

May 2017

Volume VI, Issue II



## Message from the President



A group of nine Minnesotans recently traveled to Washington DC to participate in the annual SHAPE America Speak Out Day. The ask this year was for congress to fully fund Title IV Part A funding in ESSA at the authorized \$1.65 billion. The Senate is sitting at a number of \$300 million right now while the House is at \$1 billion. In a district like Robbinsdale Public Schools they would only receive \$9,000 at the \$300 million mark while they would receive \$309,000 at the authorized \$1.65 billion funding level. Title IV Part A money can be used to provide students with a well-rounded education (which now includes Health and Physical Education), supporting safe and healthy students, and supporting the effective use of technology. This is the money that takes the place of the PEP grant and the advantage of Title IV Part A is that it is not a complete grant system. Districts would all receive funding based on the Title I formula of population and poverty. If congress funds Title IV Part A at a low level around \$300 million they would have no choice but to make the funds competitive which means a lot of school districts would receive nothing. Make sure your voice heard and let your legislators know that Title IV Part A should be funded at the \$1.65 billion amount that was originally authorized when the ESSA was signed into law in December of 2015. <http://www.congressweb.com/shapeamerica>

The new Minnesota Physical Education standards committee of 28 people has been very hard at work updating the SHAPE America National PE Standards for use here in Minnesota. As of mid-May we are currently on the public review and comment period of draft #2. The new Minnesota Physical Education standards are set to be sent to the Education Commissioner's desk on May 25. Hopefully these new Minnesota Physical Education standards can be used as a tool to show administrators, superintendents, and school boards that our students need more time in Physical Education class in order to achieve all of the bench marks. Follow the progress of the new Minnesota Physical Education standards at <http://education.state.mn.us/MDE/dse/stds/hpe/>

It's also that time of year again for presentation proposals for the 2017 MNSHAPE Conference on November 9-10 at Wazyata High School in Plymouth, MN. If you or someone you know is doing some amazing things in their Health, Physical Education, or Dance classes please go to the presentation proposal page at [www.mnshape.org](http://www.mnshape.org) and fill out the form. Online registration for the 2017 MNSHAPE Conference will be available starting on July 1, 2017.

A big thank you goes out to all of the presenters and attendees at our annual MNSHAPE Spring Workshop which was in Willmar this year on April 8<sup>th</sup>. We had sessions on mindfulness, technology, and instant activities for use in your Physical Education programs. If you would like to see some of the sessions at the MNSHAPE Spring Workshop you can view the Facebook Live video on the MNSHAPE Facebook page and the Periscope video on the MNSHAPE Twitter feed.

Have a great summer everyone and once again thank you for all that you do to keep the students of Minnesota healthy and active.

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



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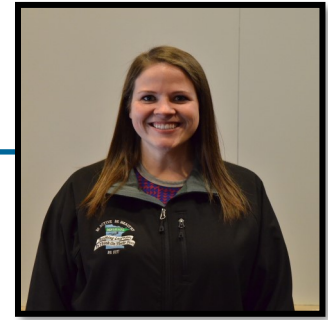
MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS



# Loon Lines

# Message from the President-Elect

Megan McCollum



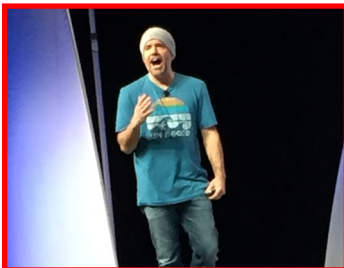
The last couple months have been very busy and filled with professional development opportunities. I have been fortunate enough to attend many of these professional development opportunities on behalf of MNSHAPE. I went to the SHAPE America National convention in Boston, MA this March and was able to see some amazing keynote speakers. SHAPE America posted many of the keynote sessions and various parts of the convention on their Facebook page. Even if you were unable to attend the national convention, there were many opportunities to feel as though you were there through Twitter and Facebook. Be sure to check out SHAPE America's Facebook and Twitter pages to see what you missed.

