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Message from the President

Megan McCollom



MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS



Loon Lines

Thank you to the over 500 education professionals who attended the 2017 MNSHAPE State Conference at Wayzata High School. This was MNSHAPE's largest state conference to date! We were very lucky to have so many wonderful presenters including our featured presenters: Sarah Gietschier-Hartman, Deanne Romero, Victoria Otto, and Carly Wright. Thank you to all of our presenters for giving your time to provide professional development opportunities for educators throughout our state. We have received a lot of positive feedback from our attendees, presenters, and exhibitors via the surveys sent out to our listserv, surveys completed through our sched.org conference website, and verbal feedback. If you have any further feedback for us about the conference, please contact us at minnesotashape@gmail.com.



I would like to thank all of the MNSHAPE board of directors members who had a hand in putting together the state conference. Many hours were spent finding presenters, exhibitors, going through award nominations, creating the schedule and surveys, coordinating the event with Wayzata High School, stuffing bags, and numerous other tasks in order to put on an event of this capacity. A huge thank you to our past president, Mike Doyle for all that you did in your term as president as well as all of your work to coordinate our state conference.

Please check the MNSHAPE website at www.mnshape.org in order to keep up-to-date with all things MNSHAPE. The next professional development opportunity is the SHAPE America Central District Convention in Sioux Falls, SD on January 25th through the 27th. Early bird registration runs until December 29th. You can download the SHAPE America mobile app to follow along with the conference, get updates, handouts, and check the schedule. For more information, check out the SHAPE America Central District website. SHAPE America's Speak Out! Day is also coming up in Washington, DC on February 13th and 14th. You can register through the SHAPE America website and find out more information about the event on their site as well. If you plan to attend Speak Out! Day this year, please let us know via email.

I am honored to serve as your MNSHAPE President! Please feel free to reach out to me if you have any ideas, issues, questions, or concerns for MNSHAPE by emailing me at president@mnshape.org.

For more information about MNSHAPE, please visit our website at www.mnshape.org or the national site at www.shapeamerica.org.

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MNSHAPE State Conference Highlights

WAYZATA HIGH SCHOOL • NOVEMBER 2017





Proctor gym teacher awarded for special education work

By [Jana Hollingsworth](#) on Dec 10, 2017 at 8:28 p.m.
Duluth News Tribune

After running a couple of laps, Proctor High School freshman Carly Barnstorf lay down on the gym floor, exhausted.

Seniors John Pioro and Cody Hampton paused their own laps to check in with her. "You OK, Carly?" Hampton asked, as the students took her hands and helped her up. Barnstorf, who has Down syndrome, is part of a new class at Proctor, where students with special education needs work with mainstream students — mostly seniors — on physical education. It's called Unified Physical Education, a course created by Special Olympics. Proctor teacher Lisa Smith helped start the program in Minnesota last year, with Proctor and the Wayzata school district the only districts in the state offering the course.

This year, nearly 20 more schools adopted the program, and next year, 50 schools are projected to offer it. For her efforts, Smith was named secondary physical education teacher of the year by MNSHAPE, a professional organization for health and physical education teachers.

"Smith is a go-getter," said Nick Cedergren, schools and athlete leadership coordinator for Special Olympics Minnesota. "She not only implemented (the course), but figured out how to spread it statewide."

A big part of the class is

inclusion, as it works to lessen the segregation that often happens to special education students, Cedergren said.

Minnesota offers developmental adapted physical education for students who need something other than a typical phy ed class, but the unified course puts the two student groups together. Depending on abilities, kids learn things such as basketball and floor hockey skills, how to improve balance or play games with a parachute.

It's innovative, Smith said, because in a casual setting like a gym or a pool, friendships are formed that may not in other school settings. Kids learn empathy and new ways to communicate with each other, she said, and the class teaches social skills — for both groups — as much as it does physical skills.

"People with intellectual disabilities are the largest minority in the U.S., and we need to address that," Smith said. "My biggest hope is that (students who take the course) will be champions for those who are voiceless."

'You get vulnerable'

The Proctor course, in its second year, has a waitlist. That's why Smith first enrolls seniors, especially those who can take the class the entire year. Smith spends a week at the start of the

semester with the general education students — called unified partners — going over various disabilities and talking about what it looks like and feels like to be the person with that disability.

They talk about inclusion and data privacy, and what an Individualized Education Program is. The special education students who take the course all have one, and they must legally be followed. Private information from their plans is not shared with the partner students, but they learn that they are playing a role in helping students meet the goals in their plans.

