



November 2020

Volume IX, Issue III

MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

LOON LINES

Message from the President

Lisa Smith

Hello MNSHAPE Members and Minnesota HPE Educators!

I have never been more proud to be an educator than I am now. The current situation has tested us to our cores and beyond - but here we are doing what we always do - rising.

Rise, this word that has been on my mind since March and it is even more prevalent now as we look toward the future of education. While so many things seem unsure - I am sure of one thing - and it is that we will come out of this stronger, wiser and hungry to make the necessary changes to better education as a whole.

I hope you know MNSHAPE is behind you every step of the way - you can always call on us with questions, concerns or for help. In an effort to continue our promise of providing excellent professional development, we have created a YEAR LONG conference to support you through the rest of this school year! Each month has a specific focus, and we will be bringing experts from across the state and nation right to your computer! Registration is free for the year long conference, but we strongly encourage supporting MNSHAPE through membership. With a membership you will have access to more content and special events, as well as the professional insurance coverage that comes with it.

The conference kicks off on Saturday, November 7th from 8:30am-3:30pm with a day full of great sessions, two dynamite keynote sessions, an award celebration and more! If you cannot attend in person on that day - you should still register to get all the links and

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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.

JOIN TODAY AT WWW.MNSHAPE.ORG

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information so you can tune in whenever is convenient for you all year long!

The year long schedule with topics is as follows:

Thursday, December 12, 2020 - MN Dept. Of Ed & Standards 4:30-6:00PM

Thursday, January 14, 2021 - Health Education 4:30-6:00PM

Thursday, February 11, 2021 - Physical Education 4:30-6:00PM

Thursday, March 11, 2021 - Higher Ed & Emerging Leaders 4:30-6:00PM

Thursday, April 08, 2021 - DAPE 4:30-6:00PM

Thursday, May 13, 2021 - Looking To The Future 4:30-6:00PM

Specific schedules for each date will be released at a later date - but make sure to register so you are first to know the great information. There will be pre-recorded presentations, LIVE Zoom calls with presenters, “round table” discussions, and so much more!

The theme of the conference is *“We A.R.E. MNSHAPE: Together We Rise”*. *It is my sincere hope that the professional development opportunities from this conference provide you with the knowledge, skills and support to rise above this year, and to soar into the future with great confidence to Advocate, Relate and Educate like never before.*

It has been my pleasure and a great honor to serve MNSHAPE as the President this past year - what an unbelievable year it has been. I am truly humbled by the work we have all done for the greater good of our students. I could not be more proud of the MNSHAPE Board of Directors, Members and the HPE Educators of Minnesota.

Please email me at lisa.smith@mnshape.org with any questions or concerns, and especially with any interest in attending a board meeting or joining a committee or task force!

I wish you all a healthy and safe holiday season!

We. A.R.E MNSHAPE!
Advocate. Relate. Educate

Lisa Smith - President

MNSHAPE 2020 VIRTUAL YEAR LONG CONFERENCE

.....
We A.R.E. MNSHAPE

TOGETHER
WE
Rise

ADVOCATE | RELATE | EDUCATE
.....

11.07.20 | BIG Kick Off 8:30AM – 3:30PM

Keynote Speakers:

Mark + Becky Foellmer & Guy Danhoff

12.10.20 | MN Dept. Of Ed & Standards 4:30–6:00PM

01.14.21 | Health Education 4:30–6:00PM

02.11.21 | Physical Education 4:30–6:00PM

03.11.21 | Higher Ed & Emerging Leaders 4:30–6:00PM

04.08.21 | DAPE 4:30–6:00PM

05.13.21 | Looking To The Future 4:30–6:00PM
.....

