



Message from the President

Megan McCollom



SHAPE America’s National Convention was held this past March in Nashville, Tennessee. I had the opportunity to attend the convention and represent MNSHAPE. We were also lucky enough to have a number of other current and past MNSHAPE board members attend as well as some MNSHAPE members, including some future professionals! Our past president, Mike Doyle, was fortunate enough to bring Minnesota’s Education Commissioner, Brenda Cassellius, to the national convention and they spoke during one of the general sessions. There were a number of great sessions at the national convention from people all over the world. One of the great general sessions was from Stephen Ritz, an educator in South Bronx. Stephen was able to get his school’s daily attendance to go from 40% to 93%. Stephen works with students in his district to help them learn how to grow their own food, build sustainable gardens, and learn skills that they can use to gain employment after they graduate. If you have not heard of Stephen Ritz, I highly recommend you check out his website at <https://stephenritz.com/>, watch his Ted Talk and other videos on YouTube, and look at his project called Green Bronx Machine at <https://greenbronxmachine.org/>. Stephen was very motivating and has been doing amazing work throughout the world to help students and communities who might otherwise be struggling.

The Minnesota Department of Education (MDE) continues to work with MNSHAPE through a Physical Education Standards Leadership Team. The team has been working hard to set up Minnesota’s physical education teachers for success in the implementation of the new state standards. Trainings, sample assessments, and supportive materials are being created to help schools transition to using the new state physical education standards. Be sure to keep an eye out for updates from MDE and MNSHAPE through the MNSHAPE listserv. To join the listserv, text MNSHAPE to 228-28 or email us at minnesotashape@gmail.com.

MNSHAPE board members participated in the Twin Cities Heart Walk for the second year in a row. As a board, we raised \$1,280 for the American Heart Association. Thank you to everyone who donated money to our group and to everyone who represented MNSHAPE at the walk.

If you are interested in presenting at the next MNSHAPE conference, go to our website and submit a proposal form by May 31, 2018 through the following

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

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link <http://www.mnshape.org/proposal-forms.html>. If you are interested in being an exhibitor, you can find more information through this link <http://www.mnshape.org/exhibitor-information.html> or contact us at minnesotashape@gmail.com. Next year's fall conference will be held at Wayzata High School on November 8th and 9th. We are also always looking for people interested in joining the MNSHAPE Board of Directors; if you want to help MNSHAPE but you are unable to make the commitment to join the board and attend meetings, you can always join a committee. Please contact me at president@mnshape.org if you are interested in joining the board, joining a committee, or you just want to know more about ways that you can get involved.

Enjoy your summer break and look for our next Loon Lines newsletter in August! Please feel free to reach out to me if you have any ideas, issues, questions, or concerns for MNSHAPE by emailing me at president@mnshape.org.



MN Shape would like to take this opportunity to congratulate the following JRFH/HFH Coordinators being awarded MN Shape's JRFH/HFH Grant for the 2017-18 school year. If you are a MN Shape member and you currently conduct a JRFH/HFH event annually, you are eligible for this grant. Thanks again and congratulations to these JRFH/HFH Coordinators:

1. Brian Harker-Winterquist Elementary-Esko, MN
2. Pam Niesen-Wrenshall Elementary-Barnum, MN
3. Spencer Kangas-New Discoveries, Hutchinson, MN
4. Lance Wittnebel-Willow River Public Schools- Moose Lake, MN
5. Julie Mickschl-Highlands Elementary, Edina, MN
6. Ethan Schnabel-Robert Asp Elementary-Moorhead, MN

DANCE EDUCATION SPECIALIST INFORMATION

Mary Harding, 2002 National Dance Educator of the Year, is the Dance Education specialist at the Perpich Center for Arts Education. The DANCE EDUCATION SPECIALIST is available to support educators through:

Short professional development events, mentoring in the classroom, and as a general resource for any teacher looking to include movement or dance in his/her/their classrooms.

For scheduling or more information call 763-279-4180.

