- Concentration
- Memory
- Mood



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### Healthy Eating and Academic Achievement

Dietary Behavior/Issue	Related Academic Achievement Outcomes
<b>Participation in the School Breakfast Program (SBP)</b>	<ul style="list-style-type: none"> <li>• Increased academic grades and standardized test scores</li> <li>• Reduced absenteeism</li> <li>• Improved cognitive performance</li> </ul>
<b>Skipping breakfast</b>	<ul style="list-style-type: none"> <li>• Decreased cognitive performance</li> </ul>
<b>Lack of adequate consumption of specific foods</b>	<ul style="list-style-type: none"> <li>• Lower grades</li> </ul>
<b>Deficits in specific nutrients</b>	<ul style="list-style-type: none"> <li>• Lower grades</li> <li>• Higher rates of absenteeism and tardiness</li> </ul>
<b>Insufficient food intake</b>	<ul style="list-style-type: none"> <li>• Lower grades</li> <li>• Higher rates of absenteeism</li> <li>• Repeating a grade</li> <li>• Inability to focus</li> </ul>

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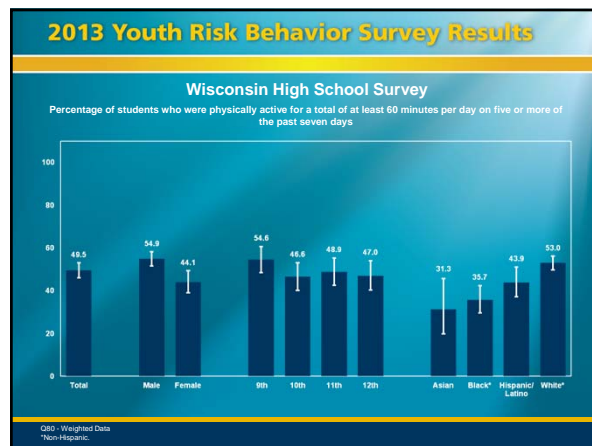
## Nutrition Strategies

- Federal Child Nutrition Programs
  - National School Lunch Program
  - School Breakfast Program
  - Summer Food Service Program
  - Fresh Fruit and Vegetable Program
  - Special Milk Program
- Offer these programs in your district
- Encourage student participation in these programs
- <http://ne.dpi.wi.gov/>

### Physical Activity and Academic Achievement

Physical Activity Practice	Related Academic Achievement Outcomes
Students who are physically active	<ul style="list-style-type: none"> <li>• Have better grades, better school attendance, and better classroom behaviors</li> </ul>
Higher physical activity and physical fitness levels	<ul style="list-style-type: none"> <li>• Improved cognitive performance</li> </ul>
More participation in physical education class	<ul style="list-style-type: none"> <li>• Better grades, standardized test scores, and classroom behavior</li> </ul>
Time spent in recess	<ul style="list-style-type: none"> <li>• Improved cognitive performance and classroom behaviors</li> </ul>
Participation in brief classroom physical activity breaks	<ul style="list-style-type: none"> <li>• Improved cognitive performance, classroom behaviors, and education outcomes</li> </ul>
Participation in extracurricular physical activities	<ul style="list-style-type: none"> <li>• Higher GPAs, lower drop-out rates, and fewer disciplinary problems</li> </ul>

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## Physical Activity Strategies

- Key concepts
- Available resources
- Creating the greatest impact
- Related initiatives

## WI DPI PE Home

(http://sspw.dpi.wi.gov/sspw\_physicaled)

## Three Key Concepts

1. Get at least 60 minutes of physical activity: **DYGY60?**  
*Did You Get Your 60?*
2. Utilize five key strategies that are relatively low resource:  
**Active Schools: Core 4+**
3. Pick strategies that have the greatest impact:  
**Impact = Reach x Dose**  
*(more on this later)*

## Active Schools: Core 4+

### Comparison Active Schools Core 4+, Let's Move and CDC School PA Program

Active Schools: Core 4+	Let's Move, Active Schools	CDC Comprehensive School PA Programs
1. Active PE Class Time	1. Build PE Programs	1. Quality Physical Education
2. Active Classrooms	2. Classroom PA	2. Physical Activity During School
3. Active Recess or Open Gym	3. Before & After School Physical Activity	3. Before & After School Physical Activity
4. Before & After School Physical Activity	4. Staff Involvement	4. Staff Involvement
+ Family and Community Physical Activity	5. Family & Community Engagement	5. Family & Community Engagement

**Similar focus.** Core 4+ focuses on five specific strategies. Let's Move Schools looks at two specific strategies plus broader issues and uses the CSPAP framework, which was developed with AAHPERD.

## Active Schools: Core 4+ Strategies

Active Schools: Core 4+ is a set of strategies to increase student physical activity.

