MIDDLETOWN BOARD OF EDUCATION
POLICY COMMITTEE
Minutes
Tuesday, April 23, 2013
Dr. Alfred B. Tychsen Administration Building
8:00 a.m.

**Board of Education Policy Committee Members Present:**
Sheila Daniels, Chair, Ava Hart, and Ed McKeon

**Also Present:**
Dr. Patricia Charles, Superintendent, Marco Gaylord, Director of Fine Arts and District Operations, Kathleen F. Bengtson, Administrative Assistant, and Kristy Byrd, Department Head for Physical Education K-12

**The following policies were discussed:**

**Policy #6142.101 School Wellness Policy -- Physical Education section--** Kristy Byrd stated the proposed replacement policy from CABE is fine. She noted all schools will need to reestablish their Wellness Committees. It is important to remember the summary of the Wellness Committee report –should be posted on the website.

The Proposed Replacement Regulation was reviewed – Need to be cautious on the wording of physical education. The District needs to encourage physical activity. Kristy questioned line - C. ‘Appropriate class size. There was a discussion on what is the appropriate size.

The committee decided to include the following in the regulation: Connecticut State Department of Education encourages schools to strive, within financial, space, and staffing constraints, for students in grades pre-k through five to engage in physical education averaging 150 instructional minutes per week and all middle and high school students to engage in 225 minutes per week and shall complete, at a minimum, one credit of high school physical education (required for graduation).

Sheila asked if we can have more movement in the classroom. Kristy said she has been trying to promote the physically active classroom. There was discussion around recess and encouragement of adults on duty to engage the children in activities at that time. Pat suggested having the teachers join in the activity. Marco said we are the only district that has 50 minute lunch for teachers.

Ed McKeon asked about recess ROCKS. Marco said we had this program through Cultural Council. Kristy said she spoke to the person who worked with that program and had gone to her workshop which presented how to do activities with music in upper level grades.

Marco said a goal of the district is to increase activity and it has been working toward that goal in the middle and high school grades.

Sheila suggested that maybe during the opening day for teachers at the Professional Development, Kristy might present a short program on how to promote the physically active classroom.
Ms. Byrd also stated we need teachers to be aware they cannot keep kids inside as punishment.

The Committee discussed offering swimming lessons to students. The program now in place requires 7th grade students to take swimming classes. In the 8th grade, it is an elective. Marco wondered how many kids in school today are afraid to get in the water. Kristy said it is important to let students know that they can't just go into the deep end. We need training for teachers. At this time, the City of Middletown is offering Swimming Training for Teachers. Kristy does not want to see our swimming program disappear. Dr. Charles stated we should wait and see what the legislature will bring forward. She also said we might look into applying for a YMCA grant to send elementary schools after school to the YMCA for beginning swimming lessons. (In Pat's last district, Westbrook only had this for first grade.)

**The Policy Committee recommended this revised policy be presented to the Board of Education at its next meeting and will require two readings. All members agreed.**

The Committee did not have time to review:
1. #5131.7 Weapons and Dangerous Instruments
2. #4131 Staff Development
3. #7551 Naming of Facility
4. Series 1000 - Review

**The next Policy Committee meetings will be scheduled for Tuesday, May 21, 2013, at 8:00 A.M. in the Board Room of the Dr. Alfred B. Tychsen Administration Building.**

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