

Loon Lines

VOLUME IV, ISSUE I

For more information about MN SHAPE, please visit our website at www.mnahperd.org or the national site at www.shapeamerica.org

MARCH 2015

MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS



Message from the President Elect

Mike Doyle



February 11th, 2015 was the annual SHAPE America Speak Out! Day in Washington DC. SHAPE America had 150 members at the United States Capitol for their seventh annual lobby day. The message that we all had for congress was that Physical Education and Health should be considered Core Subjects in the reauthorization of the Elementary and Secondary Education Act (ESEA) and that congress should continue to fund The Carol M. White Physical Education Program (PEP) which is the only federal money set aside to fund Physical Education Programs. Senator Mark Udall from New Mexico introduced the PHYSICAL Act on February 9th that would change the language of the ESEA to include Physical Education and Health as core subjects. I had the opportunity to speak with Senator Al Franken along with staff members from Senator Amy Klobuchar and Representative Keith Ellison. All of the people on Capitol Hill that I talked to seemed like they believe that healthier students make better students and eventually better citizens, but they need to hear from more of us in the Physical Education and Health profession. SHAPE America has created an incredible service on their website that will allow you to email your Legislators about supporting the PHYSICAL Act and continuing to fund PEP grants. All you need to do is enter your name and address and the website takes care of the rest. Go to this website <http://www.congressweb.com/shapeamerica> and click on each of the Key Issues to make your voice heard.

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There is also a great opportunity for advocacy at the state level approaching. On March 25th the Minnesotans for Healthy Kids Coalition will be sponsoring a Lobby Day that will give Physical Education and Health teachers the opportunity to speak with state legislators about the importance of active living, physical activity and combating childhood obesity. We need to have a strong voice from the Minnesota Physical Education community! Go to this website to register for Lobby Day on March 25th www.heart.org/MNHealthyKids

MN-SHAPE is also expanding our free regional workshop options this year. We will be hosting a free Physical Education workshop on Saturday, May 2nd on the

campus of Bemidji State University in John S. Glas Physical Education Complex. The workshop will take place between 8:00 AM and 12:30 PM. Students from the Physical Education Teacher Licensure major at BSU will be leading new and original activity ideas along with members of the MN-SHAPE Board of Directors. You must currently be a MN-SHAPE member to attend the workshop. I would personally like to thank new MN-SHAPE Board of Directors member Shannon Norman for organizing this event.

Next fall will be the 40th Minnesota Developmental Adapted Physical Education Conference at Camp Friendship in Annandale, MN. As one of the longest running Adapted PE conferences in the country we invite all of you to the special anniversary event. Already confirmed as the keynote speaker will be Dr. Amanda Stanec from St. Louis, Missouri. On Twitter you can find her at @MoveLiveLearn and at her website <http://www.movelivelearn.com/> Amanda received a minor in Adapted PE while earning her Doctorate at the University of Virginia.

Also confirmed to present at the MNDAPE Conference will be 2014 SHAPE America Dance Educator Of the Year MacKenzie Mushel-Ellis. MacKenzie received her Adapted PE degree from the University of Wisconsin LaCrosse. There will be more featured speakers announced in the coming months.

I would also like thank the people from Polar who will be bringing in Paul Zientarski from Naperville Central High School in Illinois to be the keynote speaker at the 2015 MN-SHAPE Conference on November 13 at Wayzata High School. It will be very exciting to hear from a Physical Education hero like Paul Zientarski about what it was like to create one of the most famous Physical Education programs in the country.

Keep up the good work everyone. Remember that we only have these students with us for very small percentage of their lives. It is up to us to provide them the knowledge and skills to become physically literate individuals.

2015 Call for Conference Program Proposals

The conference committee invites you to submit a presentation proposal for the 2015 MN SHAPE State Conference which will be held again at Wayzata High School, Plymouth, MN November 6, 2015. Presenting during the annual conference provides you with state recognition at a major conference. By featuring you and your peers as presenters, MN SHAPE provides professional practitioners and students with exemplary practical applications and networking opportunities.

Please visit our website to review the proposal or use the one right here in this addition of the Loon Lines. If you have any questions, please feel free to send an email to Amy Hinkemeyer at amyhinkemeyer1@gmail.com or Nancy Christensen at nancy1485@gmail.com.

