

## Request for Flexibility 2015-16 Proposal



**INSTRUCTIONS:** Please write your responses in the boxes below.

SCHOOL NAME: Chattahoochee High School

---

CONCEPT NAME: Personal Fitness Waiver

---

INITIATIVE: Initiative: Make available additional opportunities for college preparation, work studies or career interests by allowing a Personal Fitness Waiver if involved in an eligible Georgia High School Association (GHSA) sport or band at Chattahoochee High School.

---

Concept Summary	
<p>1) Describe the need/challenge that your school seeks to address.</p>	<p>Currently, all students are required to complete 0.5 credit of personal fitness during one semester. This course requirement often limits our students' schedules and their opportunities to take other enriching academic classes.</p>
<p>2) Describe the proposed concept, and explain how it addresses the need/challenge identified above.</p>	<p>Chattahoochee High School seeks to enhance instructional programs and delivery models in order to support students with personalized learning solutions that ensure credit completion and grade level academic success. Students who are involved in Chattahoochee's extracurricular athletic offerings and marching band program receive instruction and coaching through their co-curricular participation that duplicates the required curriculum in the Personal Fitness (36.051) course.</p> <p>Chattahoochee HS seeks to waive the personal fitness credit requirement for students who successfully participate in GHSA sanctioned sports and/or marching band at Chattahoochee. This waiver is similar to the one already in place for JROTC students (as defined in State law 160-4-2-48) and the process that Centennial HS currently gained approval for and utilizes as a Cohort 1 school. This waiver will also open one class period during one semester for students to have more educational opportunities such as taking additional AP, Fine Arts, Career Tech, and/or alternative PE courses or electives.</p> <p>Chattahoochee High School students may earn the personal fitness waiver through one of the following means: (1) completion of one season of a GHSA varsity or junior varsity sport at Chattahoochee; or (2) completion of one season of marching band at Chattahoochee.</p> <p>Chattahoochee received approval for a similar RFF last year, however, this proposed change would equalize the requirement; instead of requiring two seasons of a JV sport or marching band, the new RFF</p>

## Request for Flexibility 2015-16 Proposal



	would only require one season of a JV sport, a varsity sport, or marching band.		
<p>3) Include any research or evidence that the concept will positively affect your school's student population. If no research exists, please articulate the rationale for the likelihood of success of the concept, and describe your plans for risk mitigation.</p>	<p>The School Governance Council and Personal Fitness Waiver subcommittee at Chattahoochee HS conducted research to understand the needs and implications of this request. The school consulted last year with Centennial High School who recently implemented a program similar to what we are proposing and with Roswell High School who were seeking to implement the same program last year. Conversations and discussions took place with the Athletic Director, Band Director, GHSA coaches, and physical education teachers to gather opinions regarding this waiver.</p> <p>The Georgia Department of Education (<a href="http://www.georgiastandards.org">www.georgiastandards.org</a>), states that the role of quality physical education programs is to help students develop health-related fitness, physical competence in movement activities, cognitive understanding, and positive attitudes toward physical activity so that they can adopt healthy and physically active lifestyles. Students will be exposed to these important program elements by participating in approved athletic programs and marching band. Our request to update and change the RFF is based on the belief that there does not exist any meaningful distinction between varsity sports/junior varsity sports/and marching band in terms of fulfilling the basis for why personal fitness should be waived for these students.</p>		
<p>4) Outline the expected results in the columns to the right. Add additional rows as necessary.</p>	<p><b>Project Outcomes</b></p> <ol style="list-style-type: none"> <li>1. Decrease in Personal Fitness enrollment.</li> <li>2. Increase in other academic electives or other physical education courses</li> <li>3. Increase in GHSA sport and marching band participation</li> </ol>	<p><b>Short-Term Goals</b></p> <ol style="list-style-type: none"> <li>1. Allow more students to take advantage of the benefits of being allowed to waive personal fitness by equalizing the requirement across Varsity/JV/and marching band</li> </ol>	<p><b>Long-Term Outcomes</b></p> <ol style="list-style-type: none"> <li>1. Improve student alignment of curriculum choices to match career, college, and personal interests</li> <li>2. Avoid redundancy in curriculum by allowing students to "count" their fitness through sports/band</li> </ol>
<b>Waiver(s) Requested</b>			
<p>5) List any waivers from state law, regulation, and/or rule required to implement the concept. (Facilitators will identify the specific laws,</p>	<p>Current state law O.C.G.A. 20-2-142 (c) and Georgia Board of Education rule SBOE 160-4-2-48 require participation in personal fitness for one semester in high school. Chattahoochee HS seeks a waiver from these requirements for eligible student athletes and band members as indicated in section 1.</p>		

