**Key Results from Generation Healthier Texas Workgroups**

**Executive Summary Fall 2018**

**HPE Higher Education**

**(Where do we want to be?) Key Results Desired - Strategic Objectives and Outcomes**

1. Increased Classroom Exposure and Training for University Students.
2. Greater Comparability, Equity, and Consistency-(Salaries, time, class size).
3. Improved Awareness of KHE importance by Key Partners. (Administrators, non-HPE educators, families)

**(How do we get there?) Strategies, Programs, Services, and Inputs**

1. University Professionals Align Learning and Health Objectives and Practice.
2. Promote Administrative Awareness and Provider/Professional Collaboration. Utilize SHAC committees to bring awareness/needs to administration.  More legislative action.
3. Promote Campus-based Awareness. SHAC/KSHAC groups work with their campuses and districts to bring awareness to the entire school community and all its stakeholders.

**Students and Families**

**(Where do we want to be?) Key Results Desired - Strategic Objectives and Outcomes Increased student activity and improved nutrition.**

1. **Improved social supports for self-care among educators, parents, students.**
2. **Improved (healthier) Home and School Environments.**
3. **More Empowered Students committed to taking care of own health in school & home.**

**(How do we get there?) Strategies, Programs, Services, and Inputs**

1. **Market and Deploy Effective Practice Activity and Nutrition Programs. (HZ, FUP50, United Way, take-home, & community activities)**
2. **Deploy Web-based and Other Social Supports for healthy lifestyles for teachers, students, families (Programs, Blogs, Websites).**
3. **Market and Deploy Home and School Environment-based Effective Practices.**

**Schools**

**(Where do we want to be?) Key Results Desired - Strategic Objectives and Outcomes**

1. **Improved Knowledge and Use of Whole Child Model.**
2. **Expanded Graduation Requirements to include Health.**
3. **Improved PHE Class Sizes and Safety & training Compliance to meet law**.

**(How do we get there?) Strategies, Programs, Services, and Inputs**

1. **Information Sharing/Dissemination, Partnering/Mentoring, and Training about WSCC at all TAHPERD programming .**
2. **Leverage Business partnerships to bring awareness and Legislative Changes.**
3. **Awareness Raising Benefits of QPE/certified PHE teacher and Communications (infographics/presentations with superintendents & legislators**.
4. **Create Safety and Quality Plans & Train to Advocate for QPE .**

**Key Results from Generation Healthier Texas Workgroups**

**Summary Fall 2019**

**HPE Higher Education**

**(Where do we want to be?) Key Results - Strategic Objectives and Outcomes**

1. **Increased Classroom Exposure and Training for University Students.** University students would be exposed to carefully designed and meaningful quality hands on classroom experience earlier in their studies so that they can get a better understanding of the demands and expectations of the profession as well as complete certifications such as first aid, CPR, CPI, or any other relevant trainings later in their upper level courses prior to graduating.
2. **Greater Comparability, Equity, and Consistency.** PE/Health are treated as equal subjects to Math, Science, and ELAR with regards to salary/stipends, PLC time, class sizes, and fitness results being part of the overall school report card.  In addition, facilities should be comparable with classrooms in regard to technology and resources needed to be successful and safe when teaching and being active. We also need to ensure that we are consistent across the state with ensuring we are meeting the state requirements when it comes to the minutes of PE per week or block period as well as getting Health back in the curriculum for not only high school, but middle and elementary as well where a certified health teacher, separate from the PE teacher, can educate our kids on the nutrition, health risks of not being active, and any other current issues we may face.(opioid addictions, bullying, sex ed, etc..)
3. **Improved Awareness of Key Partners.** Administrators, non-HPE educators, and families would be educated in the importance of HPE with the help of research, resources, and tools through open houses, wellness nights, professional development, and other community events.

**(How do we get there?) Strategies, Programs, Services, and Inputs**

1. **Align Learning and Health Objectives and Practice.** Current university professionals in the educational process can help with looking at how the listed objectives can be incorporated into current classes and advising.
2. **Promote Administrative Awareness and Provider/Professional Collaboration.** Utilize SHAC committees to bring awareness/needs to administration.  We also would like to see the collaboration of groups such as TAHPERD and It’s Time Texas work to strengthen the HPE platform at the legislative level.
3. **Promote Campus-based Awareness.** SHAC/KSHAC groups work with their campuses and districts to bring awareness to the entire school community and all its stakeholders.

