



# Alaska's Physical Activity in Schools Law

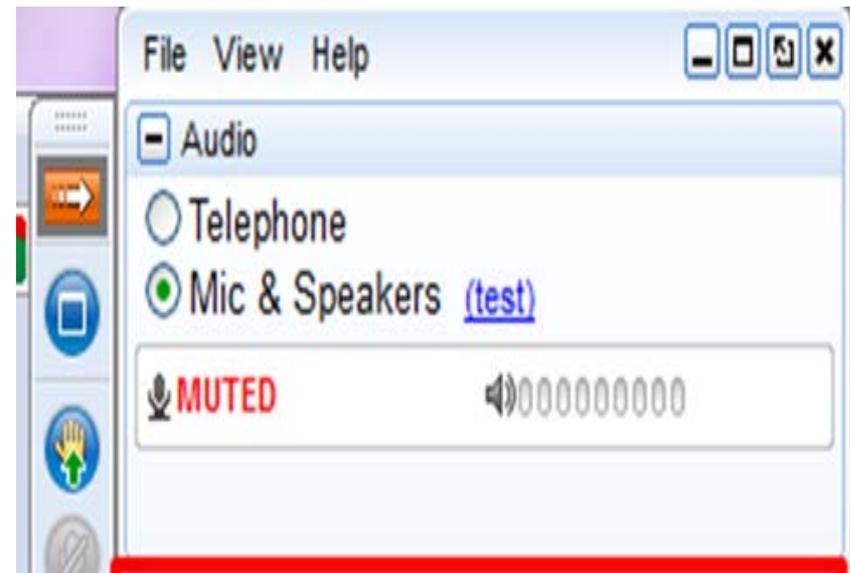
**Wendy Hamilton**  
**School Health Program Manager**

**Lauren Kelsey**  
**Obesity Prevention School Partnership Coordinator**

**Division of Public Health**  
**Section of Chronic Disease Prevention and Health Promotion**

# Computer Audio Option

- You can listen to the audio through your computer speakers, but your computer needs a microphone for you to speak and be heard.



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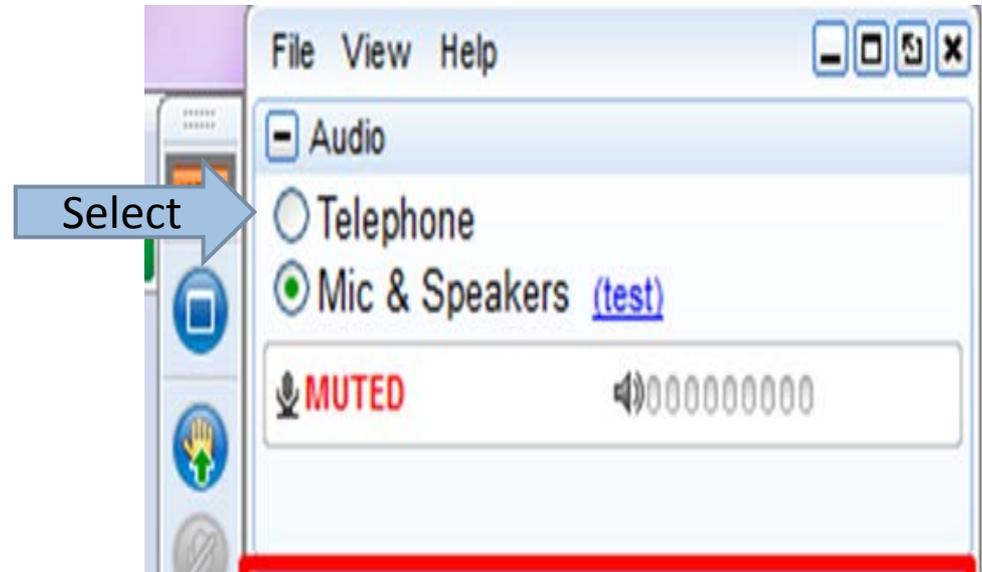
- A better option is to call the number provided when you registered for today's session:

