



# Loon Lines

VOLUME V, ISSUE II

For more information about MN SHAPE, please visit our website at [www.mnshape.org](http://www.mnshape.org) or the national site at [www.shapeamerica.org](http://www.shapeamerica.org)

MAY 2016

MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

## Esko Physical Educator, Cyndee Johnson, Earns National Physical Activity Leader (PAL) Award



She earned Minnesota’s Elementary Physical Education Teacher of the Year award in 2004, Dance Teacher of the Year in 2008 and Middle School Physical Education Teacher of the Year in 2014.

Cyndee Johnson, a physical education teacher at [Esko Public Schools](#), can now add a national award to that list of accolades. Johnson, known as “CJ” to colleagues at Winterquist Elementary School, received the inaugural [Let’s Move! Active Schools Outstanding Physical Activity Leader \(PAL\) Award](#).



The award, which was announced April 7 at the 2016 SHAPE America Convention and Expo in Minneapolis, recognizes an individual for his or her commitment to create dynamic and active learning environments for students. The active schools framework is based on the national [comprehensive physical activity program](#) model designed to increase physical activity opportunities for students both during and outside the school day.

Johnson has been implementing a comprehensive school physical activity program her entire 38 years in education, even before there was a formal name for it, said Dr. Mary Thissen-Milder, active schools coordinator for the Minnesota Departments of Education and Health and leader of the [Active Schools Minnesota initiative](#).

“CJ is an outstanding professional who champions her commitment to the importance of physical activity in every aspect of her teaching career,” Dr. Thissen-Milder said.

Among her most recent efforts, Johnson helped her school become one of 14 in the state to participate in the Active Schools Minnesota Pilot Study through the Statewide Health Improvement Program (SHIP).

The pilot study is an initiative between the Minnesota

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Departments of Education and Health that supports the state’s schools efforts to increase students’ physical activity opportunities during and outside the school day. It’s based on the premise that the more physical activity opportunities that students have, the more physically active they become and the better their educational outcomes are.

Johnson has been a long-time advocate for education and wellness, according to her colleagues. “CJ is an innovator when it comes to physical education,” said Winterquist Elementary Principal Brian Harker. “Our students are always exploring new ways in which to move, whether it be in a team game or during a fitness unit.” Her list of accomplishments and volunteer activities is a testament to her dedication and commitment to her school and community, said Margaret Nicotera Sunnarborg, Esko School Board Member. “CJ always has innovative ideas and her willingness to go beyond the classroom to make our school and community healthier and more active is inspiring,” she said.

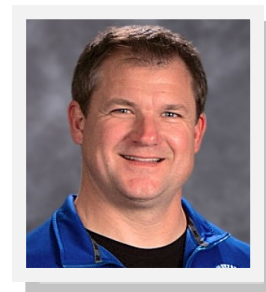
CJ has been a long term member of both [SHAPE America](#) and [MNSHAPE](#), serving in multiple capacities on the Board of Directors and also serves on the Board of Directors for Central District. Congratulations CJ! We are so proud of you!



## A Message from the President

Mike Doyle

The first week of April was a very busy time here in Minneapolis. Hosting the SHAPE America National Convention was a total team effort that included volunteers, presenters, and attendees. One of the highlights of my week was hearing Minnesota First Congressional District Congressman Tim Walz speak at the Friday general session. Everything that we have ever wanted a US Congressman to say about the importance of quality Health and Physical Education was delivered to the audience that morning from Congressman Walz. I had the privilege to meet with him for about 30 minutes before the general session and he truly does believe that Health and Physical Education needs to be a part of a student’s experience in receiving a well-rounded education.



I also had the privilege of presenting with one of my good friends MacKenzie Mushel from Colorado. We did a session about making a cardio drumming unit more accessible for all students. During our set up for our session we ran into Carrie Ekins who is the creator of Drums Alive. It was very inspiring to talk with the creator of a program that I have been using in my Adapted PE classes for years now and explain to her what it has done for my students. Carrie also took the time to attend our drumming session and participate in the routines that MacKenzie and I created.