I attended the Minnesotans for Healthy Kids Coalition Lobby Day at the State Capitol this year

as well. We met with legislators to ask for them to continue to fund the SHIP program as well as the Good Food Access Program. SHIP and the Good Food Access Program offer a number of wonderful opportunities throughout the state of Minnesota. This year's Lobby Day was heavily attended by dietitians and nutritionists who wanted to ensure that our state has access to locally grown healthy foods. I also had the opportunity to attend Speak Out Day in Washington, D.C. with 8 other health, DAPE, and physical education representatives to speak to Minnesota Senators and U.S. Representatives about fully funding Title IV Part A funds through the Every Student Succeeds Act (ESSA). Anyone is able to register to attend Speak Out Day through SHAPE America. It is an amazing opportunity to advocate for what

we do everyday as teachers!

MNSHAPE and the Minnesota DAPE Leadership Committee hosted a regional workshop in Willmar, MN about a month ago. We try to offer these free regional workshops in the spring in various areas throughout the state. If you have any interest in hosting a regional workshop in the future, please contact us at [minnesotashape@gmail.com](mailto:minnesotashape@gmail.com). This year MNSHAPE participated in the American Heart Association's Twin Cities Heart Walk at Target Field. So far as an organization we have raised \$1,485; you are still able to donate to either Team Megan (<http://www2.heart.org/goto/TeamMegan>) or Team Mike if you would like to help us reach our goal of \$4,000.



Life is Good CEO  
Steve Gross



Aly Raisman



Patriots Players  
Patrick Chung & Nate Ebner



Nancy's Honor Award



MHK Lobby Day



Representative  
Eric Lucero



Senator  
Mary Kiffmeyer



Twin Cities Heart Walk

MNSHAPE and MNDAPPE Regional Workshop Roosevelt Elementary School 1800 19th Ave SW Willmar, MN 56201 APRIL 8th, 2017	
<b>AREA 1: (Lecture Style)</b> 8:30-9:15 DAPE REGION 6 & 8 Meeting (updates, websites, hot topics, working with paras, networking, question and answer session) & Writing Standards Based IEP's. Barb Eilers	<b>AREA 2: (Active Session)</b> 8:30-9:15 Embedding Mindfulness & Yoga in PE Sam Nelson
<b>AREA 1: (Lecture Style)</b> 9:25-10:10 Physical Educators Leading Active Schools Initiatives Sam Nelson	<b>AREA 2: (Active Session)</b> 9:25-10:10 Technology and Fitness Games for ALL Students. Megan McCollum, Derek Picha and Tara Storts
<b>AREA 1: (Lecture Style)</b> 10:20-11:05 Strategies to Modify Activities in Unified PE. Mike Doyle	<b>AREA 2: (Active Session)</b> 10:20-11:05 Academic Games in PE or DAPE – Joe McCarthy
<b>AREA 1: (Active Session)</b> 11:15-12:00 #Physed Favorites Joe McCarthy	<b>AREA 2: (Active Session)</b> 11:15-12:00 #Physed Favorites Joe McCarthy

As a service to our members, MNSHAPE offers free Regional Workshops at various locations around the state. This year, MNSHAPE partnered with DAPE Regional Workshop in Willmar on April 8, 2017. The presenters were Barb Eilers, Sam Nelson, Mike Doyle, Joe McCarthy, Megan McCollum, Derek Picha & Tara Storts. Check out some of the action on the [MNSHAPE Facebook page](#).

Presenters with handouts are provided

- Joe McCarthy - Academic Games in PE and DAPE - #Physed Favorites
- Derek Picha/Megan McCollum/Tara Storts - Technology and Fitness Games for ALL Students
- Barb Eilers - “Moving your Health Ed Curriculum”

If you would like to hold a workshop in your area, please contact MNSHAPE’s president elect, Megan McCollum at [president-elect@mnsshape.org](mailto:president-elect@mnsshape.org)



# Our Job Matters!

*Lisa Smith*

The end of the school year can leave us teachers a bit disheveled, stressed out and ready for a break from “our children”, am I right? To motivate us through these next few weeks I asked my High School classes what Health and Phy Ed mean to some of them... enjoy.