"At first it's scary," for the partner students, Smith said. "Over time we build trust and we succeed together and fail together. Things are not easy for everyone, and they learn that." Two days of the week are spent in the gym with higher functioning special education students and one day with a more severely affected group. Another day, students swim and one day is meant for training for the general education students, to reflect and journal.

Calling it "extraordinary," the class is senior Kaitlyn Mercier's favorite part of the day. The experience has inspired her to reevaluate her intended career path, and now she's set on becoming a special education teacher.

"You get vulnerable sometimes when you are in this class," she said. "You learn patience ... You are learning how to teach. And you are learning a lot about yourself, and each other." Mercier has bonded with Barnstorf, she said, through the class and through cheerleading — something Barnstorf tried out for because of the confidence the class helped her build, Smith said.

"We're like a family," Barnstorf said of the class.

Proctor middle and high school principal Tim Rohweder said the class is also about career exploration, because the seniors work alongside occupational and physical therapists to learn and understand the needs of the special education students.

"It's really opened up the school in terms of students accepting and understanding the fact that everybody is unique, and everybody has needs," he said. If Smith had her way, every student would be required to take the class to graduate. "You become better humans," she said, "when you can walk the walk of someone else's life."



From left: Dawson McLean, Jenna Podgornik and Morgan Stelman, students in the Unified Physical Education course at Proctor High School, perform jumping jacks during a recent gym class. Bob King / rking@duluthnews.com



Carly Barnstorf, who has Down syndrome, gives classmate Kaleb Stevens a hug at the end of gym class Monday at Proctor High School. Bob King / rking@duluthnews.com



Morgan Stelman (left) works defense against classmate Josh Hemming during a game of basketball in a recent Unified Physical Education gym class at Proctor High School. Bob King / rking@duluthnews.com



Dawson McLean (left), a freshman who receives special education services, and Jenna Podgornik talk during warm-up laps around the gym at Proctor High School during a Unified Physical Education course Monday. Bob King / rking@duluthnews.com



Lisa Smith, health and physical education teacher at Proctor Middle School and High School, high-fives a student to congratulate him on a job well done during a recent gym class. Bob King / rking@duluthnews.com



Students play floor hockey during a Unified Physical Education course in the gym at Proctor High School recently. From left: Jenna Podgornik, Dawson McLean, Kaleb Stevens and Harmony Leskey. Bob King / rking@duluthnews.com

CELEBRATING MINNESOTA'S FINEST TEACHERS AND ADVOCATES

Thursday night of our MN SHAPE fall conference was a night for celebrating the excellent teachers and advocates we have in our profession! MN SHAPE honored 15 people for their outstanding work in the fields of Physical Education and Health. Our 2017 award winners are listed below.



DR. KRISTI MALLEY

Lou Keller Award
Assistant Professor in the
Department of Physical
Education and Sport Science
Winona State University



CAROL SKOE

**George Hanson DAPE
Award**
Bemidji Region Inter-district



DEB VAN KLEI

Paul Schmidt Award
Stillwater



RENE MORIARTY

Aquatic Award
Sibley East



VICKI JOHNSON

**Dolly Strumbel
Distinguished Service
Award**
Detroit Lakes



DR. MARY THISSEN-MILDER

**Health and Fitness
Advocacy Award**
Minnesota Dept. of Education



BETH AUNE

**Health and Fitness
Advocacy Award**
Minnesota Dept. of Education



DR. BRENDA CASSELLIUS

Presidential Award
Commissioner
Minnesota Dept. of Education



CARLY WRIGHT

Presidential Award
Senior Manager of Advocacy
at SHAPE America



KELLY DARROW

**American Heart
Association Jump and
Hoops for Heart
Volunteer of the Year
Award**



Top 5 Jump Rope for Heart Fundraisers

Meadowbrook Elementary School

Mindy Erdal

Golden Valley

Oxbow Creek Elementary School

Daniel Masloski

Champlin

Hale Elementary School

Ashley Bruun

Minneapolis

Bonner Elementary School

Beth Felten

Stewartville

Morris Area Elementary

Darcy Winkelman

Morris

MN SHAPE Teachers of the Year

Our MN SHAPE Teachers of the Year listed below, will now be able to apply to become Central District Teachers of the Year and if they are successful there, they may go on to apply for SHAPE America's Teachers of the Year.



