

Loon Lines



VOLUME 11, ISSUE 4

For more information about MNAHPERD, please visit our website at www.mnahperd.org or the national site at www.aapherd.org



MNAHPERD

December 2013



Scholarship Opportunities

PAGE 7

AHPERD becomes SHAPE America

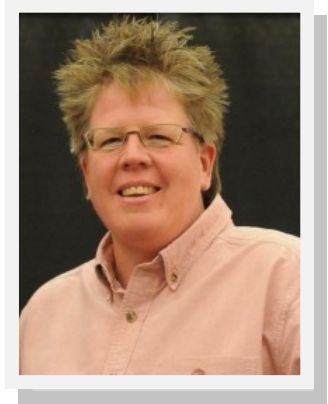
PAGE 3

MNAHPERD Fall Conference Highlights

PAGES 2 & 3

Message from the President

Sue Tarr



Welcome to the holiday season – I hope you and your students are surviving and learning a LOT about physical education and health education! It was so awesome to see over 400 MN health & physical education college/university students and professionals attending our November conference. Many thanks to all of the attendees for coming to Wayzata High School and making the conference such a success – the buzz that was created in the hallways between sessions was UNBELIEVABLE!

The MNAHPERD board of directors worked diligently on the front end to provide you with a LOT of variety in conference sessions. They also cranked out a LOT of steps during the conference moving from one end of Wayzata High School to the other to make sure your conference experience was great. Here is my public ‘thank you’ to each of board members who contributed to the success of the conference.

Finally, a BIG SHOUT OUT to our keynote speakers Clayton Ellis and Dr. Jayne Greenburg. They both shared inspiring and motivating keynote presentations plus a number of awesome breakout sessions – THEY ROCKED!

Per usual, we are starting the preparations for next year’s conference now. We want to make the conference fit YOUR NEEDS. So, please email me (or any board member) with suggestions/ideas to plan an awesome conference.

I am honored to serve MNAHPERD as your President. Please contact me (starr@stcloudstate.edu) with issues, projects, or questions about Health, Physical Education, DAPE, Recreation, & Dance.



2013 MNAHPERD Conference Highlights

Mary Cappel

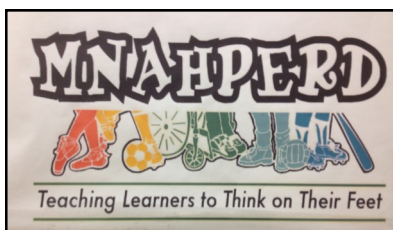
The 2013 MNAHPERD Conference, “Teaching Learners to Think on Their Feet” was a resounding success! Over 400 attendees had a wide variety of options for active, classroom and technology sessions in Wayzata High School, a fabulous facility offering presenters and participants the opportunity to experience sessions in a real-life, authentic setting. We were fortunate to have many state, district and national Teachers of the Year, as well as other fantastic teachers and leaders in their fields as presenters and Keynotes. Well-deserved awards were presented at the celebration Friday evening, and there was ample time to visit the vendors and network with colleagues. Special thanks to the Conference Committee and the rest of the MNAHPERD Board of Directors for all of their hard work and planning.

And while the 2013 conference has just ended, planning for the 2014 conference, will begin soon! Attendees received online surveys to complete which will help us review and discuss all the pros and cons of this year. If you have suggestions, comments, know a great presenter you would like to see, or if you would like to present yourself, please contact Conference Manager Amy Hinkemeyer at amyhinkemeyer1@gmail.com. This is YOUR conference, and we’d like you to help us make each one even better than the last!

Chairing the conference was my last official duty as a member of the MNAHPERD Executive Committee. I would like to thank the MNAHPERD Board of Directors for giving me this opportunity, which pushed me out of my comfort zone and helped me grow both personally and professionally. Travelling to Central District and AAHPERD allowed me to meet and network with great colleagues across the country and learn Best Practices from masters in their fields. The benefits of these experiences were passed on to our state through strategic planning and professional development, as well as my own district, school and students. And for that, I will be forever grateful.



