

MINNESOTA ASSOCIATION OF HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE

Loon Lines



For more information about MNAHPERD, please visit our website at www.mnahperd.org or the national site at www.aapherd.org



Healthy Living from Harvard Medical School

Trick yourself into exercising. Put your exercise machine or treadmill near a television. You are only allowed to watch that TV if exercising on that machine.

Learn to Cook. Keep a selection of chicken, pork, fish, shrimp and fresh vegetables on hand. Have a binder with recipes that take 20 minutes or less to prepare. Cooking is intimidating to many, but if you start simple and focus on fast, fresh and easy food, cooking can be easy.

Forget the Supplements. The only supplement you really need to take is vitamin D. If people eat a healthy diet, they really should not need supplements.

Make technology mental health a priority. Do not check your work email at home. Take a nap. Instead, every Friday email your old college friends and each share one success you had that week.

Avoid Smart Phones. Phones are an added and unnecessary distraction. Do not immediately check for messages. Turn them off and ignore them.

SAVE THESE DATES
OCTOBER 14 AND 15, 2010
Minnesota AHPERD Annual Fall Conference
"PROMOTING OUR MESSAGE THROUGH PARTNERSHIPS"

Hilton/Mall of America/Airport
 3800 American Blvd. E, Bloomington,
 Just minutes from the Mall of America
 952-854-2100

www.msairport.hilton.com
 Rooms just \$99.00.

Make your reservations as soon possible!
 Mention that you are a MNAHPERD attendee
 and receive your discount!
 More details on pages 10 & 11 of Loon Lines.



Minnesota Passes Statewide Physical Education Standards!

Mary Thissen-Milder - MNAHPERD President

It is our pleasure to announce that the State of Minnesota Legislature passed the Healthy Kids Bill with 5 minutes to spare at the close of legislative session. This is a HUGE win for the state of Minnesota and YOU! Your countless letters of support, e-mails, phone calls, and visits with your legislators were vital in helping this legislation pass. Thank you for your diligence and commitment over the past 7 years.

The Healthy Kids/PE bill includes:

- Adoption of the National Association for Sport and Physical Education (NASPE) National Physical Education Standards as the Minnesota statewide PE standards that will be phased in by school districts as they do their curriculum review;
 - Posting school wellness policies on school district web sites to promote local discussion about healthier schools;
 - Direction to MN Department of Education to develop quality recess guidelines that schools may adopt;
 - Direction to MN Department of Education to begin tracking the amount and quality of Physical education offered in the schools;
 - The creation of a Healthy Kids Awards program that would encourage schools to help their students get the recommended 60 minutes each day of physical activity and recommended servings of fruits and vegetables.
- At the time of this newsletter printing details regarding the implementation plan for the legislation was under development. Stay tuned for further news in the fall in the MNAHPERD Loon Lines and website.

The 2010 Minnesota Legislature passed statewide standards in Physical Education. The national physical education standards are now effective, and districts have until 2012-2013 to implement.

National Physical Education Standards - A Physically Educated Person:

1. Demonstrates competency in many movement forms and proficiency in a few movement forms
2. Applies movement concepts and principles to the learning and development of motor skills
3. Exhibits a physically active lifestyle
4. Achieves and maintains a health-enhancing level of physical fitness
5. Demonstrates responsible personal and social behavior in physical activity settings.
6. Demonstrates understanding and respect for differences among people in physical activity settings
7. Understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

Copies of the National Physical Education standards can be found at

<http://www.aahperd.org/naspe/standards/nationalStandards/>



Healthy Kids Bill - Passed by the 2010 MN Legislature

Signed by the Governor May 25, 2010

Statewide PE standards adopted using NASPE standards.

Will be phased in by school districts as they do their curriculum review.

Makes Minnesota schools eligible for Carol White (PEP) funding.

Encourages MN Dept. of Ed. to track the amount and quality of PE offered in the schools.

Encourages MN Dept. of Ed. to develop quality recess guidelines that schools may adopt.

Create a Healthy Kids Awards program to encourage physical activity & healthy eating.

Posting of school wellness policies on school district web sites to promote local discussion.



Greetings

from President-Elect, Kay Oling.

I was fortunate enough to travel to Washinton D.C. to the AAHPERD LDC leadership training June 15-19. LDC gives president elects an opportunity to meet future leaders from all 50 states and share/exchange ideas to help their organization be successful. We also were given training on how to run effective meetings, develop a strategic plan, organizational marketing/social networking tips, fund raising tips, promotion of joint projects and increasing state and national memberships. Wednesday was devoted to preparing for visits with legislators on Capitol Hill.



