



December 2019

Volume VIII, Issue IV

LOON LINES

Message from the President

Lisa Smith



Happy Holiday Season MNSHAPE Members!

I hope this newsletter finds you all healthy and well.

I would like to take a moment to introduce myself, I am Lisa Smith, your MNSHAPE President for the next year. My family just made a big life move in August from Northern Minnesota to the South Metro. Currently, I am teaching Middle School Physical Education in the Prior Lake- Savage Area School District, but I have taught Phy Ed, Health and DAPE at all levels during my career. In addition to serving you as MSHAPE President I also sit on the SHAPE America Central District Leadership Committee and the SHAPE America Equity, Diversity and Inclusion Task Force. Locally, I am a part of the Unified Physical Education Coalition at Special Olympics Minnesota and the Minnesota Department of Education Physical Education Standards Committee.

My professional values and vision for my time as President of MNSHAPE place focus on inclusive strategies, the new standards and elevating understanding of the needs of all our members. With that I introduce this year's theme: **"We A.R.E MNSHAPE"**.

- A** for Advocate - helping members advocate for ALL students.
- R** for Relate - Building relationships with members and providing support, especially with the new standards.
- E** for Educate - empowering members to embrace their own growth.

After the official presidential baton was passed to me at #MNSHAPE19 I addressed the audience and told them briefly of some of my plans and visions. I asked if any members would be willing to have me visit their schools and have conversations with them about how MNSHAPE can better serve our members. I am serious about doing that. Please reach out to me so we can start the conversation! My email is at the end of this article. I look forward to meeting many of you!

Along with in person visits and conversations, we need some valuable information from you, our members, to get this year off and running! Please take a few moments to anonymously provide meaningful feedback [by filling out this Google Form](#).

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

JOIN TODAY AT WWW.MNSHAPE.ORG

(Continued from page 1)

Finally, I would like to extend the ongoing invitation for any members to attend any of our upcoming board meetings and/or serve on any of the MNSHAPE committees or task forces! Please consider joining any of these committees and task forces: The health. moves. minds. Committee, the Equity, Diversity and Inclusion Task Force, The Legislative and Advocacy Committee, The Professional Development Projects Committee and the Retirees Committee. All are chaired by a member of our Board of Directors and virtually meet as often as the chair sees fit, but typically no more than once a month. We need your creative minds to help serve our members to the fullest potential!

Please email me at lisa.smith@mnshape.org with any questions or concerns, and especially with any interest in me coming out to your school, attending a board meeting or joining a committee or task force!

We. A.R.E MNSHAPE!

Sincerely,
Lisa Smith



It's Time to Kick-off the Year 2 Standards Trainings

Mary Thissen-Milder, PhD, Physical Education Coordinator, Minnesota Department of Education

Do you want to have a conversation with your colleagues about best practices for standards- based assessment and grading in physical education? If you do, you're in luck! Those are the key topics for discussion during the second year of standards trainings offered by the MDE, MNSHAPE and MNDAPPE partnership.

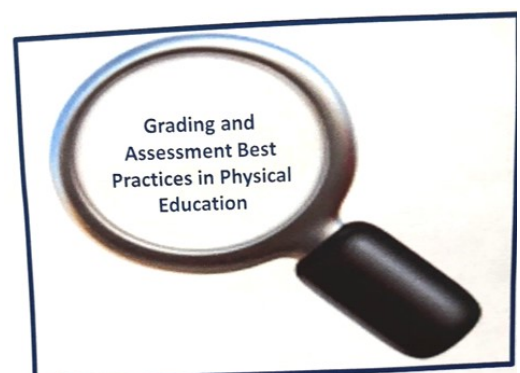


This is the second year of a [three year implementation training plan](#) to prepare schools to be ready for full implementation of the [2018 Minnesota Academic Standards in Physical education and Grade-Level Benchmarks](#). The MDE Leadership Team has worked very hard to identify key needs of schools during this process and integrate them into trainings and available resources. The focus of the first year was personalizing the standards, academic language, learning progressions, deconstructing and bundling. During the second year, the MDE Leadership team will take participants beyond the bundling process, moving into performance assessments. There is a heavy emphasis around developing appropriate assessments and appropriate grading practices.

To prepare for the trainings, it is recommended teachers think about the following:

1. Why do we grade?
2. What does a grade mean in physical education?
3. What are best practices in standards-based grading?
4. What are some common assessment practices?
5. How do you write a credible, valid assessment?
6. How do you weight assessments in grading practices?

The dates for the training and registration process can be found on the [MDE HPE website](#). See you soon!



Message from the President-Elect

Thomas Roberts

It is with great enthusiasm and passion that I enter into this upcoming year as president elect of MNSHAPE. It is my pleasure to serve alongside our current president (Lisa Smith) and the rest of the executive board and continue to cultivate the mission of this great organization. As a MNSHAPE board we strive to provide our members with quality professional development that will help them become better HPE professionals.