Cooperative Group Scarf Passing



2013 MNAHPERD
Conference Theme



Keynote Speaker Jane Greenberg and
Conference Chair Mary Cappel



Clayton Ellis, Mike Doyle, Jane Greenberg, Mary Cappel, Jo Bailey



Registering for Let's Move Active Schools



Foot Spelling

AAHPERD Becomes SHAPE America

RESTON, VA, December 5, 2013 -- A managing partner of First Lady Michelle Obama's Let's Move! Active Schools initiative, the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) today announced that its membership has approved changing the association's name to the Society of Health and Physical Educators, doing business as SHAPE America.

According to President Gale Wiedow, interim dean of the College of Education at Dakota State University in Madison, SD, "We are now poised to move forward in creating a new chapter in our 128-year-old history with our new name, vision and mission. A new logo, tagline and brand for the organization, as well as a new website, will be introduced early in 2014."

Through our new name we are working to:

- Shape a future where healthy is the norm
- Shape a standard of excellence in physical education and health education
- Shape the lifelong habits of young people
- Shape and influence policy related to physical education and school health education

SHAPE America is the organization's seventh name change since its founding in 1885 as the Association for the Advancement of Physical Education. The largest organization of physical educators in the country with close to 20,000 members, SHAPE America created the first ever National Standards for K-12 Physical Education, developed the Let's Move in School public awareness campaign to increase physical activity before, during and after school, and originated the Shape of the Nation Report, which reviews the status of physical education across the United States, among its many professional firsts.

Earlier this year the organization voted unanimously to unify what were five national associations and a Research Consortium under the AAHPERD umbrella. Among its many partners, SHAPE America works with the Alliance for a Healthier Generation, American Heart Association, The Cooper Institute, First Lady Michelle Obama's Let's Move! initiative and the President's Council on Fitness, Sports & Nutrition.

Wiedow added, "Having an acronym that actually says and means something helps to make our new name more memorable. In addition, the verb shape means influence and communicates leadership and power. We want SHAPE America to have increased visibility and recognition among our primary audiences of physical and health educators as well as our secondary audiences — parents, principals, school administrators, policy makers, and the media. I am confident that our strong, memorable and simple new name will help us do just that."

Society of Health and Physical Educators

The Society of Health and Physical Educators, doing business as SHAPE America, is headquartered in Reston, VA, 25 miles west of Washington, D.C. Its vision is "Healthy People – Physically Educated and Physically Active!" SHAPE America is the largest organization of professionals involved in physical education, physical activity, dance, school health and sport--all specialties related to achieving an active, healthy lifestyle. Its mission is to advance professional practice and promote research related to health and physical education, physical activity, dance and sport by providing its members with a comprehensive and coordinated array of resources, support and programs to help practitioners improve their skills to further the health and well-being of the American public. For more information, visit www.aahperd.org.

Paula Keyes Kun, AAHPERD Senior Director of Communications

pkun@aaahperd.org

Phone: 703-476-3461

2013 MNAHPERD Award Winners



First Row (L to R): Carol Conkell, Carol Enke, Alisha Franckowiak
Second Row: Cathy Thompson, Joel Heitkamp, Mary Thissen-Milder,
Nancy Christensen, Nadine Moeller



Amy Kaiser and Alisha Franckowiak



Sandy Hasse and Carol Conkell



Marci Wills and Carol Enke



Marci Wills and Cathy Thompson



Karen Ness and Joel Heitkamp



Jack Olwell and Jeremiah Hinkemeyer



Sue Bremer and Mary Thissen-Milder



Nancy Christensen and Kay Oling



Nadine Moeller and Vicki Johnson

Photos from Tinikling



Helping you Live Healthy and Happy Through the Holidays

Tara Storts

Some of you love the holidays, while others dread it! Or a little of both! The holiday season is upon us so remember you NEED to take care of yourselves! Holidays are challenging when it comes to making healthy food and fitness choices! We all need help and support. With a few tips, we encourage you to stay healthy, but also enjoy the reason for the season!