- AAHPERD's Policy "Asks" for 2011 were as follows:
Include physical education and health education as core subjects in the Elementary and Secondary Education Act (ESEA) reauthorization.
- Support \$100 million in FY 2011 funding for the Carol M. White Physical Education Program (PEP)
- Establish a grant program to support direct funding of schools wishing to positively enhance their delivery of health education programming.

I was able to speak to Senator Al Franken, Senator Amy Klobuchar and Congressman James Oberstar. Congressman Oberstar has been a supporter of the PEP grants since the start in 2005. All three see the need to increase physical activity for our youth and educate them in the benefits of healthy eating and increased movement. Please contact your Congressman and our two state Senators, Al Franken and Amy Klobuchar to ask for support for the three "Asks" of AAHPERD. Look at the NASPE website for more information about legislation and what you can do to help.

In July, I will be traveling to the Black Hills in South Dakota to participate in a leadership training for Central District AAHPERD.

I am also looking for members who would like to serve their organization (MnAHPERD). President –elect, region reps, division VP elects (Health, Physical Education, Recreation/Aquatics, Dance) If interested please contact me, Kay Oling at kay.oling@gmail.com or Katherine.Oling@duluth.k12.mn.us

RWJF and Trust for America's Health Release *F as in Fat* 2010

Report Finds Increase in Adult Obesity Rates in More Than Half of the States

The country's obesity epidemic continues to worsen, as detailed in *F as in Fat: How Obesity Threatens America's Future 2010*. Adult obesity rates climbed in 28 states during the past year and now exceed 25 percent in more than two-thirds of the states.

The report, by Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF), concludes that the nation's response still fails to measure up to the magnitude of the problem. At the same time, it highlights public recognition of the issue and results of a new survey showing Americans' acute concern about childhood obesity—and their willingness to invest significantly in prevention programs.

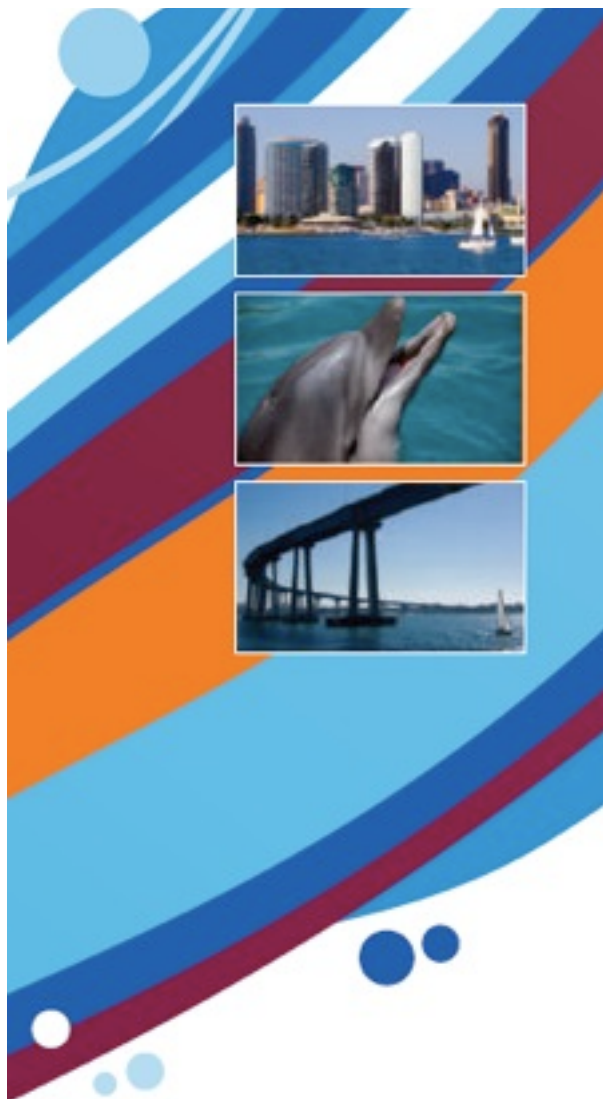
The report identifies actions that the federal government and many states are taking to address the epidemic and recommends specific strategies to accelerate momentum.

Read the news release, executive summary and full report at

http://www.rwjf.org/childhoodobesity/product.jsp?id=65469&cid=XEM_205602



MNAHPERD members are welcome to submit articles, article ideas, creative lesson plans or digital photos to Loon Lines for possible submission. Please direct them to Kent Mollberg at mollberg@arvig.net with Loon Lines in the subject heading. Your district may allow you continuing education clock hours for doing this!