MN-SHAPE Teaching Learners to Think on their Feet
 2015 Fall Conference
Program Proposal
 November 13, 2015 • Wayzata High School
www.mnahperd.org

NAME:

MAILING ADDRESS:

CITY: STATE: ZIP:

WORK PHONE: CELL PHONE:

EMAIL: SUMMER EMAIL:

BRIEF BIOGRAPHY (Info to introduce speaker(s):

TITLE OF PRESENTATION:

DESCRIPTION OF PRESENTATION: *(Word Limit 50)*

ROOM PREFERENCE: GYM CLASSROOM WEIGHT ROOM AUXILIARY GYM/DANCE
Circle the one that best applies.

PREFERRED AUDIENCE: PE ELEMENTARY PE MIDDLE SCHOOL PE HIGH SCHOOL TECH
Circle all that apply. HEALTH DAPE DANCE HIGHER ED OTHER _____

I prefer that my presentation NOT be recorded by conference attendees.

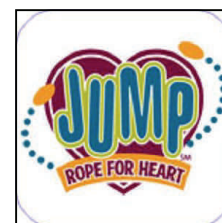
Presentation Information:

All presenters must be current members of MN SHAPE or other state organizations and be registered for the conference. All presentations should be 50 minutes in length. Please note that Honorariums will NOT be offered for the 2015 conference, but a special gift will be awarded.

Please mail or email form to:
 Amy Hinkemeyer
 150 Spruce Street
 Kindred, ND 58051
amyhinkemeyer1@gmail.com

Program proposals must be received by
May 31, 2015. If you do not receive
 confirmation of receipt, please resend.

Congratulations 2015 Grant Winners!!!!



The following teachers will each receive a \$500 equipment grant from MN-Shape and Jump/Hoops for Heart. Any teacher who is a MN-Shape member and who coordinates a Jump or Hoop Event at their school is eligible to apply. If interested, please consult MN-Shape website for more information. Sandy Hasse – MN Hoops for Heart and Amy Kaiser – MN Jump Rope for Heart are available to assist you with grant preparations for next year.

<u>Name</u>	<u>School</u>	<u>City</u>	<u>Project</u>
Sandy Chesley	Laura Mac	Duluth	Ipad, iTunes
Brigette Johnson	Little Mountain	Monticello	Fitness equipment for double classes
Nancy Laines	Pearson	Wheaton	Pedal-less bikes and rhythm ribbons
Julie Michschl	Highlands	Edina	Fitness/Jump equipment
Sharon Pesta	Swanville	Swanville	Equipment for before/after/recess
Lindsey Radle	Hiawatha	Minneapolis	Yoga mats
Robin Randall	Plainview-Elgin-Millvil	Elgin	Cross country ski boots
Tom Roberts	Aquila	St. Louis Pk	Golf equipment
Leigh Ann Viche'	Congdon,Lester,Myers	Duluth	PE and D/APE equipment

Professional Development Opportunities

Megan McCollom

Did you miss the MN SHAPE fall conference and the Central District SHAPE America conference? Are you unable to attend the National SHAPE America conference this spring in Seattle? Are you looking for professional development opportunities for the physical education teachers in your school district? Then look no further! MN Shape offers free professional development opportunities for your school district and we will come to you! We will set up and run free regional workshops for your school district and any other physical educators in the area that may be interested in learning new games and activities as well as what is happening with physical education in our state. All we need from you is a space to hold our workshop and some interested physical educators or anyone else in your school district interested in learning more about physical education. Check the MN SHAPE website for upcoming regional workshops or contact a board member if you are interested in hosting your own workshop



Become a member today!
Applications are available at www.mnahperd.org

Register now for the Minnesotans for Healthy Kids Coalition Lobby Day!

On March 25th, from 8 am to 4 pm in Saint Paul MN, we have the opportunity to advocate for more Quality Physical Education to our state legislators. We need to be there and educate our lawmakers for the future health of our students! Please register through this link!

http://www.heart.org/HEARTORG/Affiliate/Minnesotans-for-Healthy-Kids-Coalition_UCM_308624_Article.jsp

<p>Wednesday, March 25th 8:00 AM—4:00 PM Minnesota History Center 345 W. Kellogg Blvd St. Paul, MN 55102 Register online now. Or call 952-278-7928 by 3/2/15</p>	<p>Register now for the Minnesotans for Healthy Kids Coalition Lobby Day!</p> <p>Join other advocates from Minnesota to speak with legislators in a strong, unified voice about the importance of active living, physical activity and combating childhood obesity. Attend workshops and training and utilize those skills when you meet with your state legislators.</p> <p>Breakfast and lunch included. No cost to attend but advance registration is required.</p>
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8:00 – Welcome, registration and breakfast

8:30 – Advocacy 101

10:00 – How to make an ask and make it personal

10:50 – Social Media

11:00 – Closing

11:30 – Small group work

12:00 – Lunch

1:00 – 3:30 – Lobby visits

4:00 – Day ends

Joe McCarthy, M.Ed.

