



**New York State Council of Administrators
Of Health, Physical Education, Recreation and Dance
Chartered by the New York State Board of Regents 1964
Section of NYS Association for Health, Physical Education, Recreation, and Dance**



President

David Garbarino

Binghamton CSD
31 Main Street
Binghamton, NY 13905
Office: (607)-762-8148

Past President

Mike Salatel

Geneseo Central Schools
4050 Avon Rd.
Geneseo, N.Y. 14454
Office: (585) 243-3450,x1005
Cell: (585) 506-7130
Fax: (585) 243-2511
msalatel@geneseo.k12.ny.us

Secretary/ President Elect

Fritz Kilian

Brighton Central Schools
1150 Winton Rd., South
Rochester, NY 14618
Office: (585) 242-5070
Fritz_kilian@bcasd.org

Treasurer

Dennis Fries

59 Timrod Dr.
Irondequoit, N.Y. 14617
Cell (585) 730-1526
Home (585) 544-3883
Fax (585) 266-2827
freezer@frontiernet.net

Publications

Tom Stewart

Rush-Henrietta Schools
649 Erie Station Rd.
West Henrietta, NY 14586
Office: (585) 359-7937
tstewart@rhnet.org

Trustees:

Ted Kantorowski
Anthony Gulli
Lloyd Mott
Mary Berhang
Robert Zifchock
Robert McGuire

Administrative Times

Fall 2009

Change in Physical Education Regulations... At its meeting on June 23, 2009, the Board of Regents revised Section 135.4 of the Regulations of the Commissioner of Education regarding physical education. The revised regulation is posted in the toolkit of the NYSED Physical Education website with changes in bold for easy referencing. Please visit the PE Toolkit at the NYSED Physical Education homepage at <http://www.emsc.nysed.gov/ciai/pe/>.

The proposed amendment to 135.4(c)(2) of the Commissioner's Regulations provides flexibility for school districts that have organized their 5th and 6th grades into a middle school, by revising the physical education instruction requirements for elementary programs to include provisions for pupils in grades 5 and 6 who attend a middle school. This amendment would eliminate scheduling and staffing issues in middle level schools. The proposed change was listed in the recommendations of the Office of the State Comptroller Audit on Physical Education and recommended by administrators in middle level buildings.

Overview of elementary physical education instructional program-grades K-6 :

(a) all pupils in grades K-3 shall participate in the physical education program on a daily basis. All pupils in grades 4-6 shall participate in the physical education program not less than three times each week. The minimum time devoted to such programs (K-6) shall be at least 120 minutes in each calendar week, exclusive of any time that may be required for dressing and showering; [or] (b) notwithstanding the provisions of clause (a) of this subparagraph, pupils in grades 5-6 who are in a middle school shall participate in the physical education program a minimum of three periods per calendar week during one semester of each school year and two periods during the other semester, or a comparable time each semester if the school is organized in other patterns.

NYSED temporary coaching certificates can be accessed at the following link: www.highered.nysed.gov/tcert/
Scroll down and click on: Resources--Public in the middle section, then click on the left hand side on Teach public inquiry system
Type in the Last Name, First Name and click SEARCH. The coach can also log into their TEACH account at any time to view.
You can also print off the page for the coach's file in your office. (SED is not printing Temp. certificates.)

The American Association for Health Education (AAHE) is pleased to announce the Blue Apple Health Education Awards. Applications for the 2010 Awards are due from Schools November 6, 2009. The award program provides up to 12 schools annually with national recognition for their leadership and commitment in providing quality health education that promotes healthy behaviors and increased student learning for all students. These schools will serve as models of excellence for others across the nation. Complete information is at www.blueappleaward.org

President's Message.... from Dave Garbarino

As President of the NYS Council of Administrators, I have worked diligently with our COA leadership to plan our 2009 Annual Conference. We pledge to do our very best to ensure that the time we spend together is meaningful. At the end of the conference, we want you to consider the miles that you have traveled and the time you devoted to the COA and your own professional development as worthwhile. Our goal is to not only help you become more knowledgeable about policies and initiatives related to quality health and physical education programs, but to enable you to provide outstanding leadership to your staff that will enhance their abilities to teach with confidence and enthusiasm, because they know you support them and their work.