PEP Grant Competition Initiated

Mary Thissen-Milder - MNAHPERD President

Important notice about the 2010 competition for the Carol M. White Physical Education Program Grant (PEP). The U.S. Department of Education is pleased to announce the Notice of Final Priorities (NFP) and the Notice Inviting Applicants (NIA) will publish in the Federal Register on Friday, June 18, 2010. You may log on to the federal register now at www.federalregister.gov/inspection.aspx#spec_E and view the NIA; however the competition does not officially open until Friday, June 18, 2010. The deadline will be 30 days from June 18.

Looking for standards-based professional development workshops to offer your teachers? The National Association for Sport and Physical Education (NASPE) has a broad array of PIPEline and Physical Best workshops that will meet your school district's needs and can be written into a PEP grant application. For more information, visit

<http://www.aahperd.org/naspe/professionaldevelopment/pipeline/workshops.cfm>

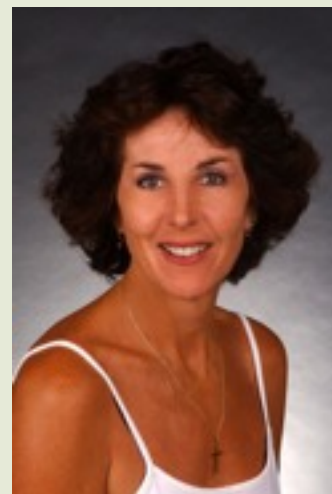
<http://www.aahperd.org/naspe/professionaldevelopment/physicalBest/>

Lori J. Head

Carol Conkell

MNAHPERD is thrilled to have Dr. Lori Head back for our fall 2010 conference. Dr. Head's sessions at the 2009 conference in Roseville were well attended and great workouts! Dr. Head, who is the Past President of the National Association of Dance (NDA), will present several sessions on dance and wellness at the 2010 Minnesota State

Association for Health, Physical Education, Recreation and Dance (MNAHPERD). Dr. Head is a professor with the Department of Sport Science and Physical Education at Idaho State University (ISU) in Pocatello. In addition to teaching at ISU, Lori has owned and operated her own dance studio for the past 17 years. She has been involved for the last 30 years with the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). Dr. Head has presented at the national, regional, and state levels. An interesting fact about this dynamo is that she is also a professional ice skater who has toured and skated with the Ice Capades. Dr. Head will be presenting sessions on Zumba, Latin Rhythms, Swing Dance, Pilates and Conditioning, and Yoga.



Pickleball

a mix of tennis, badminton, table tennis
 Printed with permission from the Fargo Forum

The game has a funny name, but Bill Krueger, a 75-year-old retiree from Moorhead, and his wife, Marion, are hooked. The active couple, who started to play pickleball in Palm Springs, Calif., a couple winters ago, are hoping to grow the sport in the Fargo-Moorhead area. "It's addicting," said Marion, 70, with a laugh. "Even people with bad knees can play. And us old guys can still beat the young guys. ... It's a lot better than sitting around and drinking coffee."

The Kruegers started a local pickleball group, a game that is a cross between tennis, badminton and table tennis, in early May at the Village Green tennis courts. "I used to play tennis, but that overhand serve used to kill my shoulder," Bill said. "That's not a problem with pickleball."

In pickleball, the serve has to be underhand. A pickleball court has the same dimensions as a badminton court (20 feet by 44 feet), the net is similar in dimensions to tennis with a height of 36 inches at the end and 34 inches in the center, and the paddles (which range from wood to graphite) are generally around 16 inches in length. The ball used is a baseball-sized wiffle ball and generally white or yellow in color. Games are to 11 points (win by 2) and in standard tournament format it's the best 2-out-of-3 games.

The game was developed in 1965 by two men in the state of Washington who were looking for an activity to do with their families. One of the creators had a dog named "Pickles" that would take the ball and run off with it whenever it came his way. That's how the game got its name.

David Johnson, a spokesperson for the USA Pickleball Association, said the sport is starting to grow nationally, especially among seniors and in schools. Johnson said there are around 2,400 identified public pickleball courts in the country and there are approximately 65,000 adult players nationwide. There are 300 official pickleball ambassadors throughout the country, Johnson said, that have played a key role in growing the sport.

"It seems like word-of-mouth is the way it really spreads," Bill said. The Kruegers have turned into local promoters of the sport. Bill said he and Marion will teach the game to anybody who wants to learn.

Jeremy Busch, 32, has been a regular with the Krueger's pickleball group this spring. "Bill is kind of a good promoter for the sport," Busch said. "It was really Bill that got us all out here." Bill is trying to set up an indoor pickleball court for days when it is too

windy to play outside. His goal is to form a league through Moorhead Parks and Recreation. "If we get indoors, then hopefully it would go year-round," Bill said. "It would be a great, great winter sport."

