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Contact Information

Center for Educational Leadership, Policy & Professional Development
Durango Building, 4.226
501 W. César E. Chávez Blvd.
San Antonio, Texas 78207

Nancy Scott Jones at nancy.jones@utsa.edu or 210-458-3068
<http://education.utsa.edu/center-education-policy-professional-development>

*The UTSA Center for
Educational Leadership, Policy
and Professional Development Presents*



Empowering Students for Lifetime Fitness and Health:

**What's Working Well in
Bexar County Public Schools**

Wednesday, November 11, 2015

Buena Vista Theater
UTSA Downtown Campus
Community Partners' Exhibits: 5:15 - 6:15 p.m.
Program: 6:30 - 8:00 p.m.

“Empowering Students for Lifetime Fitness and Health: What’s Working Well in Bexar County Public Schools”

Welcome

Julian Treviño, Ph.D., Director

Center for Educational Leadership, Policy and Professional Development

Panel Moderator

Bob Rivard, *The Rivard Report*

Panelists

Linda Seewald, Northside Independent School District

Roger Rodriguez, San Antonio Independent School District

Danielle Housley, Northside Independent School District

Rachel Naylor, North East Independent School District

Dolly Armstrong, Harlandale Independent School District

Audience Question and Answer

Districts’ Community Sponsors Include

- First Tee of Greater San Antonio
- Golf San Antonio
- GOPHER
- Health Collaborative
- It’s Time Texas
- Metropolitan Health District, City of San Antonio
- Northside Child Nutrition
- San Antonio Sports
- SAISD Parent & Community Engagement
- Texas Association for Health, Physical Education, Recreation & Dance
- U.S. Games
- UTSA Department of Kinesiology, Health, and Nutrition

About the Center for Educational Leadership, Policy and Professional Development

The Center for Educational Leadership, Policy and Professional Development (CELPPD) was established in 2009. Housed in the College of Education and Human Development, the Center focuses on the contemporary issues related to P-20 educational leadership and policy as well as provides professional development opportunities.

The mission is to:

- Provide professional development to help educational leaders succeed.
- Conduct and publish research on policies and effective leadership practices.
- Bring together public school leaders, leaders from the private sector, university professors, education consultants and school reform leaders to work together to address issues faced by the public schools and, in turn, draft reform strategies.

Julian Treviño, Ph.D.

Dr. Julian Treviño is a senior lecturer in the Department of Educational Leadership and Policy Studies. He consults with school boards across the United States on effective school board governance. He served on the board of trustees for San Antonio ISD for 12 years, six of those as school board president. During his presidency at SAISD, the board was recognized twice nationally for exemplary board governance and was also a finalist for Texas Honor Board.

David Thompson, Ph.D.

David Thompson is professor of Educational Leadership & Policy Studies at UTSA. Now in his 28th year in Texas public education, David has been a public school and university teacher and administrator, serving as high school assistant principal in Spring ISD and department chair at both Texas A&M University-Commerce and UTSA. Twice president of Texas Council of Professors of Educational Administration, David is also a member of the Texas Association of School Administrators’ (TASA) Higher Education Advisory Committee and TASA’s Texas Leadership Center Advisory Committee. David is co-author of *Professional Responsibility for Educators and the Texas Code of Ethics* --the only book devoted exclusively to the Texas Educators’ Code of Ethics.

Betty Merchant, Ph.D.

Dr. Betty M. Merchant received her Ph.D. in Administration and Policy Analysis from Stanford University. She is dean of the UTSA College of Education and Human Development, professor in the Department of Educational Leadership and Policy Studies, and first recipient of the Henrietta Zezula Lowak Endowed Distinguished Professorship. Dr. Merchant has taught at all grade levels, K-12 in a broad range of cultural and linguistic contexts, including tribally controlled Native American schools.

