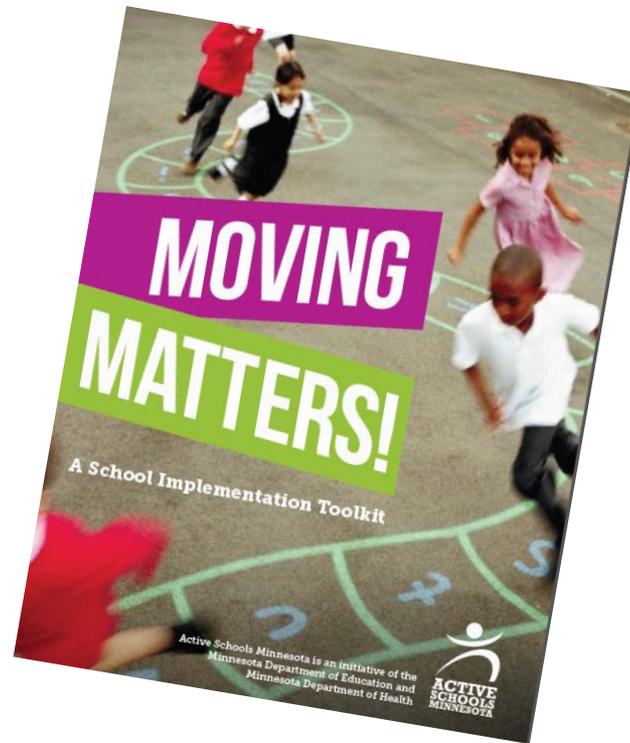


# Active Schools Minnesota Pilot Study

## Actions and Perceptions

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# Agenda

- Celebrate the great work going on in Active Schools
- Highlight actions of pilot study schools and perceptions of results
- Guide you in your Active Schools efforts



# Why the Pilot Study?

- To show a relationship between policy, system, and environmental work in active school strategies and student's educational and physical activity outcomes.



- Designed with the assumption that by increasing time in physical activity opportunities, educational and physical activity outcomes will be positively impacted.

# What did the Study Look at?

- School physical activity policies and practices through a pre and post assessment inventory.
- Student Fitness levels of 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> graders utilizing the FITNESSGRAM assessment.
- Student Physical activity levels of 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> graders utilizing a student self- assessment tool called “ACTIVITY”.
- School and student educational outcomes through data collected by the Minnesota Department of Education

# What would schools gain from participation?

- Baseline & growth data regarding physical activity policies and practices
- Baseline & growth physical fitness data of students
- Baseline & growth physical activity levels of students
- Professional growth for staff
- Funding to support the work



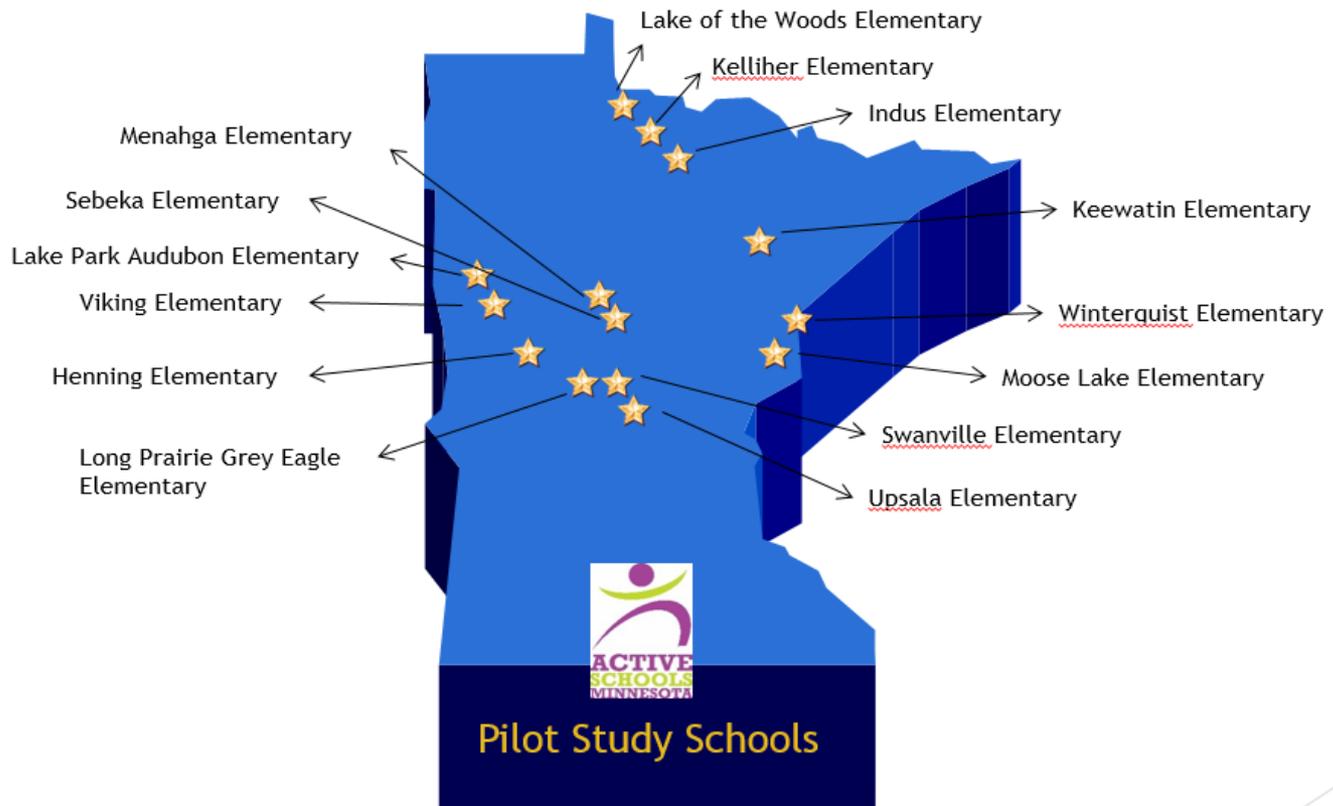
# What Did Schools Agree to do?