Laurie Caillier, 47, is from Valley City, N.D., and occasionally shows up in Moorhead to play with the pickleball group that her parents started. "My dad is the draw and the appeal," she said with a laugh. "My mom and dad like to keep busy, so they're always coming up with something new to do. ... He's tried tennis before, and it's a little harder on your body and your joints. This is less stress and more fun, I think."

Busch's girlfriend Kim Haught, 28, and her father, Dave Hansen, 58, are also part of the pickleball group. Kegan Reiswig, 19 and a former Moorhead High tennis player, played pickleball for the first time last week and is already hooked. "It's a sport that caters to intergenerational play," said Johnson, who also runs an online business that sells equipment for pickleball.

Reiswig said Bill is the one who recruited him to play as they both work at the Moorhead Country Club. "I just wanted to come out and see what it was like and it's a lot of fun," said Reiswig. "It's definitely harder than it looks. You have to hit it pretty hard because it's a wooden paddle and a wiffle ball. It's a little different than a tennis ball. ... It's really interesting. It feels so weird to play on such a small court after playing tennis."

Randy Schmidt, 46, Caillier's boyfriend, also showed up on this night with his son, Alex, 13. "I think a lot of people can play it, and my son says they even play it in gym (class)," Schmidt said. "Even the young people are starting to enjoy it."



Jump Rope for Heart & Hoops for Heart Celebrates Grant Winners!

The MNAHPERD Board of Directors would like to extend a sincere thank you to all teachers that put forth the time and effort to conduct a Jump or Hoops for Heart event in 2009-10. Your school's participation combined with the commitment of the American Heart Association makes a difference in the fight against heart disease and stroke.

Additionally the American Heart Association designates a percentage of the total amount raised in Minnesota back to MNAHPERD, which allows our association to offer ten \$500 grants to deserving Physical Education programs throughout our state.

We are pleased to announce the 2009-10 \$500 MNAHPERD member grant recipients:

Mary Cappel, Jefferson Elementary, Winona, Mn.
Project: Increase exposure to fitness via Ultra Fit, Five for Life Fitness Circuit, Fit Deck Jr. cards and games.

Carissa Carroll, Parkview Center School, Roseville, Mn. Project: Motor skills/Alphabet Set for Fitness Stations.

Nick Courneya, Detroit Lakes Middle School, Detroit Lakes, Mn. Project: Purchase Kettle Bell weights, 10-30 lbs. for Lifetime Activities/Fitness.

Barbara Eilers, Roosevelt Elementary, Willmar, Mn.
Project: Increase in equipment needs for K-5 school restructuring to enhance existing PE program.

Nancy Laines, Wheaton Area Schools, Wheaton, Mn.
Project: Lifelong Jungle Gyms and wall mounts for Fitness Stations.

Rochelle Patten, Susan B. Anthony Middle School, Mpls., Mn. Project: Purchase Lacrosse equipment set from Gopher with matching funds from General Mills grant.

Sharon Patterson, Kennedy Elementary, Mankato, Mn.
Project: S.M.A.R.T. (Stimulation Maturity through Accelerated Readiness Training) program overhead ladder to enhance current stations.

Karon Sheldon, Washington Elementary, Mankato, Mn.
Project: Introduce Skatetime School Program to Kindergarten through Fifth grade students in a 50% Free/Reduced Lunch school population.

Michael Summers, Holy Rosary School, Detroit Lakes, Mn. Project: Enhance K-3 eye-hand coordination with speed stacks plus perform research study on benefits of speed stacking in the academic setting.

Bridget Vessel- Johnson, Esko Winterquist Elementary, Esko, Mn. Project: Purchase supplemental DVD on locomotor and object control animations from EPEC (Exemplary Physical Education Curriculum)

Congratulations to these Minnesota schools and their PE instructors for implementing innovative, quality programs! We look forward to awarding more grants in the 2010-11 school year. Grant deadline is

Feb. 15th. Visit our MNAHPERD website for the online application. Be sure to join us at the Fall Conference to network on the many great ways to conduct a Jump or Hoops event in your school!

Jump Rope for Heart - Hoops for Heart Contacts
Amy Kaiser - Amy.Kaiser@duluth.k12.mn.us
Sandy Hasse - shasse1@isd77.k12.mn.us



American Heart Association
Learn and Live

15 YEARS
HOOPS FOR HEART

Hoops For Heart gives students several great opportunities: helping kids with special hearts; learning the benefits of physical activity, healthy eating and avoiding tobacco; and raising funds for research and programs to fight heart disease and stroke. Besides having fun, students will learn basketball skills, supporting the National Association for Sport and Physical Education (NASPE) Standards of Physical Education and the American Association for Health Education (AAHE) Standards. Join millions of kids in serving others, saving lives and supporting research — hold a Hoops For Heart event!

DID YOU KNOW?