Free Registration | Membership Preferred

#MNSHAPE2020 | @MNSHAPE

<https://forms.gle/WuF9oSHgBPFZgmMW6>



2020 MNSHAPE AWARD WINNERS



Jen Heebink
Adapted PE TOY



Randy Spring
Elementary PE TOY



Jessica Matheson
Health Education TOY



Pete Westby
George Hanson Award



Laurie Jacobs
Paul Schmidt Award



Tom Strenger
Health and Fitness Advocacy Award



Ben Schwamberger
Lou Keller Award



Lisa Paulson
Carl Knutson School Health Award

Message from the President-Elect

Thomas Roberts

Greetings dedicated HPE professionals. I hope that whatever learning platform you are implementing in your current situation that Health and Physical Education continue to be delivered in the most purposeful manner possible. During this pandemic it is more important than ever to advocate for quality Physical Education programs that utilize best practices and are aligned with National Standards.

Also of great importance is the socio-emotional well being of our students. In districts where hybrid or distance learning is taking place SEL lessons and resources for our students are invaluable. SHAPE America's student focused, service learning initiative called HealthMovesMinds is a great resource filled with SEL resources to help your students be more aware of their feelings and emotions. Go to healthmovesminds.org for more information on how to register for this game changer.

Lastly I would like to remind our members that we are here to support you during these uncertain times. If for whatever reason your district is asking you to teach in a subject area that you are not licensed in, we want to support you and advocate for you. Please contact us with your concerns and know that MN SHAPE is always there to help advocate for you.

Respectfully, Tom Roberts (President Elect of MN SHAPE.)



FAREWELL TO JEREMIAH HINKEMEYER

Jeremiah Hinkemeyer is a 2005 graduate of Moorhead State University where he was the NASPE Physical Education Major of the Year and the AAHE Major of the Year. He was the president of the Physical Education Major's Club and a scholarship recipient of the National Student Leadership Conference – his leadership abilities had already been demonstrated.

Since 2007, 12 years later, Jeremiah has been the treasurer for MNSHAPE. He has served as the VP Elect for Future Professionals and the VP for Aquatics and Recreation making him a member of the MNSHAPE Board of Directors for 16 years.

In Jeremiah's professional life he was a Physical Education sub, Varsity Basketball Coach and Varsity Volleyball Coach. (2006-2014) His basketball team was a two time conference champion, regional champs, and led Gwimmer, North Dakota to its first State Championship appearance in school history. His volleyball team was a 3 time runner-up district champion.

Jeremiah is married to his high school sweetheart, Amy and they have 2 children, Aubrey 4 and Jonah two.

We wish Jeremiah the best in his new endeavors and want him to know that he will be missed so very much. He has been a staple for the organization for 16 years and we have valued your guidance and leadership in your role as MNSHAPE Treasurer and a member of the Board of Directors.



WELCOME KAREN NASH

Karen Nash will be the new treasurer for MNSHAPE. She is a graduate of St. Cloud where she, as a student, was told by her professor, Dr. Caryl Martin that she would be the MNSHAPE Student VP Elect. She remarks, "Little did I know then that I would spend the next 15 years on the MNSHAPE Board of Directors. She has served as VP Future Professionals, VP Sport & Recreation, VP Aquatics and Recreation and Treasurer in Training. She has worked very closely with Jeremiah Hinkemeyer since 2005 at the MNSHAPE Conference registration table and has attended national and regional SHAPE America Conventions

We are excited Karen has accepted the appointed position and know that we will be in good hands. We extend a MNSHAPE Welcome!!



Navigating in person physical education during COVID

Derek Picha

My name is Derek Picha and I am the VP-Elect of the physical education division on the MNSHAPE BOD. I teach elementary physical education at Sumner Elementary in the Austin public school district and we have been in session with students since late July on our modified 45/15 calendar, so I thought I'd share some successes and guidelines based on what has worked for me so far.

Physical distancing: Establishing routines for physical distancing at the elementary level is critical in order to keep everyone in your school community safe and healthy. I've developed an outdoor and indoor system for this. In my outdoor teaching space, I spray painted personal space dots that are six feet apart on our blacktop area. In our gym, I drew 6' x 6' squares on the floor using Floormarx that are used for the same purpose as the dots outside. Students have learned quickly to freeze on a personal space marking regardless which teaching space we are using.