Rachel Naylor

Director of Physical Education, Health and Athletics
North East Independent School District



Rachel Naylor is the Director of Physical Education, Health and Athletics for North East Independent School District. She received an undergraduate degree from Texas A&M University and a M.Ed. from Houston Baptist University.

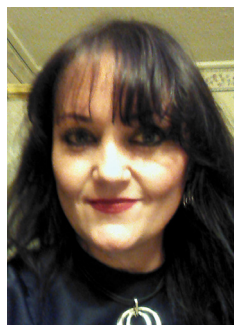
Rachel began her career as an elementary physical education teacher at Colby Glass Elementary in Northside ISD. Her administrative journey began as an instructional support teacher in Northside ISD before moving to North East ISD as the Physical Education and Health Coordinator in 2004.

In December 2013, Rachel was named K-12 Administrator of the Year by TAHPERD, a not-for-profit professional association with more than 4,500 members. It is the only Texas organization serving education in four disciplines-- health, physical education, recreation and dance.

Rachel actively advocates for physical education and health at the local, state and national level. She is passionate about her profession, but her first priority is her family-- Chad, her husband of 14 years, and their two children, Morgan (9) and Ryan (5). She enjoys camping, sports and goofing around.

Dolly Armstrong

Lead Wellness and PE Facilitator, PEP Grant Project Director/Manager of Healthy Habits 101, Harlandale Independent School District



Dolly Armstrong oversees Healthy Habits 101, the K-12 health and physical education program initiated in 2014 which is in 21 schools throughout the district. Through collaboration between Harlandale and supporting partners such as the Mayor's Fitness Council, AgriLife Extension, The Health Collaborative, and San Antonio Sports, Dolly has established four weekly fit-family fitness classes free of charge for the community and staff.

She serves as co-chair of the Mayor's Fitness Council Healthy Fitness Committee and is a member of TAHPERD and Shape America.

Dolly began her career in education as a teacher and has taught not only physical education, but also bilingual kindergarten and ESL at La Universidad de Carabobo in Maracay, Venezuela for students ranging in age from 11 to 60. She received a B.S. in interdisciplinary studies from The University of Texas at San Antonio and holds teaching certificates from the State of Texas in elementary physical education and early childhood education.

Carol M. White Physical Education Program Grants

"A healthy, active lifestyle is an important ingredient of academic success." - Arne Duncan

Innovative curriculum written by the physical education and health departments of four Public School Districts in Bexar County-- San Antonio, Harlandale, North East and Northside ISDs-- caught the attention of the federally funded Carol M. White Physical Education Program (PEP) grants, which then led to all four districts receiving a total of more than \$10 million to implement new ways of exercising and eating. These programs have become game changers for K-12 students and for the communities these districts serve.

Since 2003, each district has tailored their Carol M. White PEP programs to fit the culture of their communities, including staff training to move from a "team sports only" mentality to one focused on a multitude of physical activities based on their individual interests such as rock-climbing, Frisbee golf, yoga, dancing, core-strength training and biking. They also have access to heart rate monitors and pedometers which show them the results of exercise.

The Carol M. White PEP Grants are highly competitive and it is rare for more than one city in each state to receive one, let alone for one city to get a combined total of six among four school districts. The need is great in San Antonio as our children take on adult problems of obesity, diabetes and high blood pressure at an alarming rate.

In 2014, the U.S. Department of Education awarded 67 grants totaling more than \$33 million through the Carol M. White Physical Education Program (PEP).

U.S. Secretary of Education, Arne Duncan, says, "These grants are a resource to help schools and communities develop programs that teach students the importance of staying active and developing healthy lifestyles." In San Antonio, each of these districts has created sustainable programs and partnered with many organizations, businesses and individuals who also care about the fitness and health needs of our students.

The teachers and administration leaders at Harlandale, North East, Northside and San Antonio ISDs are to be commended for their dedication and passion to teach students a broad spectrum of physical activities and healthy concepts.