This year's COA Conference has much to offer ~

Our Conference is Wednesday, November 18th ~ Thursday, November 19th and will be held at the beautiful Turning Stone Resort and Convention Center, in Verona, New York.

We are thrilled to welcome Assemblywoman Catherine Nolan who will present our opening session. Assemblywoman Nolan is the Chair of the Assembly Education Committee and a strong supporter of health and physical education programs. The remainder of the Conference offers many diverse programs including a Thursday keynote presentation by Dr. Chris Xaver, focusing on resiliency in these changing times.

Why should you attend the COA Conference?

- * Gain perspective attending diverse sessions on the state of education and emerging trends.
- * Meet vendors and discover the latest innovations in products and services.
- * The NYS AHPERD Conference is being offered concurrently with our Conference.
- * Take advantage of being in the same place with the best and brightest in our profession.
- * Expand your professional knowledge in the areas of curriculum, instructional techniques.
- * Add your voice to debates about the issues that affect the future of our profession.
- * Network, make new friends and renew past acquaintances.
- * Experience the Anne Mackey Dinner where we acknowledge our award recipients.

What others have said about the Turning Stone and past Conferences~

- * Inspirational and diverse sessions.
- * Beautiful facility.
- * Great fun and entertainment.
- * Lots of things to do... exercise, spa, shop, breathtaking grounds.
- * Central location for everyone in NY to travel to. It should be here every year.

Please accept this invitation to join us at the premiere Physical Education and Health Conference New York State has to offer! We also encourage all of you to remain at the Turning Stone and attend the 72nd Annual NYS AHPERD Conference.

When registering for the NYS COA Conference, you will be asked if you plan to attend the NYS AHPERD Conference. This will serve as your NYS AHPERD Conference Registration; please do not complete a separate registration.

I hope to see you at the Turning Stone in November!

Sincerely,

David Garbarino

COA President



Editor's Column...

Welcome back to another school year! One of our "perks" as educators is the fresh start that each new school year brings. Hopefully, 2008-2009 brought many accomplishments to your school district and to your role as a health/PE administrator. The COA, under the leadership of Dave Garbarino, accomplished several tasks this past year. Dave has brought the COA closer to NYS AHPERD, which includes a new (NYS AHPERD) position for Lloyd Mott. A sample of Lloyd's role with the COA may include traveling to Zone COA meetings, and to Albany as a COA representative to discuss important topics. (See Lloyd's message in this issue.)

Dave has also connected the COA conference with NYS AHPERD. This change worked well for us, the attendance doubled from the previous two years. The total number of attendees was 107; the first time we had over 100 participants since 2001!

This past year, I was fortunate enough to have been involved in staff development within my own district and also outside of RH. In January, RH PE staff had the opportunity to meet with the Frontier School District to share ideas around assessment. This was done in collaboration with MLC, Inc. It was a great opportunity for both school districts to collaborate. I was also involved in the Cooper Institute Fitness Specialist Workshop held at RIT this past June. I would recommend this course to anyone.

Also included in this issue of the Administrative Times is a brief overview of the Victor Schools K-12 PE program, lead by COA member, Ron Whitcomb.

Again, welcome back! We look forward to seeing you at our annual COA Conference in November.

**Next Issue...
SED Elementary
PE Compliance
Committee
Update**

2009 COA Conference

November 17-18, 2009

Turning Stone

**Information is available online at
www.nysahperd.org/coa**

(See next page for Conference Agenda)

Q & A:

Q: How does a school district become an approved site to offer First Aid/CPR for coaching?