- Basic elements of dance:
- Body, Action, Time, Space, Energy
- Creative Movement
- The National and MN Arts Standards
- The Dance components of the PE standards
- Assessment and Peer Coaching
- Teacher Evaluation—"Look Fors"
- Collaboration/Integration
- Thinking Strategies
- Specific Curriculum (i.e. Memory Quilt, create A Dance, etc.)



We Have New PE Standards...Now What?

Mary Thissen-Milder, PhD, Minnesota Department of Education

The Minnesota Department of Education (MDE) has released the 2018 Academic Standards in Physical Education and Grade-Level Benchmarks. The standards are to be fully implemented in all Minnesota school districts by the 2021-2022 school year. Full implementation means that by the 2021-2022 school year, instruction in physical education in grades K-8 must include all the 2018 Minnesota physical education standards and grade-level benchmarks and instruction at the high school level must include all the 2018 Minnesota physical education standards and grade-level benchmarks for grades 9-12 beginning with the 2021-22 freshman (9th grade) class.

Since the release of the standards, we have received multiple requests to assist districts in their review process RIGHT NOW. I would remind you that accompanying the standards document, MDE also released recommended transition timeline that identifies a 4 different phases towards implementation that can be found on the [MDE HPE webpage](#). The current phase, the development stage, runs through December 30, 2018. This is a time period that MDE is working with MNSHAPE and MNDAPÉ through a Leadership Committee to develop supportive materials and training designs to assist districts in their curriculum reviews.

It's important for you to know

the Leadership Committee, guided by a standard needs assessment survey, has identified a list of supports that will be available to help at the end of the developmental stage. There include things like creating and posting a basic introductory webinar; creating additional formats for the standards and benchmarks; developing a curriculum analysis tool that has step by step procedures to help guide districts through the review process; developing a Minnesota scope and sequence; developing both web-based and regional standards trainings; developing sample assessments; and creating a more in-depth physical education standards website.

would remind you that all students will be required to meet all grade-level benchmarks. There are NO POWER STANDARDS OR BENCHMARKS.

We have worked very hard at the state level to get you the time you need to conduct your analysis thoroughly at the district level; and now we are working hard to create tools to assist you in your process. I highly encourage you to take this time now, as a district, to create a transition plan that identifies a realistic implementation timeline and a budget to support all the staff development needs that accompany it.



I would highly encourage you to follow the steps outlined on the MDE [Recommended Transition Timeline](#). Use these months to work with your administration to develop a plan that identifies curriculum development supports including timelines, budgets, training, coaching, and evaluation. As teachers, you simply need this time to take a deeper dive into the new grade-level benchmarks. Some of the benchmarks are easier to unpack than others. A clear understanding on your part is essential before your review process can move forward. I

NASHVILLE REFLECTIONS

Lisa Rahkola

It has been 6 weeks since the SHAPE America National Convention in Nashville, TN, and I'm still feeling the energy, motivation and passion, even back at work amongst others who are counting down the days to summer. My experience at SHAPE America in Nashville is comparable to no other conference, convention, or professional development opportunity that I have participated in so far in my career. There is nothing like connecting with other like-minded individuals whom share your passion and drive to develop confident and competent movers.

One of the highlights for me was listening to Keynote Speaker, Stephen Ritz, founder of the Green Bronx Machine talk about the importance of encouraging our youth to grow and eat fruits and vegetables. This was a highlight for me not only because he was incredibly entertaining, but the message hits home as part of my job at New Discoveries Montessori Academy, besides teaching Physical Education, is coordinating and teaching Environmental Education. We absolutely need to teach these students how to become physically literate, but their health for their lifetime starts with what they are putting in their bodies. It starts with food. "We do not need more food, we need better food for more people." –Stephen Ritz

One of my favorite sessions

from SHAPE Nashville was the Emerging Leaders meeting, in which we connected personally and on social media, as a way to ensure positive support and continued learning from each other, even while living across the country. It was because of that session that I have been motivated to do many more things for my career, including the opportunity to speak on a SHAPE America podcast about the importance of self-care. We have to take care of ourselves in order to take care of our students and others in our life! There are so many great leaders out there, and connecting with those who are doing great things in the PE and Health world not only sparks more ideas and creativity for the everyday work we do, but gives us the "nudge" we need to grow ourselves and our profession. Our jobs are truly the most important thing our children experience in their education, because if you don't have your health, you don't have anything.

