

PDIG FINAL REPORT

Health Journal Revision 2018-19 (Year 2)

A PDIG project by Elementary Physical Education and Health teachers from the English
Montreal School Board



Submitted by Katherine Baker, May 2019

1. Project Description.

The objective of this project was to complete the work that was started this year (2017-18) to update the Elementary Health journals. These journals are used by many teachers to support Competency 3 of the Physical Education and Health program. These journals were created as a resource to support the reform and are one of the only English resources aligned to Competency 3 of the PEH program.

In terms of the project focus, this project was carried out as planned. All team members were present for all of the meeting days. The goal to revise the elementary health journals was not modified and all work carried out was to accomplish this task. This was the second year we had applied for a PDIG to work on this project as it is broad in scope (1 journal for each grade level that contains 3 – 5 different sections, in English and in French). Having learned from last year, we planned back-to-back workdays two times throughout the year; this allowed better continuity by working two days back-to-back. The scope of the work was yet again a challenge and although significant progress was made, the journals are not fully completed yet. Formatting work has yet to be done, and a few sections still require some work. We did not want to stretch this project out to a 3rd year, so the consultant leading the project will carry out the completion of the project with support from the EMSB.

On our workdays, we typically worked in sub-groups (teams of two) on the assigned content/themes for revision of the six English journals. We regularly sought the opinions of the whole-group and got feedback with regard to decisions on content. Canada's Food Guide was released in January 2018, so the team revising the nutrition section was able to take this into account.

2. Project Goals.

The goals of this project were partially met, in that we made significant progress on the revision but we do not at this date have the final product. We are targeting the end of June for completion.

Timeline for Project Completion

- June 21st – Content Revision Finalized
- June 25th – 28th – Graphics created/added as needed.
- August 12th – 16th – Formatting – page numbers, table of contents.
- August 19th – Shared with EMSB printing company to be available for order by schools. Shared with LCEEQ and LEARN for posting.

3. Project Outcomes.

Being a member of a PDIG team significantly enhances teachers' pedagogical understanding of the QEP through the number of discussions that happen around the table as the resources are co-created. Different perspectives are presented, discussed and provided for reflection. The discussions among the five teachers participating in this project were rich. Through the revision process, the following gains were still achieved by participating teachers:

- Enhanced understand of the need to be sensitive about certain health-related topics (e.g. what students bring for lunch, relationship between food and weight).
- enhanced understanding of Competency 3 of the PEH program

- enhanced understanding of the Frameworks for Evaluation
- enhanced understanding of Formative and Summative assessment is expected as the evaluation tools in the journals are reviewed (these journals were created prior to the release of Frameworks for Evaluation and one of the objectives in updating them is to align them with the Frameworks).
- Enhanced understanding of the different ways the health journal activities could be implemented. As a group of teachers who all used the health journals in their teaching, there were many discussions on the different activities presented in the journals and the different ways teachers implemented them with their students.

4. Reinvestment

Once this project is completed, the revised journals will benefit the educational committee at large as they will have access to the journals and be able to use the updated versions with their students. Many schools order printed copies of the journals on an annual basis to use with students. We also plan on making the journals available in Microsoft word version in addition to PDF, so that teachers can take the journal pages and modify them to suit their own individual classes needs.