A: Schools wishing to offer First Aid/CPR should make application to the Office of Curriculum and Instruction and must receive approval prior to implementation. To have instructors approved, the following verifications must be provided: 1) Documentation of 5 years experience teaching First Aid and/or CPR for a recognized agency, such as American Red Cross, American Heart Association, National Safety Council, EMS Services, NYS Department of Health, etc. (2) Current instructor certifications from one of the above. (3) Three letters of recommendation to become an instructor. Once the school and instructors are approved, a course outline for each of the courses to be taught will be sent to the contact person listed for the school. Certificates of completion will be provided for participants (photocopy masters). Send applications to: Associate in Physical Education, State Education Department, Room 320 EB, Albany, NY 12234.

Q: CPR for coaches is valid for how long?

A: CPR is now valid for two years (upon renewal) as of July 1, 2009.

New York State Council of Administrators

2009 Conference Agenda

Wednesday, November 18, 2009

- | | |
|--------------------|--|
| 9:30 AM – 12:00 PM | COA Representative Board Meeting |
| 12:00 PM – 2:00 PM | Registration |
| 1:30 PM – 2:30 PM | Session I
Assemblywoman Catherine Nolan |
| 2:45 PM – 3:45 PM | Session II
<u>The PE Profile Year 2...What Do We Do Next?</u>
Kerri Bullock
<u>The Nuts and Bolts for High School Health</u>
Eben Bullock and Kelly Breward |
| 4:00 PM – 5:00 PM | Session III
<u>Strategies for the Director to Affect Positive Change in Your Physical Education Program</u>
Bob Goldberg and Tony Gulli |
| 6:00 PM – 7:00 PM | Reception |
| 7:00 PM – 8:00 PM | Anne Mackey Awards Dinner |
| 9:00 PM | Desert and Coffee Reception with Conference Exhibitors |

The rate for this Conference is \$175, and includes one ticket to the Anne Mackey Dinner on Wednesday, November 18, and a continental breakfast on Thursday, November 19. These rates do not include your Hotel Accommodations. If you plan to stay at the Turning Stone Resort & Convention Center, please call (800) 771-7711 and indicate your affiliation with NYS AHPERD, to receive reduced room rates of \$119/night for a single/double in the Hotel/Tower or \$199/night for a suite in the Lodge. The following payment methods are acceptable: check, school purchase order, or credit cards (VISA and MasterCard).

To obtain a school purchase order, you should print a copy of your emailed registration confirmation and submit it to your school according to your district's established procedures.

If registering prior to November 11, please print a copy of your emailed registration confirmation and mail it with a copy of your school purchase order or check to:

**NYS Council of Administrators
C/O Dennis Fries, Treasurer
59 Timrod Drive
Irondequoit, NY 14617**

If registering after November 11, attach a copy of your school purchase order or check to your registration confirmation and bring it to the NYS Council of Administrators Physical Education and Health Directors' Conference.

Message from Lloyd Mott, NYS AHPERD

Hello to All,

I assume you have heard that I have accepted a position with NYS AHPERD, working as an assistant to Colleen. I am excited about some new challenges and, hopefully, accomplishing some things that will improve our services to members and be a positive influence on health education and physical education for our NYS youth.

One of the major goals Colleen and I have established is to work with the COA officers and membership. I will appreciate hearing from you, sharing some thoughts on what I can do to help. Since I am not working in another full time position, I will have the flexibility to meet and travel to accomplish goals. I have thought of the following as possible areas of attention:

- Travel to Zone COA meetings to introduce current topics, identify ways the COA can better serve members, stimulate discussion on topics which will be on a future meeting agenda for a vote, and promote an increase in "active" zone membership.
- Represent COA and NYS AHPERD in Albany to include: SED, Senate and Assembly Education Committee meetings, Regents, Superintendent Conferences, State School Board meetings, etc. These visits would not be on a regular basis, but upon request from the COA and/or NYS AHPERD leadership.
- Investigate any new projects, programs or directions as requested by leaders. Investigate a National COA - similar to the NIAA. Develop a "Model Programs List" and a "NYS Health & Physical Education Speakers Organization." (Sharing the expertise of some of our best people.)