In October our annual MNSHAPE fall conference was held at Westonka High School. There were a variety of quality breakout sessions that were led by current leaders in our HPE profession. Our general session keynote speaker Judy LoBianco (past president SHAPE America) was dynamic and inspiring. Along with MNSHAPE board member Kirsten Guentzel, I had the pleasure of assisting the SHAPE America Health. Moves. Minds team of Yasmeen Taji-Farouki, Judy LoBianco, and Stephanie Morris while they offered three breakout sessions promoting SHAPE America's new service-learning initiative. Health. Moves.

Minds is a game changer because it focuses on giving our students strategies to be successful socially and emotionally. I am proud to say that my school, Aquila Elementary, is conducting a Health. Moves. Minds event this school year. The lessons are grade level specific and align with national physical education standards. For more information on how to register for Health. Moves. Minds go to healthmovesmind.org.



Upcoming events that I am excited to attend include speak out day in Washington D.C. on March 10-11 and SHAPE America National Convention in Salt Lake City from April 21-24 where I will be promoting Health. Moves. Minds with SHAPE America during breakout sessions. I wish you well as we reach the mid-point of the school year and leave you with some things to remember as HPE professionals:

1. Make connections and establish relationships with your students.
2. Enthusiasm is infectious-“nothing great can be done without enthusiasm”-Ralph Waldo Emerson.
3. Make everyone of your students feel loved.

Future Professionals:

Greetings and Thank You from your Future Professionals

Annika Culver (Winona State University), future professional president

I want to welcome Macayla Braun from Bemidji State University as the Future Professional VP! I am excited to have her on board and to hear all the great ideas she will bring to the table.

This year, the recipient of the Nancy Christensen Future Professional Scholarship was Winona State University. Because of this scholarship, Winona State was able to bring twelve future professionals, which totaled twenty WSU students all together. We had over 60 undergraduates attend MNSHAPE 2019 conference, and we are hopeful for more next year!

Speaking of scholarships, as the new year rolls around remember that MNSHAPE offers scholarships to students in their undergraduate and graduate programs, so apply apply! The Mary Lampe and Trish Meek Scholarships are due on April 15th and the Ellen Cromwell-Cercle Student Travel Scholarship is due on December 15th. For more information about the scholarships, go to the “Grants & Scholarships” tab and click on the links to each one.

Meet your MNSHAPE BOD At-Large members:



Cyndee Johnson

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.

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 November. Visit the MDE website to register.

Nick Cedergren

I'm Nick Cedergren the Unified Schools Manager at Special Olympics MN. For the past few years, MNSHAPE and Special Olympics MN has grown its relationship to be viewed nationally as a 'power partners' and has helped influence the partnership between SHAPE America and Special Olympics North America. With the strong alignment of missions, the potential for these two organizations has no bounds when it comes to promoting acceptance and inclusion for students of all abilities. Moving forward, I hope to be a voice for you, an advocate for inclusion, and to help pave the path for how we can grow the unified movement for many years to come!



Nate Dungey

My name is Nate Dungey, and I have been teaching elementary physical education for 13 years. I am currently at Gideon Pond Elementary in Burnsville, MN. I am also a coach at Burnsville High School for the JV baseball team. I am excited to grow as an educator and do what I can to help our field grow.

Sean Ryther

My name is Sean Ryther and I am an at-large member of the MNSHAPE board of directors. I am the Physical Education Specialist at Hilltop Primary School in Westonka Public Schools. I'm in my 15th year of teaching and have had the fortune to teach all grades in many different PE settings including overseas. I'm a firm believer in being the best version of ourselves and to do that we need to surround ourselves with people who challenge us to be better. We are not called to be mediocre, we are called to be GREAT!



Being a new member of the MNSHAPE Board of Directors, I am excited to learn from so many passionate individuals and collaborate with them and you to be the best physical and health educators we can be. I had the fortune to present at MNSHAPE Fall Conference 2019 on Classroom management, Collaborative Games, and Checking for understanding. My biggest takeaway from the conference was the message shared by past SHAPE America president, Judy LoBianco, that we need to Build Relationships! That is why we got into teaching and that is what matters most! Get great at standards, benchmarks, assessments, and everything else that makes you a great teacher, but master the art of building relationships and loving people. Let's go!

Change the Culture at Your School with Health.Moves.Minds!

Kirsten Guentzel

What is it?

Health.Moves.Minds. teaches kids to thrive physically and emotionally with this new, flexible service-learning program. Teach kindness and mindfulness in your P.E. classes with the support of these FREE standards-based lessons. Sign up at www.shapeamerica.org to access these lessons for free! Have specific questions? Contact Kirsten Guentzel at kirsten.guentzel@mnsshape.org

Top 10 Reasons to sign up today!

