

December 2018

Volume VII, Issue III

MESSAGE FROM THE PRESIDENT

Sue Bremer



I am excited to take over as President of MNSHAPE! I want to thank Megan McCollom for her service of President for our organization. Megan has done a lot of work moving our organization forward, especially in the area of technology and helping me get up to speed on it all.

Our 2018 MNSHAPE Conference at Wayzata High School was a huge success! We had many great speakers and sessions. We were fortunate to bring in a couple professionals from out of state. Jen Hoell, from Missouri. Jen was the 2017 Missouri Health Teacher of the Year and the 2018 Central District Health Teacher of the Year, as well as MOAHPERD Past President. Brandon Wolff from Wichita Kansas, Brandon was Kansas Middle School Physical Education Teacher of the Year and 2015 Central District Middle School Physical Education Teacher of the Year. We enjoyed having them both join us and share their expertise at our conference. We had a whole strand of sessions on the Minnesota State Standards and Benchmarks presented by Dr. Mary Thissen-Milder from Minnesota Department of Education and members of her Minnesota Standards and Benchmark Committee. We plan to continue to have them in the next couple years. We hope that this will help you begin to align your curriculum to the new Minnesota Physical Education standards and benchmarks.

I want to thank the following board members for their years of service on our board: Past President, Mike Doyle, Future Professional VP – Alex Kvanli, Higher Ed. VP – Manny Felix, At-Large Member – Mary Cappel. I would like to welcome our new board members: Dance VP Elect – Liz Parr-Smestad, Future Professional VP Elect - Annika Culver, Health VP Elect – Mary Hanson, Higher Ed VP Elect – Kristi Mally and At – Large member Darrell Salmi.

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JOIN TODAY AT WWW.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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MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS



Loon Lines

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I have signed up to take part in the Big Feats for SHAPE America Virtual Race. SHAPE America is raising funds for some high needs schools to help them get equipment, training and safety spaces they need in order to foster a lifetime of health and

physical activity. I hope you will join me.

Coming up in the future will be Speak Out Day in Washington DC, SHAPE America National Convention in Tampa, Florida and a SHAPE Regional Conference in Sioux Falls, SD. I hope you will think about

continuing your staff development or advocacy at one of these events.

Thanks for being a MNSHAPE member!

Happy Holidays, Sue Bremer

A MESSAGE FROM THE PAST PRESIDENT

Megan McCollom

Thank you to everyone who attended our state convention in November! I hope you all were able to go back to your schools with some new ideas and fun activities to implement with your students. Thank you to all of our board members who helped to put on this amazing convention! This has been our most well attended convention thus far, which is great because that means we are reaching more educators throughout our state! We had some wonderful presenters who came from various states; Jen Hoell from St. Louis, MO, Brandon Wolff from Wichita, KS, Chris Amundson and Joe Burch from Waukeg, IA. Thank you so much to all of our presenters!

I had the honor of serving as your president this past year. As president, I had a few things that I wanted to work on for our organization. This year we used

a new electronic ballot that was anonymous and allowed each person only one vote. This electronic ballot saved paper and it allowed all of our MNSHAPE members the opportunity to vote even if they did not attend our convention. The electronic ballot allowed us to provide the same information about each of the nominees as we have provided in the past, as well as a picture of each nominee. This year we had 25% participation (132 votes) and I hope that will continue to increase over time.

MNSHAPE is continuing to work with the Minnesota Department of Education (MDE) to create training materials and training presentations for the implementation of the new state physical education standards. Check the MNSHAPE or MDE website for updates about training sessions and standards information. The first training



session is on January 14th at MDE; go to the MNSHAPE website to register under the PE Standards area for any of the training sessions.

Thank you again for the opportunity to serve as your MNSHAPE president! Feel free to reach out to me with any questions, comments, or concerns at megan.mccollom@mnshape.org.

DAPE NEWS

Kay Oling and Pete Westby

Greetings!

First, a big thank you to all who attended the Fall DAPE Conference and MN SHAPE Conference this year. Both events had outstanding attendance and presenters this year. As this year is coming to end, it is never too late to begin planning for 2019.