Some technology to help you in the kitchen

With a few extra tips, you will now be able to enjoy the holidays with confidence! Enjoy yourselves, making healthy and positive choices! Happy Holidays!

1. What is your own personal meaning of holidays?

Focus on what holiday experiences are meaningful to you and leave the superficial events alone. Try not to get sucked into all of the useless “stuff” that is meaningless to you. Spend time with people you enjoy and stay away from toxic relationships.

Do you want to volunteer your time to help others in need?

Do you want to have the whole family create the meals so it can be more of an experience?

2. Follow the 90-10 Rule

A majority of you associate holidays with favorite comfort foods. Simply follow the 90-10 Rule. 90% of the time, eat healthy, but then 10% of the time, allow yourself some less healthy treats without guilt. If you follow this rule, you will still be able to maintain your healthy diet, but also get to enjoy some of grandma’s homemade desserts without guilt!

When you see some enticing food, think to yourself: Do I really want to eat this, or am I thirsty, hungry for better nourishment, or something else besides food (good conversation, quiet time, a hug, social event)?

3. Keep Healthy Snacks/Drinks Available

It’s easy to forget to nourish ourselves properly during the holidays. You are running around, preparing for guests, and are always on the go and in a rush. Stock up on a fresh fruits and veggies. Portion them out and keep them easily accessible when you are on the go. Don’t forget to drink water!



Some technology to help you in the kitchen

All Recipes.com Dinner Spinner



App: (\$2.99)

This app is fantastic! If you are someone who struggles with choosing what to eat for dinner, check out this app! If you have food in your fridge, but you don't know what to make, you can choose the ingredients and this app provides different recipes with the ingredients you have in your home!

Website: <http://allrecipes.com/>

This is a great website to see thousands of recipes. There are links you can choose that search recipes by ingredients, videos, menus, holidays, recipe boxes, shopping lists, menu planner, and most saved recipes by users, etc. The menu planner is a great way to plan your week. It's a great website to check out for healthy and new meal ideas!

Scholarships Available

MNAHPERD awards three different scholarships throughout the year for students in undergraduate and graduate school. These are: the Future Professionals Conference Travel Scholarship Award, Mary Lampe Scholarship, and the Trish Meek Developmental Adapted Physical Education Scholarship. Applications are included in this newsletter and due at different times throughout the year. Please encourage students and professionals alike to apply for the appropriate scholarships.

Future Professionals Conference Travel Scholarship Award: This scholarship is awarded to full-time undergraduate students majoring in the field of health, physical education, recreation, or dance to assist them in traveling to conferences. **Due December 13, 2013.**

Mary Lampe Scholarship: The Mary Lampe Scholarship is awarded to professionals, full time undergraduate and graduate students in good standing with MNAHPERD in their quest to enhance professional/educational development. The establishment of this award was to honor and recognize the outstanding efforts, services and contributions of Mary Lampe, who retired from the Health, Physical Education, and Recreation Department at the University of Minnesota, Minneapolis. **Due February 14, 2014.**

Trish Meek Developmental Adapted Physical Education Scholarship: Trish Meek DAPE Scholarship is awarded to full-time undergraduate student(s) pursuing licensure in Developmental Adapted Physical Education (DAPE). **Due February 14, 2014.**

Application forms are attached.