- Sign an MOU with MDE/MDH and a Web-Hosting agreement with Cooper Institute
- Purchase 3 years of FITNESSGRAM 10 version.
- Work with IT staff to upload initial student data
- Conduct all assessments: pre and post assessment tool; conduct FITNESSGRAM and student self-assessment logs for the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grades each year of the study and share results with MDE/MDH.
- Participate in the orientation webinar February 18<sup>th</sup>, 2014 and IT Webinar March 5<sup>th</sup>
- Complete the online Cooper Institute FITNESSGRAM Course and optional identified webinars
- Participate in 2 face to face professional development day long events in the Spring of 2014 and during the 2014-2015 school year specific to FITNESSGRAM.
- Identify and implement 2 new or enhanced active school strategies in the 2014-15 and 2015-2016 school years.
- Participate in 2 active schools strategy trainings consistent with the chosen active school strategies in the 2014-15 and 2015-2016 school years.

# What Will the State Provide?

- \$10,000 to pilot schools
- Professional development opportunities that include 2 FITNESSGRAM trainings, and 2 additional active school strategies trainings
- Support and technical assistance in administration of the pre-assessment tool, FITNESSGRAM and student activity log
- Collect, analyze and report on all assessments associated with the study
- Recognize pilot schools through media sources

# Active School Pilot Study Schools



# Year 1 (Jan 1 – June 30, 2014)

- Orientation webinar
- MOU with MDH
- Pre-assessment
- FITNESSGRAM set up and training
- **ACTIVITY!**
- Selection of Strategies



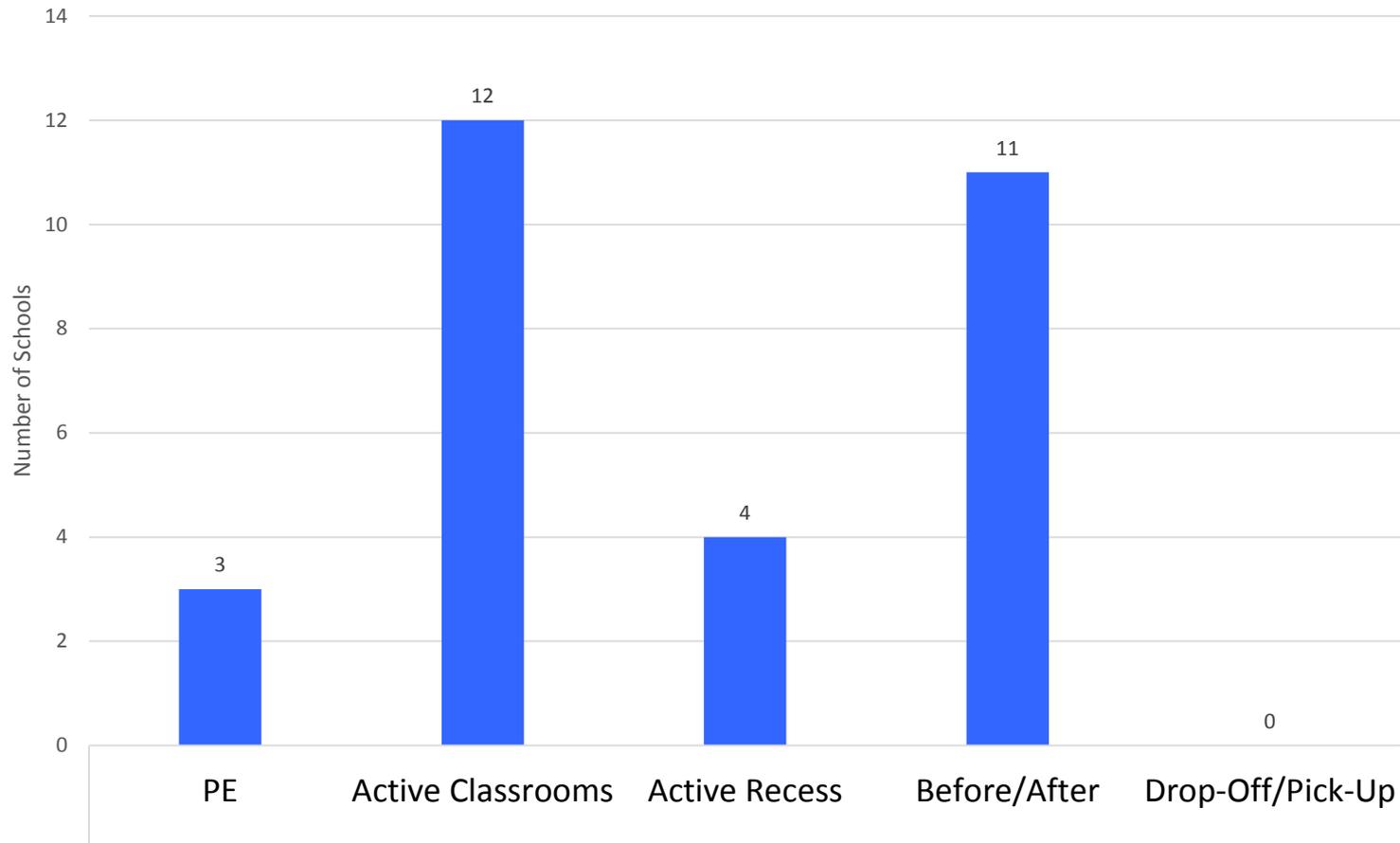
# What is FITNESSGRAM?