BARB EILERS

**Developmental
Adapted Physical
Education Teacher of
the Year**
Willmar Public Schools



MANDY STOKES

**Elementary Physical
Education Teacher of
the Year**
Red Wing Public Schools



MELANIE LAWRENCE

**Middle School Physical
Education Teacher of
the Year**
Howard Lake-Waverly-Winsted
Public Schools



LISA SMITH

**Secondary Physical
Education Teacher of
the Year**
Proctor Public Schools



SUSAN NORTHEY

**Health Education
Teacher of the Year**
Esko Public Schools

We would like to introduce ourselves...

Manny Felix and Ben Schwamberger

We are honored to represent the Higher Education Division on the MNSHAPE Board of Directors.

Manny Felix: I'm currently in my fourth year at Winona State University (WSU) as an Associate Professor in the Department of Physical Education and Sports Science where I serve as the Coordinator of the Adapted Physical Education Teaching Minor. Prior to WSU, I taught 20 years at the University of Wisconsin-La Crosse in the graduate and undergraduate adapted physical education teaching programs that were federally funded by the U.S. Department of Education, Office of Special Education and Rehabilitation Services. Some of my professional contributions include: directing numerous community- and university-based activity programs for children, youth, and adults with disabilities; presenting extensively at state and national conferences regarding adapted physical education, including best practices in teaching students with autism; and, publishing in professional journals as well as two recent book chapters in the internationally recognized text *Adapted Physical Education and Sport* (2017). Previous service contributions include serving as President of Wisconsin Health and Physical Education and on the Executive Board of the National Consortium on Physical Education for Individuals with Disabilities. My academic preparation includes a B.S. in Physical Education (University of California-Davis), an M.S. Ed. in Physical Education (Northern Illinois University), and a Ph.D. in

Movement Studies in Disability (Oregon State University). Now as the Higher Education VP-Elect, I'm committed to highly effective curriculum and program development for physical education teacher preparation programs, high quality professional development for future professionals, and proactive advocacy in the physical education profession.

Ben Schwamberger: I am excited to be a part of the MN-SHAPE Board of Directors. I am currently an Assistant Professor at Minnesota State University-Mankato (MSU-Mankato) in the Department of Human Performance where I coordinate the Physical Education Master's program (Pedagogy emphasis) and co-coordinate the undergraduate Health and Physical Education Teacher Education program. Prior to my time in higher education, I taught primarily as an elementary physical education teacher overseas at the American Community School in Abu Dhabi, U.A.E. Some professional contributions include presenting at state, regional, and national conferences on the use of various instructional models that include Adventure Education, Sport Education and Tactical Games; and, publishing in various professional journals. My academic preparation includes a B.S. in Physical Education and Health Education (MSU-Mankato), an M.S. in Physical Education Teacher Education (Adventure Education emphasis) (UW-Lacrosse), and a Ph.D. in Sport Pedagogy (University of Alabama). I am passionate about

working with students at both the P-12 and higher education levels, and I strive to mold future health and physical educators to develop an understanding of how to support physical literacy both inside and outside of the classroom.

Perhaps one of the most exciting changes for higher education members is the likely approval (at the time of this writing) of the proposed MN Physical Education Academic Standards and Benchmarks. This means all physical education teacher candidates (Future Professionals) will need to be thoroughly familiar with and deliver physical education programs so that their students demonstrate competency in all standards and benchmarks.

If any MNSHAPE member feels that the Higher Education Division can assist with any of their professional needs, please feel free to contact us. Thank you!

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Active Kids are Healthier and Do Better in School

Mary Thissen-Milder, PhD

Physical activity is an important ingredient for health and academic success. This statement was confirmed in the findings of an [Active Schools Minnesota pilot study](#) released on December 6th by the collaborative between MDE and MDH and supported by the [Minnesota Statewide Health Improvement Partnership \(SHIP\)](#).

Fourteen elementary schools in central and northern Minnesota participated in the [pilot](#) between 2013 and 2016. Approximately 6,000 students, across the three years of the study, in grades four, five and six experienced increased movement opportunities identified [active schools strategies](#). These strategies included quality physical education, physical activity in the classroom, active recess, and before- and after-

school physical activity opportunities. Evaluation in the pilot study measured changes in school practices and student outcomes, as well as implementation successes and challenges

Students from the pilot schools who met recommendations for aerobic fitness were more likely to be at a healthy weight, achieve proficiency in reading and math on state exams and more likely to attend school consistently (all statistically significant). These findings support prior research that has found students who are physically active tend to have better grades, school attendance, cognitive performance (e.g., memory), and classroom behaviors (e.g., on-task behavior).