Region Meetings: Each Region will be holding their annual meetings or have already taken place. Please be watching for emails from your Region Reps for date and times. These meetings

are a great way to make connections with your peers and sharing of ideas. If you are not sure of when a meeting may take place, please visit the MNDAPÉ website and click on the LEADERSHIP COMMITTEE. This will open up the page with a map showing each Region and who your representative member is along with the contact information.

DAPE In Your Backyard 2019: Will be held in Mankato on Saturday March 16th, 2019. For more information of topics and

registration, please visit the MNDAPÉ.org website, clicking on the tab for DAPE In Your Backyard.

Our annual **FALL CONFERENCE** will be held on Thursday/Friday September 26th and 27th, 2019. As we begin planning this conference, the Conference Committee is looking for DAPE teachers who would be willing to share their great work/ideas. Please consider making a presentation proposal. Information for presentations submission will be available late January, 2019.

A MESSAGE FROM YOUR PRESIDENT ELECT

Lisa Smith

Hello everyone! I would like to take a moment to thank you for electing me as your President Elect, I am pleased and honored to serve our great organization!

A little about myself... Personally, I am a mom to a 7 year old daughter who likes to correct people when they call it "gym class", she tells them "No, it is PHYSICAL EDUCATION, taught in the Gym", proud mom right here! I am married to a geologist and we share a deep passion for travel, so our vacations usually consist of somewhere we can be active and taking in nature, even though I do love a great museum! My hobbies/interests include cooking and baking, art, community service, coaching and all things Disney! In 8th grade I wrote a career paper on how I aspired to be Cinderella at Disney World, now a days I am more of a Moana fan.

Professionally, I am a Physical Education and DAPE teacher at Proctor Public Schools in Proctor, MN. I teach 6-12 DAPE, College In The Schools Fitness, Personal Wellness, Team Sports, Unified Phy Ed and one section of 6th grade Phy Ed to keep me balanced. I also coach our Special Olympics team here at school and am involved in leadership and development teams for our high school. A deep passion for professional development was instilled in me early on during my undergraduate years at Winona State University where I majored in Phy Ed, Health and DAPE with a minor in coaching. I joined MNSHAPE and SHAPE America (then MNAAPERD and AAPHERD) in 2006 and have only missed a few state and national conferences. I have presented sessions at many MNSHAPE, MNDAPÉ and other conferences, at two national



conventions and I am excited to be presenting this year in Tampa!

Looking ahead, as your president elect my vision is to work with our board of directors to serve everyone in Physical Education and Health classrooms by placing focus on inclusive strategies, the new standards, and elevating understanding of the needs of our students. From my leadership experience I will bring stakeholders together, listen, and direct all of our efforts toward quality education in Minnesota!

Minnesota Physical Education Standards Implementation Timeline

Mary Thissen-Milder, PhD. Minnesota Department of Education

The [2018 Minnesota Academic Standards in Physical Education and Grade-Level Benchmarks](#) are to be fully implemented in all Minnesota school districts by the 2021-2022 school year. This means:

- By the 2021-2022 school year, instruction in physical education in grades K-8 must include all the 2018 Minnesota physical education standards and grade-level benchmarks.
- Instruction at the high school level must include all the 2018 Minnesota physical education standards and grade-level benchmarks for grades 9-12 beginning with the 2021-22 freshman (9th grade) class.
- All school districts are required to develop assessments to ensure students are meeting the benchmarks.

The Minnesota Department of Education (MDE) recognizes standard review processes are designed at the district level; however, it's important to highlight that MDE intentionally allocated the 3 school year timeline (see [Recommended Transition Timeline](#)) to encourage districts to conduct a thorough review process. This is the first time Minnesota has had



grade-level benchmarks that all students must know and be able to do, and it's extremely important everyone involved clearly understand the intent of each benchmark.

Phase 1 in the [Recommended Transition Timeline](#) begins in January, 2019 through June, 2019. THE MDE Physical Education Leadership Committee, comprised of leaders from MNSHAPE, MNDAPE and the MDE PE Standards Committee, has purposefully created supportive materials and a training design that will be released during this period.