Overall it was a very exciting week and I would like to thank all of the volunteers from the state of Minnesota that donated their time to make the event run so smoothly.

MNSHAPE has also played a very active part in the current legislation to update the current Minnesota Physical Education standards to the 2014 SHAPE America National Standards and Grade Level Outcomes. I would personally like to thank the PE teachers from Eden Prairie schools that

took the time to meet with Representative Jenifer Loon to discuss the importance of updating the current Minnesota PE standards. The Minnesotans for Healthy Kids Coalition Lobby at the state capitol on March 16 was very well attended by over 300 people that were there to deliver the message that every student in this state deserves a quality Physical Education experience. The American Heart Association and American Cancer Society have done a tremendous amount of work supporting the legislation that would update the Minnesota PE standards. We have recently been calling upon our MNSHAPE members to make their voice heard to their legislators about the importance of the PE language in the bill. They have been listening because currently the updated PE standards language is included in both the house and senate versions of the bill. At the time of this version of Loon Lines a conference committee is meeting to decide the outcome of the final version of the bill. Hopefully the members of MNSHAPE have made the difference needed to keep the updated PE standards language in the bill. Stay tuned.

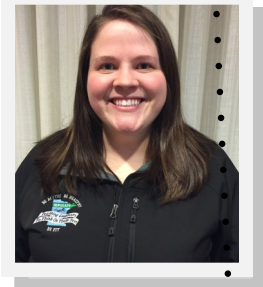
Over the summer watch out for updates on the 2016 MNSHAPE Conference November 10-11 at Wayzata High School. The new construction will be completed which will give us more space for an increased number of sessions. We have already secured the 2016 SHAPE America National Elementary Physical Education Teacher of the Year winner Penny Kroening from Waukasha, Wisconsin.

Check out the new [mnshape.org](http://mnshape.org) for updates along with following MNSHAPE on Twitter and Facebook.

Have a great summer everyone!

## A Message from the President-Elect

Megan McCollom



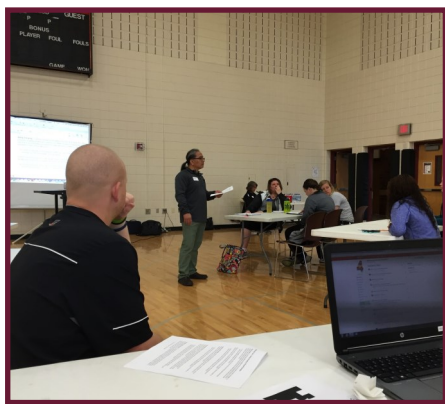
I hope many of you were able to make it to the SHAPE America National Convention that was just here in Minneapolis in April. There were many wonderful sessions! If you were unable to attend the convention, you can access all of the handouts at the following website: <http://myschedule.shapeamerica.org/ViewSessions.aspx>

We recently hosted a regional workshop in Winona at the end of April. Dr. Manny Felix presented about various ways to differentiate instruction for your students. Wade Wentland presented some games and activities that could be played in the dark with black lights and glow-in-the-dark equipment. Mary Wentland presented some health units that she uses with her students in order to engage them in their learning and create a more student-centered learning model. Tara Storts and myself presented a session about educational technology tools that can be used with your students to help them become 21st century learners who are prepared to communicate, collaborate, be creative, and use critical thinking skills in order to be successful adults. Look for regional workshops in the future on the MNSHAPE website. Handouts from our sessions can be found at: <http://www.mnshape.org/spring-workshop.html>

If you are interested in becoming a member of the MNSHAPE Board of Directors, there is now a Google Form that you can complete on our website in order to have your name put on the ballot at our fall conference. This upcoming year the positions that can be filled will be the vice president elect of each of