*“I think it is important. For kids, and everybody, to learn about what is inside of them and how to keep it healthy. Health is a good class. For me, when I sit in class everyday I think about all the things in my body that I can change and make better, and it makes me feel better to know that I have the power.”*

*“Phy ed is so much more than sports. It has changed my life. I hope to never have a day that I cannot be active for the rest of my life.”*

*“We may not know all that we need to know to be safe and healthy in life. We may sometimes face fear when we learn new facts in health class, but then we turn it into*

*knowledge and new insight, it can do a lot of good for our future.”*

*“In Phy Ed I have learned how to be safe with my body as well as how it works, I did not understand this before. I need my body to be healthy so I can live long. It takes work and I now know that.”*

*“Health is the class that teaches about life. Health impacts everyone's lives no matter what career choice they make. I have learned how to save a life through CPR, and to me that is more valuable than any formula in math class. Health class is about life, a student's life. Life should be taught every year. I have learned a lot about myself in this class. No other class has done that for me.”*

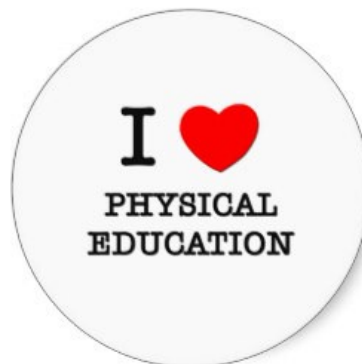
*“I am an athlete and Phy Ed is not my easiest class. We work hard here and I like that. We do so many different things, not just sports and I like that, too.”*

*“I want to have a career in the health field because of this class.*

*This class should be taken by everyone and we should have it every year. I have learned how to properly take care of my mind a body and this reduces my chances of dying earlier than if I was uneducated. I love learning about health, it is my favorite.”*

Friends and colleagues, as you see, our job matters A LOT. As I write this, teacher appreciation week is coming to a close and I am reflecting on an incredible school year and I am ever so thankful to be a part of this amazing MNSHAPE community.

Stay tuned for some really great professional development opportunities this summer and all next school year! Our students depend on us to bring them the highest quality education and we certainly provide you the resources here at MNSHAPE! Have an enjoyable summer! Relax, recharge and spend some time in a lake somewhere, so we can be ready to do what we love all over again in 2017-2018!



# Are You Interview Ready?

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With the school year coming to an end, job hunts are starting to begin. The purpose of a job interview is to make sure that you are adequately fit for the job position. In an interview, make sure to sell your skills, knowledge, and experience for the job. This involves showing motivation and enthusiasm towards the recruiter to convince them that you are the right person for the job. These 7 steps will help you be prepared, organized, and get you that much closer to an offer:

1. Research the organization
  - Visit the website
  - Research background information that may be useful
  - Review the organization's mission statement
  - Question list
2. Compare your skills and qualifications to the job requirements
  - Required skills, knowledge and abilities
3. Prepare your responses
  - Think of what to say ahead of time
  - Resume based questions
  - Behavioral based questions
  - Practical questions
4. Dress attire
  - Business attire
  - Good judgement
  - No wrinkles
  - Dress to impress
  - Good hygiene
5. What to bring
  - Resume
  - Notepad
  - References
  - Portfolio if needed
6. Pay attention
  - Waiting room behavior
  - Confidence when speaking
  - Good posture
  - Eye contact
  - Facial expressions
7. Follow up
  - Ask questions
  - Cover information not discussed



# Future Professionals: My National SHAPE America Conference Experience

*Reilly Fawcett*

This past March I was fortunate to travel to the National SHAPE America Convention in Boston, MA to receive recognition as one of the Physical Education Major of the Year Award recipients. The National SHAPE America convention offers extensive opportunities for future professionals. Each day there were numerous sessions being held focusing on teaching skills, assessment methods, integration of technology, advocacy for our profession, best practices in health education and most importantly a whole lot of FUN! Not only did I bring back new teaching ideas, I was able to obtain resources such as instructional handouts and connections with other professionals. Networking with other professionals is an

invaluable experience and I left making lifelong friends that I look forward to connecting with at future conventions.

