



# LOON LINES

May 2020

Volume IX, Issue II



## Message from the President & President-Elect

*Lisa Smith & Thomas Roberts*

What a remarkable time it is to be an educator! You have overcome so much in these past few months and it no doubt has sharpened and broadened your craft. We hope you feel supported and empowered by MNSHAPE through the digital and analog resources and by those you are working with as you navigate these new waters.



Uncertainty has become a norm during this time and with it has come sadness, hardship, loss and great disappointment in the limitations and cancelling of events we have been looking forward to. Our hearts and resilient wishes go out to the class of 2020, as they prepare for what comes next in life while celebrating their great accomplishments in creative and unconventional ways.



It is no secret that small businesses and nonprofits - MNSHAPE included - will feel the economic ramifications of the COVID-19 shutdown for years to come. Despite all this uncertainty - one thing remains - in true Minnesota style we will roll up our sleeves, help each other and ultimately overcome, together.

At this time, our annual MNSHAPE Conference is still on and scheduled to be held November 2-3, 2020 at Lakeville South High School. We will be working closely with state guidelines and will promptly notify you if there are any changes to the conference. There is a possibility we would be converting it to an online conference if need be. We are still looking for people who would like to share their skills and knowledge by presenting at the conference - whether in person or online - please [fill out this form](#) if you are interested in presenting. We thank you for making our conferences the successes they are.

Continuing with the “We A.R.E MNSHAPE” theme for this year - we focus on the “E” in “A.R.E”. E is for Educate - as in educating ourselves! Just like our

*(Continued on page 2)*

### Inside this issue:

Membership Promotion	3
SPEAK Out Day Experience!	4-5
Physical Education during COVID-19	7
GAMEON!	10-11
Membership Information	14-15

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).



**JOIN TODAY AT [WWW.MNSHAPE.ORG](http://WWW.MNSHAPE.ORG)**

(Continued from page 1)

students - we are ever learning in this evolving profession, and this school year has brought incredible opportunities for growth- well beyond our wildest dreams. We commend you for rising to the task of teaching our students distantly, and facilitating parents and guardians to carry out your educational plans! **We challenge you to continue to grow in this profession by committing to membership and allowing us to continue to serve you beyond the yearly conference.** Our Membership Team has created a special Membership Package opportunity we hope many of you will take advantage of. The package includes a TWO year MNSHAPE membership (expiring on July 31, 2022), one conference registration to attend either the 2020 or 2021 state conference (your choice) and an exclusive t-shirt! This membership package will be available for a limited time starting August 2020! The Professionals and Associate package rate is \$200.00. The Students and Retirees package rate is \$120.00. We sincerely hope you choose to support MNSHAPE in this time and continue your own education through the services and opportunities a MNSHAPE membership provides!

As always, we would like to extend the ongoing invitation for any members to attend any of our upcoming board meetings and/or serve on any of the MNSHAPE committees or task forces, Saturday September 19, 2020 is our next meeting. Please consider joining any of these committees and task forces: *The health. moves. minds. Committee, the Equity, Diversity and Inclusion Task Force, The Legislative and Advocacy Committee, The Professional Development Projects Committee and the Retirees Committee.* All are chaired by a member of our Board of Directors and virtually meet as often as the chair sees fit, but typically no more than once a month. *We need your creative minds to help serve our members to the fullest potential!*

Please email us at [lisa.smith@mnsshape.org](mailto:lisa.smith@mnsshape.org) or [tom.roberts@mnsshape.org](mailto:tom.roberts@mnsshape.org) with any questions or concerns, and especially with any interest in attending a board meeting or joining a committee or task force!

We wish you all a healthy and safe Summer!

We. A.R.E MNSHAPE!