**1-415-930-5321**

**Access code:**

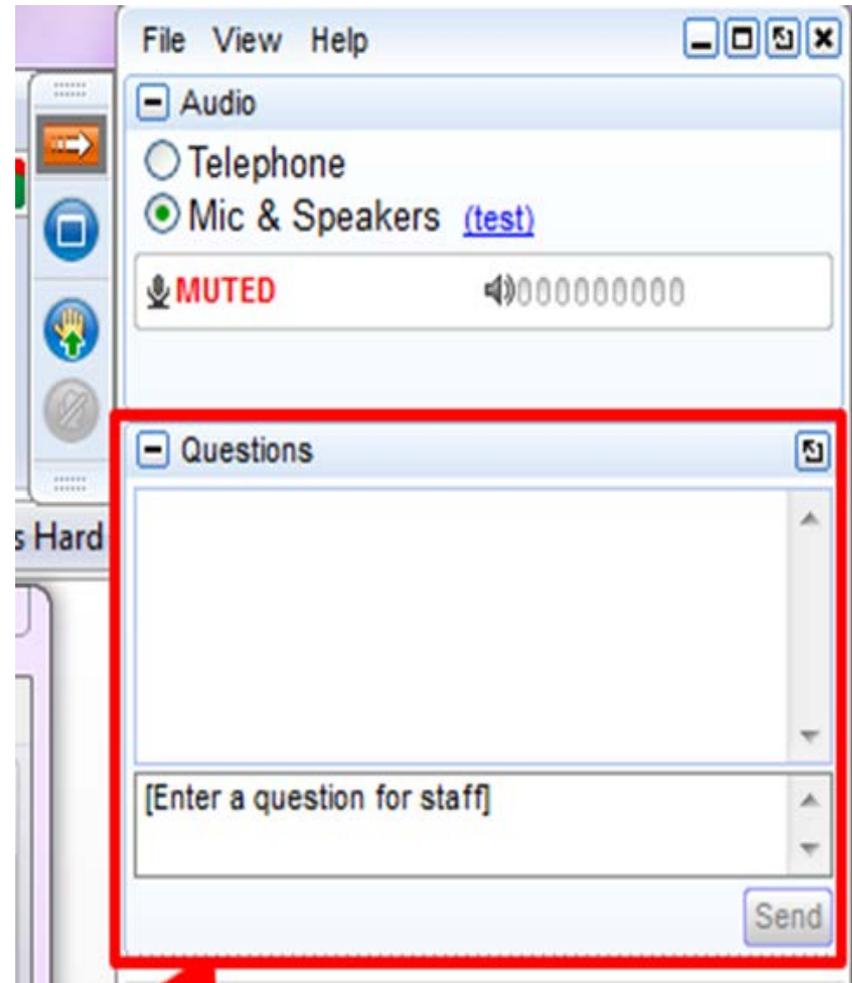
**872-408-168**

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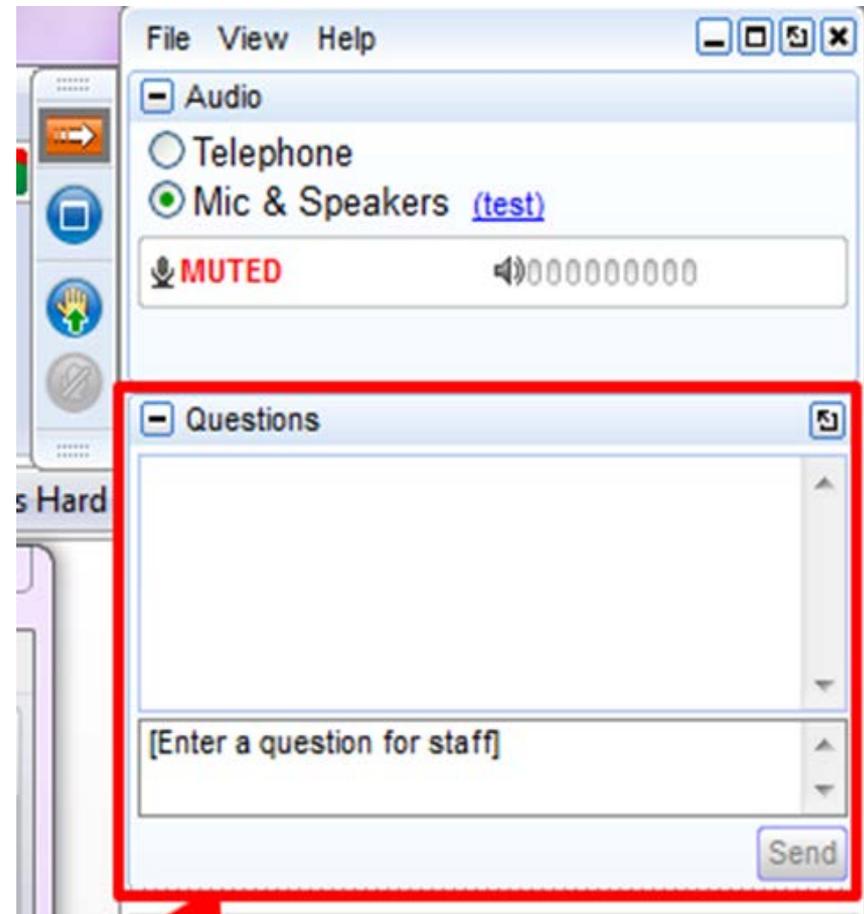
# About this Webinar

