



November 2, 2016

Danielle Shockey
Deputy Superintendent of Public Instruction
Indiana Department of Education
South Tower, Suite 600
115 W. Washington Street
Indianapolis, IN 46204
(dshockey@doe.in.gov)

cc:

Jeff Barber, Director, Federal Title Grant Programs and Support (jbarber@doe.in.gov)
John Barnes, Director of Legislative Affairs (jbarnes@doe.in.gov)
Teresa Brown, Assistant Superintendent of School Improvement (tabrown@doe.in.gov)
Sue Henry, Health Science, Health & Wellness, and PE Program Leader (suhenry@doe.in.gov)
Risa Regnier, Assistant Superintendent of School Support Services (rregnier@doe.in.gov)
Glenda Ritz, Superintendent of Public Instruction (superintendent@doe.in.gov)
Pete Weldy, Director of Policy and Research (pweldy@doe.in.gov)

RE: Indiana ESSA Plan Development Process - Healthy Students Succeed

Dear Ms. Shockey,

On behalf of the students, teachers, parents, and administrators in Indiana school districts and in conjunction with the Indiana Association of Health, Physical Education, Recreation, and Dance (IN AHPERD), we ask that leaders from health and physical education be included as part of working groups associated with the *Every Student Succeeds Act* (ESSA) implementation plan. We are ready and willing to provide expertise and guidance related to school health and physical education for the students of Indiana.

The health and physical education community worked for over seven years to have health and physical education recognized as critical components of a student's education. We are thrilled that Congress elevated both health and physical education in ESSA by including them as part of a student's well-rounded education. This is an important designation for these two subjects that were excluded from *No Child Left Behind*, the legislation's previous authorization.

As part of a well-rounded education, health and physical education programs can now be supported by funding allocated to states for Title I, Title II and Title IV - Student Support and Academic Enrichment Block Grants and the 21st Century Community Learning Center program.

After the passage of *No Child Left Behind*, we witnessed two alarming and related trends. Health and physical education were too often considered ancillary subjects and therefore the first to be cut in education budget shortfalls. In addition, child obesity rates reached epidemic proportions, with one in three Indiana youth ages 10-17 either overweight or obese. This rise in the rate of childhood obesity in our nation contributes to an estimated \$270 billion per year in healthcare costs. Research consistently supports the risk of overweight/obese youth maintaining this status into adulthood.

Financial cost considerations aside, a recent study showed that low aerobic fitness was the strongest predictor of death - greater than the combined deaths due to obesity, smoking and diabetes. Recent evidence also shows that childhood fitness is linked to future health. Unfortunately, American children rank 47th out of 50 countries in aerobic fitness and Indiana children rank near the bottom of the list of all states.

Research has shown that participating in physical activity and physical education improves student attendance, test scores, participation and enthusiasm for other academic subjects, motivation to learn, and reduces discipline referrals. Evidence also shows that effective school health education reduces student participation in behaviors such as smoking, heavy drinking, school misbehavior, and violence.

Educators who specialize in health and physical education deliver instruction that meets our existing state and professional standards, focuses on a specific course of study and incorporates student assessments and measurable outcomes. Health and physical education programs provide students with a foundation for a lifetime of health, wellness, and character development.

Now that health and physical education have been prioritized in ESSA as part of a student's well-rounded education and are allowable uses of federal education funding, we believe it's vital that health and physical education representatives be present as Indiana begins developing plans and priorities for the next school year.

Healthy Students Succeed. Learning and well-being are inexplicably related. Healthy students who are physically active on a regular basis have the academic advantage. Meaningful K-12 health education and physical education offers this academic advantage to all Indiana children. Considering physical education as an elective is akin to considering health/well-being as unnecessary.

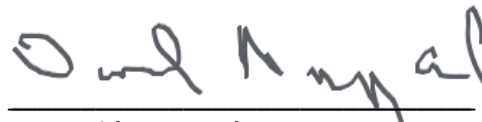
ESSA implementation planning allows policy stakeholders to replace current "optional" thinking with "required" thinking. We stand ready to provide you and your teams with any resources you may need during your important work of ESSA implementation planning.

We look forward to working with you on behalf of Indiana's youth.