SHAPE America Leadership Council

Website: <https://plus.google.com/+TheJmccarthy/videos>

2012 MNSHAPE Elementary PE TOY

Twitter @JoeMcCarthy09

HEALTHY KIDS DAY



MN SHAPE REGIONAL WORKSHOP

- **Location:** Bemidji State University Campus, John Glas Physical Education Complex, Bemidji, MN
- **Date:** Saturday, May 2nd, 2015
- **Time:** 8:00 am – 12:30 pm (registration begins at 8 am, workshop session 8:30 am)
- **Title of Workshop (if any):** MN SHAPE REGIONAL WORKSHOP
- **Presenters (if known at this time):**
 - Shannon Norman and BSU Physical Education Students
 - Mike Doyle: Wayzata Schools
 - Tara Storts
 - Lindsay Leko
 - Megan McCollom
- **Description/Activities:**
 - Physical “get to know you” activities
 - Cutting-edge Rhythms and Dance activities for the PE classroom
 - Physical Best ready to use instructional strategies
 - Technology Apps for physical education and activity
- **Directions to facility:** John Glas Physical Education Complex: 19th Street Northeast, Bemidji, MN 56601
- **From Duluth/Grand Rapids:** US-2 W all the way to Bemidji Exit, County Hwy 50, merge onto Paul Bunyan Dr. approximately 4 miles take a right turn onto 19th, St NE, (baseball field is on corner) PE complex is building on the right.
- **From Minneapolis/St. Paul (south region):** 94 W towards St. Cloud, MN 24 exit 178, US 10 W to MN 210, follow MN 64 to Broadway/MN64, MN 200 to US 71. Paul Bunyan Drive for 4 miles, take a right on 19th St NE (baseball field is on the corner) PE complex is on the right.
- **From the West (Moorhead area):** US-10 E to MN 34, County Hwy 37, Hwy MN 113, US 71 N to MN 197, Paul Bunyan Drive to 19th St NE (baseball field is on the corner) PE complex is building on the right.
- **Contact person and information (website/phone/email/etc.):**
 - Shannon Norman
 - 218-310-9554 personal cell
 - snorman@bemidjistate.edu
- **Please register by:** Registration is FREE of charge as long as you are a member of MNSHAPE <http://www.mnahperd.org/join.htm> (formerly MNAHPERD) Please register as a participant by April 27th. Walk-ins will be accepted.

Register at <http://goo.gl/ENjaSw>

Hope to see you there!!

Why Should Future Professionals Attend

The Central District Conference was held at Moorhead, Minnesota on February 5-6-7, 2015. Many future professionals were able to attend this conference; I was one of them. It was a wonderful opportunity and experience. Although it was not my very first conference that I've attended, I wanted to share it with you to remind you of the value these opportunities give us. My first conference I attended was the MNAPHERD State Conference. It was an awesome experience; listening to the professionals speak about their experiences about lessons that worked and even those lessons they struggled with. While I attend these conferences, I noticed that I am not alone with my challenges and I have a support group right here when I am struggling. While attending, I found myself surrounded by wonderful people devoted to health and physical education who want to help and are looking to receive help. You can find friends that you can email when you're having a rough day and they can relate and you both will get through it together. Same goes when you want to celebrate a great moment that happened in your classes, they will listen to you and understand. It's a place to get new lesson ideas and share your lesson ideas. But most importantly you will get out of it, with the amount of effort you put into it.

While I attended the session for future professionals on February 5th they had many great speakers that we had the chance to meet and talk with them. An item that I got out of the session was from Dennis Docheff and he told us "take one thing away from every session you attend". This stood out to me because you are getting a lot of information and when you finish listening to the speaker you choose what you do with the information you are given. With this it challenges you to take what you learned and do something with it.

I have talked to some of my fellow classmates at MSUM about why future professionals should attend conferences and this is what their responses were.

"As a future educator, it is important to learn from those who've taught before you. Attending conferences is a great way to learn and improve yourself as a teacher."