During this Phase, regional trainings will be offered, specifically designed for districts who are initiating their formal review process, to help educator teams develop a shared understanding of the new physical education standards and grade-level benchmarks. The focus of the training includes: conceptualizing the shifts in physical education, defining academic language used in the standards, deconstructing benchmarks, exploring curriculum design and

assessment, and creating action plans. [Get more information, training dates and registration process here.](#)

During the 2019-20 school year, the focus of the trainings will include: curriculum planning, how to create a master climate for learning, how to identify evidence of student learning through assessments, and updating action plans.

During the 2020-21 school year, trainings will focus on: refining the curriculum, utilizing effective instructional practices and standards-aligned assessments, implementing action plans and connecting them to a continuous review cycle.

During this Phase, also look for other supportive materials to assist in the review process that include alternative formats of the standards and benchmarks (word and excel), sample assessments for grade-level benchmarks, an introductory webinar on the standards, and other web-based resources. All can be found on the [MDE Physical Education webpage](#), or the [MNSHAPE Standards webpage](#).

Winona State University with Back-to-Back Wins!

Jacob Morelli & Annika Culver

Another MNSHAPE Conference has come and gone, and what a great conference it was. First, I would just like to thank Wayzata High School for allowing us to utilize their beautiful facilities. Again, we had another great turnout of Future Professional from around the state with over 50 participants from numerous universities compete in the 3rd annual College Cup. This year saw a few new events attend to the competition; with the additions of Paddlezlam and Water Pong. However, the results stayed the same. For the



second year in a row, Winona State University took home the gold.

Something new also came for the first time at MNSHAPE 2018, the Future Professionals Discussion Panel. With the generous help of MNSHAPE Board of Director Members: Megan McCollom, Pete Westby, Ben Schwamberger, Lisa Smith, and Manny Felix respectively, the first Future Professional centered discussion was a huge

success. Stay tuned for more news and updates about exciting events during the 2019 MNSHAPE Conference.

For information on how to prepare for the 4th Annual College Cup or if you have any comments, concerns, suggestions, or questions please contact:

Vice President – Future Professionals

Jacob Morelli
jacob.morelli@mnsshape.org

Vice President Elect – Future Professionals

Annika Culver
Annika.culver@mnsshape.org



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) This scholarship was established in 1999 in memory of Patricia (Trish) Lee Meek. Trish was a Special Olympics athlete, excelling in swimming. Trish influenced the career of her mother, Dr. Sherry Folsom-Meek. Because of Trish, Sherry has become an expert in the DAPE field and a strong advocate for people with disabilities. Sherry's passion has assisted many students in their pursuit of teaching students with disabilities.