Being a member of MNSHAPE and SHAPE America is one of the best professional decisions I have made as an undergraduate seeking a physical education and health teaching degree. Attending conventions has allowed me to stay up to date and current in regards to the teaching profession. I know traveling for college students to a state or national convention can be difficult as we are often operating on limited funds. MNSHAPE offers a travel scholarship to off-set costs to a convention. I encourage you to visit <http://www.mnshape.org/>

[ellen-cromwell-cerle-student-conference-travel-scholarship.html](http://ellen-cromwell-cerle-student-conference-travel-scholarship.html) to read how you can apply for travel fund to be part of this professional experience. You will not regret the personal growth these opportunities will present to you.

Below: Reilly Fawcett sporting the new Polar Heart Rate Monitor during the Polar Heart Rate Session



Above: Reilly Fawcett receiving Physical Education Major of the Year Award recognition at Boston SHAPE America National Convention

## A Note to Higher Education Professionals

*Dr. Shannon Norman & Dr. Manny Felix*

As MNSHAPE Board members wrap-up another monthly meeting, we want to take this time to inform you of an early update for the next MNSHAPE State Conference. Many of you have participated in the Higher Education Roundtable Sessions at the conference where we discuss current topics impacting our programs and profession. In reflection of those sessions, we feel that meeting as a group is valuable and in some cases necessary. Once again we will propose a Higher Education Roundtable session for the conference. The current thought is to extend the session to a working meeting time of two hours. This will allow us a chance to continue our discussions and sharing of information about our programs and institutions.

As we have many months to plan for this roundtable, we encourage you to send us your ideas and interests for our group discussion. Additionally, if you are willing and interested in leading a discussion on a specific topic for our group we would love to hear from you.

Have a great summer and feel free to send your discussion ideas to Shannon Norman or Manny Felix for the next roundtable session. Our hope is that you continue to encourage your students to attend the conference—or better yet, help them consider submitting a conference proposal to present! See you soon!

Dr. Shannon Norman  
Bemidji State University  
[snorman@bemidjistate.edu](mailto:snorman@bemidjistate.edu)

Dr. Manny Felix  
Winona State University  
[EFelix@winona.edu](mailto:EFelix@winona.edu)

### Fall Conference Presentation Proposal Forms

Presentation Proposal Forms for the 2017 MNSHAPE Conference are now available until May 31, 2017.

### 2017 MNSHAPE Conference

November 9-10, 2017  
Wayzata High School  
Plymouth, MN

<http://www.mnshape.org/proposal-forms.html>



# DAPE UPDATES

*Kay Oling and Pete Westby*

Another year is winding up and we hope that it was successful and full of adventures for your students. With this last newsletter of the year, we want to pass on friendly reminders to SAVE THE DATES on next school year's calendar and to request the time off and Professional Development funds to attend the conferences.

The first event is our 42<sup>nd</sup> annual Fall DAPE Conference held at Camp Friendship in Annandale, MN. This conference will be held on the last Thursday and Friday of September, 2017. The dates are September 28<sup>th</sup> – September 29<sup>th</sup>, 2017. Included in the registration fee is lunch, dinner, and breakfast along with overnight lodging at camp.

This fall, we are excited to having this year's 2017 SHAPE America Adapted Physical Education Teacher of the Year, Mrs. Lara Brickhouse from Durham, North Carolina as a speaker!

We are always looking for our members to share their ideas, activities, and skills. Please consider being part of the program as a presenter! Presentation proposals are still being accepted. Visit our web site at [www.MNDAPE.org](http://www.MNDAPE.org) and click on the proposal tab to submit your proposal. The due date is May 31<sup>st</sup>, 2017.

The next big event is the MNSHAPE Fall Conference held once more at Wayzata High School on November 9<sup>th</sup> – 10<sup>th</sup>,

2017. We are looking to add more DAPE sessions to this conference and are looking for proposals for this as well. Please visit [www.MNSHAPE.org](http://www.MNSHAPE.org) to find the presentation proposal tab. These proposals are also due on May 31<sup>st</sup>, 2017.

Other events that will be occurring next school year will be the MNDAPE Leadership's "DAPE In Your Backyard, local region meetings. Please visit our web page often to find out when these meetings will take place and other helpful tips.