Kevin Kuefler (MSUM)

"Attending Conferences has been the best way for me to network. I have met so many great, very influential people that are willing to help me succeed. I also have received massive amounts of information from educators that have countless years of experience. All the information I have obtained from these conferences will help me in my profession."

Kyle Krueger (MSUM)

"Attending a conference has been one of the best decisions I have made towards my career. All of the sessions available bring you new ideas and perspectives. The conference brought me a new excitement to get out into the schools and make a difference."

Madeline Odegaard (MSUM)

"I have one work, NETWORKING!"

Brittany York (MSUM)

"I think conferences for future professionals are important, it is an opportunity to get your name out there. Also you have chances to meet many great professionals that will help build your knowledge up."

Kasie Kulla (MSUM)

As future educators we need to take any of the opportunities that come about us. The advice that I received from the Central Conference is say "Yes!" to any opportunities because it is a way to get your foot in the door. Next year the National Conference is Minneapolis, Minnesota. We have the opportunity to host the National Conference in Minnesota our State! Say YES! Attend this conference and see what the entire buzz is about.



For FREE Membership in SHAPE America

Raise \$2,000 or more through your **Jump Rope For Heart** or **Hoops For Heart** event at your school and receive a one-year FREE JUMP membership to SHAPE America!

By joining SHAPE America, you become connected to the benefits and tools to support your profession. Empower yourself to **SHAPE** health, habits, policy and programs all year!

ONCE YOUR SCHOOL HAS RAISED \$2,000 OR MORE:

- Simply complete the portion below.
- Have your school principal sign it.
- FAX to 703-476-9527 or drop it in the mail to: SHAPE America, 1900 Association Dr, Reston, VA 20191 to activate your FREE SHAPE America JUMP membership.

Visit www.shapeamerica.org/jump to learn more about our programs for JRFH & HFH coordinators.

Contact your State AHPERD to learn what special member benefits are available when your school holds an event.



Name _____	
Job Title _____	School _____
Address _____	City/State/Zip _____
Phone _____	Email _____

With your JUMP membership you get a subscription to the online edition of one of the magazines below!

Please select one of the following: Strategies JOPERD

As principal, I confirm that my school raised \$ _____ in our **Jump Rope For Heart** or **Hoops For Heart** event in School Year _____.

Principal Signature: _____

* Incomplete forms will not be processed.

Dancing Classrooms is Coming to Minnesota!

Andrea Miranda and Ember Reichgott Junge

As educators involved with physical education and related fields, you know the mental, physical and emotional benefits of movement and dance first-hand. For those of you who are dancers, you likely know the transformational impact that partner dance can have on young people.

That's why we are delighted to bring Dancing Classrooms to area fifth-graders through our newly-formed Minnesota nonprofit organization, Heart of Dance. We invite you to join us on this journey!

Maybe you've seen *Mad Hot Ballroom*, an award-winning documentary capturing the Dancing Classrooms journey from classroom experience to the culminating Colors of the Rainbow Team Match. Since 1994, Dancing Classrooms has reached almost 500,000 children in hundreds of schools in 24 cities across the United States and 5 sites internationally.

Now Dancing Classrooms is coming to Minnesota! Heart of Dance expects to bring the program to area fifth graders in the 2015-2016 school year with ten classrooms each semester. The semester-long curriculum includes two 45-minute dance classes each week for ten weeks.

Dancing Classrooms does more than teach ballroom and Latin dance steps: the program is about young people overcoming social anxieties and learning gender respect, conflict resolution, teamwork, and social etiquette. It is a highly-developed curriculum (www.DancingClassrooms.org) that is integrated into other subjects like cultural studies, writing, visual arts, music, math, and physical education.

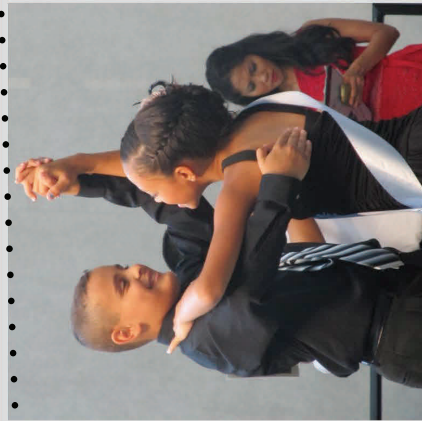
Dancing Classroom teaching artists collaborate with school teachers to connect the program to the rest of the curriculum. The results are clear. Research has shown Dancing Classrooms:

- Increases self-confidence and self-esteem
- Increases student awareness of other cultures
- Increases student physical development, coordination, and participation in physical activity
- Has positive impact on variables that lead to childhood obesity, and
- Meets national recommendations of at least 50% class time in moderate to vigorous physical activity.