DUE APRIL 15 OF EACH YEAR

All of these scholarship applications can be found on the MNSHAPE Website

MNSHAPE AWARD WINNERS



**Adapted PE
Teacher of the Year
Diane Shaw**



**Dolly Strumbel Award
Kay Oling**



**Elementary PE
Teacher of the Year
Joe Thoreson**



**George Hanson Award
Luann Palmquist**



**Honor Award for Dance
Diane Aldis**



**Paul Schmidt Award
Stephanie Rupp**



**Presidential Award
Dr. Sue Tarr**



**Secondary PE
Teacher of the Year
Darrell Salmi**



**Trish Meek Scholarship
Jacob Morelli**

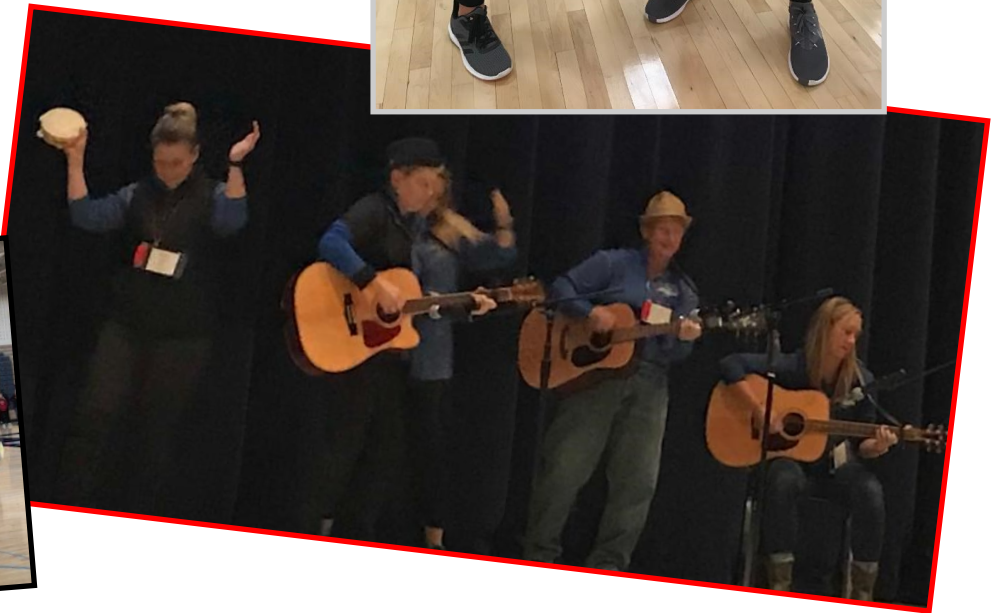


**Middle School PE
Teacher of the Year
Brad Boleman**



**2018 MNSHAPE
Award Winners**





Meet your MNSHAPE BOD At-Large members:

My name is Derek Picha and I am an at-large representative of the MNSHAPE board of directors. I teach K-5 physical education at Sheridan Hills Elementary School in the Richfield Public School District. My biggest takeaway from this year's MNSHAPE conference was from the session presented by Randy Spring and Craig Hawkinson on how the use of GIFs can truly be a game changer in a physical education setting. Implementing the use of GIFs has made an immediate impact on my physical education program and I've noticed increased engagement with all students and even more-so with English language learners. I hope that all of you who attended were able to take away something that has impacted your teaching in a positive way as well.



My name is Lisa Rahkola and I am an at-large member of the MNSHAPE board of directors. I teach at the University of Minnesota Duluth in the Physical Education Teacher Education program. Reflecting on our fall conference, the board of directors is very happy with the turnout and are happy to share a few highlights. My personal highlight of this year's conference was playing guitar as part of our PE band at the general session. It was so enjoyable to see all of our members smiling and dancing to Wagon Wheel by Darius Rucker. The general session overall was a memorable part of the conference, and I feel lucky to be part of such a great state organization doing great things for MN kids.

My name is Darrell Salmi. I teach high school Physical Education and Health at Stillwater Area High School. I am new to the MN SHAPE board as an at-large member. I am flattered and excited to be able to work with so many passionate and accomplished teachers. Our profession has an amazing impact on our students and their health, which is related to lifelong happiness and success. My personal highlight at the recent MN SHAPE conference was the energy and passion that was evident at all of the presentations. Both presenters and attendees provided a tremendous amount of new ideas, strategies, and support. We are truly a community of learners and teachers!



My name is Tom Roberts. I teach elementary physical education at Aquila Elementary School in the St. Louis Park School District. I presented at our MN Shape Fall Conference on How to Become a First Tee School including an activity using the SNAG golf equipment. I have a passion for promoting golf as a lifelong sport to my students, especially students who would not normally have access to the game of golf. If you are interested in becoming a First Tee school please contact me at roberts.tom@slpschools.org.

My name is Nadine Moeller. I am a retired physical education teacher from Duluth, MN. I taught Middle School physical education for more years than one wants to count. I have enjoyed my years serving on the Board of Directors. I have seen some wonderful changes happen to our profession. My highlights of this fall conference is the number of participants that came this year. Seeing the interaction and sharing of information and knowledge that happens at the conference is inspiring. It is the reason why I love staying involved with this organization and this profession.



My name is Cyndee (CJ) Johnson. Currently, I am teaching elementary physical education (grades 3-6) and K-12 adapted physical education in Esko Public Schools. My two highlights of the 2018 fall conference were: Diane Aldis receiving a Dance Honor Award and seeing the first PE standards sessions, led by Kristi Mally and Sue Tarr. Diane Aldis received the honor award as she has done so much for dance education and professional development in Minnesota. As co-chair of the PE standards committee I encourage you to sign up for one of the regional PE standards workshops, which start in January. Visit the MDE website to register.