Lastly, my favorite memory of SHAPE Nashville was during the general session on Friday, when Brenda Cassellius and Mike Doyle shared what Minnesota has done regarding advocacy for ESSA and Physical Education in our state. The take home message was, "Just ASK." We need to continue to ask. We need to ask that the funding under ESSA can support our Health and Physical Education programs; we need to ask for more access to quality Physical Education; we need to ask for more advocacy and support from

legislature and stakeholders; and we need to ask for better access to professional development opportunities to ensure teachers have what they need to implement our newly revised PE Standards in the state of Minnesota. How do we show that it's worth it? One way is getting the right people into our classrooms and gyms. I'm really looking forward to Brenda's visit to my school in a couple weeks, because that's one way we can advocate for more support. We need to put our quality PE programs on display. However, the best part of Friday was when Minnesota and MNSHAPE was recognized for their work in revising our PE Standards, and for all of the great things we are doing here. I was truly proud to wear my MNSHAPE jacket that day, and I think we should all be proud of our hard work. There is still more to do, but I feel lucky to work with the great professionals we have in our state and nationally, and I'm confident that we will continue to do great work to better serve our students.

One more thing. If you haven't checked out how Minnesota kicked off the next MNSHAPE Board of Directors meeting post-Nashville, please check it out:

"You PE people sure know how to have fun!" – Brenda Cassellius, MN Commissioner of Education

<https://www.youtube.com/watch?v=WIFPkdvTNTM>

Higher Education Division

Future Professionals Funding Support

Manny Felix, PhD

University/College Future Professionals Clubs Can Apply for Funding to Attend the 2018 MNSHAPE Conference

The Minnesota Society of Health and Physical Educators (MNSHAPE) is committed to the professional development of Future Professional members who are enrolled in Physical and Health Education Teacher Education programs approved by the Minnesota Professional Educator Licensing and Standards Board. Authorized members of Physical Education or Health Education Clubs (Future Professionals) in higher education may request student support to attend the annual MNSHAPE conference through this application for funding. Only Future Professional Clubs who meet all criteria and priorities (below) will be considered for funding at the discretion of the MNSHAPE Board of Directors. Funding is limited, competitive, and require submission of online application. Funding requests may be fully funded, partially funded, or denied.

Funding Purpose: Assist Future Professional MNSHAPE members to attend annual state conference.

Funding Request Submission Deadline: September 15, 2018

Funding Support Policies

- Awards are to be used to support Future Professionals who attend the annual MNSHAPE conference.
- Awards may be used to support: travel to/from conference; lodging; meals (no alcoholic beverages); registration; and, others.
- Awards may not be used for Future Professional Memberships. Each Future Professional that is supported through this funding request must be current MNSHAPE members.
- Award amounts will not exceed \$750 per club. Award amounts will be determined by the MNSHAPE Awards Committee based on merits of the application submitted.
- At this time, only one application proposal per recognized college/university may be funded. If a particular college/university recognizes two separate Future Professional clubs (e.g. Physical Education, Health Education Clubs), then they may collaborate together to submit one application to request funding if desired.

Funding Support Priorities

- College/University Future Professional Clubs are formally recognized by the university.
- College/University Future Professional Clubs are supervised by faculty who are MNSHAPE members.
- Future Professionals who receive funding support are MNSHAPE members.
- Funding requests maximize Future Professional attendance and participation at the MNSHAPE conference.
- Funding requests are cost-effective and reasonable.
- Online application for funding support is complete and submitted prior to deadline (September 15, 2018).