- FITNESSGRAM is a comprehensive group of fitness assessments developed for youth. FITNESSGRAM includes a variety of health-related physical fitness tests that assess
  - aerobic capacity,
  - muscular strength,
  - muscular endurance,
  - flexibility, and
  - body composition.



# Strategy Selections

Number of Participating Schools By Strategy Area



# Year 2 (July 1, 2014 – June 30, 2015)

- **MOU**
- **Strategy Trainings**
  - Active Classrooms
  - Active Recess
  - Before/After PA
  - Physical Education
- **ACTIVITY!**
- **End of Year reports**



Nikki Ament, 5<sup>th</sup> Grade teacher, Sebeka School



<https://app.gonoodle.com/channels/koo-koo-kanga-roo/roller-coaster?source=channel>

# Year 3 (July 1, 2015 – June 30, 2016)

- FITNESSGRAM issue
- MOU carry-over
- End of the Year Reports
  - Each Strategy
  - FITNESSGRAM
  - Policy/Systems change

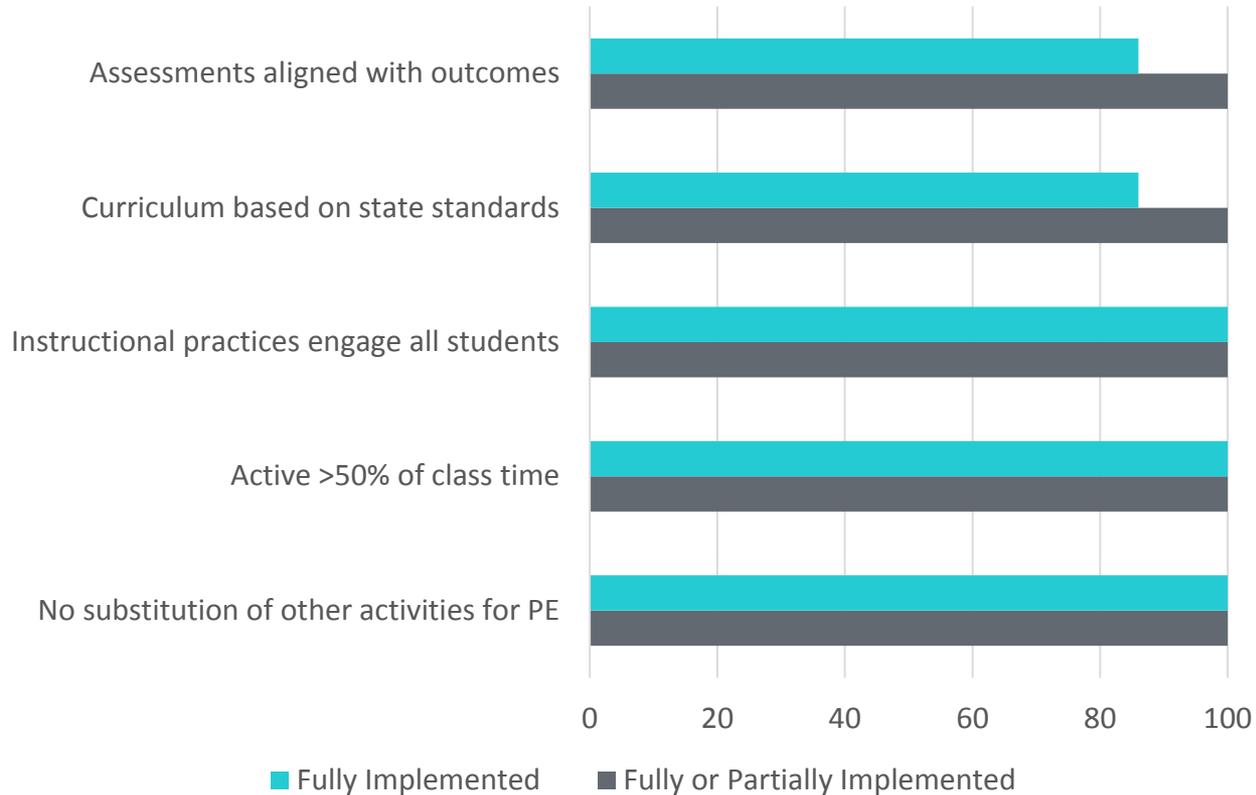


# Systems and Environmental Changes

- Systems Change
  - Curriculum changes
  - Schedule changes
  - Program changes
- Environmental change
  - Playground zoning
  - Classroom set up
  - Community engagement

