



Loon Lines

VOLUME V, 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
2016**

MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

Message from the President

Mike Doyle

Update on PE/Health and ESSA



On December 10, 2015 President Obama signed into law a reauthorized Elementary and Secondary Education Act (ESEA) titled the Every Student Succeeds Act (ESSA). This law ends No Child Left Behind (NCLB) which was authorized in 2001. Fortunately Physical Education and Health were included in the definition of a “Well Rounded Education” in ESSA. What that does is put PE/Health on a level playing field with 15 other subject areas. It gives PE/Health equal access to Title I funds for districts with high numbers or high percentages of children from low-income families and Title II funds for professional development. Most importantly it gives us access to Title IV, Part A funding. With ESSA the PEP Grant program was eliminated, but Title IV, Part A gives us access to \$1.65 billion dollars that congress has authorized for fiscal year 2017.

That \$1.65 billion is for use in three areas:

1. Well-rounded education (which now included PE/Health)
2. Supporting safe and healthy schools (which includes before/after school programs)
3. Effective use of technology

One thing about being included in the definition of a well-rounded education with 15 other subject areas is that we have to share the \$1.65 billion with 15 other subject areas. How that money will be distributed to the states then the individual districts still needs to be determined, but districts need to develop a needs assessment plan. It would be a very good idea as a PE/Health teacher to get on that needs assessment planning team to explain the importance of a well-funded PE/Health program and how it would benefit the students in your school.

Unfortunately a few weeks ago the president released his fiscal year 2017 budget proposal and it only provides \$500 million to Title IV, Part A. That is less than one-third of the original \$1.65 billion that congress agreed to in ESSA.

Fortunately SHAPE America held its annual Speak Out Day on March 2, 2016. The timing could not have been better for 200 PE/Health teachers from 46 different states to spend a day on Capitol Hill in Washington DC to advocate for the return to the original \$1.65 billion that congress intended.



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Four MNSHAPE members were in attendance and had the opportunity to speak with staff members from the offices of Rep. Tim Walz, Rep. Collin Peterson, Rep. Betty McCollum, Senator Amy Klobuchar, and Senator Al Franken. All of the staff members, especially from the Senate side, were very supportive of Physical Education/Health and understood the importance of the funding needed to teach our students how to live healthy active lives. Hopefully the same positive support was felt with the other congressional offices in the other 45 states represented. I would personally like to thank Samantha Nelson from Willmar Public Schools, Diana Villeneuve from Stillwater Public Schools, and Alex Kvanli a student from Mankato State University for taking the time to attend the 2016 Speak Out Day.

Many people are excited about ESSA because it gives more control back to states and individual districts instead of the federal government. What we need to be careful about is the fact that just because PE/Health is considered part of a well-rounded education at the federal level, it doesn't mean that the state of Minnesota or your local district has to allow PE/Health the access to Title IV, Part A funding. Another one of our asks in Washington DC was for the members of congress at the federal level to send letters to the Governor and the Education

Commissioner asking that they support Health and Physical Education as they prioritize and distribute federal education funding across the state. At MNSHAPE we will do everything we can to make sure that Minnesota keeps the funding available for PE/Health that the federal government intended.

I encourage you to find out information about these needs assessment teams that will be starting up in your districts and make your PE/Health voice heard. If they do not hear from you about how important a properly funded PE/Health program can be for your district then you may be left out.

If you have any questions or are willing to assist MNSHAPE with advocating our needs at the state level, please let me know. michael.doyle@wayzata.k12.mn.us

Don't forget that the 2016 SHAPE America Convention and Expo at the Minneapolis Convention Center on April 5-9 will be an amazing event that will allow us here in Minnesota to show the rest of the world the latest and greatest of Health Education and Physical Education. I am very fortunate to be presenting a session titled "D Squared 1.0 — All Access Drums and Dance" with 2014 SHAPE America Dance Teacher of the Year MacKenzie Mushel Ellis from Colorado. It will be from 7:30 AM - 8:45 AM on Thursday, April 7 in room 102 A-F.

Enjoy the National Convention!



