**SCC Meeting Minutes**

**November 7, 2016**

**PRHS Library**

Present: Barbra Noyes, Amey Bailey, Melinda Johnston, Jack Friedman, Ashley Laufenberg, Abi Sutcliffe, Kiana Pino, Hannah Stenitz, James Carey, Denise McGlone, Maeve Lawler, Alex Boursican, Ryan Amtmann, Emelia Fleck

* Ryan Amtmann called the meeting to order at 5:15 p.m.
* Introductions
* September minutes were accepted
* Ryan reminded the committee that the discussion of Physical Education credit being replaced by sports was on the agenda
* Ryan introduced Ashley Laufenberg and James Carey
* Ashley and Jim spoke about the purpose and importance of Physical Education
  + Ashley understands the demands of being an athlete while also handling a busy academic class load
  + Traditional sports such as soccer and basketball are addressed but not taught
  + PE provides students with the skills for maintaining a healthy lifestyle and incorporating physical activity into their daily routine
  + As a coach there are concerns about what the guidelines and expectations for offering P.E credit to students participating in varsity sports
    - Varsity level? JV level? Freshmen level? Reserve?
    - Injuries
    - Playtime
  + It is beneficial to have athletes integrated into a P.E class
    - Sportsmanship
    - Comradery
    - Skill
    - Interaction
    - Encouragement
    - Respect
  + Would theater, music, art, or mathletes also be able to receive wavers for their classes?
    - Many students are not comfortable with their artistic ability however they ‘power through’
  + Students need to be active for their mental and emotional health
  + A component of P.E. is integrating a wide range of ability and interest levels and promoting tolerance
  + Many students experience their first exposure to sports while participating in P.E. and are inspired to join a sport (ex: tennis)
  + P.E. creates a level of comfort for students who are intimidated by the weight-room
  + Students are graded on improvement and learning skills, not athletic ability
  + Waving P.E. may form elitism among the athletes
  + Upper-class P.E. was created to reduce freshmen anxiety and comfort levels
    - Scheduling sometimes effects an upperclassmen’s ability to be enrolled in upper-class P.E., placing them in underclass P.E.
    - In this case students are asked to become a role model for the underclassmen
    - Freshmen are encouraged to enroll in P.E. so that their schedule can be more flexible as an upperclassmen
    - Waving P.E may form elitism among the athletes
    - P.E. offers students a joined, community experience
* Student representatives expressed their frustration of the required P.E. credit
  + Many students have full schedules, including sports, and would prefer to enroll in an elective that aligns with their interests
  + There are many ways to maintain a healthy lifestyle outside of P.E.
  + Students are unable to enroll in a full year, full credit class (ex: art) because it conflicts with the P.E. .5, half year requirement
  + The P.E. classes are redundant
  + Freshmen who have tried to change their schedule to not include P.E. have been told by their guidance counselors that it is a requirement, even though it is not
    - A parent confirmed that their child was also told that enrolling in P.E. as a freshmen was mandatory
  + P.E. credit is available for students to take online through VLACS (an approved and accredited state run program)
    - If this is acceptable, why would participating as an active member of a sports team not be considered?
  + Students enrolled in African Studies or Middle Eastern are both receiving the same credit and meeting the requirement for Social Studies however, the curriculum is completely different
    - Why is P.E. a set standard?
      * Ashley shared the national required standards
    - Adolescents are supposed to be participating in 60 minutes of physical activity a day
      * Many coaches address the athletes as a whole (health, fitness, sleeping habits, nutrition) but this is not always the case
      * Football or field hockey is not a life-long skill, the physical activity cannot be maintained as an adult
* NH State law allows each school’s individual school board to determine if they would like to waive P.E. for participation in sports however the student must meet the standards and the credit must be reviewed by a P.E. teacher
  + Bob Price surveyed several schools in NH
    - 15 out of the 38 schools surveyed allowed a waver
    - Many schools said that their policy was inconsistent concerning the waver
    - Many schools only allow .5 credit to be waved
    - The state does not mandate the specifics (varsity –v-non-varsity, community and recreational sports etc.)
* The committee suggested that individual schools that were surveyed be interviewed on their experiences concerning the waver
  + Jim surveyed Kearsarge, Kennett, White Mountain, and Goffstown
  + All schools agreed that their policy’s were relaxed and inconsistent
  + It was difficult to decide what was allowed (Ex: bowling, bass fishing, jiu jitsu, snowboarding)
* The issue of the effect on staffing was discussed
  + Wavers would result in less students enrolled in P.E.
  + At one time 24 sections of P.E were offered
  + Currently there are 1.2 P.E. teachers employed at PRHS (14 sections)
  + Currently there are 35+ students enrolled in each P.E. class
  + The current P.E. staff are all certified physical educators, many coaches are not
* What athletic sports are offered that support life-long fitness?
  + Cross Country
  + Nordic
  + Tennis
  + Golf
  + Track & Field
* The issue of redundancy was discussed
  + It was suggested that .5 credit focus on health and wellness labs and .5 credit focus on life-long fitness and physical activity
  + One struggle of redundancy results from mixed classes of freshmen and sophomores, causing the need to repeat curriculum for all freshmen
  + It was suggested that a P.E. 1 and P.E. 2 class be offered
    - P.E. 1 would be mandatory, P.E. 2 would have the option to be waved if a student verified that they were active outside of the classroom
  + If a student is enrolled in P.E as a senior and fails it would result in an inability to graduate due to the state requirements
  + Scheduling is a major component of redundancy
    - P.E. is not a priority in regards to scheduling
* The issue of students leaving early due to the fact that they have the required amount of credits was discussed
  + Less than 20% of seniors carry more than 5 ½ credits
    - How many of the 20% are also varsity athletes?
    - Many students carry a full schedule their sophomore year and are frustrated due the fact that the required .5 P.E. credit interferes with full year classes they wish to experience
* How are injuries handled in P.E.?
  + Students who have experienced a serious injury are pulled from the class and rescheduled at a later time by guidance
  + Students who have a minor injury are required to make up classes in the weight room or assist in class by helping with non-athletic activities (ex: restocking volleyballs during a game)
  + Students with medical conditions can receive wavers from a Dr. or Mr. Parsons and be exempt from P.E.
* Moving forward
  + During the next meeting in January Ryan will present a draft proposal to present to the committee
  + Members will vote on a definitive proposal for the school board recommending the consideration of a .5 P.E. credit for sports in March
  + Committee members were asked to talk to their constituents and collect feedback
  + Where are the vacancies in representation in the SCC?
    - Ashland
    - Campton
    - Rumney
    - Thornton
    - Waterville Valley
    - Wentworth
    - 1 Faculty Rep
    - 2 Support Staff Reps
    - Freshmen
    - Sophomores
  + Maeve offered to recruit someone to represent Waterville Valley
  + A list of discussed pros and cons taken from the September and November minutes will be discussed at January’s meeting to ensure that the same issues are not repeated in conversation
  + The topic of a Senior Seminar course, including a senior project, was recommend as a topic to be evaluated by the SCC
  + There are several schools in NH that offer similar programs (Bow, Souhegan, Winnacunnet)
    - * Ryan suggested that members of the SCC visit these schools to gather information on their programs
      * Ryan will confirm with Mr. Parsons that this topic was recommended by the school board

The meeting was adjourned at 6:25 pm

Our next meeting will be held on Monday, January 9th, at 5:15pm in the PRHS Library