San Antonio Carol M. White PEP Grant Recipients

Harlandale ISD		
Healthy Habits 101	2014-2017	\$1,351,018
Northside ISD		
Healthy Start: Food, Fitness Fun	2005-2009	\$2,618,459
Move to Live, Live to Move	2012-2015	\$1,124,015
North East ISD		
Project WIN (Wellness in NEISD)	2010-2013	\$2,250,000
San Antonio ISD		
Project Escape	2004-2008	\$1,236,000
PE3: Mind.Body.Spirit	2011-2014	\$1,492,303

Robert Rivard

Founder and Director of The Rivard Report



Robert Rivard is the founder and director of the fast-growing *Rivard Report*, which focuses on urban life and work in San Antonio and is part of Geekdom, the downtown co-working collaborative. Bob is a longtime journalist who served as the executive editor of the San Antonio Express-News from 1997-2011. He worked as a foreign correspondent in Central America covering the region's civil wars in the 1980s for *Newsweek* magazine and as its chief of correspondents from 1985-89.

Bob is a political science graduate from The University of Texas at San Antonio and a graduate of Northwestern University's Executive Management Program.

Bob is married to Monika Maeckle and they have two sons, Nicolas, an architect at Overland Partners, and Alexander, a chef instructor at Central Market's culinary school. Bob can be contacted at rivard@rivardreport.com.

Linda Seewald

Director of Health and Physical Education
Northside Independent School District



Linda Seewald is the Director of Health and Physical Education for Northside Independent School District, a position she has held since 1987.

Based on the implementation and success of the "Healthy Start" grant, Northside has received three Awards of Excellence in Texas School Health since 2012-- the Discovery Award and the Vanguard Award both sponsored by the Texas Department of Health and the Award of Achievement sponsored by the Texas Pediatric Society Foundation.

Linda has worked in Northside for the past 38 years. She taught adapted physical education and subsequently was named the first district-wide coordinator for its Adapted Physical Education and Special Olympics program, which became a statewide and national model. She also was an adjunct teacher for seven years in the Department of Kinesiology at The University of Texas at San Antonio.

She received a B.S. degree in education from Southwest Texas University and a M.S. degree in physical education from Southern Illinois University. She also holds certifications from the State of Texas in physical education, health education, special education and administrative supervision.

Roger Rodriguez

Director of Health and Physical Education
San Antonio Independent School District



Roger Rodriguez implements the curriculum and instruction as the director of San Antonio Independent School District's (SAISD) Department of Health and Physical Education.

He was named director in 1984 and under his leadership, SAISD has received two Carol M. White PEP grants.

With the funding, SAISD created two innovative programs, "Project Escape" (2004-2008) and "PE3: Mind.Body.Spirit." (2011-2014) to educate K-12 students and the community.

Roger was the athletic supervisor at SAISD from 1978 to 1984, where he assisted with the design of the high school soccer program for the UIL and was an elementary physical education and health teacher from 1971 to 1977. He received a B.A. degree in health and physical education from North Texas State University and an M.A. degree in management from The University of Texas at San Antonio.

He is a member of the City of San Antonio Mayor's Fitness Council and has served on various committees for Region 20, Texas Education Agency and the Texas Association of Health, Physical Education, Recreation & Dance (TAHPERD) organization.

Danielle Housley

Healthy Start Project Facilitator, Health and Physical Education Department
Northside Independent School District



Danielle received a B.A. degree in sociology from the University of California at Santa Barbara and her post-baccalaureate teacher certification from The University of Texas at San Antonio.

She also has a Masters of Public Health in Community Health Science with an emphasis in health education and maternal and child health care from Tulane University School of Public Health and Tropical Medicine, New Orleans.

Danielle holds certifications from the State of Texas in physical education, health education and special education as well as a Principal Certification. She has taught secondary health and physical education for eight years, special education for two years and has been in an administrative position in Northside's Health and PE Department since 2012.