I hope to hear from each of you and look forward to serving the Council of Administrators. The listing above is some quick brain- storming by me. Please realize that they are only ideas, not proposals.

Your COA "Serving Its Members" 3 Immediate Goals for 2009-2010

1. Potential - Leadership - Team Building. We hope to stimulate "active membership" through Zone visits, while sharing the history of the COA.
2. Develop and activate a communication system within each COA Zone and between each Zone and the COA leadership. Simple contact lists constructed by each Zone Rep and shared statewide will work. We will all grow and improve as we communicate on a regular basis. We will stimulate input from members through improved communications.
3. Develop a survey to be sent to each health and physical education director in NYS. The purpose of the survey will be to identify the exact positions of the membership and request their input for improved services to members. The potential of the COA as the professional organization serving administrators of health and physical education in NYS is unlimited.

We will certainly be setting more as we all work together.

Program Excellence: The Victor Schools K-12 Physical Education Program

This section (Program Excellence) of the Administrative Times highlights quality physical education programs across New York State. It was very easy to select the first school district to be highlighted. The Victor Schools have been far ahead of the curve in physical education ever since Ron Whitcomb became their director of physical education. We approached Ron earlier this month and asked him to briefly share some thoughts about Victor's program. If you have attended some of our COA conferences in the past, or a NYS AHPERD conference, you probably have heard Ron talk about quality physical education. We urge you to go to the Victor Schools website to view the physical education webpage. You will find their program neatly organized by curriculum and assessment. The sample assessments are definitely worth reviewing, as well as the overall K-12 curriculum. The website is www.victorschools.org.

In 2004, Victor Schools was one of a dozen schools across the country to be named as the charter STARS recipients in recognition of their outstanding physical education programs by the National Association for Sport and Physical Education (NASPE). STARS recognizes a school's total physical education program as the whole department meets the criteria of the National Standards for K-12 Physical Education on a progressively more challenging ascent toward excellence.

Below (and on the next page) you will find Ron's overview of the program.

Tom Stewart asked me to write an article on an exemplary physical education program. I was honored that he asked me and eager to share what we do at Victor Central Schools. I will start by defining a quality program in physical education, describe some of the components at Victor and then tell you what you would see if you visited Victor and did an observation.

A quality physical education program should have the following components:

- A current curriculum
- Delivering content
- Using assessments
- Being accountable
- Teaching to the standards
- A philosophy that entails keeping students active for life.
- Teaching content that is in the best interest of students, new and current units that turn students on, not off.

When I review the components at Victor, we feel we have the qualities that make up a quality program.

Victor Physical Education:

A sequential K-12 curriculum (updated in 2008)

We use our "scope and sequence" to help us construct all lesson plans. All of our skill objectives are tied to the New York State and National Standards. As a staff (K-12) we have decided what is being taught at each grade level and "design backwards" to formulate all of our units. A teacher in the Victor district can select any unit (or theme in the primary schools) and the curriculum will inform you what specific skill objectives need to be taught in this unit.

We have also have agreed to design our own rubrics and assessments. Once again, it is our staff that designed our rubrics. They are clearly written and meant to help students understand the components of a particular skill. We do assessments K-12. However, only at the secondary level do we use assessments for a grade. We assess on skill, the cognitive domain, and personal and social responsibility. At our high school level, grades 9-12 we use the authentic assessment; assessments used in game play.

Victor PE Continued...

