

NORTHFIELD PUBLIC SCHOOLS
Office of the Superintendent
Memorandum

TO: Board of Education
FROM: Matt Hillmann Ed.D., Superintendent
RE: Table File Items for October 9, 2017, Regular School Board Meeting

VI. Items for Discussion and/or Reports.

1. Heart Zone Monitors.

The High School Physical Education Staff has provided the enclosed power point presentation.

VII. Superintendent's Report

B. Items for Consent Grouping

2. Personnel Items.

a. Appointments.

10. Joseph Jorgensen, One Act Play Advisor at the High School, beginning 12/04/2017; Level I, Step 5
11. Tania Will, 1.0 FTE 46 weeks/year, Student Activities Director at the High School, beginning 01/02/2018; \$108,925/yr. Prorated for the remainder of the 2017-18 School year.

b. Increase/Decrease/Change in Assignment.

14. Nancy Ivers, EA at the Middle School, add Crossing Guard at the Middle School, effective 09/26/2017-06/07/2018.
15. Micah Schultz, ALC Teacher at Longfellow, add ALC Independent Study Teacher for up to 30 hours for the 2017-18 school year at Longfellow, effective 10/06/2017-06/07/2018;
16. Micah Schultz, ALC Teacher at Longfellow, add Targeted Services BLAST Teacher for up to 5 hours/wk Mon.-Thurs. at the Middle School, effective 10/6/2017-05/10/2018; Yr. 4-\$27.73/hr.
17. Melissa Shepard, Teacher at Bridgewater, add Targeted Services PLUS Teacher for 1.25 hours/day Mon.-Thurs. at Bridgewater, effective 11/7/2017-03/22/2018; Yr. 2-\$27.11/hr.
18. Megan Wheelock, Special Education Teacher at Greenvale Park, add an overload effective 09/05/2017-11/21/2017.
19. Rick Wilmes, Custodian at the High School and Bridgewater, change to Custodian at the High School, effective 10/17/2017.

** Conditional offers of employment are subject to successful completion of a criminal background check and Prewrite screening (if applicable)*

IHT Spirit

Northfield HS Physical Education



IHT Wearable Devices



IHT Implementation Timeline

Spring 2016

Teachers went to SHAPE National conference in Minneapolis
Specifically looking for heart rate technology

Wrote a proposal to obtain Adidas IHT Spirit Wearable Technology
Targeted PE, HS, District budgets

Pooled money from PE, HS, & District budgets to obtain 40 devices

IHT Implementation Timeline

Spring 2016

Matt Hillman found a grant through Northfield Hospital

Fall 2016

Northfield Hospital awarded the grant to NHS
Grant included training

IHT Implementation Timeline

Fall 2016

- IHT Spirit devices arrived mid-October
 - One set of 40 devices for each teacher
 - 2 card-readers, 5 charging cases
 - IHT software

IHT Implementation Timeline

Fall 2016

- Web-based & On-site training
 - Web-based "Go To Meeting" October 12, 2016
 - Login, importing data, creating groups (classes)
 - On-site training December 20 and 21, 2016
 - Troubleshooting, fitness assessments, goal setting, changing the zone, lesson additions, and improvements

IHT Capabilities

Spirit System

Instant feedback
Software & database
Printable reports
Student & teacher materials



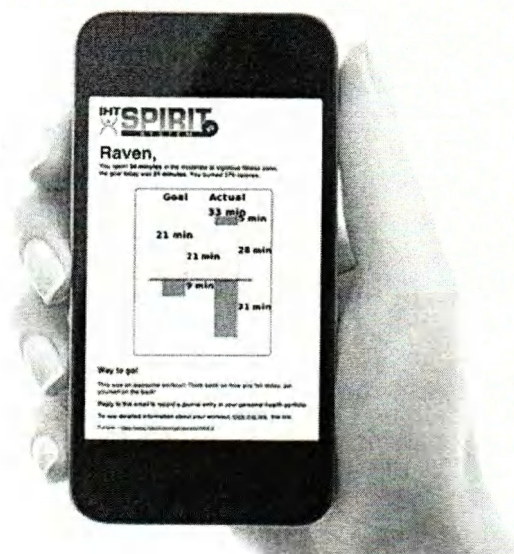
IHT CAPABILITIES

Instant Feedback

Within minutes of completing class an email can be sent to the student, guardian or both.

The email includes a bar graph that shows the goal for the day and how the student performed compared to the goal.

It also includes a line graph that shows the students heart rate during class.