Furthermore, students maintained their proficiency in reading and math between the beginning and end of the study. This confirms prior research that has found increased time spent for physical education does not negatively affect students' academic achievement.

There was a lot of energy and positive feedback from schools who are using the Active Schools Minnesota approach. While schools are an important setting to increase students' physical activity opportunities, they can't do this alone. SHIP is working hard in communities across the state to make changes that make it easier for students to be physically active both during and outside the school day. For more information contact mary.thissen-milder@state.mn.us.

New MN PE Standards Coming Soon in 2018

Mary Thissen-Milder, PhD

The newly proposed Minnesota K-12 Academic Standards and Grade-Level Benchmarks are on the last step of the rule-making approval process. It is anticipated that the announcement of the conclusion of this process will be as early as January, 2018.

The 2017 MDE Academic Standards Review Committee and the Commissioner of Education put their seal of approval on the proposed standards and benchmarks in

June of 2017. The rule-making process in Minnesota generally is a 12-18 month process; however, the PE standards were allowed to go through an expedited process enabling their approval time to be cut in half.

Once the approval process is complete, MDE will release the adopted standards in the State Registry accompanied by an implementation timeline. Common practice is to provide schools two school years to prepare for the implementation

of the new standards.

MNSHAPE and the Statewide Health Improvement Partnership (SHIP) will be partnering with MDE to provide technical assistance and professional development opportunities for teachers during the implementation time period. For status report on the timeline development, check both the MDE and MNSHAPE websites. For more information, contact mary.thissen-milder@state.mn.us.



Teaching Learners to Think on Their Feet

PRESENTS (SAVE THE DATE)

SPRING 2018 WORKSHOP

(MORE DETAILS TO COME LATER)

Saturday, April 14th - Rochester

- 8:00am: Check In & Walk Up Registration
- 8:45am: Breakout 1- Elementary PE Session
Breakout 2 - Secondary PE session or DAPE session
Breakout 3 - Health Session - Aaron Murray
- 9:45am: Breakout 1- Elementary PE Session
Breakout 2 - Secondary PE session or DAPE session
Breakout 3 - Health Session
- 10:45pm: Grade Level Roundtables (Ed-Camp Style)
Elementary Physical Education - Moderator, Joe McCarthy
Middle School Physical Education/Health/DAPE - Moderator,
High School Physical Education/Health/DAPE - Moderator,
- 11:45am: Lunch own your own
- 1:00pm: Breakout 1- Elementary PE session
Breakout 2 - Secondary PE session or DAPE session
Breakout 3 - Health session
- 2:00pm: Closing Ceremonies - Hope to see you! From MNSHAPE Board

Active Schools Minnesota is a Feasible and Promising Approach in Increasing Movement in Schools

There is a lot of energy and positive feedback from schools who are using the Active Schools Minnesota approach. Schools can change their culture toward a foundation of movement for students. Active Schools strategies helped create this change by increasing physical activity opportunities for students before, during, and after the school day.

The [Active Schools Minnesota initiative](#) recently released the results of a 3 year pilot study about 14 elementary schools implementing the active schools model.

Results of the study include that "Active Schools Minnesota is a Feasible and Promising Approach in Increasing Movement in Schools".

[Go to the Report website.](http://www.health.state.mn.us/divs/oshii/ship/active-schools-report.html) <http://www.health.state.mn.us/divs/oshii/ship/active-schools-report.html>

[December 6, 2017 Minneapolis Star Tribune Article](http://www.startribune.com/exercise-improves-test-scores-in-study-of-minnesota-students/462406323/) <http://www.startribune.com/exercise-improves-test-scores-in-study-of-minnesota-students/462406323/>

DAPE NEWS!

Kay Oling and Pete Westby

We are almost half way through another school year. Kay and I hope that this year is running smoothly and you have had an opportunity to try out some of the new ideas that were picked up from either the Fall DAPE Conference or MNSHAPE'S Conference. Both conferences were well attended and we hope that you are planning to attend next year. Dates have yet to be finalized at this date, so please visit our web sites in the near future.

The next DAPE event will be held on the 24th of February, 2018. This will be the DAPE IN THE BACKYARD. This will be held in Rochester, MN at Willow Creek Middle School. Registration is now open and can be found on the MN DAPE web site.