TRISH MEEK DEVELOPMENTAL ADAPTED PHYSICAL
EDUCATION SCHOLARSHIP

Minnesota Association for Health, Physical Education,
Recreation & Dance

**Trish Meek DAPE Scholarship is awarded to full-time undergraduate student(s)
pursuing licensure in Developmental Adapted Physical Education (DAPE).**

APPLICATION MUST BE POSTMARKED BY: FEBRUARY 14, 2014

Criteria for Scholarship:

1. The applicant must be a MNAHPERD member
2. At least one-half of the DAPE licensure courses in respective approved Minnesota Board of Teaching DAPE Licensure program must be completed prior to applying for this scholarship.
 - You may be currently enrolled prior to the application, meaning that half of your courses would be completed in the semester of application.

Recipients of the award are required to:

1. Present a **written report/summary of the benefits derived through this experience.** This can be a report to the board of directors, an article for MNAHPERD newsletter *Loon Lines* or a presentation (individual or group) at the MNAHPERD state conference.
2. Provide an **itemized written financial report** – including original receipts.

Scholarship Amount: \$250 - \$ 500

***Award is presented at the MNAHPERD Fall Convention.

**Application for Trish Meek Developmental Adapted Physical Education
Scholarship**

Name: _____

Home Address: _____

City: _____ State: _____ Zip Code: _____

Home Telephone: _____ E-mail: _____

College/ University: _____

Year in School: _____ (undergraduate student) GPA: _____

**Application for Trish Meek Developmental Adapted Physical Education
Scholarship**

Number of DAPE courses completed at time of application: _____

Number of DAPE courses required for licensure: _____

Tentative date of completion of DAPE licensure: _____

Name of your advisor: _____

Advisor's Address: _____

MNAHPERD Membership Number: _____ (located on newsletter label)

Letter of recommendation will be coming from:

_____ (DAPE coordinator)

_____ (Faculty member)

Amount you are requesting: _____ (up to \$500.00)

Please submit with application:

1. Resume
2. Transcript: Please highlight the DAPE courses on the Transcript
3. List of all required DAPE courses to complete licensure at your institution
4. Two letters of recommendation
 - a. One from the DAPE coordinator at your institution
In this letter, have your DAPE coordinator verify the courses you have completed and the number of courses remaining.
 - b. One other professional letter from a faculty member at your institution.
5. Essay describing:
 - a. Reflection on experience with individuals with disabilities.
 - b. The purpose for which the scholarship would be used for your professional enrichment during 2014-2015.
 - c. How you would expect this experience to assist you in your professional development.

Send completed application, letters of recommendation, resume, and transcript by Feb. 14, 2014 to Nadine Moeller, 801 Hamilton Drive, Duluth, MN 55811. Nadine's email is nadine.moeller7@gmail.com

MARY LAMPE SCHOLARSHIP
Minnesota Association for Health, Physical Education,
Recreation & Dance

The Mary Lampe Scholarship is awarded to professionals, full time undergraduate and graduate students in good standing with MNAHPERD in their quest to enhance professional/educational development. The establishment of this award was to honor and recognize the outstanding efforts, services and contributions of Mary Lampe, who retired from the Health, Physical Education, and Recreation Department at the University of Minnesota, Minneapolis.

Application Must Be Postmarked By: February 14, 2014

Criteria:

1. The applicant must be a member of MNAHPERD.
2. Nominee/applicant must indicate in writing the professional scholarly endeavor for which the finances will be used.
3. Nominee/applicant shall indicate their contributions and/or services to the profession.

Recipients of the award are required to:

4. Present a **written report/summary of the benefits derived through this experience**. This can be a report to the board of directors, an article for MNAHPERD newsletter *Loon Lines* or a presentation (individual or group) at the MNAHPERD state conference.
5. Provide an **itemized written financial report** – including original receipts.