Creative/Traditional Folk Dance

Jane A.K. Carlson, Vice-President of Dance, University of Minnesota Duluth
Glenn Carlson, University of Minnesota Duluth

Bleking (Swedish Tradition Folk Dance)

- Music: Bleking Music (WWCD 1041) or La Raspa or The Mexican Hat Dance
- Skills: Bleking step, step-hop
- Formation: Students are arranged in general space – dance is performed individually
- YouTube: <https://www.youtube.com/watch?v=bBKYAQWbgbM>
- Objective: To review and refine a traditional folk dance. Using the same music, add an object (tennis ball) to create a routine to the beat of the music using the following skills tossing, catching, passing, and bouncing.
- MN Benchmark 4th Grade - 4.2.1.2: Apply the relationship awareness concepts in practice tasks and educational dance.
- MN Benchmark 6th Grade - 6.1.1.1: Demonstrate correct rhythm and pattern for one of the following dance forms: folk dance.
- Directions:

Version I: The Bleking Step – cue by calling “Slow-slow, fast-fast-fast.”

1. (4 beats) Hop on the left foot and extend the right heel forward with the right leg straight resting on the heel. Hop on the right foot and extend the left heel forward with the left leg straight resting on the heel. (Slow-slow.)
2. (4 beats) Repeat the action with three quick changes—right, left, right. (Fast-fast-fast.)(
3. (8 beats) Second time hop on the right foot and extend the left heel, repeat the movement of 1 & 2 (Slow-slow, fast-fast-fast.)
4. Repeat 1 & 2 a total of 4 times for 16 beats.
5. (16 beats) Skip (step-hop) 16 times in general space.
6. Repeat 1-5 until the end of the song.

Version II: Tennis ball – Toss, pass, bounce

- **Formation:** Students are arranged in general space – routine is performed individually
- **Equipment:** Each student receives one tennis ball
- **Music:** Use the same music listed above
- **Directions – performed individually:**
 1. (4 beats) Toss the tennis ball up with one hand and catch it with the same hand – repeat 2 times (Slow-slow)
 2. (4 beats) Pass the tennis ball back and forth to the other hand – repeat 3 times (Fast-fast-fast.)
 3. Repeat 1 & 2 (Slow-slow, fast-fast-fast) a total of 4 times (16 beats).
 4. (16 beats) Crossover bounce from hand-to-hand 16 times.
 5. Repeat 1-4 until the end of the song.
- **Challenge – performed with a partner** (standing face-to-face): **For the crossover bounce part**, students will find a partner. Each partner still has a tennis ball. The partners will now bounce the tennis ball to each other at the same time and catch the others tennis ball (repeat 8 times---instead of 16. This will slow down the bounce movement allowing students to successfully catch the ball from their partner).



Greetings from Higher Ed

Dr. Ben Schwamberger (Higher Education, MSU, Mankato)

Jacob Morelli (Future Professionals, Winona State)

Greetings, from the higher education and future professionals representatives, Dr. Ben Schwamberger (Higher Education, MSU, Mankato) and Jacob Morelli (Future Professionals, Winona State), we want to thank Dr. Manny Felix and Alex Kvanli for their strong leadership this past year. We also want to welcome the newly elected representatives Dr. Bonnie Reimann (Higher Education, Gustavus Adolphus College) and Annika Culver (Future Professionals, Winona State) to the MNSHAPE Board of Directors.

The 2018 MNSHAPE Fall Conference was a memorable one for both divisions, and we hope to continue to build off of this for next year's conference. The third annual College Cup took place on Thursday morning and continues to be a huge success. There were approximately 60 future professionals who took part, representing each of their respective universities. Students

moved between four different recreational games which included Spikeball, Cornhole, Water Pong, and Can Jam. For the second straight year, students from Winona State took home the coveted trophy and had the highest overall win percentage.