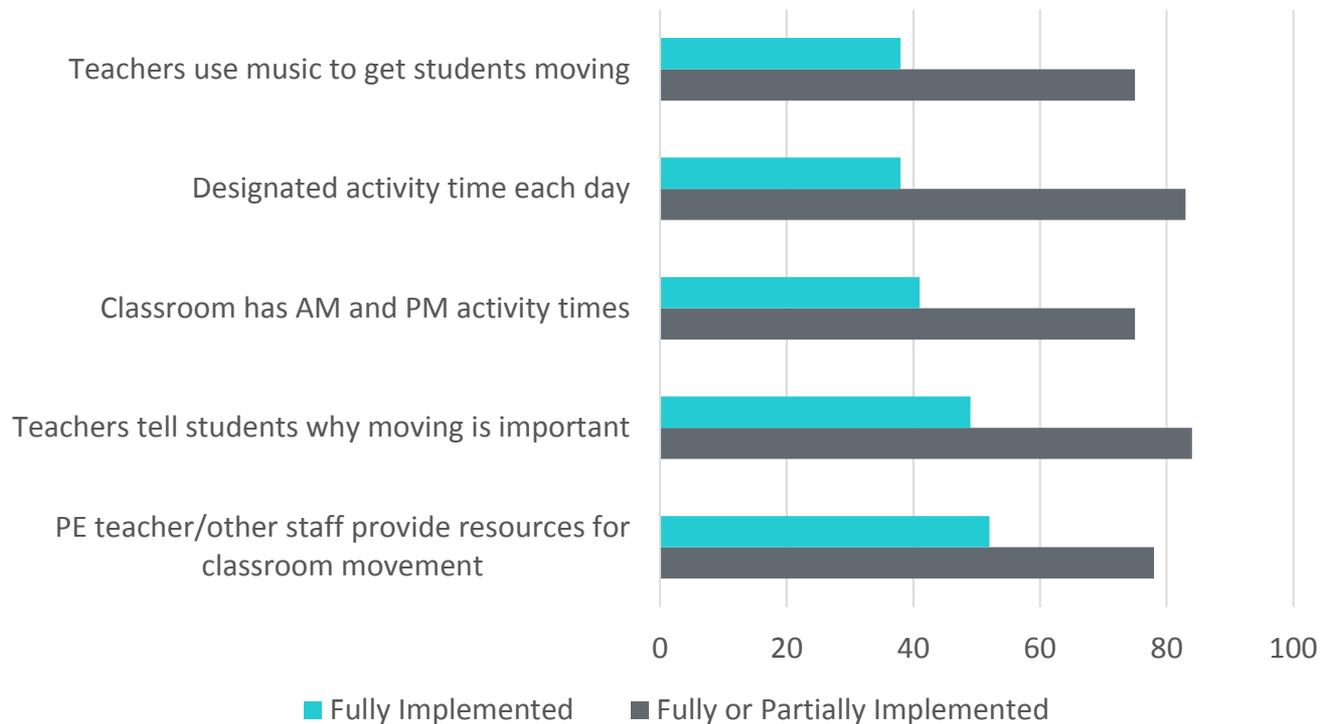


# Strategy Reports – Physical Education Best Practices



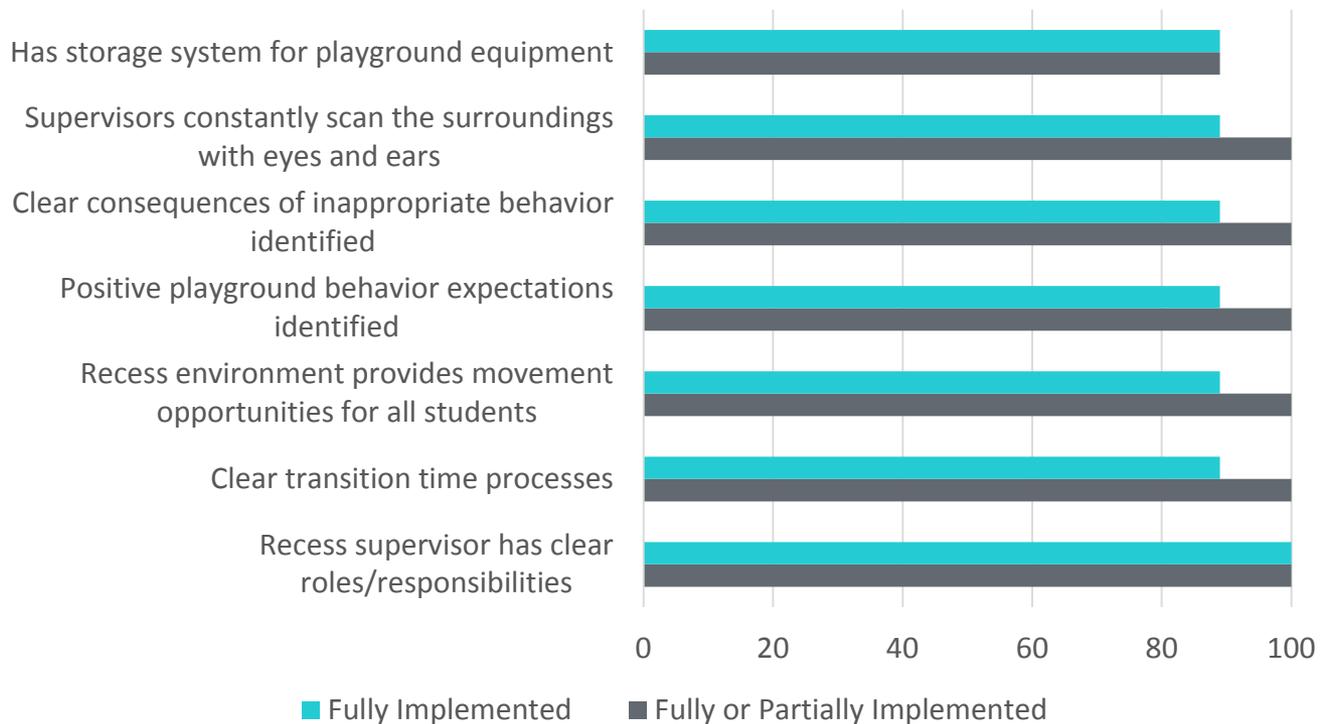
Based on data from 7 teachers; 3 schools