Enjoy the remainder of your school year and do not forget to visit with your director before the school year ends to preplan for next year to attend the conferences!

## Minnesota Physical Education Standards Revision Process Continues

*Mary Thissen-Milder, PhD*

Legislation passed in 2016 requires the Minnesota Department of Education (MDE) to adopt the national physical education standards and "modify them according to state interest." Using the SHAPE America *National Standards & Grade-Level Outcomes for K-12 Physical Education* as a base, the Standards Committee is determining the changes that are needed to ensure that the national standards address state statutory requirements and best practices in physical education. The new standards will replace the state's current standards, the *National Standards for Physical*

*Education*, which were developed by the National Association for Sport and Physical Education, adopted by Minnesota in 2010, and implemented in all schools in the 2012-2013 school year.

The second draft of the new physical education standards is now available. **The public is invited to provide feedback on the draft standards during the Public Review and Comment Period, March 1 – March 14, 2017.** MDE will also be hosting a **Physical Education Standard High School Focus Group** on May 10, 2017 at the Minnesota

Department of Education in Roseville from 6:00 to 7:30 PM ([Directions](#)). This is an opportunity for anyone to provide feedback in person on the proposed high school standards. You can view the draft standards on the [MDE Web site](#). Submit your feedback using the online form or attend the Physical Education Standard High school Focus group. The date by which all schools must implement the new standards will be determined during the rulemaking process which will follow the posting of the Standards Committee's final draft.

# Key Highlights from the proposed MN Physical Education Standards and Grade-Level Benchmarks

*Mary Thissen-Milder, PhD*

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The Minnesota Academic Standard Review Committee for K-12 Physical Education has been working the past 5 months to modify the national SHAPE America Physical Education Standards and K-12 Grade-Level Outcomes to meet “state interests while still maintaining the integrity of the original standards” (MS 120B.021; Subd.1). The Committee has met for 7 full days, released 2 drafts of the document on the MDE website, held 2 online review comment periods, hosted 4 Town Hall meetings across the state and a high school focus group, and attained national expert reviews of the second draft.

To date, here are some highlights of the proposed document:

- Physical literacy is introduced as a term to define a physically educated person
- The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of physical activity.
- Emphasis at the elementary level (K-5)
  - ♦ Emphasis is on Standards 1 and 2
  - ♦ Benchmarks relate to the development of fundamental skills.
  - ♦ Critical elements are emphasized in motor skills (key components that can be observed in movement efficiency).
- Emphasis at the middle school level (6-8)
  - ♦ Emphasis is on Standards 1, 2, and 3
  - ♦ Middle school is the transition level from isolated skills and knowledge to application of them
  - ♦ The focus is on categories of games (invasion, net and wall, target, fielding and striking)
  - ♦ Competition in each area is de-emphasized and gaining personal competence is emphasized
- Emphasis at the high school level
  - ♦ Emphasis is on Standards 3 and 4
  - ♦ Focus on personal choice for a lifetime of physical activity
  - ♦ Less emphasis on team sports
  - ♦ Emphasis is on the application of skill and knowledge

The second draft of the Minnesota Academic Standards in K-12 Physical Education can be found on the [Minnesota Department of Education’s website](#). It is the goal of the Committee to get the final draft to the MDE Commissioner by the end of May for approval. The date by which all schools must implement the new standards will be determined during the rulemaking process which will follow the posting of the Standards Committee’s final draft. For any further information, contact [mary.thissen-milder@state.mn.us](mailto:mary.thissen-milder@state.mn.us)

## Elementary Physical Education: Changing Mindset

*Dr. Jane A.K. Carlson, Vice-President of Dance*

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Current elementary physical educators are faced with a multitude of challenges including increased accountability, students with diverse needs, large class sizes, and changing standards and grade-level outcomes. The Society of Health and Physical Educators (SHAPE America, 2013) released updated national standards for K-12 Physical Education. These five core standards for physical education are the **new state PE standards for Minnesota**. The standards indicate that the physically literate individual:

- demonstrates competency in a variety of motor skills and movement patterns (Standard 1);
- applies knowledge of concepts, principles, strategies, and tactics related to movement and performance (Standard 2);
- demonstrates the knowledge and skill to achieve and maintain a health-enhancing level of physical activity and fitness (Standard 3);
- exhibits responsible personal and social behavior that respects self and others (Standard 4); and



- recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction (Standard 5).