- Obesity and physical inactivity are major risk factors for cardiovascular disease.
- On average, American children and adolescents spend nearly 4 hours watching television every day.
- Obesity among our nation's youth has tripled in the last two decades.
- Overweight adolescents have a 70 percent chance of becoming overweight adults.
- A number of studies have demonstrated that increased physical activity is linked to better school performance.

Call 1-800-AHA-USA1 or visit americanheart.org/hoops to get your school involved.

WE JUMP. WE SHOOT. WE SAVE.

American Alliance for Health, Physical Education, Recreation and Dance
AHPERD is a proud program partner of Hoops For Heart.
©2009, American Heart Association. Also known as the Heart Fund.

Shine with the Best!

Be a STARS School!

Bridget A. Duoos, STARS Committee Chair



AAHPERD NASPE STARS is a school awards program designed to help physical teachers evaluate their physical education curriculum in a thorough step-by-step self-study and review process. Through this

process, NASPE identifies exemplary physical education programs across the nation that provides students with quality physical education and meaningful learning opportunities for all students. STARS schools demonstrate excellence in teaching students the knowledge, skills and confidence needed for motor development to achieve movement competency, health-related fitness and promote lifelong physical activity. STARS recognition is a school award, so all members of your physical education department must agree to be a part of the application process. The STARS application process requires that you and your colleagues complete an e-folio that thoroughly addresses important criteria, such as curriculum and lesson plans, by providing evidence in the forms of a narrative, documentation and examples.

You are encouraged to visit the STARS website at: <http://www.aahperd.org/naspe/awards/recognitionPrograms/STARS/index.cfm> and review the criteria chart. The criteria chart specifies the criteria that must be addressed in your e-folio application and provides you with information about how your application will be scored. Your school must earn an average of 1.5 or better to earn STARS recognition. Your program will not be harmed in the scoring process by the fact that Minnesota does not have state standards. Align your program with the national standards and make sure that you explain and support that fact in your application.

Determine a realistic year of application making sure to give yourself plenty of time to accumulate all of the necessary documentation. Submission deadline is October 15 each year. It is suggested that you collect your materials throughout the school year *immediately prior* to the year you apply. For example, if your school intends to apply October 15, 2011, then you would collect all evidence and materials during the



2010-2011 school year. You will find a Pacing Guide on the STARS website that gives you a general idea of the STARS timeline. Next, select one member of your department to serve as a NASPE contact person through who all of the communication with NASPE and the school will occur. Complete an Intent to Apply form online and you are set to begin compiling information about your physical education program.

If you decide not to apply to the STARS program, consider using the STARS criteria as a department self-study. The STARS criteria provide you with a very thorough itemization of important key components that comprise a quality physical education program. Many STARS schools started by completing a self-study, made program changes based on the STARS criteria and then in following years applied for STARS status.

Does your physical education program make the grade? Do you have an excellent physical education program that you have worked hard to improve? Is it worthy of being called a STARS school? You are encouraged to shine with the best....be a STARS School!

stars stars stars

PE Central Is A Valuable Resource

Vicki Johnson

Do you use PE Central for classroom ideas? If you do not, you will want to check it out at www.pecentral.com. Many of our Minnesota AHPERD Board Members are volunteers for PE Central such as Mary Cappel, Cyndee Johnson and Carol Conkell. Nancy Laines is the Managing Editor for Holidays and I am the new High School Physical Education Managing Editor. Please feel free to contact any of us regarding PE Central whether it is accessing PE Central, questions about PEC, or how to submit an activity, quick hitter, classroom organizer, video lesson, or to share your thoughts. You may have some great ideas about what you would like to see on the web site and we hope to accommodate you so please share those with us. If you submit a published item to PE Central you will receive \$50.00 in equipment from S & S Sport Specialty. Who cannot use additional resources in this time of cuts and budget reductions? We have so many great physical and health educators in Minnesota I urge you to share your talents. Contact me at vjohnson@lakesnet.net.



PHYSICAL EDUCATION

Marci Wills

I hope this letter finds you rested and rejuvenated and ready to tackle another school year!

First of all I would like to thank those of you who responded to my last Loon Lines letter in which I vented about my struggles with teaching physical education in this day and age. Your responses helped me to see that what I am doing is valuable and that we are all touching lives in positive ways and that we must keep up the fight. I was touched by the letters that Julie Hoecherl (Edina), Patti Jo Erickson (Dassel) and Jack Olwell (Farmington) sent encouraging me to keep working hard for children! I am grateful that our profession is filled with wonderful, supportive individuals who reach out to others in meaningful ways. Please, all of you – continue to support your colleagues when they need it – it means a lot!