**THE DATE IS SET  
THE LOCATION IS SET  
SAVE THE DATE NOW!!!  
MNSHAPE STATE CONFERENCE  
November 2 & 3, 2020  
Lakeville South High School  
Lakeville, Minnesota**

MINNESOTA SOCIETY OF HEALTH  
AND PHYSICAL EDUCATORS

# TWO YEAR MNSHAPE MEMBERSHIP PROMOTION

We challenge you to continue growing professionally by committing to membership, supporting MNSHAPE and allowing us to continue to serve you in our ever evolving profession.

## **THE PACKAGE INCLUDES:**

**-A TWO YEAR MNSHAPE MEMBERSHIP  
EXPIRING ON JULY 31, 2022**

**-ONE CONFERENCE REGISTRATION  
TO ATTEND EITHER THE 2020 OR  
● 2021 STATE CONFERENCE**

**-AN EXCLUSIVE T-SHIRT**

Professional and Associate rate is \$200.00

Student and Retiree rate is \$120.00

Package will be available for a limited time  
starting August 2020.

## Thank You MNSHAPE BOD

*Nancy Christensen*

MNSHAPE is your 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. Who would have ever known that the MNSHAPE Board of Directors would spend hours of time creating a content for distant learning for all Minnesota children in this time of crisis. On our website you will find a tremendous Distance Learning Resource Packet that you can utilize NOW to help you continue providing quality physical education programs during this outbreak with the novel coronavirus (COVID-19).

I personally would like to extend a HUGE THANK YOU to the MNSHAPE Board of Directors, MNSHAPE President Lisa Smith, the Minnesota Department of Education, and Dr. Mary Thissen-Milder, Physical Education, Division of Academic Standards and Instructional Effectiveness. Their endless hours of work have provided you with an incredible Distance Learning packet. Check out our website – [www.mnshape.org](http://www.mnshape.org). I am confident you will find it as dynamic as I do.

As the United States and the world contend with the outbreak, I send heartfelt thoughts to all those affected around the globe and in our own Minnesota community. Please take special care and if you think there is anything MNSHAPE can do to help you with your students – just ask. Stay safe!!

Respectfully submitted,  
Nancy Christensen  
MNSHAPE Executive Director

## First time SPEAK Out! Day Experience

*Derek Picha, Tom Roberts, Deb Van Klei*



My name is Derek Picha and I am the current VP-Elect of the Physical Education division on the M SHAPE board of directors. On March 10-11, I had the honor of attending SHAPE America's SPEAK Out! Day for the first time in my teaching career to advocate for quality health and physical education through meeting with our Minnesota senators and representatives on Capitol Hill.

If you are unaware, for the first time ever, health and physical education are included in the definition of a student's well-rounded education at the federal level and, therefore we are eligible to benefit from federal funding through Title I, Title II, and Title IV to support our health and physical education programs in our schools. Many of the staff members and representatives that we met with seemed to be fairly, if not strongly, supportive of our mission to provide high quality, meaningful health and physical education for all students.

One of my hesitations in the past that has held me back from attending was feeling that my voice isn't large enough. However, I came to the realization of two things: 1) all you need is passion and a meaningful, authentic story, and 2) we have strength in numbers. This year's attendees included more than 150 health and physical education professionals, future professionals, and advocates representing 32 states, including ten from Minnesota.



My name is Tom Roberts and I am the current President Elect of MN Shape. It was with great passion and excitement that I had the honor to represent MN Shape and the state of Minnesota at Shape America's SPEAK Out Day in Washington D.C. This was my first SPEAK Out Day and I was fortunate to be joined by other passionate HPE professionals from our state who helped

guide me.

Shape America hosts a pre SPEAK Out Day session the afternoon before SPEAK Out Day that is very helpful and informative. Each state is given “leave behind” folders for each meeting with the individual congressmen/congresswomen or representative. I was honored to be asked by Shape America to co-present with Michelle Carter re: HealthMovesMinds where I shared how I created a culture of Kindness at my school through the implementation of HealthMovesMindsactivities.