# Strategy Reports – Active Classrooms Best Practices



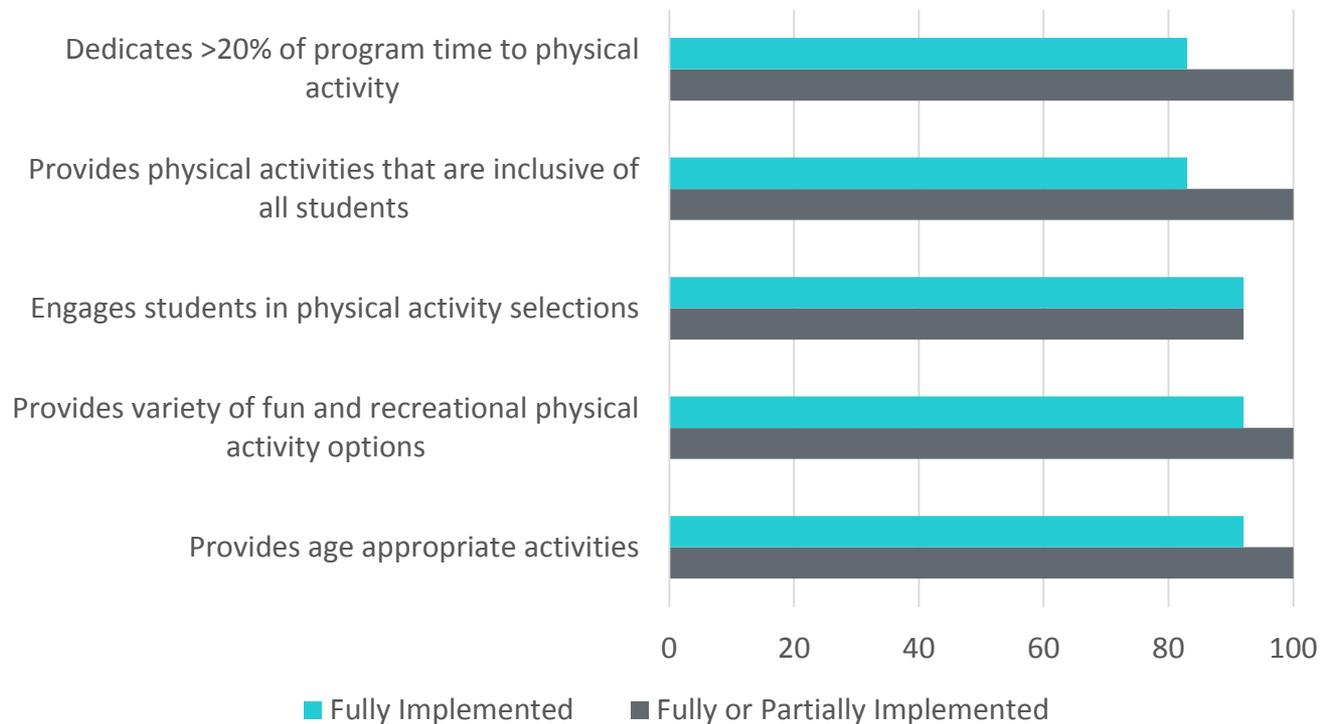
Based on data from 69 teachers; 12 schools

# Strategy Reports – Active Recess Best Practices



Based on data from 9 teachers; 3 schools

# Strategy Reports – Before/After PA Best Practices



Based on data from 12 teachers; 11 schools

# Success Stories and Video!



# Sebeka Elementary School

- Sebeka School District
- Sebeka, MN; Wadena County
- SHIP Partner: Health4Life
- Strategies
  - Physical Education
  - Active Classrooms
  - Active Recess

*“The additional time of 5 minutes per day may not seem like much, but when you take into account this happened for 180 days it really made a difference.”*

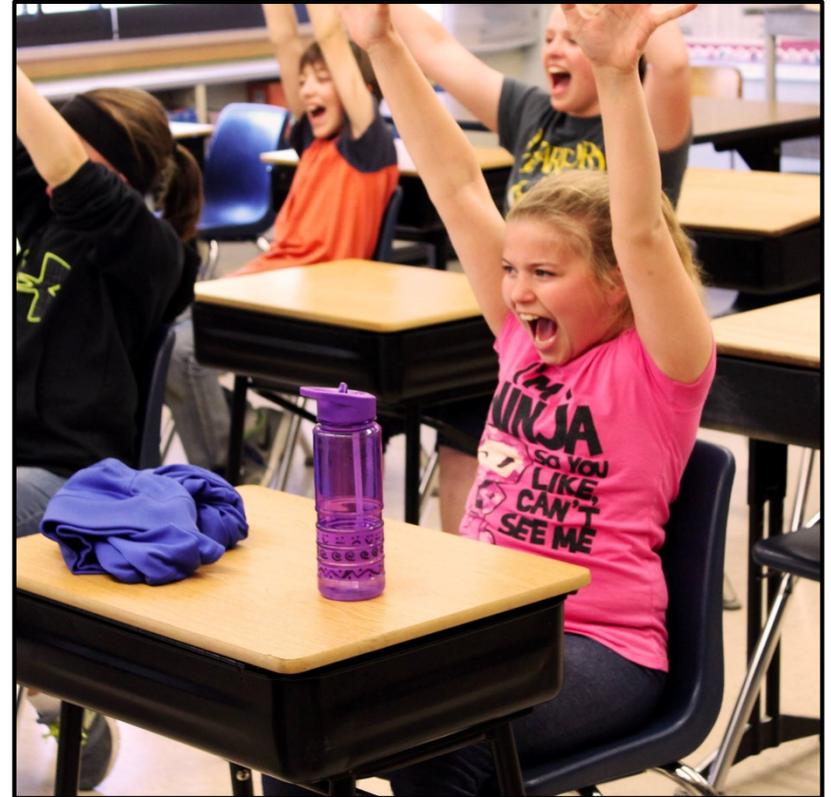
Brenda Wegscheid, Elementary  
Physical Education Teacher