After finishing my incredibly stressful school year, I had planned on taking the summer off – no second job! I spent my first three days of vacation reading books for pleasure (who has time for that during the year?). Then I devised a plan to go through my whole house, cleaning one room at a time, taking everything out of drawers and cupboards and reorganizing. I got through my two bathrooms, my living room and my laundry room before I started panicking about accomplishing some of the “school stuff” that I wanted to get done this summer. So, I did some curriculum writing for my district, was invited to present at a summer class, and flew to St. Louis, MO to do some work for Evaluation Systems of Pearson. I also planned to update my school web page, figure out Google docs, make I-movies about my Field Days and phy. ed. classes to show parents at conferences and figure out my Standards-Based Record book software (Bonnie’s fitware) that I bought for my I-pod. Good thing I didn’t take on a second job – I ran out of summer!

Hopefully you took care of your body and mind this summer. An MRI this summer showed that I need another shoulder surgery and possibly a hip surgery. Which got me thinking – does teaching physical education take a toll on our bodies? I know that I

have some hearing loss (music & loud noises in the gym) and vocal cord stress, and I herniated the disc between my C5 and C6 vertebrae (lifting a balance beam) which required surgery, but what other injuries/illnesses do phy. ed. teachers frequently get? Has anyone seen any studies on this? Let me know what job related injuries/illnesses you have had and I will report what I learn in the next Loon Lines.

Before I go, I urge you to consider attending the fall conference this year. I always learn something and look forward to meeting all of you and networking with other great people!

In closing, I would like to leave you with a few more of the web sites that I have been looking at this summer. Hope you will enjoy them as well!

www.nyrr.org/arunningstart - 80+ video demonstrations that will help you teach the fundamentals of running to children grades k-12.

www.HealthierGeneration.org/schools

www.lessonplanspage.com/PE.htm - physical education lesson plans

www.loveandlogic.com – techniques that will help teachers spend more time teaching and less time disciplining students. It reduces stress levels and brings back the enjoyment of teaching.

www.tappedin.org - brings educators together both locally and worldwide to cultivate a community that supports each teacher as a professional.

www.letsmove.gov – Michelle Obama’s initiative to help fight childhood obesity.

Remember: If you don’t take care of your body, where will you live?



*Marci Wills
V.P. Physical Education*

Health Education

Julie Knutson

Last spring at the MN School Health Education Conference there were great sessions available for Health Educators here in Minnesota! A few of the great sessions included (but were not limited to):

- 1) "Obesity in a Bottle"-- As we know Michelle Obama has generated a push for schools and communities to lower obesity among children. Learning Zone Express has taken on this challenge with their curriculum "Obesity in a Bottle". If you are looking a getting new ideas contact them! www.learningzoneexpress.org
- 2) "Defining Domestic Violence"-The Tubman organization offered material to help bring awareness to domestic violence. If you would like another resource on this topic contact them! www.tubman.org
- 3) Top 20 Training gave a great presentation on "Discovering the Power of Choice- Road Block to Success: I am Stupid!" by Paul Bernabei. If you want more information about this contact www.shop.top20training.com
- 4) Mental Health Association is always a great resource for getting current information on Anxiety Disorders, Panic Disorders, ADHD, Depression, Post Traumatic Stress Disorder, Social Phobia, Autism and MORE!!! Contact them at www.mentalhealthmn.org. The MN School Health Conference is a great workshop which is devoted to keeping current on the Health Education topics. Clear you calendar so you can attend next year!

Contact:
Julie Knutson
Instructor
Health, Physical Education, Recreation and Sports
Science
315 Halenbeck Hall
720 4th Avenue South
St. Cloud, MN 56301-4498

What Can You Get Out of the MNAHPERD State Conference? Mary Cappel

I attended the 2009 MNAHPERD State Conference hoping to come back to Winona with 1-2 good ideas that I might be able to use right away. People say that is how you judge a successful conference. I was especially interested in Active Academics ideas that could be used in the gym as well as for regular ed teachers in their classrooms.

I was fascinated by the GeoMotion presentations on use of the "Phone Mats" with numbers and letters that could be used in PE to teach movement, dance and manipulative skills. They can also be used for spelling, mathematical problems, and to teach directions and patterns. hmmm... Then I spent some time talking with Dr. Robert Pangrazi at the Gopher booth and looking at his Active and Healthy Schools program, including activity card sets used by classroom teachers for activity breaks or using activity to help reinforce academic skills being taught. hmmm... I also picked up some good integration activities from different presenters. hmmm...