A new session was offered this year for Future Professionals, which was an expert panel. Five current professionals within physical education, DAPE, and higher education took part in the 50-minute question and answer session with undergraduate students from universities throughout the state. This session proved to be extremely beneficial, and the future professionals attending asked some great questions. We ended up running out-of-time, and I think students wished the session would have been extended. With the overwhelming success that this session garnered, we hope to continue to offer it at next year's conference.

The higher education division

continued to have their two-hour roundtable session on key issues relevant to physical education teacher education (PETE) programs. Key topics focused on how to increase enrollment within PETE programs, as well as signature assessments within PETE programs. This will be another session that we hope to offer at the 2019 conference.

We are hoping to generate new ideas for the 2019 MNSHAPE conference. One idea that is currently in the works is to create a database for appropriate standards-based practices in physical education, which could be accessed by all current MNSHAPE members.

Considerations that have been discussed include appropriate and inappropriate methods in fitness testing, appropriate standards-based assessment practices, as well as continuing to get-to-know the new Minnesota Physical Education Standards and Benchmarks and how to build assessment around them.

MN School Pilots Program for SHAPE AMERICA

In early spring 2019, Kirsten Guentzel will pilot an educational school-based program at Sibley East Elementary School in Gaylord, MN on behalf of SHAPE America. They are 1 of 10 schools nationwide to participate in this pilot program called, "Health.Moves.Minds". This program will focus on core areas related to health and wellness and will include new standards-based classroom and event resources for teachers. A national kick-off is expected for the 2019-2020 school year.

The program focus overall will be around mental wellness and empowerment, with a strong emphasis on equity, diversity and inclusion. *In short, teaching students that being kind and taking care of oneself makes someone healthy. These lessons will be incorporated into a school's health or physical education program. The program will also strongly emphasize promoting physical education and provide children the opportunity to learn and practice healthy lifestyles.*

If you have questions about this program feel free to contact Kirsten Guentzel at kirsten.guentzel@mnshape.org

Health Resources

Lindsay Leko and Mary Hanson

Greetings from your current Health representative, Lindsay Leko and your new representative Mary Hanson.

Lindsay is in her 6th year of teaching and has been an active MN Shape board member since 2012. She currently teaches health and physical education at the middle school and secondary level and in addition she is the school's Athletic Director. She excited to continue to serve on the board of directors for MN SHAPE.

Mary is in her second year teaching health education, physical education, foods classes at Willmar Area Learning Center. Previously she taught over 25 years at Willmar Middle School as a Health Educator. In addition, she is an Adjunct Professor at SMSU where she teaches Health Methods courses. She is excited to work with MN SHAPE where the common goal of educating students in Health, Physical Education, and overall wellness is primary.

Health teachers are always looking for new ideas and resources. So for this Loon Lines, we decided to share a few websites that we find helpful in our classrooms.

The Association for Nonsmokers-Minnesota: <http://www.ansrmn.org> Curriculum provided on tobacco use and prevention called Tobacco 101. You will need to register for the curriculum.

Change to Chill by Allina Health: <https://www.changetochill.org> Stress-related information and management techniques as well as curriculum.

Health Powered Kids by Allina Health: <https://healthpoweredkids.org> Offers activities and lessons for ages 3-14 around health, wellness, and character. Also included are Healthy Family newsletters.

<https://ed.ted.com/> Ted Ed is a great way to develop lessons that use short videos to create interest in a topic area. Included with the lesson development are prompts for discussions, research and a quiz. Best suited for middle and high school students.

<http://www.sanfordfit.org/> Provides resources and skills cards for use and to encourage healthy choices. Best suited for elementary students.

Health Teacher Central via Facebook: You are able to connect with other Health teachers and share lessons and ideas. Happy Lesson Planning!