Masks in physical education: My approach to mask use has been the following. The mask is worn by students when 1) I am teaching the whole group and we are not moving and 2) if our movement activities are of a lower intensity and don't cause heavy breathing. When students are moving in a higher intensity activity, I encourage students to remove the mask so that it doesn't cause breathing difficulties. Most students have done a very good job of following mask guidelines throughout the school day at my building.

Equipment use: This has been my greatest challenge personally this year. My approach to start the year was to plan as many equipment free lessons as possible for the first quarter. As the school year has progressed, my thinking process shifted to thinking about the unknown, such as what if we need to shift to full distance learning? Therefore, a need to focus on some manipulative skills while minimizing sharing equipment presented itself. My approach to this has been to begin each day with all equipment to be used on one equipment cart, then after it is used it is placed on a second cart for cleaning and sanitizing, and then complete the cleaning process after students leave for the day.

I present these successes and challenges because I feel that they may help some of our physical educators in Minnesota navigate a very challenging time in education. What we can provide our students and communities is more important now than ever before, and we are stronger when we work together. What support do YOU need from MNSHAPE?

Health Education Division

Lisa Paulson (Rahkola) and Deb Van Klei

September is National Suicide Awareness Month

[To Anyone Going Through it](#)-a personal narrative by Kevin Love about depression and how, "*being depressed is exhausting.*"

[Make it OK](#)- provides some great support and teaching resources for you. Check it out!



Crisis Lines

If you or a loved one is considering suicide, know that 24/7 confidential help is always here.

1. **SUICIDE PREVENTION HOTLINE** – 1-800-273-8255(En Español – 1-888-628-9454)
2. **THE TREVOR PROJECT** (LGBTQ Crisis and Suicide Hotline) – 866-488-7386
3. **VETERANS CRISIS LINE** – 1-800-273-8255
4. **TEEN CRISIS LINE** – 310-855-4673
5. **HOPELINE TEXT SERVICE** – Text “MN” or “HopeLine” to 741741
6. **FARM AID SUPPORT LINE**: 800-FARM-AID (327-6243)
7. Ongoing support is available through **NAMI MINNESOTA**



Looking for new ways to deliver blended instruction to increase the engagement of your students? Check out [HYPERDOCS](#). “A

Hyperdoc is a lesson that is specifically designed to create a student-facing, blended learning experience. Inside of this lesson, students have voice; they are collaborating, creating, communicating and critically thinking their way through the content. It is created to help inspire students’ inquiry and curiosity - driving them to exploration, to find answers to their questions, build the background knowledge and supports the application of their new knowledge in order to show what they know. Teachers create these lessons with their students in mind, scaffolding every step to help meet their learning needs.” ~Holly, The Infused Classroom

Then #Teachon with these great resources:

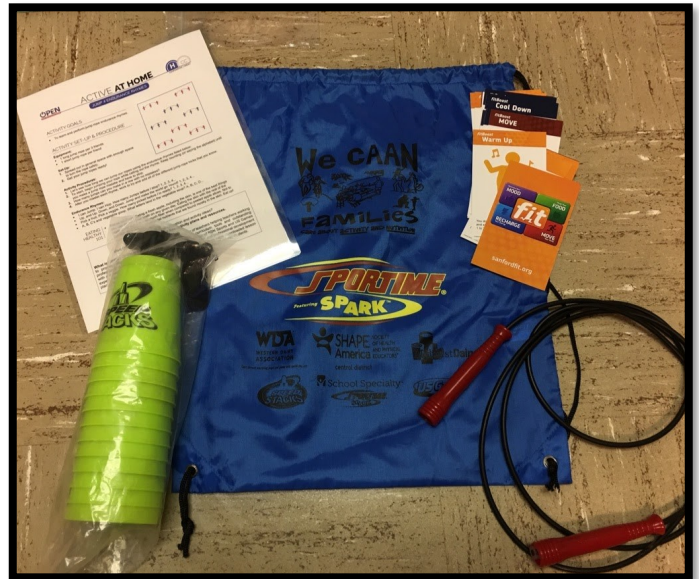
1. [Mental Health Hyperdoc](#)
2. [Walk in our Shoes Hyperdoc](#)
 - a. [Worksheet](#)