1. You can choose your own physical activity theme like jumping, dance, obstacle course, or 5K to name only a few, and participants can earn a t-shirt for school spirit days.
 2. It's a program that starts in physical education but is geared for the whole child, whole school, and whole community.
 3. This program has social emotional learning embedded in SHAPE America's national standards-based lessons, activities, and community-building ideas that can help kids live their best lives.
 4. SHAPE America provides teacher-friendly, student-friendly, pre-made or editable, and professional looking teacher resources.
 5. Program materials are complete for teachers and students in grade bands K-2, 3-5, and 6-8, including 4 lessons each. Bill Casey of Naperville, IL piloted this for high school and has GREAT ideas for secondary level implementation.
 6. Your entire district can participate because materials for high school are being developed. High schools still may participate by modifying the K-8 materials or by using the same themes in a spirit week format.
 7. Up to 50% of the money raised comes back to your school in the form of a Gopher Sport Gift Card that does not expire. A charity-of-your-choice option is being piloted and more information will be available this summer.
 8. You are helping your state and national professional organizations. MNSHAPE can receive 15% back for their state organization
 9. It is PE Teacher tested and approved! Over 20 schools piloted this program, including myself this spring.
 10. **Wouldn't you like to set the tone of your classes with these four words? KINDNESS - MINDFULNESS - EMPOWERMENT - WELLNESS**
-

Dance, Dance, Dance

Liz Parr-Smested & Joe McCarthy

Dance Loon Lines Article, December 2019

The National Dance Teacher of the Year, Nicole Peterson, from Fargo North Dakota presented many fun dances with manipulatives along with Anne Hill presenting a drumming session at the 2019 MNSHAPE conference.



Dance Connects to the National Standards **(www.shapeamerica.org > advocacy > upload > A-in-A Sept-Oct 15)**

“Though physically and cognitively challenging, dance can also be an enjoyable social activity that provides opportunity for lifelong learning. It covers all of the National Standards, especially Standard 5, which stresses recognition of the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction (SHAPE America, 2014). Moss (2007) mentioned that dance should be included in schools because one can communicate with others through movement and “dancing is strongly connected to the self” (p. 185). Another expectation in the National Standards is fitness. Dance improves the five components of health-related fitness (such as cardiovascular endurance, flexibility and muscular strength), and it also enhances the six components of skill-related fitness (including agility, balance & coordination).”

How can you add/enhance dance to your curriculum?

- Add fun manipulatives: streamers, belly belts that shake, sunglasses, lei's
- Use stability balls for drumming. Any dance can be turned into a drumming dance.
- Use current dances: floss dance, backpack kid dance, hip hop, ballroom, zumba
- Resources: PE Central, PE Universe. Music - YouTube, Kids Bop
- Add daily/weekly/monthly dances to make it an integral part of your PE program.
- In Farmington, Physical Education and Music combine classes for a week and bring in a folk dance presenter. 3rd Grade Family Folk Dance at the end.
- In St. Paul, a ballroom dance instructor comes out for 5th graders and teaches ballroom dancing with a partial school/family assembly to showcase their dancing skills.
- Sworkit Kids app, Lazy Monster app, Go Noodle app

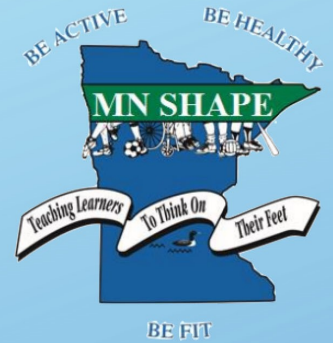
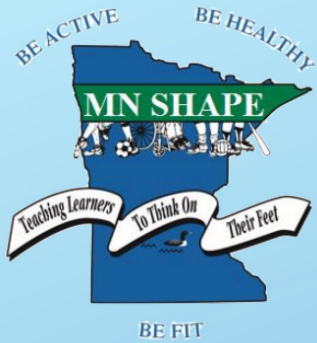
Liz Parr- Smested, MNSHAPE DANCE BOD, liz.parr-smestad@mnshape.org

Joe McCarthy, MNSHAPE DANCE BOD - @JoeMcCarthy, jmccarthy@farmington.k12.mn.us

We are looking for amazing Dance presenters for the 2020 MNSHAPE Conference, if you or someone you know would like to present, please email us!

NEW

Minnesota Society of Health and Physical Educators is excited to announce a NEW partnership with Game On!



presented by **POP!**

COMMUNITY SERVICE LEARNING PROJECT
FUNDRAISE ★ PHILANTHROPIC ★ FUN

Receive and KEEP American Ninja Warrior physical education equipment!

The Game On! team does 90%+ of the work!

You receive 40% of all donations in CASH!