MNSHAPE Dance Division Honor Award

Diane Aldis fell in love with dance as a young teenager and followed that dream to become a professional dancer with companies in Europe, New York, Boston and San Francisco. She later taught dance for Grades 5 - 12 at Breck School in Golden Valley and at the University of Minnesota. From 1998 - 2015, she served as the State Dance Education Coordinator at Perpich Center for Arts Education. She worked closely with physical education teachers, music teachers and classroom teachers as well as Dance Specialists to promote dance education throughout Minnesota K-12 schools. Currently, Diane works as the Arts Integration Coordinator at Lincoln Elementary School for the Arts in Anoka Hennepin Schools and teaches in the blended online K-5 teacher preparation program at Bemidji State University. She has also had articles published in the Journal of Dance Education as well as created online dance curriculum and web sites such as www.elementsofdance.org



Diane, thanks for all you have done for dance education in Minnesota.

Liability Insurance Was Added to Member Benefits!

Just in case you need another reason to join MNSHAPE, we want you to remember that a year ago we added a General Liability Insurance coverage to your membership benefits! This comes at no extra cost to you.

That's right! All members of MNSHAPE as of 6/1/2018 have a \$1,000,000 general liability insurance policy for work-related activities! This includes teaching and coaching activities.

What are you covered for: Claims made by negligent acts accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others.

Policy Limits: General Aggregate	\$1,000,000 (per member)
Products/Completed Operations	\$1,000,000
Personal & Advertising Injury	\$1,000,000
Each Occurrence	\$1,000,000
Damage to Premises Rented To You	\$1,000,000
Medical Expense	\$1,000,000
Sexual Abuse/Occurrence	\$1,000,000
Sexual Abuse Aggregate	\$1,000,000

DID YOU KNOW?

- ⇒ Health and physical education is required in all 50 states and the District of Columbia
- ⇒ Teacher demand is projected to increase 14% from 2010 to 2021
- ⇒ Many states require individuals be licensed to teach
- ⇒ Health and Physical Education teachers earn a median salary of \$54,720 per year

Share this information with a potential student

Source: Bureau of Labor Statistics. (2016). Occupational outlook handbook. <http://www.bis.gov/ooh/>



MNSHAPE Membership Form
(or register online at www.mnshape.org)

Name (first, middle, last) _____

Home Address _____

Home City _____ State _____ Zip _____

Home Telephone _____

School Where you Teach _____

Work Address _____

Work City _____ State _____ Zip _____

Work Telephone _____

Email Address _____

Years in the Profession _____

MEMBERSHIP CATEGORIES (Select One)

- Professional Member \$40.00
Student Member \$25.00
Retired Member \$25.00 Year Retired _____
Associate Member \$40.00

PAYMENT METHOD

- Personal Check **(Make check payable to MNSHAPE)**
Institutional Check **(Make check payable to MNSHAPE)**

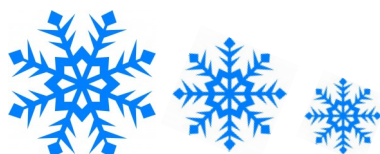
Mail to: Nancy Christensen
25673 Muskrat Lake Drive
Detroit Lakes, M 56501
218-847-9769 (Home)
218-846-2416 (Fax)

QUESTIONS: Call Nancy Christensen at 218-847-9769 or email nancy1485@gmail.com

MNSHAPE Executive Director
 Nancy Christensen
 25673 Muskrat Lake Dr.
 Detroit Lakes, MN 56501



WWW.MNSHAPE.ORG



Loon Lines

December 2018

MNSHAPE

Contact information for MNSHAPE Board of Directors is posted on www.mnshape.org

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

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

MNSHAPE Executive Committee

President	Sue Bremer	(612) 414-7689	sue.bremer@mnshape.org
President Elect	Lisa Smith		lisa.smith@mnshape.org
Past President	Megan McCollom	(612) 325-6186	megan.mccollom@mnshape.org
Treasurer	Jeremiah Hinkemeyer	(218) 329-2088	jeremiah.hinkemeyer@mnshape.org
Secretary	Vicki Johnson	(218) 847-5212	vicki.johnson@mnshape.org
Executive Director	Nancy Christensen	(218) 847-9769	nancy.christensen@mnshape.org nancy1485@gmail.com

The mission of the MNSHAPE 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 Amy Knopf at aknopf@detlakes.k12.mn.us.

You can also access this newsletter in PDF format on the web at www.mnshape.org.