The morning of SPEAK Out Day Shape America arranges buses to transport us to the Capitol. Our MN HPE contingent split into two groups and met with several MN legislatures and their staff. Our big “ask” was full funding of the Every Student Succeeds Act (ESSA) where physical education is included in a student’s well rounded education. Title IV Part A deals with funds for physical education equipment and Title II Part A addresses funds for professional development.



My name is Deb Van Klei and currently the VP Elect of the Health Education Division of SHAPE. I was fortunate to join alongside Derek and Tom, as a first time attendee on March 10th & 11th at SPEAK OUT Day for SHAPE America (#SHAPEAdvocacy). It was a fantastic opportunity to network alongside Physical Education, Health Education and Adapted Physical Education teachers from the state of Minnesota and across the nation that are enthusiastically passionate about providing quality instruction that promotes physical literacy.

The first day was spent learning and listening to ESSA basics, while collaborating with our MNSHAPE colleagues that have participated in previous SPEAK OUT Day events. It’s amazing to learn about the intentionality SHAPE America had put into creating schedules for each person to meet with their respective representatives and senators, sharing packets of PE/Health infographics supporting our profession and lobbying for funding to support the work we do on a daily basis helping our students to be physically literate. SHAPE America has done a great job of creating advocacy resources that are easily accessible and ready to share with your colleagues, principals, district administration and school boards.

We would encourage you to consider attending next year’s SPEAK OUT day in Washington DC. We need all of us to share in the collective work of advocating for the wellness of our students and communities, and here’s a link to start sharing and advocating [shapeamerica.org/advocacy](http://shapeamerica.org/advocacy), while wearing some awesome sneakers alongside awesome people.



## STEP IT UP - GAME ON ANY SCHOOL CAN DO IT!!!

Step It Up! was a great fundraiser in which we exceeded our expectations of how user-friendly and how well the overall process was. In Medford, we have roughly 500 students in grades K-6. We had about 50% of our students participate in this fundraiser. The fundraiser was straightforward to follow and was updated by the classroom and by each participant. The students were very excited about the prizes that they were able to achieve with Step It Up! With this fundraiser, we were able to keep 40% of the money raised, which is much more than other Physical Education fundraisers. The coordinators at Step It Up! always answer any questions promptly and gave an excellent presentation for our school, which was well-received by the students. The whole process was easy for parents and was even more accessible for us at school, where other fundraisers can be time-consuming. We would recommend this fundraiser to any PE department at any grade level to supplement their budget. With the money we raised in Medford, we are looking into installing a rock wall in one of the gyms.

INFO ON  
PAGES 10-11

Adam Slander, Chris Haakonson, Medford Public Schools

## Health Education Division

Lisa Paulson (Rahkola) and Deb Ven Klei

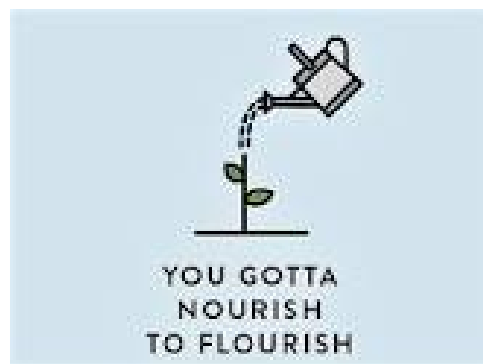
*Health Education looks differently now through #DistanceLearning, and the future will look different as well. While it's important to have courage during this time for ourselves and our students, you can find gratitude and comfort in the resources that exist within our community of health educators.*



First, fill your bucket with the 2017 SHAPE America National Health Teacher of the year, Andy Milne's video about how health education has changed over the years, as he shares the importance of teaching life skills and advocacy to help younger generations make smart choices and live healthier lives. This is important now more than ever. <https://www.youtube.com/watch?v=HguR3ZfSFec>

Then, #Teachon with these great resources:

1. [Permission to Feel-](#) (podcast) Dr. Marc Brackett has dedicated his life to studying emotions and to teaching us what he's learning. In this episode, we talk about how emotional literacy – being able to recognize, name, and understand our feelings – affects everything from learning, decision making, and creativity, to relationships, health, and performance. ~Brene Brown and Marc Brackett
2. The MN Distance Learning Summit on May 1st & May 4th suggests: [5 Fun Relationship Building Activities for Distance Learning.](#)
3. This “Stress Management Choice Board” by Health Teacher, Jessica Matheson, encourages students to engage in stress-management activities, and journal about their experience. [Stress Management Choice Board](#)
4. Our students (and everyone!) are living through a unique time in history right now. Provide them with an opportunity to write a “Letter to Myself” created by Health Teacher, Jessica Matheson, to look back on later in life, as documentation of this unprecedented time. [COVID-19 Letter to Self](#)



*Lastly, don't forget to take care of YOURSELF. "You can't pour from an empty pail."*

Check out our top picks for #selfcare:

1. This blog post shares “7 self-care tips for physical and health educators: <https://blog.shapeamerica.org/2019/08/7-self-care-tips-for-health-and-physical-educators/>
2. MOVE your body with this SHAPE America Physical Activity Council “Tabata Challenge” [https://www.youtube.com/watch?time\\_continue=2&v=ICZ0cO0CvYE&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=2&v=ICZ0cO0CvYE&feature=emb_logo)
3. “30 Ideas to help you stay in Nature” <https://www.wikebaby.com/single-post/2020/03/15/Daily-Dose-of-Nature-Challenge>

# Physical Education During COVID-19

Mary Thissen-Milder, PhD

Distance learning came at us fast; and for many of us, it feels so out of the ordinary. How can we possibly teach physical education without being in a gym, or on a field or court? How can we possibly assist our students with basic fundamental skills like catching, throwing, jumping or skipping – and then apply them to activities when they may not have the space, equipment, or any team-like environments?

I have heard from teachers who simply feel overwhelmed by all of this; but I'm hopeful that the MDE/MNSHAPE partnership can help and lean on each other to get through this.

Our distance learning world can be divided into two categories: virtual (online learning) and analog (when internet is not available). As teachers, you are using one system or the other – or maybe both. Regardless, every one of you is working hard to determine the most appropriate way to communicate and provide instruction for each of your students.

To assist schools with resources, MDE and MNSHAPE have joined forces to create a distance learning web page housed on the [MNSHAPE website](#). The purpose of these resources are to provide both online and analog materials that physical education teachers can examine and adapt for their school needs. For those teachers providing instruction for students with little or no internet access, if you have access to the internet through your school, you may be able to download some of the online resources and adapt them to your circumstance.

In May, MDE kicked off a series of webinars to highlight teachers working in both online and analog communities. The first webinar “Lessons learned teaching online PE in MN, Grades 6-12” was hosted on May 7<sup>th</sup>. The next part of the series will include emphasis of online teaching at the elementary level, and analog. Recordings of the webinars will be posted on the [MDE COVID-19 Instruction site](#) or on the [MNSHAPE website](#).

In addition, MDE has posted additional resources teachers may find helpful as the end of the school year approaches. They include:

- [Minnesota Graduation Ceremony Guidance](#)
- [Creating Equitable Grading Systems During COVID-19](#)
- [Equity Lens Reflection and Exploration Tool for Learning](#)
- [Title IV Part A COVID-19 Questions and Answers](#)
- [Physical Education Standards Support for Distance Learning](#)
- [Physical Education Support for Distance Learning](#)



Be well. Be safe. Best to all of you. MTM

# Physical Education and Health in the Home!

## At Large Members

Why is daily movement or physical activity important for children?

- has a positive effect on brain functioning and mental well-being,
- can bring new levels of energy to your body,
- relieves stress and promotes relaxation,
- lowers the risk of several diseases and health problems,
- keeps their heart and lungs strong and healthy, and
- develops strong bones.

How can families support healthy active living?