- If you have technical difficulties please let us know by using the **Question** function on the GoToWebinar control panel.



# About this Webinar

- Please hold questions until the end of the presentation.
- To ask a question, please type your question into the question box.



# Today we will cover:

- ✓ Why this law is important
- ✓ Creation of the law
- ✓ Main provisions of the law
- ✓ Options for implementation
- ✓ Frequently asked questions
- ✓ Examples from Alaskan school districts
- ✓ The role of teachers, parents and community members

# Why This Law is Important

- Schools play a critical role in helping youth establish lifelong healthy behaviors
- Healthy students are better learners



# Why This Law is Important

- Being physically active can contribute to:
  - fewer behavioral problems
  - lower absenteeism
  - higher graduation rates
  - higher test scores
  
- Healthy youth grow into healthy adults reducing the burden of chronic disease

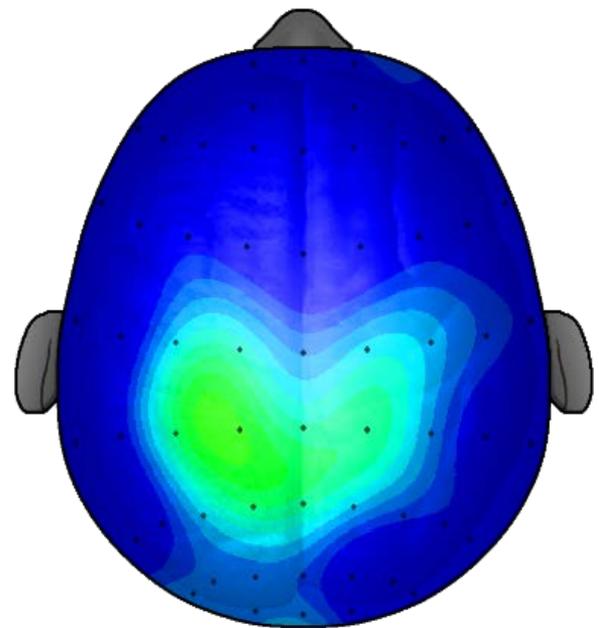
# Why This Law is Important

- Recess improves classroom behavior
- Brief in-classroom activities help students focus on their lessons



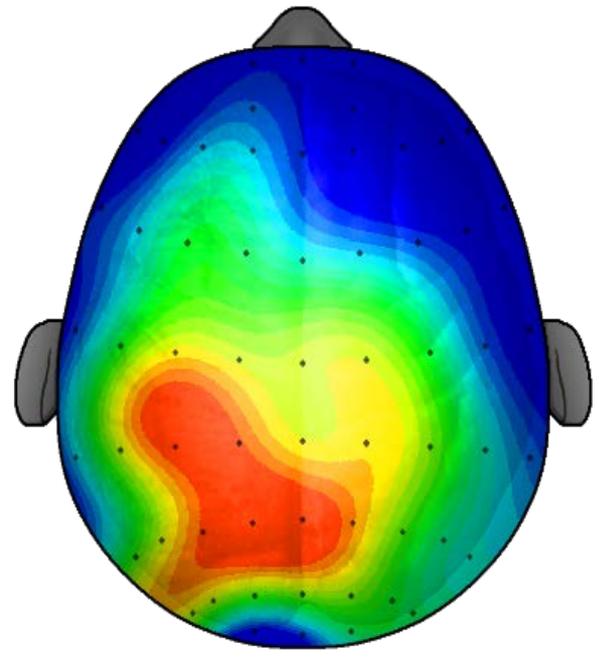
# How physical activity affects the brain