Lastly, check out this lesson plan for teaching your Middle School Students about depression and suicide prevention (resources included) - also accommodating to #distancelearning
<http://www.pbs.org/inthemix/educators/lessons/depression2/>

We CAAN Families Backpack Project (We Care About Activity & Nutrition)

Cyndee Johnson

Attention elementary physical education teachers, MNSHAPE has 50 backpacks with PE equipment to give away. The goal of this project is to increase healthy eating habits and physical activity opportunities for students and their families. The project is a collaborative project being supported by SHAPE America Central District and MNSHAPE. There are 25 backpacks designated for grades K-2 and 25 backpacks designated for grades 3-5. The backpacks for K-2 include: a 7' short jump rope, 6 speed stack cups, one juggling scarf, one vinyl bean bag, Sanford Fit exercise cards and a nutrition activity. The backpacks for grades 3-5 include: 9' short jump rope, 12 speed stack cups, a tennis ball, a spin jammer, 3 juggling scarves, Sanford Fit exercise cards and a nutrition activity.



Applicants must be SHAPE America AND MNSHAPE members. If chosen, teachers could receive up to 5 backpacks for their school. Chosen physical educators will be responsible to replace equipment and to report back to MNSHAPE on the use of the backpacks in their school.

Contact Cyndee Johnson at cjohnson@esko.k12.mn.us or cynthia.johnson@mnshape.org for an application or more information. Deadline to apply is November 30, 2020.

MNSHAPE WILL HAVE A NEW LOOK!!!

MNSHAPE will have a new look and will provide our members with much more. We have gone with a new program – MemberClicks. Using this new website will allow you to log in and manage your member profile, renew your membership, register for our events, track CEU credits, engage with other members, and access your member benefits that were previously mentioned. We'll use this platform to communicate with you about all of the important things going on within the society, so be sure to check back often. The new site is mobile – friendly, too, so you can easily access it from your phone or tablet.

MDE Guidance for Physical Education for the 2020-21 School Year

Mary Thissen-Milder, PhD



We are almost two months into the 2020-21 school year – and the challenges due to COVID-19 are numerous. There are Governor’s Orders, health requirements and educational requirements. You may be teaching your students while they are in school; or implementing the hybrid or distance learning model; but let’s face it, everything is fluid with COVID, so you may be moving in and out of them all!

To assist you, no matter what learning model you may be in, the Minnesota Department of Education has released the [Physical Education in the 2020-21 School Year Recommendations and Resources](#). The information in this document summarizes all the guidance documents from the [Minnesota Safe Learning Plan for the 2020-21 School Year](#) and provides a one-stop shop with the health and safety information you need to know implementing physical education. Here are some key COVID-19 questions the document covers while students are in school:

- Do students have to wear face masks in PE? At the time I am writing this article, [Executive Order 20-81](#) requires face coverings in all indoor public spaces, including K-12 buildings. In reference to physical activity, [MDH 2020-21 Planning Guidance for Schools](#) states that “face coverings or face shields may be temporarily removed when engaging in indoor physical activity (e.g., during recess, after school sports, or when exercising in a gym) where the level of exertion makes wearing a face covering difficult, and during classes or activities held outdoors. People participating in these activities should maintain 6 feet of distance while doing so to the extent feasible”.
- Should students change clothes and use locker rooms for PE? During this time period, we are not recommending students dress out or use locker rooms for PE. Encourage students to wear comfortable clothing and safe footwear that allows for safe movement and is appropriate to the weather on days participating in physical education. If a teacher determines dressing out and use of locker rooms are essential, all requirements around safety, sanitation and hygiene must be followed in [MDH 2020-21 Planning Guidance for Schools](#).
- What about use of equipment in PE? Limit use of equipment and eliminate the use of equipment that would be passed between or shared by multiple students throughout a class period. For equipment that will be touched or handled by students, assign each student their own piece of equipment for that class period. Properly clean and disinfect equipment between classes. If there is not equitable equipment for all students or if equipment cannot be properly cleaned and disinfected between classes, avoid the use of equipment altogether.