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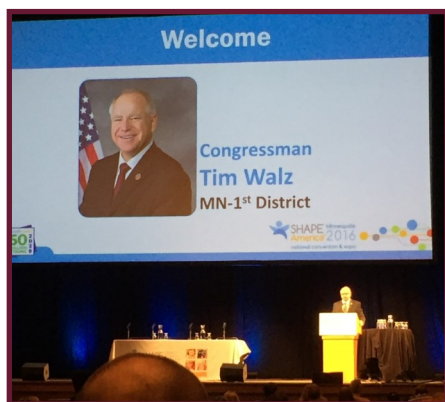
our divisions. Our president serves two year terms, therefore that position will not be available this upcoming year. The divisions that we have on our board are as follows: aquatics/recreation, dance, developmental adapted physical education (DAPE), future professionals, health, higher education, and physical education. On the Google Form, there is a description of the duties that are required of each position on the MNSHAPE Board of Directors. The link to the Google Form can be found at the bottom of this page: <http://www.mnshape.org/mnshape-board-of-directors.html>



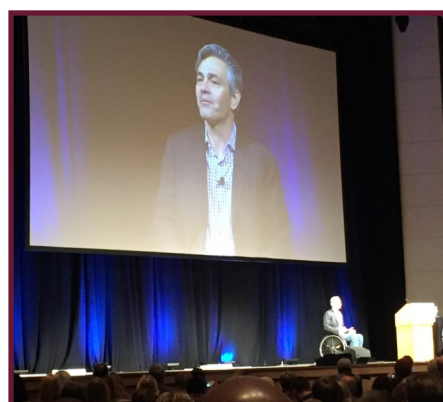
Manny Felix presenting at the Winona workshop



Viktor the Viking at a keynote session



Congressman Tim Walz speaking at a keynote session



U.S. Paralympic sit-skier and wheelchair track athlete, Chris Waddell



Chef Jon Ashton and former Pittsburgh Steelers halfback, Jerome "The Bus" Bettis



Cyndee Johnson receiving the first ever Outstanding Physical Activity Leader (PAL) Award



# National Convention Highlights



## Conference Information

Joe McCarthy

- I would like to thank SHAPE America for coming to Minneapolis MN from April 5<sup>th</sup> – 9<sup>th</sup>! The SHAPE America National Convention & Expo attracts and engages approximately 5,000 health and physical education professionals who are searching for new products, services and technologies.
- I had the wonderful opportunity to present three times during the conference. First, I was able to present #ReadySetTech with an amazing group of teachers put together from Spark. I presented on Schoology, Class Dojo, Plickers, Twitter, Voxer & QR Codes. Second, we presented this session to district and state coordinators the next day. My final presentation was on Standards-Based Grading and the cool part was to see my principal in the audience!

### Future Convention Information

**Future Dates – Make plans to attend one of these conferences!**

2017 Boston, March 14-18

2018 Nashville, March 20-24

2019 Tampa, April 9-13

Joe McCarthy, MN SHAPE BOD, @JoeMcCarthy09



## Presidential Youth Fitness Program Applications Are Now Open!

Vicki Skaar Johnson, SHAPE America PYFP Committee

- Apply today to receive up to \$2,000 in support for Presidential Youth Fitness (PYFP) equipment for the 2016 – 2017 school year. Do not delay as the monetary awards will be on a first come, first serve basis. Create an account today to apply!
- How to create an account?
- Log on to the website; [www.presidentschallenge.org](http://www.presidentschallenge.org)
- You will find on the upper right corner Sign up and click on that...
- Fill in the required data and you will be rewarded with many free tools and resources to download. Some of those resources are the PYFP Fitness Club for Students in Grades K-3, Presidential Youth Fitness Award for Students in Grades 4 -12, Recognition of your Students with PYFP, PYFP Fundraising Tips, PALA+, Adult Fitness Test and much more.
- To Apply for the Monetary Award
- On the right hand side again, about half way down the website, you will see the PYFP symbol and the heading “Applications Now Open”. Click on create an account today to sign up. Registration is free for this account. After you sign up, you can access other free resources not featured on the main site, plus the 2016 funding application. If you are a 3-year funding recipient or received funding in 2016, the member portal will give you access to the information you need to help you meet the funding requirements.



