

The Massachusetts CSHP Announces:

A *NEW* Listserv!

***The Massachusetts Coordinated School
Health Network***

A venue for those interested in health education and school health services to post questions, discussion items, and other relevant information.

Providing updates on health and physical education and school health services related information including:

- Professional development
- Programs
- Events
- Resources
- Funding

To sign up for the listserv, please send your email address and occupation/school/organization affiliation to:

jo'donnell@doe.mass.edu

You can expect to receive postings starting in December 2003

Please Note

***InStep* with School Health will only be available through the MassCSHPNetwork or the CSHP website (www.doe.mass.edu/hsss/cshp). Sign up for the listserv and *InStep* will automatically be delivered to your email. Hard copies will still be available upon request.**

This listserv is for school staff, organizations, agencies, and others interested in child and adolescent health. No commercial vendors, please.

The Massachusetts CSHP has the following no cost professional development opportunities available

Great in-service day workshops for health and PE teachers!

Quality Physical Education: The *New PE*

Interested in updating your PE program to include modern theory and practice? This workshop offers attendees information on developing and implementing quality physical education programs. Topics include:

- *Quality Physical Education*-Learn and understand the standards and guidelines for physical education programs based on the recommendations of NASPE (National Association for Sport and Physical Education) and the CDC (Centers for Disease Control and Prevention)
- *The New PE*-Current theory and practice that can improve your PE program
- *Modernizing Your Program*-Ideas and examples for updating PE programs to emphasize fitness and wellness for all students
- *Assessment*-Developing and implementing assessment tools for physical education knowledge, skill and performance

The School Health Index (SHI): A self assessment and planning guide for improving the school health environment

The SHI is a tool that schools can use to evaluate their current nutrition, physical education/activity, and tobacco programs and policies. Through a self-guided assessment, schools identify programs and policies in place, and determine areas for improvement. A model for developing a realistic and feasible action plan is included. The SHI works best with a team representing all areas of the school environment. Suggested team members might include the school principal, health services, health and physical education teachers, food service, subject teachers, parents, students, and guidance staff.

Physical Education Assessment-Middle School: AIMS-PE

The AIMS-PE (Assessment Initiative in Middle School Physical Education), developed by researchers at Umass Amherst, is a tool that helps teachers develop quality PE programs that are linked to national and local standards and are based on assessing student knowledge, skill, performance, fitness and attitude. Participants will learn how to use the AIMS-PE to improve their own middle school PE programs through sample units and assessment tools and through developing their own individualized PE units.

Please contact Jhana O'Donnell at 781-338-6325 or jo'donnell@doe.mass.edu for more information or if you are interested in bringing any of these workshops to your school