Now, what to do with this great information? The Foundation for Winona Area Public has an annual "Dare to Dream Grant," where teachers can apply for funding to implement "innovative" programming into their schools. I applied for the grant, and was one of two recipients, receiving \$3000 for "Academics + Activity = A+ for Jefferson Kids!" With the funding, my school purchased 30 GeoMotion phone mats for PE, desk mats and curriculum materials for each classroom, and DVDs of music and activities. We also bought Gopher AHS activity card sets for each classroom for energizers and integration. Finally, we added Brain Gym training for 50 teachers throughout the district to reinforce the connection of the brain and the body. Great cooperation between the classroom and the gym!

So, if you come to the MNAHPERD State Conference, who might come away with 1-2 new ideas. Or, you might get a whole lot more!

**Attend the
Fall Conference
October 14th & 15th!**



**SAVE THESE DATES
OCTOBER 14 & 15, 2010
Minnesota AHPERD
Annual Fall Conference
"PROMOTING OUR MESSAGE
THROUGH PARTNERSHIPS"**

Minnesota AHPERD presents our 2010 Fall Conference "Promoting Our Message Through Partnerships". Dr. Robert Pangrazzi will be the guest speaker at our luncheon, provided through the generous support of Gopher. He will deliver to our membership another thought provoking message regarding our profession. Dr. Lori Head will be returning as a favorite from our 2009 conference. The American Heart Association will also be providing a guest speaker regarding our journey toward ensuring our Minnesota students once again are receiving high standards in Physical Education and (Health), along with the importance of Hoops for Heart and Jump for Heart. Our conference will be held at the Hilton/Mall of America/Airport in Minneapolis, located at 3800 American Blvd. E, Bloomington, MN 55425, Tel: 952-854-2100 and website: www.mspairport.hilton.com. Hopefully this will allow you to plan on spending a long weekend with your family enjoying Mall of America, riding the light rail only a mile away, Fort Snelling and the adjacent Minnesota Valley National Wildlife Refuge with 8 miles of walking/jogging trails. The hotel is giving us a great rate of \$99.00. Please make your reservations as soon as possible and make sure you mention that you are a MNAHPERD attendee so that you receive your discount and we can meet our quota of guaranteed rooms.

We are offering pre-conference sessions on Thursday afternoon the 14th, along with an Award's Celebration at 7:00 on Thursday night. The Award's Celebration will be different from previous years as we will not be having a banquet. We will be offering Hors D' Oeuvres as well as a special time to connect with the winners. Pre Conference Sessions planned from 1:00 to 4:00 p.m. at this time, include Dr. Carol Conkell with "Motown: Sound of Young America", a Future Professionals Session, a TOY Presentation with Best Practices, a CPR update, Tony Stingley with USA Tennis and Mary Thissen-Milder from the Department of Education, "Implementing The Standards". Friday will be a full day of sessions from 7:30 a.m - 3:30 p.m. There will be a National Wildlife Refuge Run/Walk at 6:15 a.m.

Please look forward to receiving more details this month as we will send out a tentative program. You may contact me with any questions at vjohnson@lakesnet.net. A registration form is included in this Loon Lines Edition...We hope to see you there!

Vicki Skaar Johnson
Past President MNAHPERD & Conference Chair



**ceans
of Opportunity**
San Diego March 29-April 2, 2011
AAHPERD 126TH NATIONAL CONVENTION & EXPO

“Promoting Our Message Through Partnerships”
MNAHPERD FALL CONFERENCE REGISTRATION FORM
OCTOBER 14 & 15, 2010
Hilton Hotel – Minneapolis/St. Paul Airport
 3800 American Boulevard East, Minneapolis, MN 55425
 Phone: 952-854-2100 Fax: 952-854-8002
 Reservations: www.hilton.com or 1-800 HILTONS

Postmark Deadline for Advanced Registration is Friday, October 1, 2010
Hotel Reservations are due before Wednesday, September 15, 2010 (Room rate of \$99.00)

Please Print or Type Clearly _____

First Name _____ Last Name _____

Mailing Address _____

City _____ State _____ Zip _____

Phone (H) _____ (O) _____ Email _____

School/State _____

Are you a MNAHPERD Member? _____ Date of Expiration _____

Cancellation Policy: All pre-registration cancellations must be requested in writing before Thursday, September 30th, 2010. A \$5.00 processing fee is assessed to all cancellations received by Thursday, September 30th. Faxes and emails are acceptable. No refunds will be made after Thursday, September 30th, 2010. Please email or fax Nancy Christensen at nancy1485@gmail.com or 218-846-2416 (fax).