Click here for the online application: [Application: Future Professionals Support to Attend 2018 MNSHAPE Conference](#)

Reflect on all the Positive Lessons

Sue Bremer

Well, another school year is coming to an end. I hope you all had a great school year and are looking forward to summer. As the year comes to an end it is always good to reflect on all the positive lessons you had during the school year and ways to improve those activities that did not go well. It is also an exciting time as we look forward to start to implement the new MN Physical Education standards and benchmarks. Mary Thissen-Milder (MDE) and the state standards leadership team is working hard to provide assistance to you as we go through this process.

I had a wonderful time at SHAPE America in Nashville,

TN. I attended many great sessions and had endless discussions with other physical education specialists. It is always fun to be around thousands of other physical education teachers that think like we do. Highlights for me were great sessions on small sided games, #Phy. Ed, sessions presented by the recent Districts Teachers of the Year, including Minnesota's CJ Johnson and having our MN Commissioner of Education speaking with Mike Doyle about advocacy.

As a MN SHAPE board we have been busy providing opportunities for our members. I hope some of you got to attend our Region workshop in Byron.

Our MN SHAPE board participated in the Heart Walk before our last board meeting. For those of you nominated for one of our awards, I hope you will complete your paperwork and get it turned in. The conference committee is now taking proposals for our 2018 fall conference and as usual, it will have great sessions.

I will be attending a couple of leadership development workshops this summer that I am looking forward to. Enjoy your summer and we look forward to seeing you at our fall MN SHAPE conference at Wayzata High School.



VISIT

<http://www.mnshape.org> for

- **Conference Information**
- **Recognition & Awards**
- **Grants & Scholarships**
- **Membership Information**
- **Contact Information and so much more!**

Changes in Partnership with American Heart Association

Dear SHAPE America Member,

In the late 1970s, physical education teacher and SHAPE America member Jean Barkow of Milwaukee's Riverside High School held the first "Jump-Rope-a-Thon" to build community spirit and get students excited about physical activity, all while raising money for her local American Heart Association Chapter.

Jean's event was a big success and other schools soon held events of their own. Shortly thereafter, the Jump Rope For Heart program was launched nationwide, co-sponsored by SHAPE America and the American Heart Association.

Now, 39 years later, Jean's vision and passion have impacted millions of children, teachers and families who know more about heart health and the importance of physical activity because of their participation in the Jump Rope For Heart — and Hoops For Heart — programs.

In schools across the country, these programs have instilled students with a sense of pride and altruism through their fundraising efforts for heart-health research. Students have also experienced moments of pure joy by accomplishing their goals and celebrating alongside their peers and teachers.

These programs have had a significant impact on schools and communities nationwide and we are truly grateful for the tireless dedication of our members and the countless volunteers who have ensured the success of JRFH/HFH.

Over the decades, the partnership between SHAPE America and the American Heart Association has evolved, and the needs of our members have changed. After nearly 40 years, it's now time for SHAPE America and our state affiliates to head in a new direction with Jump Rope For Heart. On July 1, 2018, the Joint Project partnership between SHAPE America, its 51 state affiliate organizations, and the American Heart Association will conclude.

Although the time has come for this partnership to end, we remain committed to providing you with the tools and resources you need to help students live their best life through effective health and physical education.

We are also excited about new opportunities and partnerships on the horizon that will give you more choices for school-wide programs that get students and families excited about health, physical education and physical activity — all while raising much-needed funds for your school and community.

As the school year comes to a close, I wish you an active and healthy summer and look forward to an exciting year ahead. If you have any questions or comments, please don't hesitate to contact me directly at smorris@shapeamerica.org.

Best,



Stephanie Morris
CEO, SHAPE America



SAVE THE DATE

50+ Sessions for Health & Physical Education

- ◆ Adapted Physical Education
- ◆ Curriculum, Instruction and Assessment
- ◆ Dance
- ◆ Health Education
- ◆ Physical Activity
- ◆ Technology in the Classroom & Gymnasium
- ◆ Professional Preparation
- ◆ And Much More!

Wayzata High School – there’s no better location to inspire collaboration and teamwork . . . and on November 8 & 9 it’s where hundreds of health and physical education professionals will come together to learn from each other and leaders in our field. We all need to implement the NEW State Physical Education Standards – come meet and share with the best.