# MN SHAPE Represented in the Every Student Succeeds Act (ESSA) Evolution

Samantha Nelson

The passing of the Every Student Succeeds Act opens new doors to accessible funding that supports Physical Education, Health Education, nutrition, and physical activity opportunities. During SPEAK Out! Day in Washington, D.C., Minnesota representatives brainstormed strategies to advocate for ESSA in our state. On June 7th, MN SHAPE will be represented in a meeting with the Commissioner of Education, Brenda Cassellius, to discuss the importance of a health equity and physical literacy advocate holding a spot on a panel of stakeholders that will help shape ESSA distribution in the state of Minnesota.

In an effort to ensure that school health and physical education are appropriately funded and addressed in the new federal education law, ESSA, a group of over 200 physical and health educators from 46 states met with their Congressional representatives in Washington, DC for SHAPE America's (Society of Health and Physical Educators) 8th annual SPEAK Out! Day, March 1-2.

During face-to-face meetings on Capitol Hill, constituents offered insight and perspective on the negative impact that occurs when health and PE are marginalized. They also shared stories of success surrounding thriving Quality PE in schools and asked their members of Congress to support robust funding for health and PE programs within their state to develop the profession.

Mike Doyle, Samantha Nelson, Diana Villeneuve, and Alex Kvanli made "asks" for Congress to fully fund ESSA in FY2017, specifically Title IV Part A at \$1.65 billion. Health and PE programs would then have access to significant funding currently unavailable to them. Under Title IV, Part A, block grants will be distributed to states. Advocates also sought support for implementing ESSA in Minnesota in a way that is advantageous and equitable for health and PE so that students can develop physical literacy skills to support healthy, life-long habits. These "asks" will be carried forward into the advocacy meeting with Commissioner Cassellius.



# Lobby



# Day





# It Takes Heart to be a Hero



## HEART HERO

**Bran, Age 11**

*Although he was born with a serious heart defect, Bran has still jumped his way to raising more than \$80,000 through Jump Rope For Heart, including \$25,000 this year.*

*Within an hour of his birth, he was diagnosed with the most extreme form of Tetralogy of Fallot, called Pulmonary Atresia. Since he had no pulmonary valve, blood couldn't flow from the right ventricle into the pulmonary artery and onto the lungs.*

*At 18 months, a team of surgeons operated for eight hours to fix Bran's complex set of heart problems. Doctors had cautioned the family that Bran would likely need multiple surgeries by the age of 16. He is due for his annual visit to the cardiologist to see what lies ahead in the coming year. So, when Bran asks friends and family to donate to Jump Rope For Heart to help the American Heart Association fund research to learn more about the heart and how to fix it, he's speaking from his own heart.*

Jump Rope For Heart and Hoops For Heart are national education and fundraising events created by the American Heart Association and SHAPE America-Society of Health and Physical Educators. Students in these programs have fun jumping rope and playing basketball — while becoming empowered to improve their health and raise funds for research and programs to fight heart disease and stroke.

Funds raised through Jump Rope For Heart and Hoops For Heart give back to children, communities and schools through the American Heart Association's work:

- **Ongoing discovery of new treatments through research**
- **Advocating at federal and state levels for physical education and nutrition wellness in schools**
- **CPR training courses for middle and high school students**

Millions of students have joined us in being physically active and in fighting heart disease and stroke by funding research and educational programs. Be a part of these great events and your school will earn gift certificates for FREE P.E. equipment from U.S. Games.

**Call 1-800-AHA-USA1 or visit [heart.org/jump](http://heart.org/jump) or [heart.org/hoops](http://heart.org/hoops) to get your school involved.**



SHAPE America is a proud program partner of Jump Rope For Heart and Hoops For Heart.



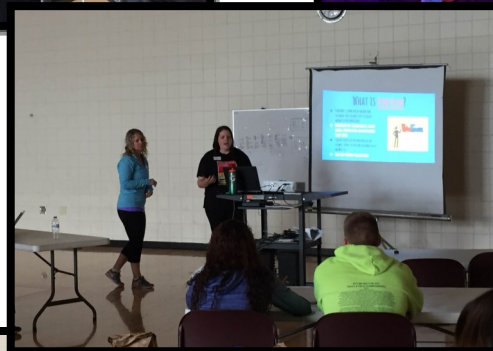
# Highlights from MNSHAPE Regional Workshop in Winona

Tara Storts

As a service to our members, MNSHAPE offers free Regional Workshops at various locations around the state. This year, MNSHAPE partnered with Winona State University and WHPE for a one day [workshop](#) on Saturday, April 30th 2016 in Winona, MN.