A new item is the Facebook page just for MN DAPE people. Please check out the MN DAPE Community of Practice page. This is another great place to connect with your fellow DAPE teachers around the State to share your ideas, photos, and post questions. This is a closed group site and you will need to ask to join. One other Facebook site is the Adapted PE Specialists page. This is a public group and can connect you to fellow teacher's country wide and beyond.

I also want to pass on the reminder that the Central District Conference 2018 will be held in Sioux Falls, SD from January 25th through the 27th, 2018 and registration is now open! Please consider attending this great event.

Happy Holiday to all!

Pete and Kay

MNSHAPE Scholarships - It Could Be You!!

MNSHAPE awards three different scholarships throughout the year for students in undergraduate and graduate school. These are: the Ellen Cromwell-Cercle Student Travel Scholarship, Mary Lampe Scholarship, and the Trish Meek Developmental Adapted Physical Education Scholarship. Applications are available at the MNSHAPE website and due at different times throughout the year. We encourage students and professionals alike to apply for the appropriate scholarships.

Ellen Cromwell-Cercle Student Travel Scholarship:

This scholarship is awarded to full-time undergraduate students majoring in the field of health, physical education, recreation, or dance to assist them in traveling to district or national conventions.

DUE DECEMBER 15 OF EACH YEAR

Mary Lampe Scholarship:

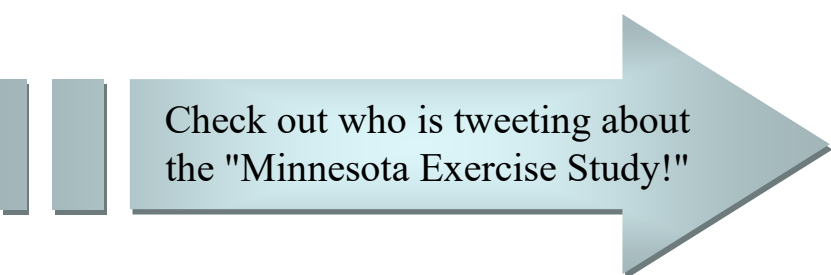
The Mary Lampe Scholarship is awarded to full time undergraduate and graduate students in good standing with MNSHAPE in their quest to enhance professional/educational development. The establishment of this award was to honor and recognize the outstanding efforts, services and contributions of Mary Lampe, who retired from the Health, Physical Education, and Recreation Department at the University of Minnesota, Minneapolis.

DUE APRIL 15 OF EACH YEAR

Trish Meek Developmental Adapted Physical Education Scholarship:

Trish Meek DAPE Scholarship is awarded to full-time undergraduate student(s) pursuing licensure in Developmental Adapted Physical Education (DAPE)

DUE APRIL 15 OF EACH YEAR



Check out who is tweeting about the "Minnesota Exercise Study!"



Why JRFH & HFH Matter for Your Health & PE Program

Check out the latest SHAPE America podcast episode, featuring Jump Rope For Heart and Hoops For Heart (JRFH/HFH) state coordinators! Hear how JRFH/HFH can benefit your HPE program, your students *and* your school!

Listen in to learn why more than 28,000 schools participate in the JRFH and HFH programs every year!

[Click here to listen to podcast!](#)



Tell Lawmakers Health & PE are Game-changers in School

Take the #Jump4More Video Challenge!

Take part in the #Jump4More video challenge! Check out [sample messages and videos](#) to get started!

JRFH and HFH Benefits

Did you know that as a JRFH or HFH coordinator you'll become eligible for SHAPE America grants, awards and resources? You will also have the opportunity to earn certificates for equipment and continuing education credits.

Your event can be standards-based and easily incorporated to fit your already existing plans. To help, [check out this free tool](#) that provides examples needed to connect your JRFH/HFH event implementation to your teacher evaluation. It is designed to work with the Charlotte Danielson's Framework for Teaching and the information can easily be adapted to use with alternative teacher assessment tools as well.

[See a list of all the benefits](#) of JRFH/HFH events for students, teachers and schools.