REGISTRATION (Check one)	Advanced (Before 10/1/10)	On-Site (After 10/1/10)	Indicate Amount:
____ Professional MNAHPERD Member	\$ 125.00	\$140.00	_____
____ Professional Other State Member	\$ 125.00	\$140.00	_____
____ Student Professional Member	\$ 50.00	\$ 65.00	_____
____ Retirees	\$ 50.00	\$ 50.00	_____

MNAHPERD AWARDS/RECOGNITION CEREMONY

7:00 Thursday, October 14th, 2010, Hilton Hotel

_____ @ \$10.00

Social Ticket Cost After Thursday, September 30th

_____ @ \$15.00

(If you are an award winner you will receive 2 tickets at no cost. For additional tickets please mark above)

Payment Method (Please Check One) Personal Check _____ School Check _____ Company Check _____ Money Order _____ Cash _____ Other _____ Total Amount Enclosed _____	** Credit card payments only available through online registration. Please visit the MNAHPERD website for more detailed information: www.MNAHPERD.org	Office Use Only Amount Received _____ Date Received _____ Received by _____ Check Number _____ Other Information: _____
	Name you would like on badge: _____	

*******Make checks payable to Human Kinetics (Not to MNAHPERD)**

Mail to: MNAHPERD % Human Kinetics, Attention Jackie Moore, PO Box 5076, Champaign, IL 61825--5076

Please Note: Purchase Orders will NOT be accepted. All registration & membership fees must be paid in full by conference day. If school check has not been received, personal check will be required and held until school check has been received.

Use Posters to Promote Your Program and Encourage Your Students

Patty Mollberg & Cali Harrier - Detroit Lakes Middle School

Below are examples of posters we display in our school that both promote the value of our program and encourage our students to be physically active. How did we do this?

1. Take digital photos of your students in action.
2. Using photo editing software add quotes or descriptions.
3. Print poster size (18" x 24"). Local printing companies can do this for you at a reasonable cost. Contact Patty Mollberg with questions: pmollberg@detlakes.k12.mn.us



The mission of the MNAHPERD newsletter is to inform health, physical education, recreation, and dance professionals in Minnesota about their professional organization's activities and the opportunities available for participation. If you have questions, concerns or comments on the contents or layout of this newsletter please email Kent Mollberg at kmollberg@detlakes.k12.mn.us
You can also access this newsletter in PDF format on the web at www.MNAHPERD.org



MNAHPERD Membership Form (or register online at www.mnahperd.org)

Member Information

Name (first, middle, last) _____

Home Address _____

Home City _____ State _____ Zip _____

Home Telephone _____

Work Address1 _____

Work Address2 _____

Work City _____ State _____ Zip _____

Work Telephone _____

Email Address _____

Areas of responsibility (circle all that apply): Advocacy, Agencies, Aquatics, Athletics, Curriculum, Dance, DAPE, Exercise Science, Health, Recreation, Retired, Physical Education, Sport Management, Other: _____

Level of responsibility (circle one): Community, College/University, Early Childhood, Elementary, Middle School/Junior High, High School

Membership Categories (select one)

	Membership Fee (annual)
Professional Member	<input type="checkbox"/> \$30
Student Member	<input type="checkbox"/> \$15 College attended full-time: _____
Retired Member	<input type="checkbox"/> \$15 Year Retired: _____
Associate Member	<input type="checkbox"/> \$30
Lifetime Member	<input type="checkbox"/> \$600

Payment Method

- Personal Check (**Make check payable to Human Kinetics**)
 Institutional Check (**Make check payable to Human Kinetics**)
 Visa MasterCard American Express

Credit Card Number: _____

Expiration Date: _____ Name on Card: _____

Mail to: MNAHPERD c/o Human Kinetics
Attn: Jackie Moore
P.O. Box 5076

Champaign, IL 61825-5076, USA

Fax to: (217) 351-1549

Questions: Call Jackie Moore at 1 (800) 747-4457 ext. 2231, or email jackiem@hkusa.com

MNAHPERD Executive Director
Nancy Christensen
25673 Muskrat Lake Drive
Detroit Lakes, MN 56501



MNAHPERD

MNAHPERD is a school-based professional association that provides professional services and resources for teachers, organizations and individuals to provide quality programs.

MNAHPERD is dedicated to improving the skills, knowledge, health and well-being of all Minnesota students.

Contact information for MNAHPERD Board of Directors is posted on www.mnahperd.org.

MNAHPERD Executive Committee

President	Mary Thissen-Milder	(651)-582-8505
President Elect	Kay Oling	(218)-722-8215
Past President	Vicki Johnson	(218) 847-5212
Treasurer	Jeremiah Hinkemeyer	(218) 329-2088
Secretary	Patty Mollberg	(218) 841-1576
Executive Dir.	Nancy Christensen	(218) 847-9769
Parliamentarian	Gerry Levos	(218) 254-7317



Approximately 700 students and staff at the Detroit Lakes Middle School participated in a Group Mob Dance in May of 2010. Instructors leading this demonstration were Patty Mollberg, Cali Harrier, Jake Blow and Nick Courneya.