## Presenters (Handouts provided)

- WSU-Manny Felix-"Revisiting Differentiated Instruction for Contemporary Education: Practical Examples Throughout K-12 Physical Education" Handout 2
- WHPE-Wade Wentland - "Glow and Grow your Program" Handout
- WHPE-Mary Wentland - "Moving your Health Ed Curriculum"
- MNSHAPE-Megan McCollom/Tara Storts- "Educational Technology Tools for Educators" Handout



## Dape Division Report

Kay Oling & Pete Westby

It has been a very busy 2016 for the MNDAPE committee and teachers. The MNDAPE committee held their Winter meeting in January at Confidence Learning Center in Brainerd and the Spring meeting at Arrowwood Conference center in Alexandria in April where the Fall conference planning took place and continues, budget and other projects were discussed. The MNDAPE Fall conference will be held at Camp Friendship, September 29th and 30th. We also attended the MNSHAPE board meetings which took place in February and May in Wayzata and had an opportunity to discuss potential presenters for our Fall conference to be held on November 10th and 11th at Wayzata High School.

The first workshop that our committee organized and were presenters was "DAPE in YOUR BACKYARD" which was held at Ordean East Middle School in Duluth, MN on February 6th. The agenda included: Fitness Ball drumming with Mike Doyle- Wayzata Public Schools, Fun With PVC and Make It and Take IT Activities by Kay Oling- Duluth Public Schools, Standards Based Goals and Objectives with Dr. Sue Tarr-MNSU and Rich Burke-Moundview Public Schools, Scooter Games and QRcode Fitness Stations by Sue Bremmer- Retired from Cannon Falls Public Schools, Collaborating with area Rec Resources with Marge Shoger and Unified PE and Advocacy with Mike Doyle- Wayzata Public Schools and Glide Bikes with Joan Stock- Cambridge- Isanti Schools. It was a great day of fun and more information can be found at [www.mndape.org](http://www.mndape.org).

Next, Dr. Sue Tarr, Rich Burke, Kay Oling and Mike Doyle presented a 4 hour pre-conference Developmental Adapted Workshop on April 5, 2016 as part of the Shape America National Convention held at the Minneapolis Convention Center April 5-9, 2016. The session included: Standard Based Goals and Objectives, Make It and Take It Activities (kites, hoops, boomerangs, big balloon balls), Adapted Athletics, Unified PE, DAPE MN Style, Impact of the Sensory Systems on PE Activities and Activities to Remediate Sensory System Deficits.. It was a great morning of learning and activity. More information can be found on the Shape America website under the conference handouts and at [www.mnshape.org](http://www.mnshape.org).

It was a wonderful experience volunteering and attending the Shape America Convention. Thanks to all MNSHAPE members who volunteered their time to make sure the convention was a huge success.

On April 23, 2016, the MNDAPE leadership committee presented a day of activity for the "Family Fun Day" for children with disabilities, parents and caregivers at Arrowwood Convention Center in conjunction with the Charting of The C'S conference. The participants were able to engage in parachutes games, scooter activities, dance, noodle games, archery, make it and take ribbon dance and boomerangs, giant turtle volleyball, sit down volleyball and clean Up your Backyard. It was a great opportunity for young and old to play games, laugh and get a lot of exercise no matter what their the level.

As the school year ends, many schools and districts will be participating in various Sports Days and Field Days where students are able to meet others and participate in various games and sporting events. The Duluth DAPE teachers, Courage Kinney Center and UMD organized the region 3 Arrowhead Youth Games at UMD in Duluth for students throughout the region with disabilities. There was over 350 participants and 100 volunteers for a full day of activities. The Elementary age students participated in 13 stations for 15 minutes which included: adapted bicycle riding, dance, bowling, speed stacking, juggling, backyard games, group bocce, giant balloon volleyball, batting practice, ribbon rhythms, obstacle course and parachute games. The middle school student participated in 6 stations for 30 minutes which included: rock climbing, tennis skills, big ball volleyball, basketball skills, backyard games, archery and disk golf.