**Students and Families**

**(Where do we want to be?) Key Results - Strategic Objectives and Outcomes**

1. **Increased student activity and improved nutrition.**
2. Increase student activity at school.
3. Increase student activity away from school
4. Improve nutritional health of student at school
5. Improve nutritional health of student away from school
6. **Improved social supports.**
7. Build social support for self-care among educators
8. Build social support for self-care among parents
9. Build social support for self-care among students
10. **Improved Home and School Environments.**
11. Create a positive change and growth towards a healthier school environment
12. Create a positive change and growth towards healthier home environment
13. **More Empowered Students.**
14. Students are empowered and committed to taking care of their own health in school
15. Students are empowered and committed to taking care of their own health at home

**Strategies, Programs, Services, and Inputs**

**(How do we get there?)**

1. **Market and Deploy Effective Practice Activity and Nutrition Programs.**
2. Examples of already established programs such as Activitygram, Healthy Zone, FUTP60, GHT Tool Kit etc.
3. Companies or organizations that could provide funding and support such as the United Way, Dairy Max, etc.
4. Employ take-home activities involving family
5. Share community activities options with families
6. **Deploy Web-based and Other Social Supports.**
7. GHT Tool Kit
8. United Way Support
9. Blogs
10. Websites for social support
11. Websites for emotional support
12. **Market and Deploy Home and School Environment-based Effective Practices.**
13. Examples of already established programs
14. Companies or organizations that could provide funding and support
15. Employ take-home activities involving family
16. Share community activities options with families

**Schools**

**(Where do we want to be?) Key Results - Strategic Objectives and Outcomes**

1. **Improved Knowledge and Use of Whole Child Model.** Increase staff development opportunities for Texas educators that focuses on improving their knowledge and implementation skills with regards to the [Whole Child Model.](https://www.cdc.gov/healthyschools/wscc/index.htm)
2. **Expanded Graduation Requirements.** Increase the number of school districts requiring health education as a graduation requirement in all graduation programs?
3. **Improved Class Sizes and Safety Compliance**.
4. Physical Education class sizes reflects the same number of students as other required curriculum to ensure the implementation of all physical education requirements and safety of students.
5. To ensure the safety and implementation of developmentally appropriate physical education program, class sizes must not exceed 1-45 taught and must be taught by a certified physical educator.

**(How do we get there?) Strategies, Programs, Services, and Inputs**

1. **Information Sharing/Dissemination, Partnering/Mentoring, and Training.**
2. TAHPERD General Division (Admin K-12 section) offers at least 1 program per conference/convention focused on the whole child.
3. Seek opportunities to utilize like-minded partners to offer/coordinate training opportunities.
4. TAHPERD Exec. Director will strive to include Whole Child awareness information at events/conf/conv.
5. Add questions to the award and school recognition packets in how they align with WSCC
6. Add WSCC information to the registration packet
7. Position Statement in support of the WSCC
8. Assign mentors to new Admin PE leaders to ensure they know CSH, quality instructions, .
9. **Legislative Changes.**
10. Leverage business partnerships to bring awareness to legislators - increasing health knowledge to decrease health costs.
11. PD to health educators on PBL activities laws
12. **Awareness Raising and Communications**.
13. Increase awareness of the benefits of having a certified physical educator through infographic communication & presentations (include data comparison for discipline, clinic referrals, FITNESSGRAM results, academic correlation)
14. TAHPERD Ex. Director and ITT share data and concerns to Superintendents and legislatures
15. **Safety and Quality.**
16. Provide an example Safety Plan to the State that addresses strategies to ensure safety.
17. Train PE teachers to advocate to follow laws for physical education and class sizes (Tool Kit idea).
18. TAHPERD presenter packets must include skill development.
19. Co-present with some of the big names and reinforce laws that support quality PE.