*“Students were able to re-energize after physical activity. They came back with more ideas and more willingness to work.”*

Amy B., 4<sup>th</sup> Grade Teacher

*“Before we implemented active schools, children would just go out and play willy-nilly; but when we became more creative and organized, students became much more active and engaged.”*

Janet Mattson, School Nurse



# Kelliher Elementary School

- Kelliher School District
- Kelliher, MN; Beltrami County
- SHIP Partner: North Country
- Strategies
  - Active Classrooms
  - Before and/or After School PA



*"I definitely felt that students were more engaged and mentally refreshed after being active."*

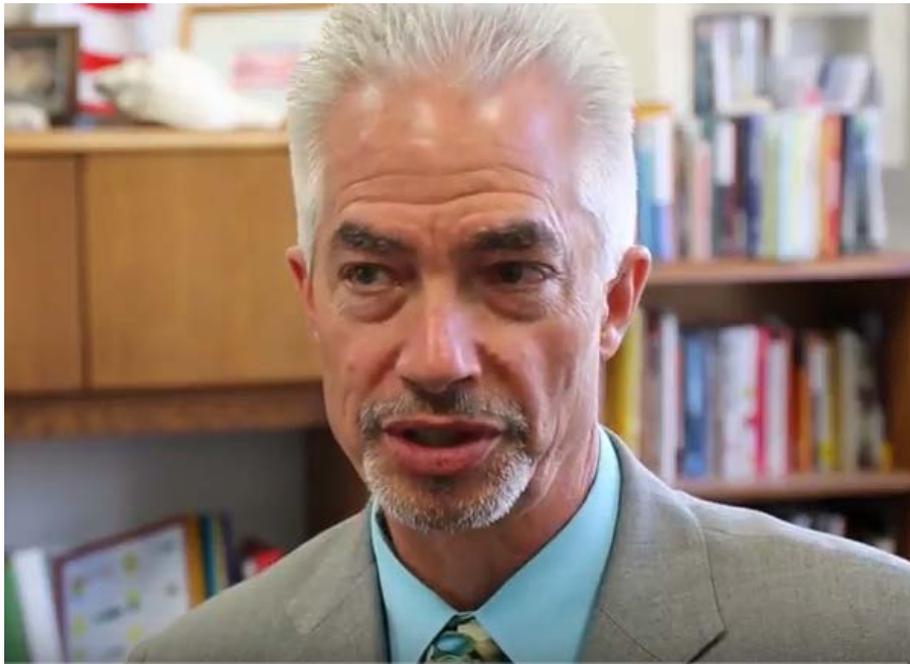
Laura Thomason, 4<sup>th</sup> Grade Teacher

*"There have been many positive outcomes, but the one that really sticks out is that our students come to the after-school program because they are so excited about the activities we offer; some of them they may not have otherwise experienced."*

Carly Amsden, After School Coordinator

# Celebration Video

Tim Lutz, Superintendent, Kelliher School



Jill Walters, Asst. Principal, Sebeka School



# Winterquist Elementary School

- Esko School District
- Esko, MN; Carlton County
- SHIP Partner: Northland
- Strategies
  - Active Classrooms
  - Before and/or After School PA

*“Students are better able to focus and stay on task after moving. Kids respond positively when we do an activity.”*  
Wendy Smith, 5<sup>th</sup> grade teacher

*“Students enjoyed seeing their mileage increase through their participation in Mighty Milers. They also really enjoyed the prizes! Teachers particularly noted students coming from morning Mighty Milers were more focused and got some “ants out of their pants”.”* Cyndee Johnson, After school Coordinator



# Lake Park Audubon Elementary School

- Lake Park Audubon School District
- Audubon, MN; Becker County
- SHIP Partner: Partnership4Health
- Strategies
  - Physical Education
  - Active Classrooms
  - Active Recess

*“High Activity Students are calmer and focused after physical activity.” Mr. Baune, 5<sup>th</sup> Grade Teacher*

*When students were asked why they participated in RMC, 5<sup>th</sup> graders Marc Pederson and Satchel McDonald said “For the fitness, to stay in shape, and for the prizes!”*



# Moose Lake Elementary School

- Moose Lake School District
- [Moose Lake; MN, Carlton County](#)
- SHIP Partner: Northland
- Strategies
  - [Quality Physical Education](#)
  - [Active Classrooms](#)

*Increased time in physical education has allowed for more instruction time and development across the board. There is continuity in teacher assignments and consistency in the curriculum being taught.”* Renee Visser, Elementary Physical Education teacher

*Students are more appropriate in physical interactions with each other. Students can focus for a longer period of time after activity.”* Trish Rodysill, 5<sup>th</sup> Grade Teacher

*Participation in the study was successful because it changed the mindset of classroom teachers to incorporate physical activity, introduced physical education to FITNESSGRAM, and provided funding for resources and equipment that would have not been available.”* Ann Haugen, Active Schools Pilot Coordinator



# Keewatin Elementary School

- Nashwauk-Keewatin School District
- Keewatin, MN; Itasca County
- SHIP Partner: Northland
- Strategies
  - Active Classrooms
  - Before and/or After School PA

*"I can see an absolute change in my students' abilities to stay on task after physical activity. They are more focused when we do daily energizers. When they sit back down they are ready to get to work!"* **Teressa Randolph, 4<sup>th</sup> Grade Teacher**

*"Some students participating in our before school open gym seemed to have fewer discipline problems during the school day."* **Dan Owens, Elementary Physical Education Teacher**

