



## Sample Vision, Mission, and Goals Statements Health and Fitness Cadre

### Vision Statement

The Health and Fitness Cadre envisions quality health and fitness education leading to healthy and active lifestyles.

### Mission Statement

The Health and Fitness Cadre provides leadership and support to school communities for the purpose of promoting lifelong wellness. We are committed to the utilization of sound research and specific data to impact teaching and learning. This will be accomplished by:

- Fostering partnerships with agencies, organizations, and nonprofits
- Informing educators on policies
- Delivering high-quality professional development

### Goals

- Develop, implement, and evaluate Let's Move, Active Schools/Comprehensive School Physical Activity Programs (LMAS/CSPAP).
  - Assess training and technical assistance needs of the statewide Health and Fitness Cadre members to develop, implement, and evaluate LMAS/CSPAP
  - Provide professional development in LMAS/CSPAP to cadre members
  - Implement LMAS/CSPAP
  - Provide professional development to cadre members in wellness policies to include information on using the WellSat tool, the School Health Index, the Let's Move! Active Schools Program Assessment, and/or the School PA Policy Assessment Tool
  - Create a project plan to include professional development (PD), technical assistance (TA), and evaluation to engage district Student Health Advisory Councils (SHACs)/Wellness Teams in implementing Comprehensive School Physical Activity Programs (CSPAP)
  - Distribute CSPAP resources to the Health and Fitness Cadre and USHealthier Schools Challenge Training Participants
  - Develop and implement Health and Fitness Connections to the Common Core State Standards
  - Continue to provide links to family involvement and community partnerships



## Training Cadre Resource Tool



- Increase implementation of effective school health policies and practices to promote physical activity, healthy eating, and reduce obesity.
  - Create resources that assist in the identification of programs, practices, tools, and strategies that provide evidence of effective instruction relative to physical education, physical activity, nutrition, and obesity
  - Implement an assessment system for measurement of student achievement of health and fitness state standards that demonstrates proficiency in skills and knowledge for fitness, nutrition, tobacco prevention, and other priority health outcomes
  - Provide PD and TA to schools and school districts on implementing comprehensive health and fitness education
- Collaborate on approaches to support policy, environmental and systems change to promote healthy nutrition and physical activity.
  - Promote the physical activity component in the HealthierUS Schools Challenge training and materials
  - Promote Safe Routes to Schools
  - Promote healthy school breakfast
  - Promote healthy eating and activity living activities in schools; for example the Let's Move Initiative
- Provide professional development opportunities on the implementation of standards, assessments, best practices.
  - Develop PD to implement standards, assessments, and appropriate practices
  - Collaborate with higher education to provide a student leadership conference designed for preservice health and fitness teachers
  - Provide PD to Health and Fitness Cadre
  - Participate in national PD offerings
  - Develop formal evaluation and follow-up plan for each PD offering