

NHAHPERD NEWS

NEWSLETTER OF THE NEW HAMPSHIRE ASSOCIATION FOR
HEALTH, PHYSICAL EDUCATION, RECREATION & DANCE

SPRING EDITION

APRIL 2017



“Sharing our knowledge— a resource by our members for our members”

President’s Message: h_cunningham1@comcast.net

Perhaps it’s my old age, but 2020 just seems like such a long way away and a crazy year! I just can’t wrap my brain around that we are already almost there. If you remember way back...way back...the DHHS launched Healthy People 2020. Well, here we are only 3 years out and how are we doing? Are we on track to meet those objectives or do we have a long way to go? Or honestly did you forget all about this initiative? Quick refresher, Healthy People 2020 was launched following Healthy People 2010. The overarching goals are to:

1. Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death.
2. Achieve health equity, eliminate disparities, and improve the health of all groups.
3. Create social and physical environments that promote good health for all.
4. Promote quality of life, healthy development, and healthy behaviors across all life stages. (healthypeople2020.org)

Healthy People 2020 then merges off to sub indicators to how our population is doing on the specifics of life. You can see all of it here <https://www.healthypeople.gov/2020/data-search/midcourse-review/lhi>

Healthy People 2020’s mid-course review has some interesting details for those of us in health and fitness education. There are several parts of the study that indicate things are getting better but many that indicate we are just getting worse-ugh. Here are some of the highlights or lowlights: Diabetes A1C levels, that are greater than 9%, has little to no change; Suicide deaths increasing; Adolescents with major depressive episode in last 12 months increasing; Obesity among children and adults has little to no change.; Adults meeting aerobics and/or strength training guidelines target met; Binge drinking in the past month has little to no change; Adult and child smoking has decreased or met target; So what does this mean for us as educators?

It means that we need to re-evaluate where we spend our time. Data driven curricula and research based programming is how we can make effective changes in our own schools, businesses, and facilities. Take a look at your programming and make the changes that will impact your population and help them become the healthy people we are hoping for in 2020. Yours in health, Heather Cunningham M.Ed, CHES, CPT, President

Advocacy Efforts & Tools Around ESSA Legislation

Mary Ellen Alger, President-elect; mealger@nec.edu

I was pleased to attend the 2017 SHAPE America Convention in Boston. Despite the untimely arrival of a big snowstorm, thousands made it to Boston to be rewarded with outstanding programming, fun socials, great networking opportunities, & as always, a great location in Boston! One of the most informative sessions that I attended was presented by Carly Wright, Senior Manager of Advocacy at SHAPE America. Her presentation was titled the “Top 10 ESSA Advocacy Tools to Boost Your HPE Program!” As the session began, Carly invited those attending to comment on what their respective states were doing to advocate for health and physical education. Many voiced concerns about not feeling empowered to speak out individually, or unsure of how to organize advocacy efforts at their local district level. Others shared their efforts at the state and district levels, highlighting both successes and challenges. The strongest message was TO GET INVOLVED!

What is ESSA? The *Every Student Succeeds Act* (ESSA) identifies school health and physical education as part of a student’s “well-rounded education,” along with other subjects such as art, music, civics, science and more. This new federal education legislation provides increased access to funds for health and PE programs (including professional development) and allows states and school districts to set their own priorities for funding and accountability. ESSA requires broad stakeholder engagement in order to implement comprehensive and effective state and school district plans. (<http://www.shapeamerica.org/advocacy/essa.cfm>)

What can HPE educators do?