Sooooo – Save the date – November 8 & 9, 2018 as we move together toward tomorrow – “Teaching Learners to Think on Their Feet”.

SHARE YOUR EXPERTISE SUBMIT A PROGRAM PROPOSAL

Go to our website – www.mnshape.org and click on the 2018 Conference.

Program proposals are due May 31, 2018.

We would love to have you present!!

Fill out the form on-line and submit – easy as 1, 2, 3!!

MNSHAPE Highlights

Joe McCarthy

On April 14th, MNSHAPE hosted a regional workshop in Byron MN. This workshop was free to all MNSHAPE members. It was a great opportunity to learn best practices on instruction, management, and tying in standards to lesson activities. We also had awesome companies donate raffle items to the workshop. They were MNSHAPE, Gopher, US Games, Spikeball, PaddleZlam and Sanford Fit.

On May 5th, the MNSHAPE Board of Directors participated in the American Heart Association Heart Walk in Minneapolis.

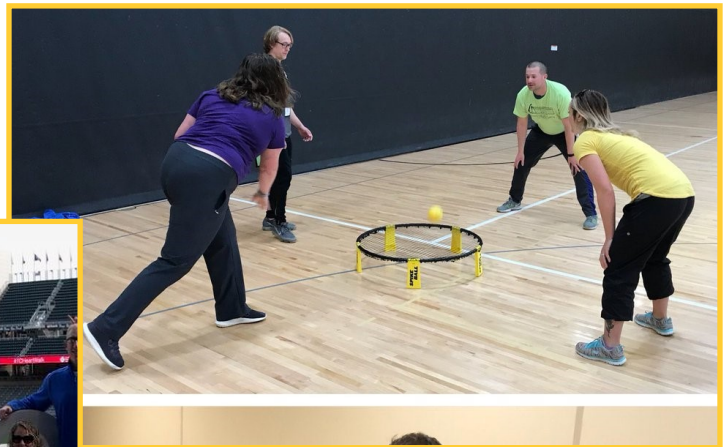
If you would like to present at the regional workshop or state Conference in November at Wayzata High School, contact me.

If you would like to be on the MNSHAPE Board of Directors, contact me.

Joe McCarthy

jmccarthy@farmington.k12.mn.us

Twitter – JoeMcCarthy09





MNSHAPE Membership Form
(or register online at www.mnshape.org)

Name (first, middle, last) _____

Home Address _____

Home City _____ State _____ Zip _____

Home Telephone _____

School Where you Teach _____

Work Address _____

Work City _____ State _____ Zip _____

Work Telephone _____

Email Address _____

Years in the Profession _____

MEMBERSHIP CATEGORIES (Select One)

- Professional Member \$40.00
- Student Member \$25.00
- Retired Member \$25.00 Year Retired _____
- Associate Member \$40.00
- Lifetime Member \$800

PAYMENT METHOD

- Personal Check **(Make check payable to MNSHAPE)**
- Institutional Check **(Make check payable to MNSHAPE)**

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

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

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



WWW.MNSHAPE.ORG



Loon Lines

May 2018

MNSHAPE

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

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

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

MNSHAPE Executive Committee

President	Megan McCollom	(763) 504-4198	president@mnshape.org
President Elect	Sue Bremer		president-elect@mnshape.org
Past President	Mike Doyle	(736) 221-3375	Michael.doyle@wayzataschools.org
Treasurer	Jeremiah Hinkemeyer	(218) 329-2088	treasurer@mnshape.org
Secretary	Vicki Johnson	(218) 847-5212	secretary@mnshape.org
Executive Director	Nancy Christensen	(218) 847-9769	executivedirector@mnshape.org nancy1485@gmail.com

The mission of the MNSHAPE newsletter is to inform health, physical education, recreation, and dance professionals in Minnesota about their professional organization's activities and the opportunities available for participation. If you have questions, concerns or comments on the contents or layout of this newsletter please email Amy Knopf at aknopf@detlakes.k12.mn.us. You can also access this newsletter in PDF format on the web at www.mnshape.org.