Would you like the fifth graders at your school to be part of our inaugural year? Check out the attached brochure. *Now* is the time to contact us!

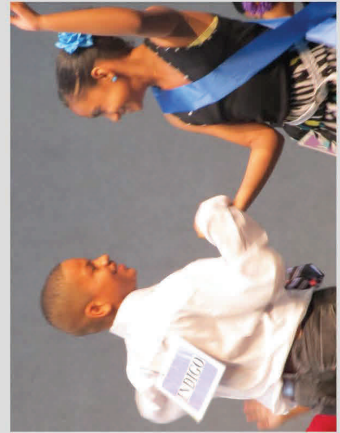
Send us an email at HeartofDanceMN@outlook.com or contact Andrea at 651-283-6799 or Ember at 612-750-1262 to learn more.

Dancing Classrooms of Minnesota is about transforming young lives one step at a time. Thank you for your support. It will make all the difference!



Dancing Classrooms:

- helps students overcome social anxieties
- enhances respect and increased social skills
- increases student confidence and self-esteem
- increases student awareness of other cultures
- increases student physical development, coordination and participation in physical activity
- has a positive impact on some variables that lead to childhood obesity
- meets nat'l recommendations of providing at least 50% of class time in moderate to vigorous physical activity



**DANCING CLASSROOMS
NATIONAL NETWORK**

Listed below are the current *Dancing Classrooms* sites.

- Arizona, Phoenix
- California, Los Angeles
- Canada, Toronto
- Connecticut, Stamford
- Florida, Fort Myers
- Florida, the Keys
- Florida, Palm Beach
- Illinois, Chicago
- Israel
- Jordan, Amman
- Louisiana, Lake Charles
- Maryland, Western
- Massachusetts, Boston
- Missouri, St. Louis
- Nebraska, Omaha
- New Jersey, Newark
- New York, Long Island
- New York, New York
- North Carolina, Winston-Salem
- Ohio, Cleveland/Akron and Suffolk
- Pennsylvania, Philadelphia
- Pennsylvania, Pittsburgh
- Switzerland, Geneva
- Switzerland, Zurich
- Texas, Fort Worth/Dallas
- US Virgin Islands
- Virginia, Greater Richmond
- Washington, Seattle
- Washington, D.C.

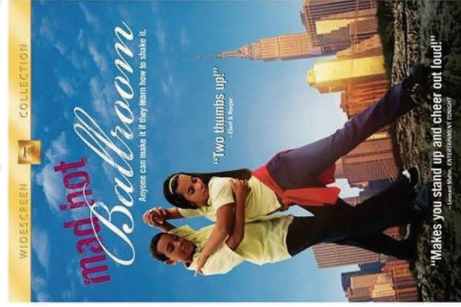


www.DancingClassrooms.org
E-mail: HeartofDanceMN@outlook.com



*Bringing the
benefits of
ballroom dance
to 5th grade
boys and
girls*

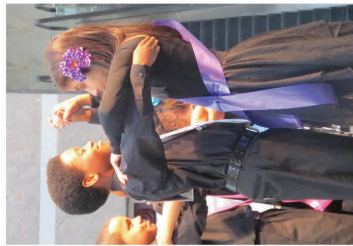
www.DancingClassrooms.org



Brought to Minnesota by:
Heart of Dance
HeartofDanceMN@outlook.com

More Than a Dance Class

Curriculum Integration



Dancing Classrooms isn't simply a ballroom dancing program; *Dancing Classrooms* Teaching Artists collaborate with the school teachers to connect the program to the rest of the school curriculum.

Reading & Writing

- Poetry, essays, diaries, short stories from other countries

Social Studies

- Customs & Costumes
- Family History
- Community Studies

Visual Arts

- Dance Art
- Bookmaking
- Dance In Art

Math

- Addition, subtraction, multiplication and division
- Shapes and patterns
- Problem solving through use of skills
- Fractions, rhythm and musical time

Physical Education

- Body Awareness
- Nutrition
- Sportsmanship

What You Can Do

Our Goal

Heart of Dance is working to bring Dancing Classrooms to approximately 10 classrooms each semester in schools around the Twin Cities and beyond during the 2015-16 school year ~ and we need you!