Graduate Fellowships and Assistantships

in Adapted and General Physical Education Teaching
(M.S. degree only)

- Preparation of Adapted Physical Education (APE) specialists for PK-12 school districts
- \$20-27,000 fellowships available in APE (varies depending on state of residency)
- Extensive clinical experiences in PK-12 schools with certified APE teacher mentors
- Numerous assistantships in both APE and GPE with public school teaching experiences
- 100% placement throughout the U.S. in PK-12 and higher education
- Degree completion possible in one academic year, plus two summers (Four consecutive terms)
- Assistantships for college teaching, adventure education, technology and more
- Thesis and non-thesis options; diversity assistantships available

Application Deadline: February 15

For more information contact:
Garth Tymeson, Ph.D., Program Director
608.785.5415 | gtymeson@uwlax.edu



www.uwlax.edu/grad/physical-education-teaching



Teaching Dice for Understanding: DANCEPL3Y

Mary Thissen-Milder, PhD

If you haven't been to a DANCEPL3Y session, you are missing something! The way Melanie Levenberg (creator of DANCEPL3Y) has created Teaching Dance for Understanding lessons is amazing and the way she teaches dance is so inviting and non intimidating for the participants.

Check out some of DANCEPL3Y's YouTube videos:

DANCEPL3Y Tutorial: Happy	https://youtu.be/AIRyJOuEEW8
DANCEPL3Y Tutorial: We Are One (Ole Ola)	https://youtu.be/mGPfHEjubF8
DANCEPL3Y Tutorial: Jumpstart	https://youtu.be/Od-mY64PmBQ
Sharing Dance 2016-DANCEPL3Y	https://youtu.be/NeZFFw_JIS4
Watch me (Whip) through Physical Literacy!	https://youtu.be/Bm7RIQC7L0s
DANCEPL3Y - Boot Scootin' Boogie	https://youtu.be/g1T8-Or1cIk
Wild Ones by DANCEPL3Y #PEInstitute	https://youtu.be/5gd2NLNB0po

Her website is: dancepl3y.com.

With a \$900 equipment budget, this St. Paul gym teacher raised over \$15,000 online

By [JOSH VERGES](#) | jverges@pioneerpress.com | Pioneer Press

PUBLISHED: December 6, 2017 at 8:35 pm | UPDATED: December 7, 2017 at 10:35 am

For students in Jenny Wamsley's physical education and health classes at Central High School, Christmas comes about every two weeks. Donors have paid for **33 projects worth more than \$15,000** through the crowdfunding site DonorsChoose.org since Wamsley transferred to Central in fall 2016. By comparison, the P.E. and health department's tax-funded equipment budget is \$900 this year. "When I added it up, I just about died because that's a lot of money that's come through here," Wamsley said. St. Paul teachers increasingly are going online to ask donors to improve the classroom experience for students.

As of Wednesday, 245 St. Paul classrooms were taking donations on AdoptAClassroom.org, and teachers were actively raising money for 152 projects on DonorsChoose.org.

Lisa van der Steur, senior development specialist for St. Paul Public Schools, encourages teachers to crowdfund. Unlike asking students to go door-to-door selling dough and wrapping paper, DonorsChoose.org pages can generate a big return for a small investment of teacher time.

"People who don't even know you who are touched by your story can fund the whole thing, and they do sometimes," she said.

Amy McDonald, a first-grade teacher at Linwood-Monroe, kept her expectations low when she first tried DonorsChoose.org on a colleague's recommendation in September. She asked for \$158 for subscriptions to Time Magazine's kids edition. "It seemed like a too-good-to-be-true kind of thing," she said. "My first project got funded in two days and then I got very, very excited. I've been kind of a DonorsChoose addict since then."

Linwood-Monroe Principal Bryan Bass said his teachers are always looking for new ideas for engaging students, and crowdfunding brings those ideas to life. "It works beautifully for our teachers," he said. Unlike grant requests, the St. Paul district does not require school board approval for classroom fundraisers. How principals handle the projects differs from school to school.

Carlondrea Hines, principal of Creative Arts Secondary, where DonorsChoose.org has delivered books and flexible seats, asks teachers to get her permission before soliciting money. She has turned down some projects that she said the school could cover from other sources, such as its federal School Improvement Grant. “We want to make sure we aren’t exploiting students,” she said. Bass doesn’t require his teachers to ask his permission. “Our staff are very discerning about what kinds of things are appropriate for putting on there,” he said.

During a recent P.E. class at Central, a donated portable speaker (\$203) played Lady Gaga’s “Poker Face” while three groups of freshmen, some wearing FitBits (\$1,893), took turns playing basketball, speedball and badminton (\$739).

Wamsley used to teach at Creative Arts, which invested heavily in P.E. equipment when it was converted from a learning center to a high school. When she got to Central, she found the gym equipment lacking in quality and variety, so she began asking for help on DonorsChoose.org.

Family and friends mostly paid for her early projects, but now it’s often strangers, even from other states, buying snacks, yoga mats and hockey sticks for St. Paul high schoolers.