- Encourage your child to be active every day by walking or biking to a friend's house, playing on a playset, skipping rope and playing some organized sports.
- Get your child involved with household chores such as raking leaves, shoveling snow, washing the dog or carrying groceries.
- Set limits on screen time (that includes television, computers, tablets, video games and smart phones).
- Create family physical activity experiences such as family bike rides, going hunting, downhill or cross country skiing, snowshoeing, canoeing or kayaking.
- Encourage children to take the stairs instead of an elevator or escalator.
- Be a good role model!

Practical Ideas Parents/Guardians can implement now:

- Encourage your children to play outside for 30 minutes a day.
- Plan family walks, hikes or bike rides a few times a week.
- Plan a Scavenger Hunt for a family walk in the neighborhood or woods.
  - ABC Scavenger Hunt: write down items you see/find for each letter of the alphabet
  - Color Scavenger Hunt: write down items for each of the colors (red, blue, yellow, green, purple, orange, white, black, brown)
- Workout or be active during screen time - while watching a show/movie or during the commercial breaks.
- Play recreational games as a family such as ladder golf, corn hole, washers or badminton.

Online Resources for Parents/Guardians to use include:

- <https://openphysed.org/activeschools/activehome>
  - Active home activity ideas
- <https://www.healthlinkbc.ca/health-topics/aa165656>
  - Health Link BC
- <https://www.choosemyplate.gov/ten-tips-physical-activity-home-work-and-play>
- <https://www.todayparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-you-dont-have-much-space/>
  - Activities to keep children active indoors
- <https://mommypoppins.com/newyorkcitykids/25-exercise-games-indoor-activities-for-kids>
  - 25 ways to exercise and keep children active indoors
- <https://www.familyfuntwincities.com/physical-activities-for-kids/>
  - Indoor and outdoor activity ideas
- [Healthy at home](#)
  - Bring it home with these recommendations for practicing healthy habits and eating nutritiously outside of school.
- [#SummerSwap | Alliance for a Healthier Generation](#)
  - By making simple swaps, you can eat healthy, stay active and recharge your mind.
- Ever Active Schools youtube channel
  - <https://www.youtube.com/channel/UCGhoh6D3gvDOCmQnogiTZQ>

Resources for article: [https://www.caringforkids.cps.ca/handouts/physical\\_activity](https://www.caringforkids.cps.ca/handouts/physical_activity)



## **We would like to hear from you!** **SHARE your Dance Distance Learning Experience**

*Liz Parr- Smested & Joe McCarthy*



**Who** have you been working with to provide your dance part of your lesson?  
Yourself, Other Colleagues, Family, Community, etc.

**What** types of dance activities are you using?  
Same format used at school, One idea per lesson, Videos, Variety of avenues, choice boards, paper copies, etc.

**Where** do you get your resources?

**Why** do you give the dance activities to your students to use?

**How** do students get assessed, get their work (Platform? Paper Copies?) Are they assessed?

To take the survey go to: <https://forms.gle/ANdii3mnCvtgxYXy8>

### ***We are all Changing the way we do DANCE by Distance Learning***

We are looking for YOU to be a Dance presenter for the 2020 MNSHAPE Conference, if you or someone you know would like to present, please email us or go to the below link to fill out a presentation request form.

Proposal form deadline is June 5th <http://www.mnshape.org/proposal-forms.html>

Liz Parr- Smested, MNSHAPE DANCE BOD, [liz.parr-smestad@mnshape.org](mailto:liz.parr-smestad@mnshape.org)  
Joe McCarthy, MNSHAPE DANCE BOD- [@JoeMcCarthy](https://twitter.com/JoeMcCarthy), [jmccarthy@farmington.k12.mn.us](mailto:jmccarthy@farmington.k12.mn.us)



MNSHAPE is excited to announce that we have teamed up with Game On! This dynamic program helps schools raise record breaking amounts for physical education departments just like yours. Game On! is inspired by the hit TV show American Ninja Warrior. It is TRANSPARENT and so EASY!