Scholarship Amount: \$250 - \$500

***Award is presented at the MNAHPERD Fall Convention.

Application for Mary Lampe Scholarship

Date: _____

Name: _____

Home Address; _____

City: _____ State: _____ Zip Code: _____

Home Telephone: _____ E-mail : _____

MNAHPERD Membership Number: _____ (located on newsletter label)

Amount you are requesting: _____ (up to \$500.00)

If you are applying as a Professional Member:

Your Title: _____

School, College/University Address:

Area/ Specialty: _____

If you are applying as a Student:

College/ University: _____

Major: _____

Year in School: _____ GPA: _____

Working toward a degree in: _____

Please submit with application:

1. Resume
2. Two letters of Recommendation
 - Professionals: One from a colleague and one from an administrator
 - Future Professionals: Two professors
3. Essay describing
 - Contributions/ services to your profession
 - The purpose for which the scholarship would be used for your professional enrichment during 2014-2015.
 - How you expect this experience to assist you in your professional development.

Send completed application, letters of recommendation, and resume by Feb. 14, 2014 to Nadine Moeller, 801 Hamilton Drive, Duluth, MN 55811. Email Nadine at nadine.moeller7@gmail.com

FUTURE PROFESSIONALS CONFERENCE TRAVEL
SCHOLARSHIP AWARD

Minnesota Association for Health, Physical Education,
Recreation & Dance

Application Due December 13, 2013

Criteria for Selection:

1. Scholastic proficiency
2. School, community, professional activity/service
3. Character attributes

Criteria for Application:

1. Applicant must be a current member of MNAHPERD and a member of AAHPERD, or be willing to join, if selected.
2. Applicant must be majoring in the field of health, physical education, recreation, or dance.
3. Applicant must have a minimum grade point average of 3.2 overall on a 4.0 grade point scale.
4. Applicant must be at least sophomore class standing at the time of application.
5. Applicant must attend a college or university within Minnesota AHPERD.
6. Applicant must be first time Future Professional Conference Travel Scholarship Award.
7. Applicant should have evidence of contribution to their:
 - Major department
 - Involvement in university organizations
 - Community
 - And/or individual accomplishments/honors/awards
8. Two letters of recommendations
9. Recipient(s) shall present a **written report/summary of the benefits derived through this experience**. This can be a report to the board of directors, an article for MNAHPERD newsletter *Loon Lines* or a presentation (individual or group) at the MNAHPERD state conference.
10. Recipient(s) shall provide an **itemized written financial report** – including original receipts.

Award: This scholarship is up to \$200.

FUTURE PROFESSIONALS CONFERENCE TRAVEL
SCHOLARSHIP AWARD

Minnesota Association for Health, Physical Education,
Recreation & Dance

APPLICATION FOR UNDERGRADUATE STUDENTS

PLEASE TYPE OR PRINT: All information will be confidential except for the biographical summary that may be used for publication if applicant receives the award.

Name: _____ Date: _____

Home Address: _____

Telephone: _____ E-mail: _____

School Address: _____

Telephone: _____ E-mail: _____

AAHPERD Membership number: _____ Exp Date: _____

MNAHPERD Membership number: _____ Exp Date: _____

Student Information:

Institution: _____

Major: _____ Minor: _____

Units Completed: _____ GPA: _____

Anticipated Graduation Date: _____

Please include with application:

1. Two Letters of Recommendation
2. Transcript
3. Resume: Including professional organizations with dates of membership, contributions to major department, university organizations, community, and/or individual accomplishments/honors/awards.
4. Letter to MNAHPERD addressing your professional goals and what conference this scholarship will help you attend. Please be specific in what you intend to spend the money on.

Send completed application by Dec. 13, 2013 to Nadine Moeller, 801 Hamilton Drive, Duluth, MN 55811. Email: nadine.moeller7@gmail.com or Nancy Christensen, nancy1485@gmail.com

Here are FIVE reasons why it is imperative that you become a member of MNAHPERD association!