Wamsley admits not everything she has asked for and received was well thought out.

Her first DonorsChoose.org project, a \$284 Bose speaker that plugs into the wall, is now in storage, replaced by a donated cordless speaker she can take outside.

Donors paid \$986 for five Chromebooks last year because the school-issued iPads aren’t great for typing. This year, the district supplied keyboards for the iPads. And then there were the three Spheros (\$356), a robotic ball controlled by iPad. “I think that was probably a want more than a need,” Wamsley said.



Jenny Wamsley, a physical education and health teacher at St. Paul’s Central High School, has turned to fundraising sites like DonorsChoose.org for classroom supplies. She has had 33 projects funded at over \$15,000 in the last two years. Here, she’s seen during a physical education class in Central’s gymnasium on Wednesday, Nov. 29, 2017. (Pioneer Press / Scott Takushi)



Jenny Wamsley, a physical education and health teacher at St. Paul’s Central High School, has turned to fundraising sites like DonorsChoose.org for classroom supplies. She has had 31 projects funded at over \$14,000 in the last two years. Here, students select rackets in her 2nd period physical education class in Central’s gymnasium on Wednesday, Nov. 29, 2017. (Pioneer Press / Scott Takushi)

Winona State University Takes Home the 2017 College Cup!

Alex Kvanli & Jacob Morelli

Over 60 participants representing at least 7 different colleges across Minnesota met at the highly anticipated 2nd annual College Cup Thursday morning at the MN SHAPE 2017 Conference. Once again it proved to be a fierce, yet friendly competition. Wits, precision, and control were tested in Ping-Pong. Geometric prowess and underhand throwing were put to the test in the social-friendly arena of the Bean Bag Toss. But perhaps the fiercest competition of the morning was a result of the unlikely fusion of a volleyball and a trampoline: Spike Ball. “That was WILD,” said Andy Bentz of Minnesota State University, Mankato. The college students, who entered as strangers and rivals, ended the session as friends. Nonetheless, it came as no surprise that the fiercest of warriors, the Winona State Warriors, took home the coveted College Cup. See you next year!

For information on how to prepare for the 3rd Annual College Cup or if you have comments, concerns, or questions please contact:

Vice President - Future Professionals

Alex Kvanli

alexander.kvanli@mnsu.edu

Vice President Elect - Future Professionals

Jacob Morelli

jmorelli13@winona.edu



The Victorious WSU





Justification Toolkit

Make Your Case to Attend
SHAPE America's
National Convention & Expo





Justification Toolkit

Join Us in Nashville

The [2018 SHAPE America National Convention & Expo](#) will take place in Nashville, March 20-24 in partnership with SHAPE America Southern District and Tennessee AHPERD.

But first....

Use This Toolkit to Make the Case to Attend

- **Develop talking points using the needs/benefits table** to explain to your supervisor/principal how attending the national convention will help you meet the needs of the school's/district's current initiatives.
- **Customize and send the justification template letter** to your supervisor to set up a face-to-face meeting.
- **Review our talking tips** before meeting with your supervisor.
- Finally, use this toolkit to **share how this professional development experience will lead to more effective teaching and better learners in the classroom.**



OUR SCHOOL DISTRICT'S NEED	BENEFITS FROM ATTENDING
<p>Ensure all students are given the best opportunity to meet the local, state and national standards for health and physical education (HPE)</p>	<ul style="list-style-type: none"> ✓ Discover dynamic ideas to create and deliver a standards-based curriculum so that students acquire the skills, knowledge and behaviors that will lead to living an active, healthy life ✓ Learn best practices for creating an inclusive environment in health and physical education class ✓ Explore the latest tools in measuring how well students are progressing toward achieving the standards for HPE
<p>Help students become better learners</p>	<p><i>SHAPE America Teachers of the Year and certified Physical Activity Leaders will offer strategies to increase students' moderate-to-vigorous physical activity levels in PE and in before-, during- and after-school physical activity opportunities. This can lead to success in the classroom including:</i></p> <ul style="list-style-type: none"> ✓ Increases in academic achievement and test scores ✓ Positive associations with attention, concentration and on-task behavior ✓ Improved classroom behavior and reduced disciplinary issues
<p>Expertise in differentiated instruction to meet the learning needs of all students</p>	<ul style="list-style-type: none"> ✓ Gain strategies to refine your approach to teaching and effectively address all students' learning needs ✓ Acquire a sharper focus on teaching the essential ideas and skills of various content areas ✓ Learn new ways to assess, reflect, and adjust content and the learning process to meet student needs ✓ Learn best practices for responding to individual student differences that can lead to a more inclusive learning environment (such as learning style, prior knowledge, interests, and level of engagement)