Please visit the web pages for MNSHAPE and MNDAPE for upcoming dates for activities, conventions, workshops, latest trends. [www.mnshape.org](http://www.mnshape.org) and [www.mndape.org](http://www.mndape.org).

# CALL FOR PROPOSALS

Help us bring practical and relevant information to HPE professionals and students by submitting a proposal to be considered for presentation at the



**2017** National Convention & Expo  
March 14-18, Boston

**NEW  
IDEAS  
TAKE  
SHAPE**

Submit your proposal online at [shapeamerica.org](http://shapeamerica.org)

**Submission Deadline: June 16, 2016**

Notifications: September 30, 2016

## 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](http://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

## Announcing Physical Activity Leader trainings in Minnesota!

The Society of Health and Physical Educators (SHAPE America), The MN Society of Health and Physical Educators (MNSHAPE), Active School Minnesota, and the State Health Improvement Program (SHIP) proudly partnered with Let's Move Active Schools and provided four Physical Activity Leader (PAL) trainings.

Winona State University, Bemidji State University, and the Minnesota Department of Education served as sites for the trainings. Seventy-five school and community champions interested in supporting physical education and physical activity both within and outside the school day attended. The trainings were grounded in the Comprehensive Schools Physical Activity Program (CSPAP) model utilized by the LMAS Roadmap the Active Schools MN *Moving Matters* Toolkit. School champions left the trainings with data to clearly communicate and make the case for CSPAP and personalized steps for the implementation of an active schools day.

All Minnesota schools are encouraged to visit the LMAS website and sign up to be a LMAS school partner. Stay tuned to the MNSHAPE website for future PAL training announcements! For more information, contact Mary Thissen-Milder, PhD, Active Schools Coordinator, MDE/MDH at [mary.thissen-milder@state.mn.us](mailto:mary.thissen-milder@state.mn.us)



**Let's Active  
Move. Schools**  
Active Kids Do Better.

# An Introduction to Minnesota edTPA: Higher Education

Shannon Norman

If you are a cooperating teacher, University supervisor or teacher candidate, by now you have heard of edTPA. Regardless of your position, there can still be some unanswered questions or confusion in relation to the process of this performance-based assessment. The intent of this article is to provide a brief introduction to edTPA for cooperating teachers and teacher candidates completing their clinical experience in Minnesota schools. Information for this article is adopted and summarized from <http://edtpaminnesota.org>, which is great resource to obtain additional information for everyone involved.

## What is it?

Adopted by the Minnesota Board of Teaching, the edTPA is simply defined or formally referred to as the Teacher Performance Assessment. Performance-based assessment is required by Minnesota legislation as part of the teacher education program at 31 Minnesota institutions. Teacher candidates must complete the edTPA assessment as part of their student-teaching experience. The intent of adopting edTPA is to eliminate a standardized exam process by allowing teacher candidates a chance to demonstrate pedagogical skills that represent high quality teaching.

Teacher candidates are evaluated in five areas: planning, instruction, assessment, analysis of teaching and academic language. This multi-measure assessment focuses on the teacher candidate's ability to demonstrate student learning through their instruction. Teacher candidates are required to use materials such as lesson plans, videos, assignments and classroom assessments to evaluate their teaching and student learning. Reflection on the teaching process by the teacher candidate is also a vital component throughout the edTPA assessment. Considered a rigorous requirement in the teacher licensing program, edTPA requires teacher candidates to demonstrate subject knowledge and the ability to teach students with diverse learning needs.

Full implementation of edTPA in Minnesota teacher preparation programs began in January 2014. As educators and teacher candidates continue to learn how to navigate this requirement by the Minnesota Board of Teaching, the focus of this common measure will help facilitate the growth of future professionals in education.

For more information about Minnesota edTPA, please visit <http://edtpaminnesota.org> or contact your local institution's teacher preparation program.