Message from the President Elect

Megan McCollom

We are only one month away from the SHAPE America National Convention, which is going to be held at the Minneapolis Convention Center April 5th through the 9th. If you have not registered to go to the convention, you can still register before or at the door. If you are struggling to get approval from your school district, there is a justification toolkit available online to help you make your case as to why you should be allowed to attend the convention. For the justification toolkit, the program booklet, the list of speakers, and more information about the convention, visit the SHAPE America Convention website at <http://www.shapeamerica.org/events/convention2016/>.

I will be presenting with Dr. Sue Tarr at the SHAPE America National Convention about how to link your physical education grading philosophy with the national standards and grade-level outcomes. We will be discussing steps to take in order to create a physical education grading philosophy, how to connect your philosophy to the national standards and grade-level outcomes, how to create a scope and sequence that assists your learners in meeting the grade-level outcomes, and what areas you should be assessing your students in throughout the school year. If you are interested in creating a better physical education grading philosophy that aligns with the national standards and grade-level outcomes, come to our presentation on Wednesday, April 6th at 1:45pm in room 211 AB.



The keynote speaker at the general session on Wednesday, April 6th from 10:30am to noon is Tom Rath. Tom Rath is an author, researcher, and filmmaker; he will be speaking about the topics in his newest book, "Are You Fully Charged?," which is about the latest and most practical research from health, psychology, and economics. According to the SHAPE America website, Tom will be showing you how to make changes that will create better days for yourself and others, and he will challenge you to stop pursuing happiness and start creating meaning instead. Thursday's general session features Chris Waddell, a U.S. Paralympic sit-skier and wheelchair track athlete, and internationally renowned chef Jon Ashton with a surprise NFL player. Friday's general session will be about the Every Student Succeeds Act.

Having the SHAPE America National Convention in Minnesota is a once in a career opportunity for most of us. I hope you will all be able to take advantage of this wonderful opportunity by attending, learning, sharing, and networking with other professionals in our field from around the world.

Free PE Workshop

Saturday, April 30th 2016

8:00 AM-12:30 PM

Winona Middle School

1570 Homer Rd

Winona, MN 55987

Register at: <https://goo.gl/BTe8w8>





PE + Health = Student Success

BENEFITS OF HEALTH & PHYSICAL EDUCATION TO STUDENTS

- ★ Positive relationship with **academic achievement** and **test scores**
- ★ Positive association with **attention, concentration,** and **on-task behavior**
- ★ Encourages **lifetime healthy habits**
- ★ Strategy for **reducing childhood obesity**
- ★ Reduces **discipline referrals** and **participation in high-risk behaviors**

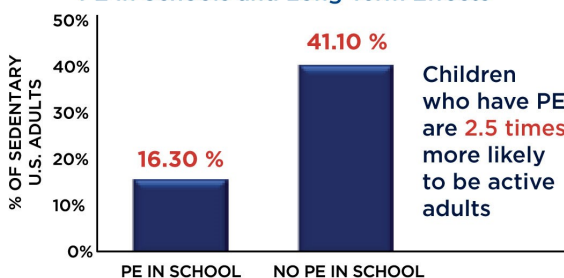
SCHOOLS CAN INFLUENCE HEALTHY BEHAVIORS

80% of students believe that PE is important to their overall school experience.



Findings from myCollegeOptions®/SHAPE America research study (2015): National sample includes 79,498 high school students.

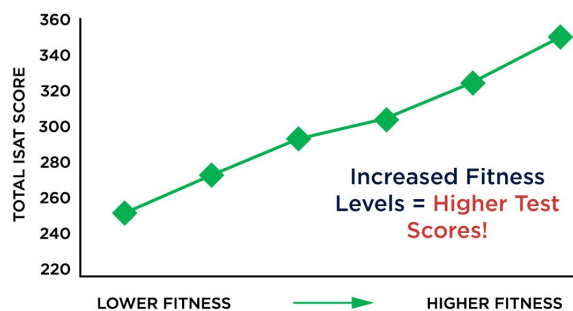
PE in Schools and Long Term Effects



Physical Activity Council. 41,000 Interviews on Sedentary Lifestyles. 2010.