The impact of the COVID-19 pandemic does not change the goal of physical education; however, there are considerations that apply in implementing programming. The document also addresses key instructional strategies relevant to all three learning models. In addition, two other documents have been released that provide examples of activities physical educators can

be doing to work toward the benchmarks whether in school or in distance learning: [Minnesota Physical Education Standards and Benchmarks - Distance Learning Activity Examples](#) and [Minnesota Physical Education Standards and Benchmarks - In-School Activity Examples](#) .

Please know that MDE is working closely with MNSHAPE to provide you relevant and current assistance navigating PE during COVID-19. Please visit both [MDE's COVID-19 website](#) and [MNSHAPE's website](#) to see the latest! Wishing you the best always...MTM

Dance Division

Liz Parr-Smestad, Joe McCarthy

DON'T FORGET!

to include DANCE

Benefits of Dance:

- Improves cardiovascular health
- Improves balance and strength
- Gentle on your body
- Boosts cognitive performance
- Challenges your brain
- Is inclusive
- Can be social
- Helps boost your mood



Dance helps reduce stress, increases levels of the feel-good hormone serotonin, and helps develop new neural connections, especially in regions involved in executive function, long-term memory, and spatial recognition.

Here are just a few web sites to find Dances:

- Just Dance
- Cosmic Kids Yoga
- Kidz Bop Dance Along
- GoNoodle Kids
- Koo Koo Kangaroo

MNSHAPE Grants and Scholarships

Mary Lampe Scholarship

Due Date: April 15th

Amount: \$250-\$500

About this Scholarship: The Mary Lampe Scholarship is awarded to professionals, including undergraduate and full-time graduate students, in good standing with MNSHAPE in their quest to enhance professional/educational endeavors. Mary Lampe taught at the University of Minnesota in the days before Title IX. She coached the women's golf "team". In the 1960's Mary, then President of MNSHAPE and also the President of the American Lung Association of Minnesota, testified before the United States Senate in the Title IX hearing about the discrimination against women in sports. She promoted healthy active lifestyles for all as well as fairness in participation and opportunities throughout her life.

Criteria:

- Be a member of MNSHAPE
- Nominee/applicant must indicate in writing the professional scholarly endeavor for which the finances will be used
- Nominee/applicant shall indicate their contributions and/or services to the profession

Trish Meek Scholarship

Due Date: April 15th

Amount: \$250-\$500

About this Scholarship: This scholarship was established in 1999 in memory of Patricia (Trish) Lee Meek. Trish was a Special Olympics athlete, excelling in swimming. Trish influenced the career of her mother, Dr. Sherry Folsom-Meek. Because of Trish, Sherry became an expert in the DAPE field and a strong advocate for people with disabilities. Sherry's passion assisted many students in their pursuit of teaching students with disabilities. The purpose of this award is to provide a scholarship to a full-time undergraduate student pursuing licensure in developmental adapted physical education (DAPE).

Criteria:

- Applicant must be a MNSHAPE Member
- At least one-half of the DAPE licensure courses in respective approved Minnesota Board of Teaching DAPE licensure programs must be completed before applying for this scholarship. (You may be currently enrolled prior to the application, meaning that half your courses would be completed in the semester of application).

Ellen Cromwell-Cercle Scholarship

Due Date: December 15th

Amount: \$300

About this Scholarship: The Ellen Cromwell-Cercle Student Travel Scholarship is awarded to undergraduate students, in good standing with MNSHAPE in their quest to enhance professional/educational endeavors by attending a district or national convention. Ellen Cromwell-Cercle was a past board member, president and executive director for MNSHAPE who taught at Moorhead State University for thirty plus years. She was very active in educating students on the importance

of professional growth through membership in state, district and national organizations. The undergraduate student may apply for up to \$300.00 to help with expenses to a district or national convention.