These standards represent a paradigm shift from an elementary physical education curriculum focused on traditional games such as *Red Rover* or *Duck, Duck, Goose* to one that stresses the development of fundamental motor skills and movement concepts. The role of elementary physical education has also evolved from a way to ensure prep time for the classroom teacher to being designated in the *Every Student Succeeds Act* (ESSA) as a core academic subject. Today's elementary physical educators use national and/or state standards and grade-level outcomes to ensure that curriculum scope and sequence enhances student learning. The use of continual and appropriate assessments of student learning to provide concrete evidence of whether students have achieved grade-level outcomes allows the physical educator to reflect upon the effectiveness of instruction and validates program success. Utilizing standards-based grading that mirrors other core subject areas communicates the level of student achievement for the selected physical education outcomes.

The overarching purpose of elementary physical education is to lay the foundation for developing fundamental motor skills. From this introduction, students can acquire physical skills and knowledge, thus beginning a journey toward a lifetime of valuing physical activity.

**Reframing the game mindset.** The current SHAPE America National Standards reframe the focus of elementary physical education from traditional games, like *Red Light Green Light*, to outcome-centered activities. In other words, there are no "Games" grade-level outcomes. In transforming the game mindset, Lambert (2000) states the new PE:

Does not use whole-class games, such as kickball, dodgeball, or team sports just to keep kids busy, instead activities are linked to desired learning outcomes. They design assessments so that students can demonstrate what they know—and what they can do with what they know—in authentic, developmentally appropriate ways (p. 36).

**Multiple learning opportunities.** In order for students to learn and gain competency in a physical skill, they need multiple opportunities threaded throughout the school year to practice. For example, embed the skill of throwing in a variety of units, with various objects, using deliberate practice of both underhand and overhand throwing skills for students to refine and acquire a mature level of throwing. "Motor-skill competencies are the result of purposeful curricular choices, quality teaching and multiple opportunities for deliberate practice — practice designed primarily for the purpose of *attaining and improving skills*" (Ericsson, Krampe, & Tesche-Römer, 1993, p. 367) as opposed to "mindless routine performance and playful engagement" (Ericsson, 2006, p. 694).

**The value of PE in a school.** Elementary physical educators encounter challenges convincing peers and administrators of the value of a PE program.

The marginal status of physical education has resulted from a host of nearly insurmountable barriers, including lack of administrative and collegial support, shortage of equipment, poor facilities, large class sizes, inadequate scheduling, philosophical and curricular differences, demotion of subject matter, isolation, and lack of opportunities for professional development (Barroso, McCullum-Gomez, & Hoelscher, 2005, p. 316).

Therefore, if physical educators want the respect of administrators and fellow staff members, they must work collegially with school leaders, faculty and staff, and be well versed in curricular innovations and best practices that enhance student learning. In other words, physical educators must be able to clearly articulate the purpose and importance of PE to others (France, Moosbrugger, & Brockmeyer, 2011). If physical educators want other educators to value PE, they will need to create lessons, units, and a program that are innovative in helping students create meaningful connections between their physical education experiences and their lives. In turn, the students will share their excitement with other classroom teachers. "We can't be late to PE today because we are performing our gymnastics routines. Would you like to stay and watch?" The other classroom teachers will see the positive outcomes and effects PE has on their students' cognitive, affective, and psychomotor learning. The transformation of an elementary physical education program will have a domino effect, so all will come to value PE in the school.

# JRFH/HFH Grant Winners

Mary Thissen-Milder, PhD

MN Shape would like to recognize our 2017 JRFH/HFH Grant Winners. These grants are awarded annually to MN Shape members who conduct a JRFH/HFH Event and complete the application process. The following is a list of JRFH/HFH Grant winners for 2017:

1. Pamela Niesen-Wrenshall School
2. George Beran-Greenleaf Elementary School
3. Joseph Thoreson-Discovery Elementary School
4. Sean Ryther-Hilltop Primary School
5. Kelsey Bryant-Lakewood Elementary School
6. Kristin Bergerson-Lowell Elementary School
7. Scott Hoeg-Birth Lake Elementary School
8. Bridget Vesel-Johnson- Esko School District

On Saturday April 29th, 2017 the MN Shape Board of Directors were honored to participate in the American Heart Association's HeartWalk at Target Field. Fun was had by all and we were glad to support the American Heart Association in their fight against heart disease.