#### Highlights:

- Your Game On! Ambassador will guide you every step of the way!
- Receive and KEEP American Ninja Warrior physical education equipment!
- You receive 40% of all donations to spend and may allocate amounts to a charity of your choice!
- Maximizes student participation and enjoyment!

#### Profit Comparison Game On! Vs. Previous Fundraiser:

- Average Game On! School grossed a total of \$23,860 Vs. \$11,495 with previous fundraiser
- Average Game On! School received a **profit** check for \$9,543 Vs. \$0.00 from previous fundraiser
- Average Game On! School received (in addition to their **profit**) a \$3,000 P.E. Shopping Spree Vs. a \$550 Voucher with previous fundraiser
- MNSHAPE receives 10% (\$2,387 avg.) of Money Raised per participating school with Game On! Vs. 5% with previous fundraiser (\$566)

Game On! is shattering records nationwide and we are thrilled to give schools in MINNESOTA this amazing opportunity!

Our local Game On! Ambassadors are looking forward to hearing from you.

Craig Hawley (612) 868-1746 [Craig@StepItUpkids.com](mailto:Craig@StepItUpkids.com)

JJ Begley (651) 341-9044 [JJ@StepItUpKids.com](mailto:JJ@StepItUpKids.com)

Thank you, good luck and enjoy,

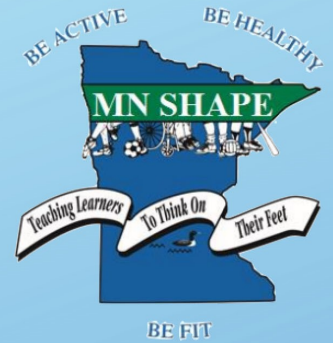
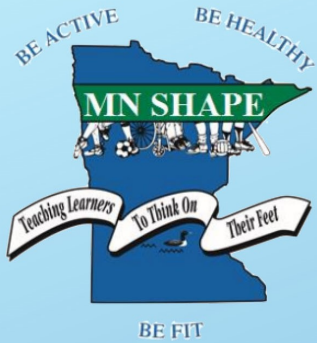
*Nancy Christensen*

MNSHAPE

EXECUTIVE DIRECTOR

**NEW**

**Minnesota Society of Health and Physical Educators is excited to announce a NEW partnership with Game On!**



*COMMUNITY SERVICE LEARNING PROJECT*  
**FUNDRAISE ★ PHILANTHROPIC ★ FUN**

Receive and KEEP American Ninja Warrior physical education equipment!

The Game On! team does 90%+ of the work!

You receive 40% of all donations in CASH!

Maximize student participation and enjoyment!



*Inspired by*  
**American Ninja Warrior and Wipeout!**



**CONTACT US TODAY!**

Craig Hawley  
 JJ Begley

(612) 868-1746  
 (651) 341-9044

Craig@StepItUpKids.com  
 JJ@StepItUpKids.com

## Happy Spring from the Quarantined Higher Ed/ Future Professionals

Happy Spring from the Quarantined Higher Ed/Future Professionals  
Dr. Bonnie Reimann (Higher Education, Gustavus Adolphus College, St. Peter)  
Dr. Aaron Banks (Higher Education, Gustavus Adolphus College, St. Peter)  
Macayla Braun (Future Professional, Graduating Senior Bemidji State University)

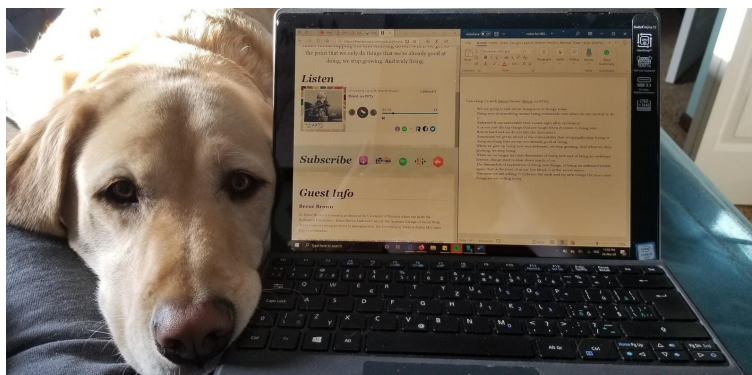
As we draw to the close of another academic year, we thought it would be interesting to reflect upon the current situation in higher education and how it is affecting both professionals and future professionals (our students!). In an effort to convey our thoughts creatively, we would like to reflect on some questions that have come up during this quarantine period.