*"We were able to implement FITNESSGRAM smoothly. Making sure students had ample practice time beforehand really helped. Having proper equipment for doing sit-ups, push-ups, and sit and reach made it easier."* **Dan Owens, Elementary Physical Education Teacher**



# Swanville Elementary School

- Swanville School District
- Swanville, MN; Morrison County
- SHIP Partner: Health4Life
- Strategies
  - Active Recess
  - Before and/or After School PA

*“We had fewer students on the playground so opportunities for students to utilize playground equipment increased. There were less behavioral problems with lower numbers.”* Lea Bartkowitz, Recess Supervisor

*“Mr Poegel is so nice to open up the gym in the morning for kids. He makes it super fun and shows us how to play new games and works with different techniques. In the morning we have the option to play Ga-Ga ball, shoot baskets, badminton, and other fun activities. We love it because it gets us active right away in the morning and we get to play with our friends.”* Zach (age 9) and Isaac (age 7) Gapinski



# Indus Elementary School

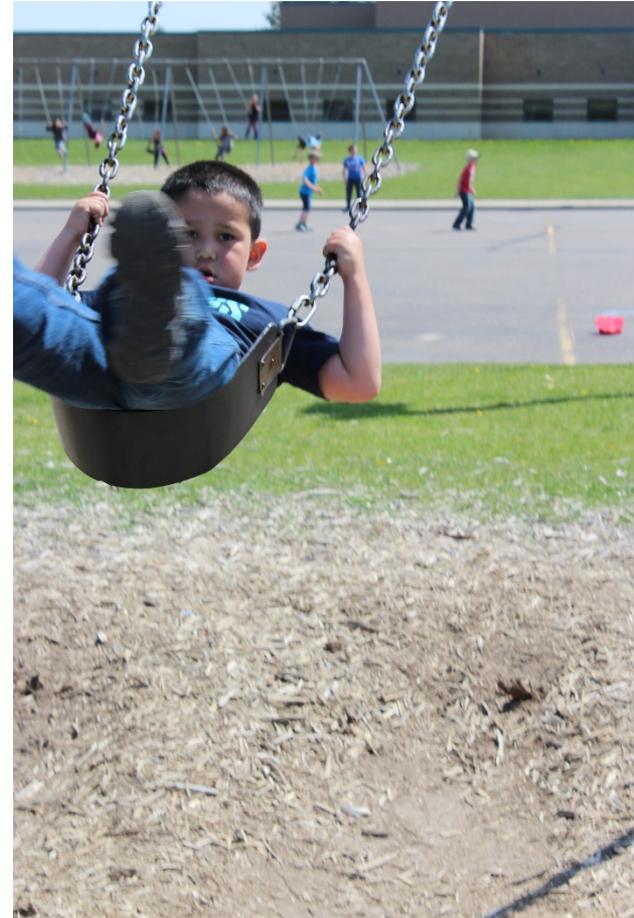
- South Koochiching School District
- Birchdale, MN; Koochiching County
- SHIP Partner: Northland
- Strategies
  - Active Recess
  - Before and/or After School PA

*“I have found my students to be more attentive, more productive, and more focused after physical activity time.”*

**Michelle Misner, 4<sup>th</sup> Grade Teacher**

*“Student needs are being met through use of exercise balls and standing up activities. They have more focus for longer periods of time when activity is built in.”* Sara Wendt, 6<sup>th</sup> Grade Teacher

*“Couch to 5K” offered and additional opportunity for the students to be physically active. It was fun for me to watch the students set their goals and then meet them. Some for them continued to run on their own after the program ended.”* Melody Nelson-Swanson, Physical Education Teacher



# Lake of the Woods Elementary School

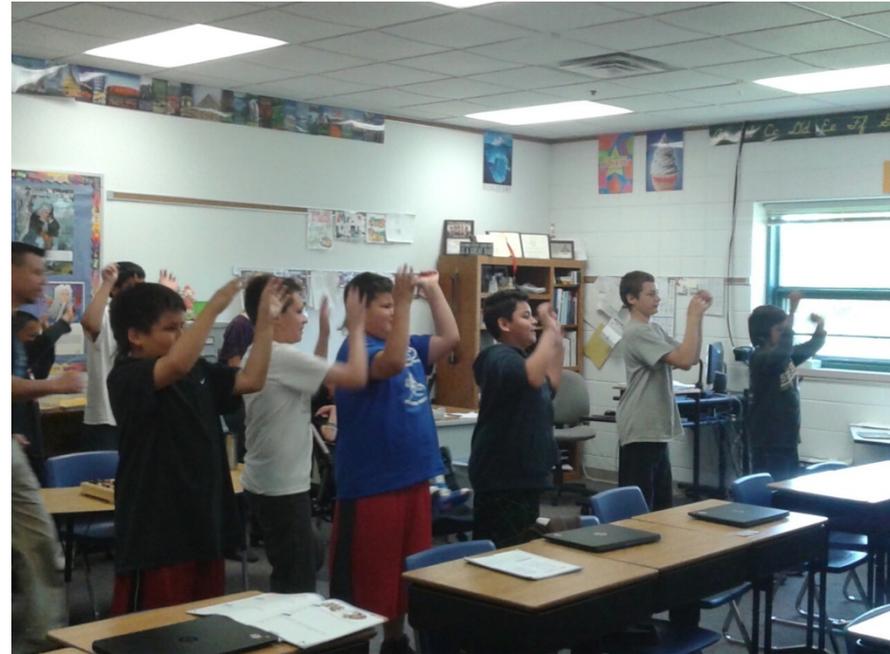
- Lake of the Woods School District
- Lake of the Woods, MN; Koochiching County
- SHIP Partner: North Country
- Strategies
  - Active Classrooms
  - Before and/or After School PA