Maximize student participation and enjoyment!



Inspired by
American Ninja Warrior and Wipeout!



CONTACT US TODAY!

Craig Hawley
 JJ Begley

(612) 868-1746
 (651) 341-9044

Craig@StepItUpKids.com
 JJ@StepItUpKids.com

Meet your Health Education representatives for MNSHAPE

Lisa Paulson (Rahkola):

Hi, I am an instructor at the University of Minnesota Duluth in the Physical Education Teacher Education program. I graduated from UMD with a BAS in Physical Education and Health Education, and earned my MS from the University of Wisconsin LaCrosse in Teaching Physical Education with an emphasis in Adventure Education and Outdoor pursuits. Prior to my work in higher education, I taught elementary PE and DAPE in Hutchinson, MN. I have been on the MNSHAPE board of directors for 3 years and served on the 2017 Physical Education standards review committee.

Favorite #HealthEd resources right now:

1. The Great Body Shop <https://www.thegreatbodyshop.net/>
2. SHAPE America Podcast <https://www.shapeamerica.org/prodev/podcast.aspx?hkey=5b5a8484-4956-41bd-9223-efa676b445fa>
3. Dove Self-Esteem Project <https://www.dove.com/us/en/dove-self-esteem-project.html>

Recommended video on advocacy for best practices in Health Education: “This is Not your Parent’s Health Class” with Andy Milne <https://www.youtube.com/watch?v=HguR3ZfSFec&feature=youtu.be>



Deb Van Klei

Hello, I currently serve as Stillwater Area Public Schools Q Comp Coordinator which involves coordinating our Mentor program, district professional development and teacher development and growth. Prior to that, I was our Carol M. White PEP Grant Coordinator and Secondary Health and Physical Education teacher for 20 years and Varsity Girls’ Basketball Coach for 17 years. I am excited to begin this journey in representing awesome Health and Physical Education educators from Minnesota.

This year’s MNSHAPE 2019 had some great sessions on Skills based Health Education. What is Skills-based Health Education? It’s a health education framework focused on **mastering vital life skills** and **understanding essential health concepts** for the purpose of empowering students to live healthy lives.



Below are some additional resources to help support you in creating some great skills-based lessons!

- ♦ [10 Reasons why your students need skills-based Health Education](#)
- ♦ [Wondering how to build a skills-based curriculum?](#)
- ♦ [Key points for Skill Development](#)
- ♦ [Designing Meaningful Assessments in Skills-Based Health Education](#)
- ♦ [Activity Ideas: Skills-Based Health Education \(SHAPE\)](#)

We would love to see you at next year’s MNSHAPE, and encourage you to join us in learning alongside one another.

“Health literacy is the ability to access, understand, appraise, apply and advocate for health information and services in order to maintain or enhance one’s own health and the health of others.”
-SHAPE America

HAPPY WINTER FROM HIGHER ED

Dr. Bonnie Reimann (Higher Education, Gustavus Adolphus College, St. Peter)

A seasonal greeting and update from higher education representative, Dr. Bonnie Reimann (Gustavus Adolphus, St. Peter)! Much thanks to Dr. Ben Schwamberger (MSU, Mankato) for his past work serving on the higher ed division of the MNSHAPE board – great work Ben!! And a big welcome to the newly elected representative to the higher ed board, Dr. Aaron Banks from Gustavus Adolphus College in St. Peter, MN!

The 2019 MNSHAPE Fall Conference was packed with amazing people, sessions, and content! Ben and Bonnie worked with future professional representatives, Alex Kvanli (Winona State) and Annika Culver (Winona State), hosting approximately 85 future professionals for the fourth annual College Cup. Students moved between four different recreational games, including Spikeball, Cornhole, Can Jam, and Water Pong. MSU ended up the overall winner and took home the trophy this year – congratulations to ALL participants!



The higher ed division also offered a 2-hour roundtable session on key issues relevant to physical education teacher education (PETE) and health education teacher education (HETE) at the fall conference. This session offers a great opportunity for higher ed people from across the region to come together and discuss key topics in our field. This is something we plan to offer at the 2020 conference.

Looking to 2020, we're interested in exploring various issues related to physical activity programs and physical education at the college and university level, as well as continuing to educate and inform regarding the new Minnesota Physical Education Standards and Benchmarks. We're excited to be working on the MNSHAPE board and love the energy we get working with people committed towards making our discipline the best ever!!

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

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



WWW.MNSHAPE.ORG

Loon Lines

December 2019

MNSHAPE

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.

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

MNSHAPE Executive Committee

President	Lisa Smith		lisa.smith@mnshape.org
President Elect	Tom Roberts		tom.roberts@mnshape.org
Past President	Sue Bremer	(612) 414-7689	sue.bremer@mnshape.org
Treasurer	Karen Nash		karen.nash@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.