We are a skills based program and firmly believe we can teach skills in a progressive manner. Many of our skills (concepts) overlap from one sport or activity to the next; they are never taught in isolation. So, we believe in delivering content. With well-constructed rubrics, skill objectives tied to the standards, and a solid curriculum with content; we deliver instruction in a sequential manner. The other concept that is critical to a quality program is accountability. Everyone on our staff is on board. We all believe in assessments and teaching to the content. It seems our most senior members of our teaching staff are our best role models. They come to work to be a professional; a quality physical education teacher not a “gym teacher”.

A key component of our program is that we differentiate our lessons – one size does not fit all. Designing a lesson plan that allows students to be challenged at the correct level but still have success is what all of our staff strive to do.

Finally, the mainstay of our program is accountability. We can demonstrate to parents how their child has “earned” a grade at Victor. We grade our students based on performance, cognitive skills and personal and social responsibility; 80% of our grade is performance based. We have clear rubrics and assessments for all skill objectives.

One final note, YES—our students have fun, are actively engaged a maximum amount of time in class and NO—our teachers heads are not stuck in a clipboard as we assess.

Ron Whitcomb has been recognized as a leader in the field of physical education at the local, state, and national level. The COA recognized Ron in 2007 with its highest award, the Ellis H. Champlin Award.

If you would like to nominate a school district to be highlighted (in our next issue) for program excellence, please contact us at tstewart@rhnet.org.

For Consideration...

**Council of Administrators Zone 8
Nassau County Mentor Program
Zone Reps Dom Vulpis and Brenda White**

When a new PE/athletic director enters Nassau County, he/she is greeted by a mentor. The mentor is a well- respected, experienced PE/athletic director who volunteers for this position of service to the section. The pairing takes place at a Council of Administrators meeting. Once paired, the work begins. Meetings, phone conversations, e-mails, workshop attendance take place at the discretion of the new PE/athletic director. Organizational topics range from the organization of the council, the various committees in section VIII, and the makeup of the COA and AAA. Office management skills, parent meetings, coach’s agendas, and all the daily tasks of our jobs are part of mentor’s discussions.

The best part of this program is the new PE/athletic director doesn’t feel alone and overwhelmed in their new position. They have a go to person in their mentor that they can trust and confide in each and every step of the way!

(Editor’s note: I was fortunate enough to have Dr. Fred Apgar (Manhasset at the time), as my mentor in Zone 8, during my first few years at East Meadow. Fred was incredibly helpful; I called him often and met with him throughout the school year to discuss a variety of topics and issues.)



Administrative Times

649 Erie Station Road
West Henrietta, NY 14467
tstewart@rhnet.org

To: Director of Health/Physical Education

Six NYS Schools Awarded USDOE

Carol White Physical Education Grants!

Berlin Central School District, Berlin, NY - \$462,820
Alden Central School District, Alden, NY - \$441,893
Rochester School for the Deaf, Rochester, NY - \$90,636
Williamsburg Charter High School, Brooklyn, NY - \$250,119
Scotia-Glenville Central School District, Scotia, NY - \$464,468
Newfane Central School District, Burt, NY - \$195,805

Congratulations!

Mini-grants encourage student creativity in Safe Routes to School

The National Center for Safe Routes to School is awarding 20 mini-grants of up to \$1,000 each to encourage student creativity in new or existing Safe Routes to School (SRTS) programs. The goal of SRTS programs is to enable and encourage children to safely walk and bicycle to school. SRTS programs are implemented nationwide by parents, schools, community leaders, and local, state, and tribal governments.

Mini-grant applications are due October 30, 2009, and award winners will be announced by December 1, 2009. To obtain the mini-grant application, go to www.saferoutesinfo.org/minigrants.

Since its creation in 2006, the National Center for Safe Routes to School has assisted communities in enabling and encouraging children to safely walk and bicycle to school. The National Center offers training and resources to assist communities in successful SRTS program development, and funding the mini-grants extends that mission.

The National Center is maintained by the University of North Carolina Highway Safety Research Center with funding from the U.S. Department of Transportation Federal Highway Administration. For additional information about the National Center for Safe Routes to School, go to www.saferoutesinfo.org.