

## **CONNECTICUT DEPARTMENT OF EDUCATION**

### **Project:**

**T.E.A.M. Connecticut “Together Educating About Movement”**

### **Type:**

- School/community health education
- Professional development
- Other: summer training institute

### **Setting:**

- Community-based

### **Partners:**

- State health department
- Local health department(s)
- Local parks/recreation department

### **Goal:**

- To create and implement a summer training institute, “Together Educating About Movement,” that builds community partnerships to increase preteens’ physical activity.

### **Description:**

A three-day summer institute, Aug. 19-21, hosted 16-20 TEAMS (two to eight people each) made up of school and town personnel from physical education departments, school health services, parks and recreation departments, local health departments, youth service bureaus, etc. The curriculum included: identifying issues, strategies for building community partnerships and teams, and existing exemplar programs; focus training strands (Physical BEST, Sport for All, ROPE – Rite of Passage Experience, and CATCH); and assessment, action planning, and accountability. Each TEAM received a \$2,000 incentive grant for program implementation.

### **Successes:**

- The provision of four nationally recognized training opportunities to professionals in Connecticut.
- Increased awareness of existing exemplars within the state and region.
- Opportunity to build on the growing coordinated school health program initiative within the state.
- The state health department was involved in planning and running the institute.
- The institute was co-planned and facilitated by a university faculty member, and there were presenters from three different universities.
- The state AAHPERD association gave a presentation about the institute at their state convention and advertised it on their website.



**Challenges:**

- Lack of time and resulting vacancies in institute participation. An alternative summer institute may increase accessibility but conflict with individuals' personal time.
- The target audience often did not receive the institute brochure.
- Recruitment of TEAMS to foster collaboration was more difficult than recruitment of individuals. Subsequently, TEAMS have been encouraged to expand and invite other colleagues to fill Day 2 spots.

**Strategies for sustainability:**

- The state's departments of education and public health have been making great strides through the coordinated school health program model. The project staff hopes to expand professional development offerings and build on partnerships, such as those with the department of public health, related to obesity, cardiovascular health, and nutrition and with the state AAHPERD association to be able to replicate the institute next summer.

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