We are grateful to be serving children, adolescents, and young adults during this difficult time period. While our daily routines have changed drastically, we are proud of the creative work that our current professionals are doing to support the health and wellbeing of Minnesotans. Those working on the educational front lines are serving as advocates and models for our future professionals. We have been impressed by the educational leadership throughout the state and nation and would like to express our heartfelt appreciation.

We've had to let go of many of our "normal" expectations and we're trying to settle on a new "normal". The uncertainty has been difficult and we have no idea what the fall semester is going to look like, but we take comfort in the things we can control such as staying active, staying connected in alternative ways, and putting trust in our professional organizations.

The photo below is from a Gustavus student working on an assignment during the first week of remote learning. What we love about this picture is how different the learning "looks". Although we are living miles apart, we are connecting intellectually and emotionally with our students in new and different ways. This "new normal" has personalized our teaching, learning, and assessment in ways that were not conceivable just months ago.

As we continue learning to live with this virus, our greatest hope is that the lessons we've learned will be used in our future teachings to support the wellbeing of all Minnesotans. Teaching health and physical education



may look different in the future or take on a greater importance. Let us be mindful to merge our best pre- and post-quarantine methods to deliver an even better experience for our current and future students.

### **Macayla Braun (Future Professional Elect)**

On behalf of MNSHAPE and myself, a graduating senior, we want to take the time to recognize and congratulate all graduating seniors on your college graduation! We may have not received the typical

---

graduation and commencement ceremony but we still deserve to be celebrated. Reaching this milestone is an amazing accomplishment given the events that have taken place on campuses since March, when the COVID-19 outbreak began. For us to have succeeded and reached this point while also dealing with the constant change and uncertainty brought about by this pandemic is truly remarkable. By completing our degree during this time, we have demonstrated a strength beyond anything that we may have imagined. Our success is just the beginning of discovering what we are capable of achieving throughout our lifetime. We have worked very hard to get to this point and now we have our degree. No quarantine or pandemic can take that away from us.

**Here's my story:** I had just finished up my tenth week of student teaching. Little did I know that this would be my last week of student teaching in the school and the last time I would see the students that I saw everyday for the past ten weeks. The governor had released the news that all schools were to be shut down by Wednesday. I started to panic a little and a million different things were running through my head. Will I still pass student teaching? Will I even graduate now? Will I still be able to apply for my license? Luckily, I submitted my edTPA a few weeks prior and passed, so that was one thing I didn't have to worry about. The uncertainty about what was going to happen to me and my student teaching was scary.

Once the schools were shut down, I had weekly Zoom calls with both of my cooperating teachers. They kept me in the loop about what was going on and I also helped them create lessons for students during distance learning. Luckily, we finally got word from PELSB that student teachers who completed 10 weeks of face-to-face student teaching will still be eligible to graduate on time with no complications. Hearing that news was a huge weight lifted off my shoulders and I decided to start looking for jobs. I applied to a few schools, had a phone interview and now I am excited to say that I will be an Elementary Physical Education teacher in the Fall. Even through all this uncertainty, I was still able to keep going and finish strong. There is still so much uncertainty in education during this time. One thing that I am certain about is that I am up for any challenge that may lie ahead and I am ready to see what my future holds.



## DAPE News

*Kay Oling and Pete Westby*

What a crazy way to end the school year 2019-2020! Kay and I hope that you have managed to keep in touch with your students during this Distance Learning time and continued to build the relationships. I have found that Zoom (what we are using at Westonka) has allowed some great interactions with both my students and the parents as well.