20 students taking the same test



After 20 minutes of

## Sitting Quietly



After a 20 minutes of

## Walking

# Why This Law is Important

- Increasing time for physical education or physical activity does not harm academic performance
- All students deserve the opportunity to be healthy and successful



# Creation of the law

- February 2016 – introduced as SB 200
- April 2016 - passed and transferred to Governor Walker
- July 16, 2016 - signed by Governor Walker
- October 16, 2016 – effective date



# Main provisions of the law

“...a school district shall establish guidelines ...to **provide opportunities** during **each full school day** for students in **grades kindergarten through eight**, for a **minimum of 90 percent** of the daily amount of physical activity recommended for children and adolescents in the physical activity guidelines by the Centers for Disease Control...”

# Main provisions of the law

“The time provided for physical activity under this subsection may include physical education classes and opportunities for unstructured physical activity, such as recess.”



# Main provisions of the law

- ✓ shall....provide opportunities
- ✓ during the school day
- ✓ Recommended = 60 minutes daily\*  
90% = 54 minutes daily
- ✓ may include PE, unstructured PA...such as recess



# Resources

## School Health Website Resources

## School Health Program

- › School Health Profiles
- › School Wellness Policies
- › Physical Education
- › Physical Activity & Recess
- Physical Activity in Schools Law

## School Health Program



**A healthy student is a successful student**

# Options for Implementation

- Can include:
  - ▣ Physical education
  - ▣ Recess
  - ▣ In-classroom activities
  - ▣ School-wide activities



**Options for Meeting the Requirements of the Alaska Physical Activity in Schools Law** has been developed to assist school districts with examples of how to meet the required 54 minutes a day of physical activity.

## Does your school schedule provide enough physical activity time? Options to meet Alaska's Physical Activity in Schools Law (2016)

Recent legislation (AS14.30.360, amended April 2016 by SB200 'Physical Activity in Schools') requires Alaska schools to provide opportunities for students K-8 to achieve a minimum of 90% of the recommended 60 minutes a day of physical activity during each full school day. This equates to at least 54 minutes and may include physical education classes and opportunities for unstructured physical activity, such as recess.

Daily physical education courses are a best practice for teaching kids the necessary skills to be physically active and are proposed as the recommended option for scheduling. We understand that some schools may not have the current capacity to provide physical education every day and have included sample scheduling options for both elementary and middle schools to meet the SB200 time requirements.

# Options for Implementation-Examples

Elementary school schedule:

Recommended Option- includes National Association of Sport and Physical Education (NASPE) recommended 30 minutes of daily PE

- 4 - minute classroom or school wide physical activity boost during morning announcements
- +20 - minute morning recess before lunch
- +30 - minute Physical Education class
- =54 Minutes Total**

# Options for Implementation-Examples

## Elementary school schedule: 'Fill in your own' Option

- \_\_\_\_\_ minutes classroom or school wide physical activity boost during morning announcements
- \_\_\_\_\_ minutes morning recess before lunch
- \_\_\_\_\_ minutes physical education class
- \_\_\_\_\_ minutes classroom based physical activity boosts
- \_\_\_\_\_ minutes afternoon recess, including structured activity for moderate to vigorous intensity

**= 54 Minutes Total**

# Frequently Asked Questions

- **Every day?**

Yes, every full school day. Half days/early release days don't count.

- **During the school day?**

Yes, during the regular instructional day. While we support before and after school activity programs, time spent in those activities are not included in the 54 minutes a day.