*“Students are more attentive and focused after physical activity.”* Courtney Baade, 5<sup>th</sup> Grade Teacher

*“Students are more alert and smile. Physical Activity seems to relieve some anxiety.”* Mrs. Krause, 5<sup>th</sup> Grade Teacher

*“Students are much more willing to contribute to class discussions after a brain break.”* Lauren Johnson, 4<sup>th</sup> Grade Teacher

*“Before school walking has definitely helped with positive behavior during morning classes.”* CeCe Charlton, After School Coordinator



# Viking Elementary School

- Pelican Rapids School District
- Pelican Rapids, MN; Otter Tail County
- SHIP Partner: Partnership4Health
- Strategies
  - Active Classroom
  - Active Recess

*“Students are more attentive after physical activity. It relieves excess energy and builds classroom community.”* Sherri Larson, 5<sup>th</sup> Grade Teacher

*“Students get energized after activity. Students are happy to be moving and are more settled afterwards.”* Mary Storrusten, 4<sup>th</sup> Grade Teacher

*“The changes we made for recess in explaining positive playground expectations and clear consequences of inappropriate behavior for students reduced behavioral issues and increased play time.”* Rebecca Garza, Recess Playground Supervisor

*“FITNESSGRAM is a more realistic form of a health indicator for the majority of our students!”* Sheri O’Brien, Elementary Physical Education Teacher



# Upsala Elementary School

- Upsala School District
- Upsala, MN; Morrison County
- SHIP Partner: Health4Life
- Strategies
  - Active Classroom
  - Before and/or After School PA

*“Students love “movement time. Students seem more awake and alert afterwards.” Mrs. Bengston, 4<sup>th</sup> Grade Teacher*

*“Students seem more alert and focused for 30 minutes or so after activity.” Mindy Klosoluk, 5<sup>th</sup> and 6<sup>th</sup> Grade Teacher.*

*“It’s important for students to know why they are moving. I think the activity helps them focus afterwards”. Jim Drill, 5<sup>th</sup> Grade Teacher*

*“The focus on physical activity in our before/after school program provided an opportunity for more exercise for our students as well as confirming the need for a foundation for healthy lifelong movement.” Jonathon Leither, Before/After School Physical Activity Coordinator*



# Henning Elementary School

- Henning School District
- Henning, MN; Morrison County
- SHIP Partner: Partnership4Health
- Strategies
  - Active Classroom
  - Before and/or After School PA

*“Children seemed refreshed and energized so they can refocus and attend to their work and lessons.”* Stacy Hagen, 5<sup>th</sup> and 6<sup>th</sup> Grade Teacher

*“Physical activity provided more motivation to work on something.”* Ryan Emter, 4<sup>th</sup> Grade Teacher

*“Some elementary teachers told me that students who came to morning gym burned off their energy in morning gym and were more focused in their school work.”* Mark Oscarson, Elementary Physical Education Teacher



# Menahga Elementary School

- Menahga School District
- Menahga, MN; Wadena County
- SHIP Partner: Health4Life
- Strategies
  - Quality Physical Education
  - Before and/or After School PA

*“Students were more engaged and excited when we implemented new and different games and equipment. More effort is put forth when students take charge of their own fitness.”* Katie Smith, Physical Education Teacher

*“The FITNESSGRAM software is great. I love the printed student reports. It also provides great feedback for parents.”* Isaiah Hahn, Physical Education Teacher

*“The After school program was a time in the day that students who participated looked forward to. It provided opportunities to spend time with their friends and be included in activities.”* Katie Smith, Physical Education Teacher



# Long Prairie-Grey Eagle Elementary School

- Henning School District
- Long Prairie, MN; Todd County
- SHIP Partner: Health4Life
- Strategies
  - Active Classroom
  - Active Recess
  - Before and/or After School PA

*“I saw growth in a number of students taking advantage of before and after school open gym.”* Steve Christians, Physical Education Teacher

*“I loved the FITNESSGRAM assessment. It was easy to use and provided accurate data for students and could be tracked throughout the student’s career.”* Steve Christians, Physical Education Teacher

*“For schools interested in implementing active schools, my advice would be to start with activities that can be implemented easily and work up from there.”* Steve Christians, Physical Education Teacher



# Impact on Policy

- **11 out of 14 of the pilot schools said there was a change in their wellness policies**
- **Example changes included**
  - Adding number of minutes for physical education
  - Adding number of minutes for recess
  - Requiring (recommending) classroom PA
  - Offering Before/After School PA opportunities
  - Not withholding PE or Recess for punishment

# Challenges

- **FITNESSGRAM changes in database**
- **FITNESSGRAM class lists**
- **Training new teachers/staff during the study in active schools strategies**
- **Keeping all staff motivated**
- **Some student motivation issues**
- **Keeping up with reporting at the end of the school year**

# Recommendations

- **Start with activities that can be easily implemented and add on**
- **Be organized. Don't try and do too much too fast**
- **Talk to teachers at a staff meeting and do some of the activities**
- **Don't give up! Keep reminding staff the benefits of moving and provide resources**
- **Communication and engagement with all staff and students are critical**
- **Celebrate or incentivize classroom teachers and students by having a roving "trophy".**
- **Have a designated Champion**

# Next Steps

- **MDH Evaluation Team**
  - Analysis Plan
    - FITNESSGRAM data
    - ACTIVITY Data
    - Policy Data
    - MDE Data
  - Communication Plan
    - Reports
    - Presentations
    - Media
  - Advisory Group



# Thank you!

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