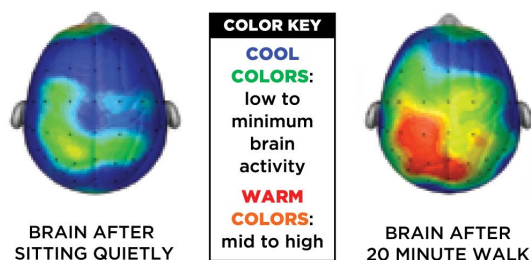
HEALTHY STUDENTS ARE BETTER LEARNERS

Physical Fitness and Achievement Test Performance



Hillman C.H., Erickson K.I., Kramer A.F. *Be Smart, Exercise Your Heart: Exercise Effects on Brain and Cognition*. 2008.

Average Composite of 20 Student Brains Taking the Same Test



Hillman, C.H. *The Effect of Acute Treadmill Walking on Cognitive Control & Academic Achievement in Preadolescent Children*. 2009.



shapeamerica.org/advocacy #SHAPEadvocacy

HEALTH AND PHYSICAL EDUCATION IN THE ELEMENTARY AND SECONDARY EDUCATION ACT

No Child Left Behind Act of 2001

- ★ Health and physical education were not included as core academic subjects.
- ★ Access to federal funding for health and physical education was limited.
- ★ Health and physical education programs and funding were cut across the country.
- ★ Carol M. White Physical Education Program (PEP) competitive grant was established. Funded at \$47 million to \$100 million from FY 2002 through FY 2016.

Every Student Succeeds Act of 2015

- ★ Health and physical education are included in the law's definition of a well-rounded education, along with 17 other subjects.
- ★ ESSA congressional intent supports providing all students with a robust, well-rounded education experience that includes health and physical education.
- ★ Health and physical education programs have access to funding under Titles I, II and IV.
- ★ Title IV, Part A Student Support and Academic Enrichment Grants authorizes block grants to states to support: well-rounded education (min. 20%), safe and healthy students (min. 20%), and effective use of technology. Health and physical education programs can be funded through all three areas of the block grant.
- ★ The PEP grant and nearly two dozen other grant programs were consolidated into the Title IV, Part A block grants.
- ★ The law authorizes Congress to appropriate up to \$1.65 billion for Title IV, Part A in FY 2017.

President's FY 2017 Budget Request

- ★ The administration requested \$500 million for Title IV, Part A for FY 2017—more than \$1 billion less than ESSA authorizes Congress to appropriate.
- ★ The president's funding request does not reflect the importance that Congress assigned Title IV, Part A when it designated these block grants the third-largest authorized program under ESSA.
- ★ Such a low level of funding, divided among numerous programs area, would limit flexibility and would not allow states and school districts to make a meaningful investment in student learning and well-being.

Please support bipartisan congressional intent by funding Title IV, Part A of the *Every Student Succeeds Act* at its authorized amount of \$1.65 billion for FY 2017.

Please ask the US Department of Education to issue guidance to states on all federal funding opportunities available through the *Every Student Succeeds Act* for health and physical education.

Please send your state's governor or state school chief a letter requesting that they support health and physical education as they prioritize and distribute federal education funding across the state.



Minnesota Lynx Point Guard Lindsay Whalen to be Inducted into SHAPE America's Hall of Fame

Lindsay Whalen, US Olympian, five time WNBA All-Star and point guard for the Minnesota Lynx, will be inducted into the Hall of Fame of SHAPE, America. This honor will be bestowed on Lindsay at the SHAPE, America Banquet on Friday, April 8, during the 131st National Convention and Expo in Minneapolis, Minnesota.

That evening SHAPE America will also honor its Teachers of the Year for Physical Education, Adapted Physical Education, Dance and Health at the Banquet.

According to Stephen Jeffries, SHAPE America President, "From her standout high school career to her flourishing career in the WNBA, Lindsay Whalen is known for her incredible work ethic, tenacity and perseverance. As a result, she has won two world championships (2010 and 2014), Olympic gold and three WNBA titles with the Lynx. On September 7, 2013, she became only the second player in WNBA history to record 4,000 points, 1,500 assists and 1,000 rebounds". Lindsay will also be honored for her remarkable community service.

Please help honor our own Minnesota Lindsay Whalen and the SHAPE America Teacher's of the Year at the Hall of Fame Banquet on Friday, April 8th at 7:00 pm. For tickets contact customer service at shapeamerica@experient-inc.com or call 800-424-5249 between the hours of 9:00 a.m. and 6:00 p.m. EST.