- **Where will the new provisions be written?**

Districts may adopt a new policy specifically about the new law or can incorporate the language into their **existing Wellness Policy** (also known as *Student Nutrition and Physical Activity policy*).

# Frequently Asked Questions

## • What is a Wellness Policy?

### School Health Program

- › School Health Profiles
- › School Wellness Policies >
- › Physical Education
- › Physical Activity & Recess
- › Physical Activity in Schools Law
- › School Health and Wellness Institute

### Alaska School Wellness Policies Creating Healthier School Environments

A local school wellness policy (also known as the Student Nutrition and Physical Activity policy) is a written document that guides a school district's development and implementation of policy promoting healthy school nutrition and physical activity.



<http://dhss.alaska.gov/dph/Chronic/Pages/SchoolHealth/aswpi.aspx>

# State of Alaska Gold Standard Wellness Policy

The State of Alaska Obesity Prevention and Control Program has created a *Gold Standard Wellness Policy* and additional materials to assist in implementing a wellness policy.

(If you need accessible versions of any documents listed below, please email: [schoolhealth@alaska.gov](mailto:schoolhealth@alaska.gov))

- >  **State of Alaska Obesity Prevention and Control Program Gold Standard Wellness Policy** (2016)

This policy was developed by the State of Alaska Obesity Prevention and Control Program and the Alaska Department of Education & Early Development Child Nutrition Program and meets all federal requirements for Local School Wellness Policies as well as Alaska State law AS14.30.360 (amended in 2016 by Senate Bill 200 'Mandatory Physical Activity in Schools').

# Frequently Asked Questions

- **Who is going to monitor this?**
  - Designation of this role is a district by district decision.
  - A district's Wellness Policy is reviewed yearly by the district Wellness Committee. The State Child Nutrition Program reviews Wellness Policies as part of their review process every 3 years including implementation.
- **54 minutes? Why not just stick with 60 minutes?**

Districts can provide opportunities for the full 60 minutes of recommended daily physical activity, but only 54 are required.

# Frequently Asked Questions

- **What about exemptions for medical reasons?**

Exemptions can be made if a student is unable to participate for a medical reason. Districts already comply with the Individuals with Disabilities Education Act (IDEA) to provide inclusive Physical Education services for students with disabilities.

- **What about canceling recess for bad weather?**

Exemptions can be made due to unexpected inclement weather. Districts should already have inclement weather policies to provide for indoor recess alternatives.

# Frequently Asked Questions

## What are in-classroom activities?

- In-classroom physical activity is **any** activity done in the classroom during a regular class period.
- In-classroom activities are a great way to get students' minds refreshed and more focused on the lesson.
- Teachers can integrate physical activity in between or into lessons.

# Physical Activity in Schools Law

In April 2016 the Alaska State Legislature passed SB 200 "Physical Activity in Schools: *An act relating to health education and physical activity requirements for students in grades kindergarten through eight.*"



The required 54 minutes may include a combination of physical education, recess, school-wide activities and in-classroom activity. The **Resources for In-classroom Physical Activities** document lists several examples of activities classrooms can use.



# Frequently Asked Questions

- **What are school-wide activities?**

School-wide activities are those where all students participate in the activity at the same time:

- ✓ Movement video that is displayed in every classroom at a set time during the school day.
- ✓ Mileage walk where all students walk a route in the hallways for time and distance
- ✓ Student/teacher led activity break over the school loudspeaker



# Putting the Law into Action

Lauren Kelsey

School Partnership Coordinator

Alaska Obesity Prevention & Control Program

# Spotlight on Seward:

- daily PE
- morning  
and lunch  
recess

Get out and Play. Every day.



Raising healthy kids  
in Alaska!

## Seward school makes PE a daily priority

Ann Potempa, Play Every Day Blog 10/22/2014 9:25 AM

If you're a third grader at Seward Elementary, you will have physical education class on Monday.

You'll have it on Tuesday, too. And again Wednesday, Thursday and Friday.



In fact, by the end of the week, all students in grades 3 to 5 at Seward's only elementary school will have 30 minutes of PE, five days a week, meeting the recommended 150 weekly minutes of PE for elementary-age children. When you add in the morning and lunch recess time, Seward's children are getting the recommended 60 minutes of daily physical activity for good health – all before they leave school at the end of the day.