If you are a physical education teacher who would like information on how to start conducting a JRFH/HFH event at your school here are a couple of resources for you:

1. Visit the Shape America website
2. Contact Tom Roberts (MN Shape JRFH/HFH Coordinator) at [roberts.tom@slpschools.org](mailto:roberts.tom@slpschools.org).

**American Heart Association**  
life is why™

**HOOPS FOR HEART**

**Jump Rope For Heart**

**American Heart Association**  
life is why™

**JUMPROPE FOR HEART**

**Hoops For Heart** is a national education and fundraising event created by the American Heart Association and SHAPE America-Society of Health and Physical Educators. Students learn basketball skills, learn the benefits of physical activity, healthy eating and avoiding tobacco; and raise funds for research and programs to fight heart disease and stroke. 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 this great event 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/hoops](http://heart.org/hoops) to get your school involved.

**SHAPE** SOCIETY OF HEALTH AND PHYSICAL EDUCATORS®  
America  
health. moves. minds.

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

**Jump Rope For Heart** is a national education and fundraising event created by the American Heart Association and SHAPE America-Society of Health and Physical Educators. Students learn to jump rope, learn the benefits of physical activity, healthy eating and avoiding tobacco; and raise funds for research and programs to fight heart disease and stroke. 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 this great event 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) to get your school involved.

**SHAPE** SOCIETY OF HEALTH AND PHYSICAL EDUCATORS®  
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SHAPE America is a proud program partner of Jump Rope For Heart.

**We Jump, We Shoot, We Save!**

**It Takes Heart to be a Hero**

©2015, American Heart Association. Also known as the Heart Fund. 7/15DS9292

©2015, American Heart Association. Also known as the Heart Fund. 7/15DS9292

# SAVE THE DATE

Thursday and Friday, November 9 & 10, 2017

## MAKE YOUR CONNECTIONS COUNT

MNSHAPE will be hosting the State Conference for the fourth year at Wayzata High School – a great facility for a great conference. Thursday evening will again be the **Awards Celebration**, a night to congratulate and honor fellow teachers and others for their outstanding service.

## MNSHAPE State Conference

“Teaching Learners to Think on Their Feet”  
Thursday and Friday, November 9 & 10, 2017  
Wayzata High School, Plymouth, MN

Awards Celebration  
Thursday, November 9, 2017  
Crowne Plaza Minneapolis West  
Plymouth, MN

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

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



WWW.MNSHAPE.ORG

## Loon Lines

May 2017

Contact information for MNSHAPE Board of Directors is posted on [www.mnshape.org](http://www.mnshape.org)

### MNSHAPE

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

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

### MNSHAPE Executive Committee

President	Mike Doyle	(763) 221-3375	<a href="mailto:president@mnshape.org">president@mnshape.org</a>
President Elect	Megan McCollom	(763) 504-4198	<a href="mailto:president-elect@mnshape.org">president-elect@mnshape.org</a>
Treasurer	Jeremiah Hinkemeyer	(218) 329-2088	<a href="mailto:treasurer@mnshape.org">treasurer@mnshape.org</a>
Secretary	Vicki Johnson	(218) 847-5212	<a href="mailto:secretary@mnshape.org">secretary@mnshape.org</a>
Executive Director	Nancy Christensen	(218) 847-9769	<a href="mailto:nancy1485@gmail.com">nancy1485@gmail.com</a>

The mission of the MNSHAPE newsletter is to inform health, physical education, recreation, and dance professionals in Minnesota about their professional organization's activities and the opportunities available for participation. If you have questions, concerns or comments on the contents or layout of this newsletter please email Amy Knopf at [aknopf@detlakes.k12.mn.us](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).