You've likely had personal experience of the many physical, mental and emotional benefits ballroom dance provides. If you'd like to provide that same opportunity for area 5th graders there are many ways you can help.

Sponsorships ~ partially offset the program cost for lower-income schools

Volunteer ~ program and planning events

Network ~ put us in contact with interested schools, teachers and donors

Donate ~ help to pay for costumes, training, print materials, and more



The Next Step

Want to Learn More?

If you would like more information on how you can participate; on sponsorships, volunteering or donating; on the Dancing Classrooms program or Heart of Dance; or simply would like to be kept informed of what exciting things we're up to, please fill out an interest card at our table. We will be happy to answer any questions you have!

Not only are you making a difference in the lives of these young people, you are building the ballroom community of the future!



www.DancingClassrooms.org

E-mail: HeartofDanceMN@outlook.com

Heart of Dance Co-Founders:

Andrea Miranda

651.283.6799 amiranda@live.com

Ember Reichgott Junge

612.750.1262 ember@visi.com

Conference Highlights

Teachers in Sessions





Wendy Frappier, Nancy Christensen & Jan Adair getting ready to serve lunch



Eating lunch



Meggin DeMoss, Dennis Deuchef & Scott Gorman



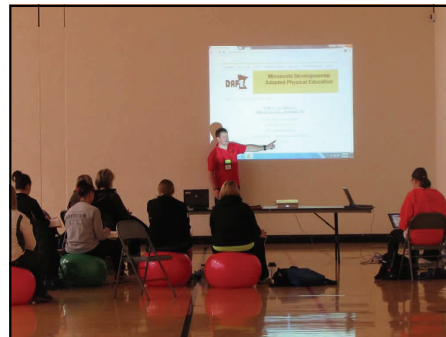
Exhibit tables



Exhibit tables



Sally Scherrer in session



Mike Doyle presenting



Mary Thissen-Milder presenting a session



Deb Tachmann presenting



Students during Student Leadership training with Scott Gorman

Conference Highlights

Awards Celebration



- Row 1 (L to R): Joe McCarthy, Mike Doyle, Wendy Frappier, Cyndee Johnson, Nancy Christensen, Sue Bremer
- Row 2: Heidi Fisher, Rich Burke, Kay Oling, Vicki Starr Johnson, Megan McCollom, Pete Westby, Marianne Bruentrup, Nadine Moeller, Mary Thissen-Milder, Sherry Folsom-Meek



CD Past Presidents
 L to R: JoAnne Owens-Nauslar, Jan Adair, Scott Gorman, Sally Scherrer, Vicki Worrell, Dennis Docheff, Rich Burke



CD Award Winners
 Minnesota Recipients were Sherry Folsom-Meek (2nd from left) and Sue Tarr (3rd from left)



President's Honor Award
 Scott Gorman and Nancy Christensen



Dawn Hammerschmidt, Nancy Christensen, Jay Albrecht



Heidi Fisher, Guest, Wendy Frappier



Marianne Bruentrup and Pete Westby



Meggin DeMoss and Past CD Executive Director Sally Scherrer



Deb Tachmann, Guest, Julie Knutson, Guest



Game of elimination at Awards Dance



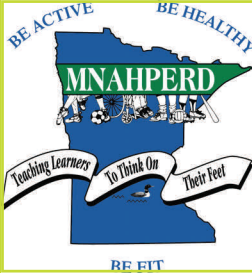
Silent Auction items at awards celebration



Silent Auction items at awards celebration

MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

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



MN SHAPE

www.mnahperd.org

March 2015

LOON LINES

MARCH 2015

MN SHAPE

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

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

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

MN SHAPE Executive Committee

<i>President</i>	<i>Sue Tarr</i>	<i>(320) 217-2371</i>
<i>President Elect</i>	<i>Mike Doyle</i>	<i>(763) 221-3375</i>
<i>Past President</i>	<i>Jack Olwell</i>	<i>(612) 432-9082</i>
<i>Treasurer</i>	<i>Jeremiah Hinkemeyer</i>	<i>(218) 329-2088</i>
<i>Secretary</i>	<i>Vicki Johnson</i>	<i>(218) 847-5212</i>
<i>Executive Director</i>	<i>Nancy Christensen</i>	<i>(218) 847-9769</i>

The mission of the MN SHAPE 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.MNAHPERD.org