Want more? Visit [playeveryday@alaska.gov](mailto:playeveryday@alaska.gov)

# Spotlight on Sitka:



- active playground games
  
  
  
  
  
  
  
  
  
  
- links to bullying prevention

## Organized recess means playground fun at Sitka school

Ann Potempa, Play Every Day Blog 2/25/2015 9:25 AM

When you send kids outside to play at recess, they know what to do, right?

They know to be active, have a good time, include everyone else in the game?

Baranof Elementary School, a Sitka school that teaches about 250 preschool through first-grade students, started a structured recess program in the fall of 2013 because staff realized that not all children knew what to do on the playground, or how to start up games with other kids.



# Spotlight on North Slope:

- daily lesson plans include classroom PA
- opening-time dancing

Get out and Play. Every day.



Raising healthy kids in Alaska!

## Schools follow new state law increasing physical activity to improve health, academic performance

Ann Potempa, Play Every Day Blog 10/19/2016 11:28 AM

A new law takes effect this week in Alaska requiring schools to provide almost one hour of daily physical activity for all students in grades kindergarten through 8. Children benefit from physical activity, both in their overall health and their academic performance.

According to the Centers for Disease Control and Prevention, meeting the daily recommendation of physical activity is linked to an increase in concentration and focus, improved classroom attendance and behavior, better academic performance, prevention of obesity, and improved overall health.



According to the Centers for Disease Control and Prevention, meeting the daily recommendation of physical activity is linked to an increase in concentration and focus, improved classroom attendance and behavior, better academic performance, prevention of obesity, and improved overall health.

# Spotlight on Mat Su:

- Teacher training on cooperative learning Strategies
- “morning movers”



- 1. Teacher says “Go!”**
- 2. Students will stand up with one hand high in the air.**
- 3. Quickly find a partner who is not a teammate and do a “high five.”**
- 4. Wait for teacher to give further instructions.**

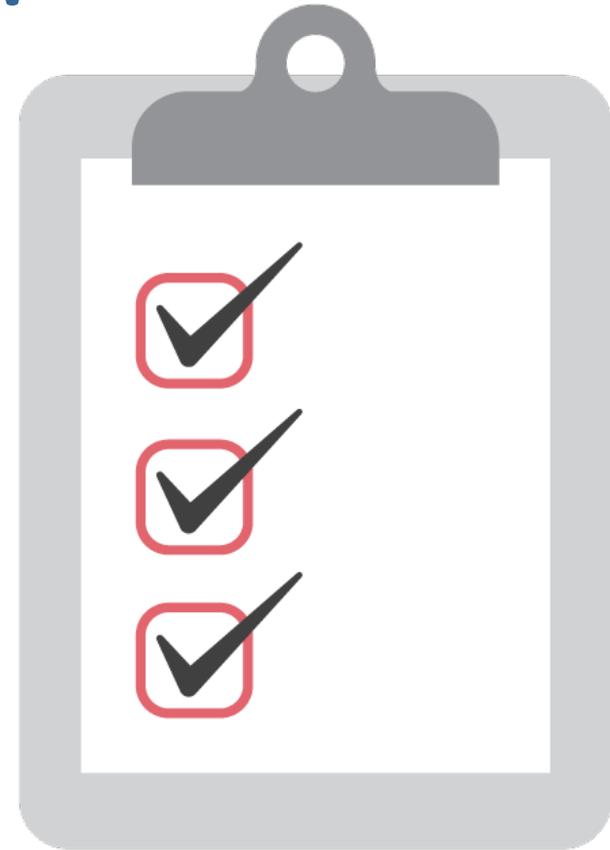




# What parents, teachers, and interested community members can do to help implement this new law...

35

- **Ask** how the law is being implemented in your school
- **Assert** that physical activity is important to student health and learning
- **Offer** to be part of the solution
- **Share** your successes



# Time for Your Questions



Or feel free to contact us...

□ Wendy Hamilton

907.465.2768

wendy.hamilton@alaska.gov

□ Lauren Kelsey

907.269.8165

lauren.kelsey@alaska.gov

*Thank you for your time!*