

# East Hartford Public Schools

"Soaring To Great Heights"



## Sunset Ridge School

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David Flanagan  
Principal

Edward Orszulak, Ph.D.  
Assistant Principal

March 1, 2010

Dear Members of the Committee on Program Review and Investigations:

I am sorry that I am unable to testify at today's hearing on Bill # 5165. It is Connecticut Mastery Test week and I am unable to leave the building.

As president of the Association of Administrators of Health and Physical Education we have a position statement regarding high school graduation requirements.

Please see the attached letter; we seek your support of our position.

Sincerely,

David Flanagan  
Principal, Sunset Ridge School  
President, Connecticut Association of Administrators of Health and Physical Education

# CONNECTICUT ASSOCIATION OF ADMINISTRATORS OF HEALTH AND PHYSICAL EDUCATION

*David J. Flanagan*  
*President*

*Ellen Benham*  
*Secretary/Treasurer*

*A. J. O'Brien*  
*Legislative Committee*

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March 1, 2010

John A. Kissell, Chair  
Mary M. Mushinsky, Chair  
Program Review and Investigations Committee  
Rm. 506, Capitol Building  
Hartford, Connecticut 06106

## **Re: Reference to Bill # 5165 – An Act Concerning High School Graduation Requirements**

Dear Committee Chairs:

Research indicates that today's youth engage in unhealthy behaviors that are detrimental to both their health and academic success. Physically active individuals reduce their risk for disease and illness, improve their ability to cope with stress and depression, and show evidence of better cognitive functioning. Health literate individuals use knowledge in ways that transform unhealthy habits into healthy habits.

The Connecticut State Department of Education's *Guidelines for a Coordinated Approach to School Health* follows the recommendations of the National Association for Sport and Physical Education (NASPE) and the National Health Education Standards. These recommendations include daily physical education consisting of at least 225 minutes per week for secondary students and a minimum of 80 hours of classroom instruction in comprehensive school health education every academic year for secondary students. Connecticut General Statutes (CGS), Chapter 164, Sections 10-16b *Prescribed Courses of Study*, 10-16f *Family Life Programs to Supplement the Required Curriculum* and 10-19 *Teaching about Alcohol, Tobacco, Other Drugs and Acquired Immune Deficiency Syndrome*, outline required physical education and health education content to be taught to students every academic year.

State guidelines for district Wellness Policies (Section 204 of Public Law 108-265) physical education and health education recommendations are consistent with national standards.

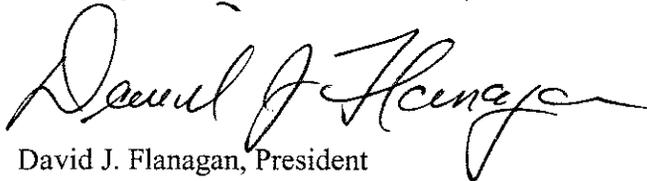
The Connecticut Association of Administrators of Health and Physical Education (CAAHPE) surveyed our membership regarding the proposed changes in Connecticut graduation requirements. CAAHPE recommends the following:

- ⇒ A MINIMUM of 2 credits Physical Education and Health Education:
  - 1.0 credit in Physical Education
  - 0.5 credit in Health Education
  - The remaining 0.5 credit in Physical Education and/or Health Education

- ⇒ Alcohol, Tobacco, and Other Drugs as taught within the context of Health Education every year grades 9-12 as mandated by CGS section 10-19
- ⇒ Physical Education is taught every year grades 9-12 as recommended by NASPE
- ⇒ Physical Education and Health Education are to be taught by highly qualified and certified teachers (044-Physical Education *and* 043-Health Education) teachers
- ⇒ Students will be required to complete an exit assessment from Physical Education and Health Education

Physical Education and Health Education are integral parts of the educational process for every student. Physical Education and Health Education contribute significantly to the optimum development and academic performance of each student. In a well-planned and sequential program of Physical Education and Health Education, students gain the knowledge and skills necessary to develop and maintain a high level of physical fitness, overall health and become lifelong learners.

Sincerely,



David J. Flanagan, President  
Connecticut Association of Administrators of Health and Physical Education

Approved March 5, 2008

Cc: Committee Members