<p>A better understanding of the whole-child approach to education to ensure students are healthy and successful academically</p>	<p><i>Learn how to implement the Centers for Disease Control and Prevention (CDC) and ASCD’s Whole School, Whole Community, Whole Child (WSCC) national model as a framework to improve students’ cognitive, physical, social and emotional development.</i></p> <ul style="list-style-type: none"> ✓ Strategies to address the 10 components of the model, including <ul style="list-style-type: none"> ○ using a skills-based approach to deliver health education and promote healthy literacy in schools ○ developing a comprehensive school physical activity program, which includes a well-designed physical education program and opportunities for physical activity before, during and after school. ✓ Resources to implement a skills-based curriculum that will lead students to make healthy choices ✓ Tactics to link CDC’s identified “six risk behaviors” to the teaching and instruction of health education
<p>Guidance on how to maximize opportunities to receive funding under the Every Student Succeeds Act (ESSA) federal education law in FY18</p>	<p><i>SHAPE America will host a number of advocacy sessions that will enable attendees to:</i></p> <ul style="list-style-type: none"> ✓ Become the expert on ESSA and learn the latest on the implementation timeline and process for distributing funds ✓ Learn how to make the best use of SHAPE America’s resources to ensure that HPE are included in state and district ESSA implementation plans ✓ Explore new avenues for funding and support for HPE programs ✓ Identify new communication tactics and key messages to share with various education and community stakeholders to garner support for HPE ✓ Discover strategies for coalition building and creating successful partnerships in support of HPE



Explore the latest technologies to improve student engagement and find ways to capitalize on existing school technologies

Meet the needs of 21st century learners. Attendees will have the opportunity to try the latest products, services and technology tools geared toward HPE and physical activity in schools. Get access to more than 150 vendors to address how to:

- ✓ Maximize student engagement using modified equipment for students with disabilities
- ✓ Create a personalized, tech-assisted learning environment
- ✓ Collect meaningful formative data to assess student learning
- ✓ Manage student data related to standards-based curriculum objectives



Justification Letter

<Date>:

Dear <Name of Principal or Supervisor>,

With more and more evidence showcasing the benefits of health and physical education for students in the classroom, I am eager to tell you about an upcoming national professional development opportunity that can improve my teaching as a (fill in: health/physical educator) and lead to better learning in the classroom.

This coming March 20-24 in Nashville, my professional organization, – Society of Health and Physical Educators, will be hosting its National Convention & Expo. As an attendee, I will gain hands-on experience and learn from SHAPE America Teachers of the Year and certified Physical Activity Leaders who will share how I can:

- Ensure students are given the best opportunity to meet the local, state and national standards for health and physical education
- Help students become better learners
- Implement a whole-child approach to education at our school so students are healthy and ready to learn
- Incorporate practical ideas for me and my classroom colleagues to infuse more physical activity during the day
- Meet the needs of all students through differentiated instruction
- Maximize opportunities to receive funding under the *Every Student Succeeds Act* federal education law in FY18
- Meet the needs of 21st century learners to maximize student engagement using the latest technologies

Additionally, the scheduled presentations are research and evidence-based and incorporate the most recent findings on best practices. I will also learn how to leverage existing resources to enhance my program at little to no extra cost!

I would appreciate the time to discuss this professional development opportunity in person and how you can support my attendance.

Sincerely,

<Full Name>

<Title>



Tips for Speaking With Your Principal/Supervisor

1. Request an appointment to speak with your school principal/supervisor.
2. Use the toolkit to match the benefits of attending to specific needs within your school/district. Once the convention program is available online, select specific sessions you plan to attend and share how they align with your specific goals and responsibilities.
3. Read through our [ESSA 10 Top Tools](#) to help answer any questions related to the new federal law and how it will affect your school/district.
4. Use your most recent evaluation to address areas you could improve upon by attending the national convention.
5. Check out our [list of funding ideas](#) to go over with your principal and read our *Momentum* article "[How DC Public Schools Send PE Teachers to National Convention](#)" for more ideas.
6. After the convention, follow up on how you plan to apply what you learned at the convention throughout the school year.
7. Offer to hold a brief training session on new tactics and best practices for the staff who did not attend.