1. [Learn what Core 4+ could mean for your school!](#)
2. [How "Did You Get Your 60?"](#)
3. [Active Schools: Core 4+ Learn. Do. Share](#)
4. [CDC resources](#)

Active Schools: [Core 4+ Overview](#) [Video](#)

## Active Schools: core 4+ Intro

Produced in Partnership With





Wisconsin Department of Health Services

WISCONSIN DEPARTMENT OF PUBLIC INSTRUCTION





## 5 strategies

1. [Active PE Minutes](#) [Video](#)
2. [Active Classrooms](#) [Video](#)
3. [Active Recess/Open Gym](#) [Video](#)
4. [Before and After School](#) [Video](#)
- + [Home and Community](#) [Video](#)

## Change the Environment to Increase Physical Activity

Survey: 3 projects since 2010  
Each project has:

- Showed a significant increase in participation pre - post
- Started at a higher % than the previous project – it's "catching on"

Note: New accelerometer pilot will look at real changes in activity levels


### Active Classrooms: % Schools Participating

Category	Pre	Post
Active Classrooms	17	67
Child Fitness	35	83
Core 4+	74	-

## Why Active Schools: Core 4+

The trend for Active Classrooms also showed up in the other strategies

## How best to increase physical activity? Do the math!



Think in terms of impact using the formula:  
**IMPACT = REACH x DOSE**

**Dose** is how much of a given strategy is occurring i.e. minutes of activity

**Reach** is what percent of the targeted population is being affected.

## Delivering some "dose" One Example in a school of 100 kids

Use 1 dose of activity is equal to 10 minutes. Child goal is 60 minutes per day or 6 doses.

**Scenario 1** – School with 100 students holds a 1-day event where kids walk for 30 minutes.

All kids participate so impact is 3 doses x 100% = **300** (for the year)

**Scenario 2** – School institutes a new policy that requires daily "active classrooms" where there is 5 minutes of activity in the morning & 5 minutes in the afternoon.

All kids participate, so impact is 1 dose/day x 100% of the kids = 100 x 180 school days = 18,000 (for the year)

**300**

**18,000**

**Study: All Five Strategies – Average ↑ in Activity**

Active PE Minutes =	6 minutes
Active Classrooms =	19 minutes
Active Recess =	5 minutes
Before and After School =	10 minutes
Family and Community: walk to school =	16 minutes
	56 minutes

**What Works to Get Kids Active**

Parents and communities can help kids get the 60 minutes of physical activity they need each day.

- provide in-class activity breaks +19 min
- renovate parks +12 min
- add after-school programs +10 min
- support walking/cycling to school +16 min
- provide daily PE +6 min
- before and after school +10 min

The 56 minute total is a little misleading because it only counts those kids who are participating in each strategy. The active school survey distributes the minutes across all students.

Ex: walk to school is 16 minutes, but if only 25% of all the students walk, it's averages only 4 mins./student

Source: C. et al. 2013. Estimated Energy Expenditures for School-Based Physical and Active Living. American Journal of Preventive Medicine. 53(3): 109-114. David R. Bassett, et al., Estimated Energy Expenditures for School-Based Physical and Active Living, American Journal of Preventive Medicine, Volume 44, Issue 2, February 2013, Pages 108-113

## Deeper Dive

- 16 Priority Districts

375 schools (186,494 students), ~130 schools tracking (78,588 students)

School Districts (16)
Appleton
Beloit
Crandon
Fond du Lac
Green Bay
Kiel
Lodi
Madison
Menominee Indian
Menomonie
Milwaukee Public Schools
Neeah
North Fond du Lac
Superior
Wausau
Wisconsin Dells

## Total Activity Minutes (early Survey results)

Strategy	Study Minutes	Core 4+ Minutes
Active PE Minutes	6*	14
Active Classrooms	19#	4
Active Recess/Open Gym	5	14
Before & After School	10	14
Family/Community (Walk to School)	16#	3 (+3 homework)
<b>Total</b>	<b>56</b>	<b>52</b>

\* Additional minutes # Only for those participating

**Not all strategies are equal and not all minutes are the same.**

Goal is at least 60 minutes  
Range = 9 minutes to 145 minutes!

## All Schools Total Activity Minutes

### DYGY60? – How you get to 60 minutes of activity per day doesn't matter!

Strategy / Average daily minutes per student per day	Elem. (76)	Middle (15)	HS (26)	All (117)
Active PE Minutes	9	14	31	14
Active Classrooms *	6	1	3	4
Active Recess/Open Gym	17	5	8	14
Before & After School	7	22	29	14
Family/Community * (Walk to School/PE Homework)	6	8	5	6
<b>Total</b>	<b>~ 45</b>	<b>~ 50</b>	<b>~ 75</b>	<b>~ 52</b>

\* Underutilized: <50% of schools/classes  
117 Active Schools pre-survey estimates