If you have other questions, please contact Paula Keyes Kun at pkun@shapeamerica.org

Help America's students get healthy and physically active through our "50 Million Strong by 2029" Commitment.



We would like to thank all the schools who conducted a JRFH or Hoops for Heart Event for the 2015-2016 school year. Many schools have yet to finish their event so total numbers are not yet available. We hope to have some preliminary results in the next Loon Lines.

MAKE CONNECTIONS THAT MATTER

The **Minnesota Society of Health and Physical Educators (MNSHAPE)** will connect you to the people, programs and advocacy opportunities that can improve your instructional practices and inspire physical literacy and healthy lifestyle habits in your **students**.

SAVE THE DATE
Thursday and Friday, November 10 & 11, 2016

This will be the third year we are fortunate enough to have our conference at Wayzata High School – a great facility for a great conference. Thursday evening will again be the evening to congratulate and honor fellow teachers and others for their outstanding service, you will not want to miss the **Awards Celebration**.

We are very happy to announce that we are hosting this event at the Crowne Plaza where we have also reserved a block of sleeping rooms.

Crowne Plaza – Minneapolis West
3131 Campus Drive
Plymouth, MN 55441
763-559-6600
www.CPplymouth.com

To make a room reservation and get the rate of only \$105.00 a night per room, **CALL** today. This rate also includes the breakfast buffet for 2.

So, whether you are looking for ways to incorporate new technology into your curriculum or getting up to speed on new standards, we will have it covered. Look to our website the middle of June for a more complete program, registration form, and membership form. See you in **November!!!!**

MNSHAPE State Conference

"Teaching Learners to Think on Their Feet"
Thursday & Friday, November 10 & 11, 2016
Wayzata High School, Plymouth, MN

Awards Celebration
Thursday, November 10, 2016
Crowne Plaza Minneapolis West
Plymouth, MN

Active Schools March Brief



Become Nationally Recognized for Your Great Work in Physical Activity and Physical Education

Strive for the top physical education and physical activity distinction for K-12 schools — the 2016 [Let's Move! Active Schools National Award](#)! Learn more and see if your school is eligible to apply by [enrolling your school](#) and completing the short *Let's Move!* Active Schools Assessment. **Applications will be accepted through April 15, 2016.**

Bring the Physical Activity Leader (PAL) Learning System to Your District

[The PAL Learning System](#) is dynamic, cutting-edge professional development for physical education and physical activity champions. Adaptable to individual school environments, the PAL Learning System begins with a FREE one-day, in-person leadership workshop and continues with 12 months of support and learning in an online community where PALs and trainers from across the country engage. During the PAL journey, participants are equipped with the leadership skills and knowledge to mobilize an Active School environment in their local school/district. Email PAL@shapeamerica.org if you are interested in hosting or attending a PAL training session.

Let's Move! Active Schools

Connect with us



Minneapolis: Why You're Going to Love It!

SHAPE America National Convention & Expo



Minneapolis is the perfect fit for the [2016 SHAPE America National Convention and Expo!](#) The city's top-notch sports venues, commitment to "green" initiatives and dedication to healthy lifestyles make it the place to be April 5-9...and all year long.

Minneapolis Fast Five

1. Target Field — Home of the Minnesota Twins and known as "the greenest ballpark in America." It's also the location for the [SHAPE America All-Convention Evening!](#)

2. Most Bike-Friendly City. More than 200 miles of bikeways, flat terrain and indoor bike parking! Try a bike tour and see the city from a different perspective.

3. Spoonbridge and Cherry Sculpture — The elements of this large-scale art piece were designed to "keep things moving and alive." How fitting! Check it out in the Minneapolis Sculpture Garden, then head to one of the city's many "green" restaurants.

4. The Stone Arch Bridge — A civil engineering marvel, this is just one of the historic landmarks that bring Minneapolis to life.

5. The Skyway System — Enclosed walkways that stretch for miles. Access the system directly from the Hilton Minneapolis — SHAPE America's headquarters hotel — and explore the downtown area in climate-controlled comfort! [Book now! The housing deadline is March 4.](#)

Now it's your turn! Have more ideas for our list? Tell us some of the reasons *you* are excited to head to Minneapolis! Share using #SHAPEMinneapolis on Twitter and Facebook.



