

NEW HAMPSHIRE DEPARTMENT OF EDUCATION

Type:

- Physical activity program
- Professional development
- Policy
- Media campaign/event

Setting:

- School-based

Partners:

- Local school district/school(s)

Goals:

- To raise statewide awareness of the importance of physical education.
- To fill critical gaps in professional and program development.

Description:

Four activity components included middle and junior high school program assessment (physical education module of the School Health Index) and development of a resource packet for school use, a policy initiative, development of student standards in physical education, and the National Youth Media Campaign Intergenerational Wellness Walk.

Successes:

- The middle and junior high school program assessment achieved a 38 percent return rate (26 of 68 schools); responding schools were awarded \$1,000 to be put toward program improvement. Teachers used the resource book in PEP grant applications.
- The Governor's Council on Physical Fitness was presented with a policy statement supporting daily physical activity for children.
- Development of standards for physical education included nationwide research in preparation for a recommendation from the State Board of Education that standards be written.
- Media promotion of the annual Wellness Walk was very successful with grant support, resulting in higher participation and greater news coverage.

Challenges:

- Fiscal procedural issues slowed progress initially.
- Subcontractors needed to learn how money flows in and out of the Department of Education, the paperwork necessary for this to occur, and how to abide by the confines of a tight time frame.

Strategies for sustainability:

- The field has been energized.



- New partnerships with key stakeholders have been established, development of student standards is under way, and a statewide awareness of physical activity has occurred through the Intergenerational Wellness Walk. Through these opportunities, even greater opportunities will emerge.

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