As many Spring activities/sports have been postponed or cancelled, the MNDAPE Leadership has been busy making plans for next fall and into the year. The team is hard at work planning what the Annual Fall DAPE Conference will look like come September. At this time, we do not know if the camp will be open for business as usual or even what the school year may look like. With this in mind, the DAPE leadership is planning an online version of camp. We are putting together a one-day online camp with a mixture of both mini- sessions (10 to 15 minutes) and our traditional 50-minute sessions.

As we plan and develop this camp, we are always looking for presenters to share their knowledge and experiences. Please consider putting a proposal together and share your wealth!

Visit the [MNDAPE.org](http://MNDAPE.org) website to submit your proposal and to stay up to date on future events.

Best wishes, Kay and Pete

---

## Liability Insurance Was Added to Member Benefits!

Just in case you need another reason to join MNSHAPE, we want you to remember that a year ago we added a General Liability Insurance coverage to your membership benefits! This comes at no extra cost to you.

That's right! All members of MNSHAPE as of 6/1/2018 have a \$1,000,000 general liability insurance policy for work-related activities! This includes teaching and coaching activities.

What are you covered for: Claims made by negligent acts accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others.

Policy Limits: General Aggregate	\$1,000,000 (per member)
Products/Completed Operations	\$1,000,000
Personal & Advertising Injury	\$1,000,000
Each Occurrence	\$1,000,000
Damage to Premises Rented To You	\$1,000,000
Medical Expense	\$1,000,000
Sexual Abuse/Occurrence	\$1,000,000
Sexual Abuse Aggregate	\$1,000,000

## DID YOU KNOW?

- ⇒ Health and physical education is required in all 50 states and the District of Columbia
- ⇒ Teacher demand is projected to increase 14% from 2010 to 2021
- ⇒ Many states require individuals be licensed to teach
- ⇒ Health and Physical Education teachers earn a median salary of \$54,720 per year

Share this information with a potential student

Source: Bureau of Labor Statistics. (2016). Occupational outlook handbook.

<http://www.bis.gov/ooh/>



**MNSHAPE 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 Address \_\_\_\_\_

Work City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Work Telephone \_\_\_\_\_

Email Address \_\_\_\_\_

Years in the Profession \_\_\_\_\_

**MEMBERSHIP CATEGORIES (Select One)**

- Professional Member  \$50.00
- Student Member  \$35.00
- Retired Member  \$35.00 Year Retired: \_\_\_\_\_
- Associate Member  \$50.00

**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, MN 56501  
 218-847-9769 (Home)  
 218-846-2416 (Fax)

Questions: Call Nancy Christensen at 218-847-9769 or email [nancy1485@gmail.com](mailto:nancy1485@gmail.com)

# MNSHAPE

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



[WWW.MNSHAPE.ORG](http://WWW.MNSHAPE.ORG)

## Loon Lines

May 2020

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

### MNSHAPE Executive Committee

<b>President</b>	Lisa Smith		<a href="mailto:lisa.smith@mnshape.org">lisa.smith@mnshape.org</a>
<b>President Elect</b>	Tom Roberts		<a href="mailto:tom.roberts@mnshape.org">tom.roberts@mnshape.org</a>
<b>Past President</b>	Sue Bremer	(612) 414-7689	<a href="mailto:sue.bremer@mnshape.org">sue.bremer@mnshape.org</a>
<b>Treasurer</b>	Karen Nash		<a href="mailto:karen.nash@mnshape.org">karen.nash@mnshape.org</a>
<b>Secretary</b>	Vicki Johnson	(218) 847-5212	<a href="mailto:vicki.johnson@mnshape.org">vicki.johnson@mnshape.org</a>
<b>Executive Director</b>	Nancy Christensen	(218) 847-9769	<a href="mailto:nancy1485@gmail.com">nancy1485@gmail.com</a> <a href="mailto:nancy.christensen@mnshape.org">nancy.christensen@mnshape.org</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).