## Activity Pilot

Data: surveys, 3-two week interval

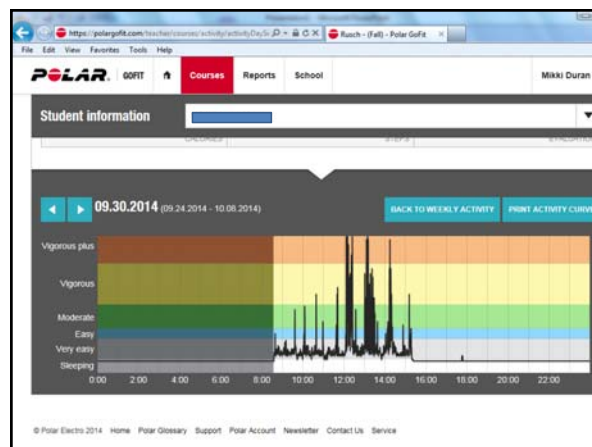
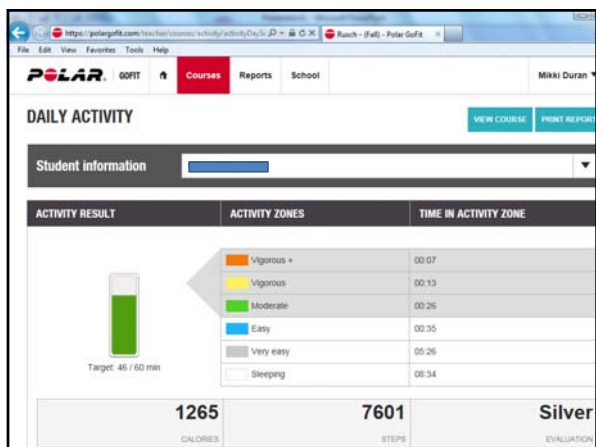
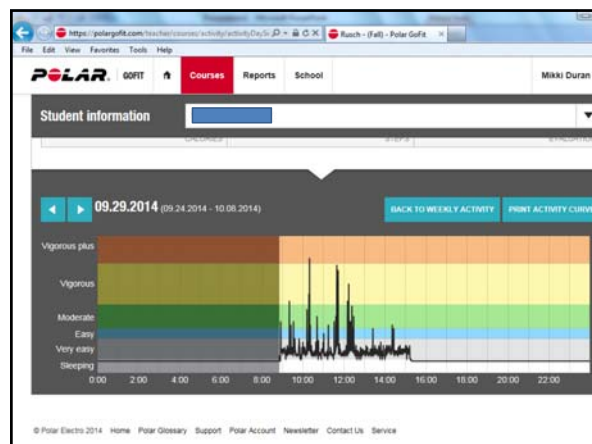
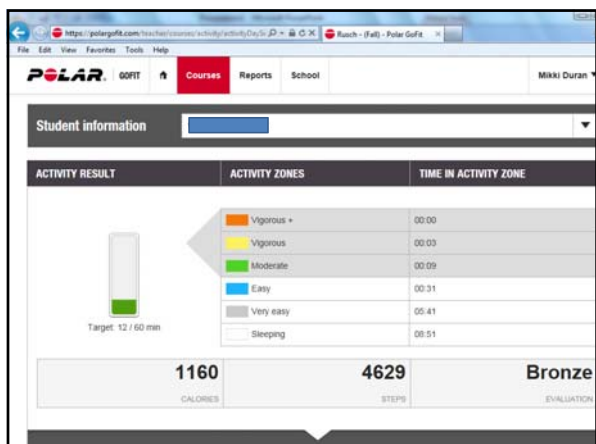
- Urban, Suburban, Rural (Beloit, Appleton, Lodi)
- Implement 3 strategies
  - Active PE/Quality Physical Education
  - Active Classrooms/PA During School and Staff Involvement
  - Active Recess or Open Gym/PA During School and Staff Involvement
- Regional train the trainer sessions

**WEEKLY ACTIVITY**

TIME REACHED (AVERAGE): Low = 13.8 minutes, High = 36.5 minutes, Target: 25 / 60 min

COURSE INFORMATION: 16 STUDENTS, 25 / 60 m AVERAGE / TARGET, Olympic meda, 09.24.2014 START DATE, 10.08.2014 END DATE





## What is the Goal?

- Every student – Every day! Healthier Kids Learn Better!
- Promoting Excellence For All
- Increase Physical Activity –Reverse the obesity trend


## Funded Projects

- **Driven to Better Health**
- **Wisconsin School Health Award**



### CSPAP/ASC4+ Train the Trainer

- 5 Regional Trainers
  - 12 CESA (Cooperative Educational Service Agencies)
  - Universities
  - Implement
    - Fall 2015

12 Wisconsin CESAs



### Together Let's Narrow the Gaps Achievement and Health





### IDEAS?

Think – Pair - Share

### School Improvement Plan

- Allows continuous planning
- AHG is research-evidenced based
- Comprehensive online data
- Work plan is easily editable and shared




### Educator Effectiveness/West Florence High School

- Champion PE teacher – Pete Ellis
  - 2 schools: elementary and high school
- Goal Based Evaluation in South Carolina
  - Support professional growth
  - Empowers teachers to direct own Professional Growth
- Grew School Wellness Plan
  - Staff is allowed to work on wellness as part of GBE

### Discussion/Questions

1. What strategies could you implement?
2. First person you will discuss with once back in the district?



DPI Site for resources:  
[http://sppw.dpi.wi.gov/sppw\\_physical](http://sppw.dpi.wi.gov/sppw_physical)