Be a Member of our Profession!

Current Educators and Future Professionals... you can obtain so many benefits by attaining a National Shape America Membership!
Please consider putting some of your professional development money and/or book money to your SPA profession!

<http://www.shapeamerica.org/about/membership/>
http://www.shapeamerica.org/about/membership/students_members.cfm

Access to Scholarships & Awards

- **Ruth Abernathy Presidential Scholarship**—Awarded to three undergraduate and two graduate students at SHAPE America's National Convention & Exposition held in the spring of each year.
- **Barbara A. Cooley Scholarship Masters Level**—Open to a master's level student who is currently enrolled in a health education program.
- **Bill Kane Undergraduate Scholarship**—Awarded to an outstanding student officially recognized as an undergraduate health education major at any four-year university/college.

Staying Informed

- **Momentum**—A quick read newspaper that covers SHAPE America's news and updates on the latest trends, people on the move, upcoming conferences and workshops.
- **Etcetera**—SHAPE America's weekly e-newsletter is packed with the latest stories focusing on school-based health education, physical education, physical activity and sport.
- **Quest, Measurement in Physical Education & Exercise Science**, and the **Journal of Sport Sciences** are also available to student members free of charge and are in addition to your selected publications. Available through Taylor and Francis Publishing. Log into your membership account and select "view my journals" to access the Taylor and Francis publications.

Sharing and Staying Connected

- **SHAPE America's Annual Convention & Exposition** and **District Conferences**—SHAPE America conferences are the world's largest gathering of school-based health education, physical education, physical activity and sport professionals and students—an unparalleled professional development opportunity. Whether you're a first-year student or graduating this year, you'll be inspired by your colleagues' experiences and ideas. You'll come away enriched, motivated, and invigorated. SHAPE America student members receive a significant discount on registration.
- **SHAPE America's Undergraduate Student Leadership Forum**, the **Graduate Student Forum** and **District Leadership Conferences** bring together students and young professionals to discuss the challenges and opportunities individuals are faced with when starting a career.
- **Facebook**—"Like us" to follow all posts and happenings.
- **Twitter**—Follow us on Twitter @SHAPE_America

Preparing for Your Future

- Find your first job on **CareerLink**. Post your resume online, search jobs and get email notifications when new jobs are posted. Other resources include resume building and interview tips.

A Voice That Matters

- Make your voice heard on matters affecting SHAPE America. Student members are eligible to serve as **delegates** at the SHAPE America National Convention & Exposition.

Saving Time and Money

- **Membership Dues Automatic Payment Plan**—Renew your SHAPE America membership automatically with your credit card on an annual basis.
 - **GEICO Insurance**—Student members receive discounts on home and auto insurance.
 - **SHAPE America-Sponsored Student Liability**—Available through the Forest T. Jones and the Trust for Insuring Educators, take advantage \$1 million of coverage for \$25/year. Coverage pays all defense costs over and above the limit of liability.
 - **More Savings!** - Don't forget the huge savings SHAPE America student members get on books and other resources, and convention registration!
- (SHAPE America Website, 2015)



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

Name (first, middle, last) _____

Home Address _____

Home City _____ State _____ Zip _____

Home Telephone _____

School Where You Teach _____

Work Address1 _____

Work Address2 _____

Work City _____ State _____ Zip _____

Work Telephone _____

Email Address _____

of years in HPERD Profession _____

Membership Categories (select one)

- | | |
|---------------------|---|
| | Membership Fee (annual/includes processing fee) |
| Professional Member | <input type="checkbox"/> \$35.00 |
| JRH/HFH Coordinator | <input type="checkbox"/> \$25.00 (\$10 discount off professional membership for coordinators) |
| Student Member | <input type="checkbox"/> \$20.00 College attended full-time: _____ |
| Retired Member | <input type="checkbox"/> \$20.00 Year Retired: _____ |
| Associate Member | <input type="checkbox"/> \$35.00 |
| Lifetime Member | <input type="checkbox"/> \$650 |

Payment Method

- Personal Check (Make check payable to MN SHAPE)
 Institutional Check (Make check payable to MN SHAPE)