## Bleacher Dances Anyone?

Middle school and high school PE teachers have you ever thought about creating some school spirit by teaching your students some bleacher dances they can perform during time-outs or at half time at athletic events?

Robin Bretzing from Utah has a couple you can view on Youtube.

Party Rock Anthem <https://youtu.be/0-T8xMOLGxE> Firework

Bleacher Dance <https://youtu.be/IldgdIRM0tE>

PE Central has another one of their website:

<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=11719#.VzaGsWM36IU>

## MNSHAPE Grants

Greetings!!

Many physical education teachers are not aware of the many benefits of coordinating a Jump Rope for Heart or Hoops for Heart event. One great one is being eligible for a grant of up to \$500.00 from MNSHAPE. To be eligible for this grant the following criteria needs to be met:

- You need to have coordinated a JRFH/Hoops for Heart event.
- Current member of MNSHAPE
- Show a need for the grant (Example: Need for additional equipment due to large class size, etc.)

This is a great opportunity to add something to your equipment room when so many physical education budgets are being cut. Having met the above criteria we would like to congratulate the following recipients of the MNSHAPE grants for 2016 to the following schools:

Sharon Pesta – Swanville, MN – Tennis equipment

Stephanie Rupp – Bemidji, MN – Vocabulary Scribble games

Dawn Baudoin – Grand Meadows, MN – Jump rope equipment

Kelly Oslund – Monticello, MN – Additional miscellaneous equipment for large classes

Debra Johansen – Clear Lake, MN – Additional miscellaneous equipment

Brian – Harker – Esko, MN – Skates, helmets and pads for hockey

Adam Larson – Lonsdale, MN – Additional fitness equipment

## CONGRATULATIONS!!

## Calling All Future Physical Education and Health Education Professionals Announcing the 1<sup>st</sup> Annual COLLEGE CUP

Submitted by Katelyn Jones (Minnesota State University-Moorhead) &  
Reilly Fawcett (Bemidji State University)

The MN SHAPE Board of Director representatives for Future Professionals would like to invite ALL current University and College students to participate in the 1<sup>st</sup> Annual COLLEGE CUP session at this year's State Conference. This session will include friendly competition in some of our favorite activities such as Spikeball, Cornhole and Tic-Tac Toe Relays. Your school will compete for the COLLEGE CUP traveling trophy while you network and meet future professionals from other University/College programs from across the state. Planning for this event is still in the works so we ask you to SAVE the DATE: Thursday, November 10<sup>th</sup>, 2016. Anticipate more details for this event and a second invite in early FALL 2016. We hope to see you there!



Bemidji State University Future Professionals at  
SHAPE America 2016

# 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](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.mnshape.org](http://www.mnshape.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](mailto:nancy1485@gmail.com)

# MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

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



**MN SHAPE**

[www.mnshape.org](http://www.mnshape.org)

**MARCH 2016**

## LOON LINES

MAY 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.mnshape.org](http://www.mnshape.org)

### MN SHAPE Executive Committee

President	Mike Doyle	(763) 221-3375	<a href="mailto:Michael.doyle@wayzata.k12.mn.us">Michael.doyle@wayzata.k12.mn.us</a>
President Elect	Megan McCollom	(763) 504-4198	<a href="mailto:megan_mccollom@rdale.org">megan_mccollom@rdale.org</a>
Past President	Sue Tarr	(320) 217-2371	<a href="mailto:sjtarr@stcloudstate.edu">sjtarr@stcloudstate.edu</a>
Treasurer	Jeremiah Hinkemeyer	(218) 329-2088	<a href="mailto:moorhead18@hotmail.com">moorhead18@hotmail.com</a>
Secretary	Vicki Johnson	(218) 847-5212	<a href="mailto:vjohnson@arvig.net">vjohnson@arvig.net</a>
Executive Director	Nancy Christensen	(218) 847-9769	<a href="mailto:nancy1485@gmail.com">nancy1485@gmail.com</a>



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](mailto:aknopf@detlakes.k12.mn.us).

You can also access this newsletter in PDF format on the web at [www.mnshape.org](http://www.mnshape.org)