## Request for Flexibility 2015-16 Proposal



<p>regulations, and/or rules requiring exemption.)</p>	<p>[O.C.G.A. 20-2-142 (c) states: “The State Board of Education shall prescribe a course of study in health and physical education for all grades and grade levels in the public schools and shall establish minimum time requirements and standards for its administration.”] [SBOE 160-4-2-48 contains a provision stating: “Health and Physical Education: One unit of credit in health and physical education is required. Students shall combine one-half of credit of Health (17.011), Health and Personal Fitness (36.051), or Advanced Personal Fitness (36.061) to satisfy this requirement.”]</p>
<p>6) List any flexibility from Fulton County Schools’ policy required to implement the concept. (Facilitators will identify the specific Fulton County Schools policies requiring exemptions.)</p>	<p>Fulton County Schools Board Policy IHF (8) governs the graduation requirements for students. Chattahoochee HS seeks to waive the following provisions within this policy for eligible student athletes and band members as indicated in section 1: --Seat Time: “A unit of credit for graduation shall be awarded to students only for successful completion of state-approved courses of study based on a minimum of 150 clock hours of instruction provided during the regular school year, 135 clock-hours of instruction in summer school.” --Graduation Requirements: “One (1) Unit of Health and Physical Education defined by: Health -- .5 unit and Personal Fitness -- .5 unit.”</p>
<p><b>Impact on Students and Families, Personnel, Departments, Processes, and Schools</b></p>	
<p>7) List any impact of the concept on the following:</p> <ul style="list-style-type: none"> <li>▪ Students and families;</li> <li>▪ Personnel;</li> <li>▪ The school schedule;</li> <li>▪ Transportation;</li> <li>▪ School nutrition;</li> <li>▪ Teaching, learning, and assessment;</li> <li>▪ Other schools; and</li> <li>▪ Any other area not addressed above.</li> </ul>	<p><b>Students and Families:</b> Students may choose to take an alternative physical education elective or additional academic elective course that they may not otherwise have time for in their schedules. This request for flexibility honors the time and commitment displayed by our students and their families to sports and marching band at Chattahoochee HS.</p> <p><b>School Schedule:</b> This proposed model could positively impact the Personal Fitness class sizes for teachers and students, especially as the state maximum number of students in each class currently caps at 42 students. Also, it would enable the school to offer additional single semester course offerings.</p> <p><b>School Processes:</b> Implementing this proposal will require students and parents to go through the process of applying for the opportunity to waive the Personal Fitness requirement. Coaches and the Band Director will be responsible for monitoring and verifying the students’ compliance with the necessary waiver requirements as prescribed by the Principal. Once the requirement is completed, the waiver is signed off by the Band Director or the Coach/Athletic Director. The Waiver is then given to the Data Clerk to have the waiver notation added to the transcript.</p> <p><b>Other Areas:</b> If students transfer schools after obtaining the Personal Fitness Waiver, it may result in the possible loss of the waiver as it may not be recognized/honored by the new school.</p>

## Request for Flexibility 2015-16 Proposal



Budget	
<p>8) Please use the budget template on the next page to provide the estimated costs of the proposed concept. In the space to the right, please identify, to the extent possible, how you plan to modify your school budget to cover additional costs. If applicable, identify external funding sources.</p>	<p>This request for update/change to our existing approved Personal Fitness Waiver RFF would require no budgetary changes.</p>

## Request for Flexibility 2015-16 Proposal



**INSTRUCTIONS:** Please enter the expected costs of your concept for the applicable school year(s). To calculate the totals for the Amount Budgeted columns, highlight the entire table, and press F9. You may customize the budget items.

**SCHOOL NAME:**

Budget Item	Item Description (Include quantities if applicable)	<Insert School Year>		<Insert School Year>		<Insert School Year>		Notes
		Amount Budgeted*	Proposed Funding Source(s)**	Amount Budgeted*	Proposed Funding Source(s)**	Amount Budgeted*	Proposed Funding Source(s)**	
Teacher(s)		0		0		0		
Paraprofessional(s)		0		0		0		
Support Staff		0		0		0		
Additional Pay (certified)/Overtime (non-certified)		0		0		0		
Equipment		0		0		0		
Supplies/Materials		0		0		0		
Professional Development		0		0		0		
Independent Contractor(s)		0		0		0		
Transportation		0		0		0		
Supplements		0		0		0		
Other Professional Services		0		0		0		
Other		0		0		0		
Other		0		0		0		
<b>GRAND TOTALS</b>		<b>\$ 0.00</b>		<b>\$ 0.00</b>		<b>\$ 0.00</b>		

\*When determining the *Amount Budgeted* for personnel costs, the principal should consult with the Learning Community Human Resources Director.

\*\*For the *Proposed Funding Source(s)*, please indicate which of the following funding sources you intend to use: General Fund, Student Activities Fund, School Foundation/PTA, FCS Seed Fund, Grants, or Other (please specify the source).