Software & Database

Teachers are able to create their own assessments and rubrics or use material provided

FITNESSGRAM

Student ID numbers are used to store information over time creating the opportunity for longitudinal data collection

Printable Reports

Reports can also be created by grade level or by district.

Student:		Comments, Entry	Synthesis		Results Table (Worksheet)
Student ID:		12	Facilitator		01/10/2016
DNE		16/01/17	Settings		With Password: 000
Experimental Data					
Label		Level 1	Level 2	Level 3	Level 4
Differences in structure	16/01-17	[Redacted]			
	16/01-17	[Redacted]			
	16/01-17	Level 1	Level 2	Level 3	Level 4
	16/01-17	[Redacted]			
Differences	16/01-17	[Redacted]			
	16/01-17	Level 1	Level 2	Level 3	Level 4
	16/01-17	[Redacted]			
	16/01-17	[Redacted]			
Locations	16/01-17	[Redacted]			
	16/01-17	1	2	3	4
	16/01-17	[Redacted]			
	16/01-17	[Redacted]			

IHT CAPABILITIES

Student & Teacher
Materials

IHT Spirit System

Spirit System



Improvements & Additions to PE

Know Your Numbers

Objective assessment - Time in the Zone

Reports - emailed and printable

Longitudinal data collection

IMPROVEMENTS & ADDITIONS

Know Your #'s

Students studied vocabulary surrounding blood pressure, BMI, and resting heart rate.

Terms: artery, diastolic bp, risk factors, sedentary, systolic bp

Students measured or calculated their blood pressure, BMI, and resting heart rate. All of these #'s are directly related to overall physical health.

Name: _____

PE Hour: _____

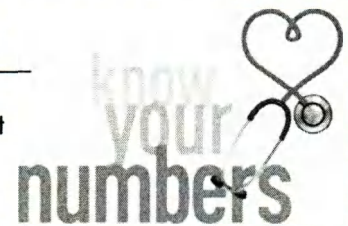
Know Your Numbers Recording Sheet

BLOOD PRESSURE

	Number #
Systolic	
Diastolic	
RHR	

HEART RATE MAX

	Number #
220-Age=	



BMI (Body Mass Index)

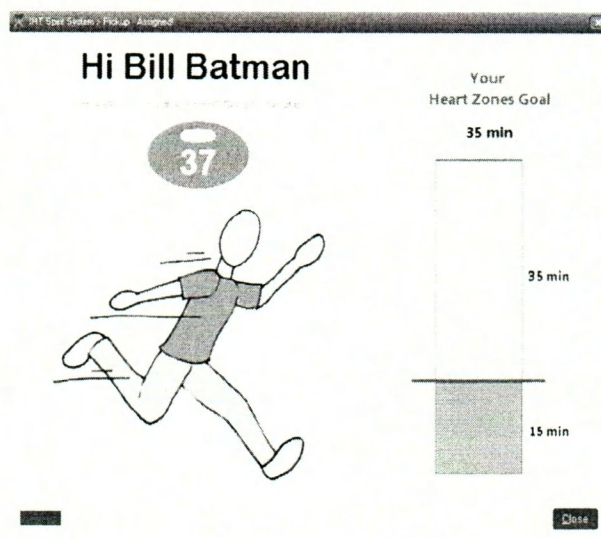
	Number #
Height	
Weight	

IMPROVEMENTS & ADDITIONS

Time In the Zone "TIZ"

When students check-in their device the computer shows them the goal for the day.

The students are expected to meet the TIZ for the day. As they check their device during class they know how to change their activity, and therefore, their heart rate to meet the goal.



IMPROVEMENTS & ADDITIONS

Blended Focus

The IHT devices easily create opportunities for more fitness for health based activities; moving physical education to a blended focus on fitness for health and traditional sport activities.

**Build
A
Better
Body**



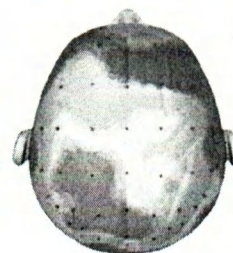
work



rest



AFTER SITTING QUIETLY



AFTER 20-MINUTE WALK

2017-18 School Year

PLC SMART Goal:

By repeatedly experiencing "time in the zone," we will increase the understanding of the benefits of exercising in the target heart rate zone and aerobic activity of PE students so that 80% of students will meet the time in the zone goal when assigned as measured by the Adidas Zone Monitors by January 12, 2018.

Looking Forward, More Room to Grow

Journal responses

What does my fitness look like?

More lessons that are focused on student fitness

How does this apply to my life now? In the future?

Questions?