1. MNAHPERD is a leading advocate for Health, Physical Education and DAPE teaching jobs!

MNAHPERD will advocate for status within our profession. In 2010, MNAHPERD worked with the American Heart Association and hired lobbyists to pass the MN Physical Education standards. MNAHPERD knows our jobs and requirements to meet our Health and Physical Education needs were not met with this major accomplishment so MNAHPERD will not stop there! In 2011, MNAHPERD will continue the relationship with the American Heart Association and in addition to that relationship MNAHPERD will hire our own lobbyists to advocate for more! We need Physical Education graduation requirements in our schools. We need language requirements and support for Physical Education license teacher specialists to teach Physical Education in our schools. We need each child to have daily Physical Education in their school day. We need MN Health Education standards. We need Health Education graduation requirements. We need language requirements and support for Health Education license teacher specialists to teach Health Education in schools. We need each child to have more Health Education support in their school day.

Remember it is not just the responsibility of the MNAHPERD members to do the advocacy for ALL Physical Education/DAPE and Health Education teachers in Minnesota. We need everyone to support our Profession. Become a member if you are not one now! MNAHPERD has and will continue to support your job; to do this we need your membership!

2. When you attend MNAHPERD workshops, you will be given the opportunity to receive CEU's towards your re-licensure. Our goal is for all 13 regions to have 1 workshop every year.

3. You will have the opportunity to observe and participate in workshops and sessions conducted by the state's best presenters.

4. Scholarship and grant opportunities are available through MNAHPERD to MNAHPERD members.

5. Being a MNAHPERD member gives you the opportunity to be honored in our state for your great service and commitment to our profession.

Do you want to do more? MNAHPERD will assist you in promoting your own workshop in your region!

FIVE Keys to a successful workshop:

1. Design a theme
2. Find a location
3. Find presenters
4. Provide CEU's
5. Make it fun!

As a MNAHPERD member, you can be a part of this!



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

Name (first, middle, last) _____

Home Address _____

Home City _____ State _____ Zip _____

Home Telephone _____

School where you work _____

School District in which you work _____

Work Address _____

Work City _____ State _____ Zip _____

Work Telephone _____

Email Address _____

of years in HPERD Profession _____

Areas of responsibility (circle all that apply): Advocacy, Agencies, Aquatics, Athletics, Curriculum, Dance, DAPE, Exercise Science, Health, Recreation, Retired, Physical Education, Sport Management, Other: _____

Level of responsibility (circle one): Community College/University, Early Childhood, Elementary, Middle School/Junior High, High School

Membership Categories (select one)

	Membership Fee (annual/includes processing fee)
Professional Member	<input type="checkbox"/> \$30.00
JRH/HFH Coordinator	<input type="checkbox"/> \$20.00 (\$10 discount off professional membership for coordinators)
Student Member	<input type="checkbox"/> \$15.00 College attended full-time: _____
Retired Member	<input type="checkbox"/> \$15.00 Year Retired: _____
Associate Member	<input type="checkbox"/> \$30.00
Lifetime Member	<input type="checkbox"/> \$600

Payment Method

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

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

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



www.mnahperd.org

Loon Lines

December 2013

MNAHPERD

MNAHPERD is a school-based professional association that provides professional services and resources for teachers, organizations and individuals to provide quality programs. MNAHPERD is dedicated to improving the skills, knowledge, health and well-being of all Minnesota students.

Contact information for MNAHPERD Board of Directors is posted on www.mnahperd.org

MNAHPERD Executive Committee

President	Sue Tarr	(320) 217-2371
President Elect	Mike Doyle	(763) 221-3375
Past President	Jack Olwell	(612) 432-9082
Treasurer	Jeremiah Hinkemeyer	(218) 329-2088
Secretary	Vicki Johnson	(218) 847-5212
Executive Director	Nancy Christensen	(218) 847-9769



The mission of the MNAHPERD newsletter is to inform health, physical education, recreation, and dance professionals in Minnesota about their professional organization's activities and the opportunities available for participation. If you have questions, concerns or comments on the contents or layout of this newsletter please email

Amy Knopf at aknopf@detlakes.k12.mn.us.

You can also access this newsletter in PDF format on the web at www.MNAHPERD.org