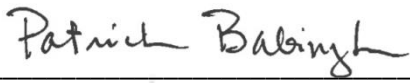
Respectfully submitted,



Dr. Lisa K. Angermeier
Clinical Associate Professor, Department of
Kinesiology
IU School of Physical Education & Tourism
Management



Dr. David Anspaugh
Department Chair
Trine University



Dr. Pat Babington
Professor, Department of Kinesiology
DePauw University



Dr. Thomas Ball
Professor, Department of Kinesiology
DePauw University



Dr. Bonnie T. Blankenship
Professor, Department of Kinesiology
Purdue University



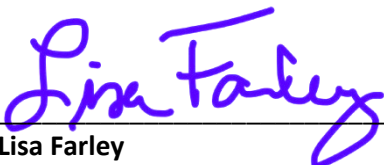
Carole DeHaven
Supervisor for Health and Physical Education
Teacher Education Teacher Preparation
Purdue University



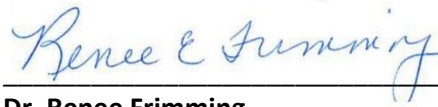
Dr. Kim Duchane, PhD, CAPE
Physical Education Teacher Education Program
Director, Professor of Exercise and Sport
Sciences
Manchester University



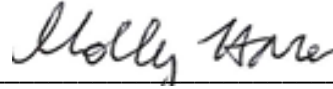
Kim Eiler
Assistant Professor of Physical Education
Franklin College



Dr. Lisa Farley
Assistant Professor, Physical Education
College of Education
Butler University



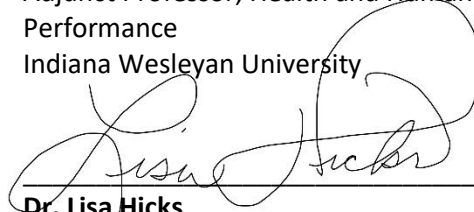
Dr. Renee Frimming
Associate Professor of Kinesiology and Sport
University of Southern Indiana



Molly Hare
Interim Director, Department of Kinesiology,
Recreation, & Sport
Indiana State University



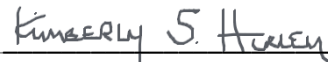
Karen Hatch
Adjunct Professor, Health and Human
Performance
Indiana Wesleyan University



Dr. Lisa Hicks
Chairperson & Professor
Department of Kinesiology
University of Indianapolis




Dr. Rebecca A. Hull, Ed.D.
Professor Emeritus,
Department of Kinesiology
Anderson University



Dr. Kimberly Hurley Ph.D.
Assistant Professor, Physical Education School
of Kinesiology
Ball State University



Matt Hutchins
Associate Professor, Applied Health Sciences
Indiana State University



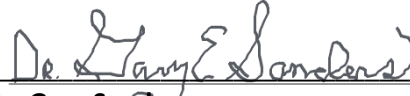
Dr. Diana Jones
Professor of Kinesiology, Chair,
Department of Kinesiology
Anderson University



Dr. Heidi Rauch
Associate Professor, Kinesiology
University of Indianapolis



Jennifer Jones
Professor of Physical Education
Vincennes University



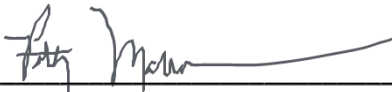
Dr. Gary Sanders
Assistant Professor of Exercise Science
St. Joseph's College



Dr. David Lohrmann
Professor and Chair,
Applied Health Science
Indiana University



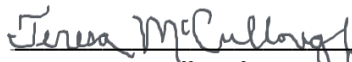
Roberta Sipe
Adjunct Instructor, Health and Physical
Education Program Coordinator, Kinesiology
University of Indianapolis



Patricia Marcum
Instructor in Kinesiology and Sport
University of Southern Indiana



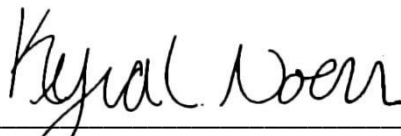
Rachel Renee Swinford
Lecturer, Department of Kinesiology
Indiana University Purdue University
Indianapolis



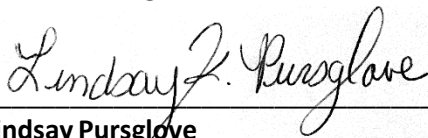
Teresa McCullough
Dance coordinator and instructor
Indiana State University



Mark Urtel
Director of Undergraduate Programs and
Associate Professor
School of Physical Education and Tourism
Management
Indiana University Purdue University
Indianapolis



Krya Noerr
Instructor of Exercise Science
Franklin College



Lindsay Pursglove
Assistant Professor of Sport Administration
Ball State University