Criteria:

- Applicants must be a current member of MNSHAPE and a member of SHAPE America, or be willing to join, if selected.
- Applicants must be majoring in the field of health, physical education, recreation, or dance.
- Applicants must have a minimum grade point average of 3.0 overall on a 4.0 grade point scale.
- Applicants must be at least sophomore class standing at the time of application.
- Applicants must attend a college or university within MNSHAPE.
- Applicants must be first time Ellen Cromwell-Cercle Student Travel Scholarship Award winner.
- Applicant should have evidence of contribution to their:
 - Major department
 - Involvement in university organizations
 - Community
 - And/or individual accomplishments/honors/awards
- Two letters of recommendations
- 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 MNSHAPE newsletter Loon Lines or a presentation (individual or group) at the MNSHAPE state conference.
- Recipient(s) shall provide an itemized written financial report – including original receipts.

Nancy Christensen Future Professionals

Due Date: September 11th

Amount: \$750

About this Scholarship: 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 requires submission of online applications. Funding requests may be fully funded, partially funded, or denied.

Criteria:

- 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 11, 2020)

WHY JOIN MNSHAPE?

Are you interested in health, physical education, recreation or dance? Do you have passion and commitment for physical activity and wellness? Do you believe we can do more to help others and better prepare students for a lifetime of health and physical activity? Do you want to join the advocacy efforts of other dedicated professionals to pave the way toward a healthier generation of individuals? Do you believe in the power of NUMBERS?

WHY Join?

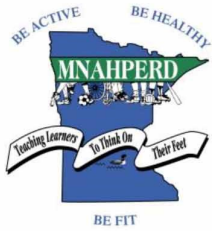
- ❖ Members receive a \$1,000,000 General Liability Policy
- ❖ Scholarship and grant opportunities
- ❖ Opportunity to be recognized as a State Teacher of the Year in health, physical education (elementary, middle, high school), dance and DAPE
- ❖ State recognition and honor awards
- ❖ Dynamic state conference featuring outstanding sessions with CEU credits, exciting social events and excellent exhibitors
- ❖ MNSHAPE Newsletter Loon Lines
- ❖ Regular email updates on professional issues
- ❖ Advocacy – MNSHAPE provides a voice for HPERD professionals about issues at the local, state and national levels, and keeps members informed with the latest information and programs
- ❖ Leadership and service opportunities are offered for office involvement and committee participation
- ❖ With the addition of our new association member management system we will provide you with the ability to: engage with members in an online social community; receive personalized, targeted broadcast emails; manage and provide CEU credits; enable you as a member to login and update your own profile information; allow you as a member to have automatic recurring dues renewals through the website; register, pay, and receive an automated, customized confirmation email for MNSHAPE Conference; and allow one person to fill out multiple conference registrations at once – just to name a few of the advantages.

Join MNSHAPE!

For more information, visit www.mnshape.org, or contact Nancy Christensen, Executive Director of the Minnesota Society of Health and Physical Educators (MNSHAPE) or any of the officers listed on our website.

MNSHAPE Mission Statement

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 Membership Form
 (or register online at www.mnshape.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"/> \$50.00 |
| Student Member | <input type="checkbox"/> \$35.00 College attending full-time: _____ |
| Retired Member | <input type="checkbox"/> \$35.00 Year Retired: _____ |

Payment Method

- Personal Check (**Make check payable to MNSHAPE**)
 - Institutional Check (**Make check payable to MNSHAPE**)
- Or you may call with credit card information – 281-847-9796 or 701-306-8032**

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

MNSHAPE

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



WWW.MNSHAPE.ORG

Loon Lines

November 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

MNSHAPE Executive Committee

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

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.