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

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

2016 NOMINATION FOR SHAPE AMERICA AWARDS

Information on Nominee:

School:

Email:

What they teach:

Person making the nomination

Name:

Phone number

Email:



Awards:

_____ **Lou Keller Award:** Honor and recognize outstanding services and contributions given by a college or university professor or other professional worker (public school teachers exempted) in the fields of health, physical education, recreation, or dance as exemplified by Dr. Lou Keller former professor at the University of Minnesota - Minneapolis

_____ **Paul Schmidt Award:** Honor and recognized the outstanding services and contributions given by an elementary or secondary teacher or supervisor in the fields of health, physical education, recreation, or dance as exemplified by Paul F. Schmidt, supervisor of elementary physical and recreation, Rochester Public Schools

_____ **Carl Knutson School Health Education Award:** Honor and recognize the outstanding services and contributions to school health education given by a Minnesota Health educator as exemplified by Dr. Carl Knutson, supervisor of health, physical education and safety with the Minnesota Dept. of Education.

_____ **George Hanson Developmental Adapted Physical Education Award:** Honor and recognize outstanding services and contributions given by and elementary, secondary, higher education, or other professional worker in developmental adapted physical education profession as exemplified by George Hanson.

_____ **Carolyn "Dolly" Strumbel Distinguished Service Award:** Honor and recognize the significant contributions professional retirees have made to MN SHAPE for at least 10 years.

_____ **Aquatics:** Honor and recognize outstanding service and contributions in aquatics

_____ **Pathfinder Award:** Honor and recognize the outstanding services and contributions in girls and women's sports by a physical educator who is also a member of SHAPE America.

_____ **Adapted Physical Education Teacher of the Year:** The purpose of this award is to honor and recognize the outstanding services and contribution in adapted physical education by a Minnesota elementary school teacher who is also a member of SHAPE America.

_____ **Elementary School Physical Education Teacher of the Year:** The purpose of this award is to honor and recognize the outstanding services and contribution in elementary school education by a Minnesota elementary school teacher who is also a member of SHAPE America.

_____ **Middle School Physical Education Teacher of the Year:** The purpose of this award is to honor and recognize the outstanding services and contributions in middle school education by a Minnesota middle school teacher who is also a member of SHAPE America.

_____ **Secondary Physical Education Teacher of the Year:** The purpose of this award is to honor and recognize the outstanding services and contributions in secondary school education by a Minnesota secondary school teacher who is also a member of SHAPE America.

_____ **Health Education Professional of the Year:** The purpose of this award is to recognize outstanding contributions by practitioners in the health education field. The American Association of Health Education (AAHE) Teacher of the Year Awards (TOY) are given to teachers who are members of both MN SHAPE and SHAPE America and who demonstrate exemplary teaching abilities in respective grade levels in health education.

_____ **Dance Educator of the Year:** The National Dance Association K-12 Dance Educator of the Year Award is given to K-12 teachers who are members of both MN SHAPE and NDA/SHAPE America who demonstrate exemplary teaching abilities in respective grade levels and dance education. A dance educator as defined by NDA, includes those educators who are employed full time in a K-12 school and teach dance at least 50% or more of the time.

_____ **Health and Fitness Advocacy Award:** – This award is given in recognition of outstanding contributions in the promotion of health, physical education, recreation and dance by an individual or organization outside the teaching profession.

DEADLINE APRIL 15TH

Return to:

Sue Bremer- Co Chair
MN SHAPE Award Committee

5229 Bloomington Ave S
Minneapolis, MN 55417
sbremer@rocketmail.com
612-414-7689

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 2016

LOON LINES

MARCH 2016

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>Mike Doyle</i> | <i>(763) 221-3375</i> | <i>Michael.doyle@wayzata.k12.mn.us</i> |
| <i>President Elect</i> | <i>Megan McCollom</i> | <i>(763) 504-4198</i> | <i>megan_mccollom@rdale.org</i> |
| <i>Past President</i> | <i>Sue Tarr</i> | <i>(320) 217-2371</i> | <i>sjtarr@stcloudstate.edu</i> |
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| <i>Executive Director</i> | <i>Nancy Christensen</i> | <i>(218) 847-9769</i> | <i>nancy1485@gmail.com</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