Sample Resources for Health and Physical Educators:

- 1) Become the ESSA expert at your school – free eGuide available at <http://www.shapeamerica.org/advocacy/essa-free-e-guide.cfm>
- 2) Check the concise 1 page **ESSA Fact Sheet** –
- 3) Review the Title IV, Part A Fact Sheet on Student Support and Academic Enrichments Grants
- 4) Access the NH State Advocacy Toolkit - http://portal.shapeamerica.org/advocacy/StateToolkits/New_Hampshire_Toolkit.aspx
- 5) Use the ESSA Support letter and template to write to key stakeholders in New Hampshire. <http://www.shapeamerica.org/advocacy/essa.cfm> ➔ Page 2

- 6) Share the PE and Health = Student Success Advocacy Sheet with key administrators in your district <http://www.shapeamerica.org/advocacy/essa.cfm>
- 7) Check out the ESSA and SHAPE America videos - <https://www.youtube.com/playlist?list=PL0t0JCZmiMXwo8yCJ8imTkzMmR0-P-tKb>
- 8) Use this online form template to write to your members of Congress - <http://www.congressweb.com/shapeamerica/7>
- 9) Visit the SHAPE America Legislative Action Center at www.shapeamerica.org/advocacy to contact your state members of Congress to ask for **#MoreTitleIV!**

How can HPE educators communicate?

Advocate Communication tools –

- Email key stakeholders, i.e. District Superintendent, State Education Commissioner
- Facebook
- Twitter
- Snapchat
- Attend a district wide forum
- Attend a Department of Education hearing
- Talk with your school principal, district superintendent

See the full list of tools and web links available at <http://www.shapeamerica.org/advocacy/essa.cfm>

I encourage every NHAHPERD member to check out these resources and make a commitment to take at least one action step to advocate for HPE. No action is too small or insignificant, especially if we all play a part. Share your efforts and successes with your colleagues to encourage others to take a step.

Aaron Hart—2017 Keynote Presenter

Aaron is the creator of OPEN & the Director of Educational Programs for US Games. He has co-authored several nationally recognized PE curriculum projects & specializes in web-based content delivery. Aaron's passion for equity of access & community empowerment began 20 years ago & has continued to guide his professional journey. He began his teaching career as a NY City public school teacher & is currently a part-time faculty member in SUNY Cortland's PE Department. Aaron joined the US Games family in 2014 & the OPEN movement began. Currently, OPEN serves more than 18,000 members with an equity impact of nearly 10 million students. More than 22,000 free curriculum documents are downloaded from OPEN-PhysEd.org every month.



NHAHPERD NEWS

'Make Active Healthy Living Your Adventure'

Melody Gray, graymelody2@gmail.com



Our conference theme this year is 'Make Active Healthy Living Your Adventure'. Your executive board has been working hard to provide interesting & engaging presenters for you this year. This is a great opportunity for you to learn something new from other professionals in your field and network. At this point we have 43 definite sessions lined up and several more who are interested in joining us.

Some of the topics we can look forward to thus far a

- Adventure Education
- Play
- Dance
- Tennis
- Golf
- Somatics
- NH education update
- Drums Alive
- US games OPEN activities
- US Games OPEN 8 Global Challenge
- Mindfulness in the Classroom
- Skateboarding
- Snowboarding
- Girls On The Run NH
- K-12 Competencies
- Intro to DBL Ball
- Critical thinking
- Grant writing
- Organization in PE

Professional development opportunity!!! – Be a presenter!!! Do you have a unit plan that you would like to share? Have you collaborated with other teachers to teach a special program and want to share that process? How about a special interest area such as dance, nutrition, or an afterschool program that others could learn from. Want to spend two days with your colleges in beautiful Waterville Valley? We welcome all that are interested in presenting, so start brainstorming now!

Registering a presentation is easy!!

1. Fill out the presenter sheet in the newsletter –or find it on our web sight.
2. Send by US mail to: Melody Gray, 244 Wibird Street, Portsmouth NH 03801 -or- Fill out electronic copy from website & send via email to: graymelody2@gmail.com
3. Any questions contact: Melody Gray: graymelody2@gmail.com or (603) 254-5259



the GRANITE walk of ages



May 26, 2017
White Park, Concord, NH

NEW HAMPSHIRE
 ALLIANCE OF YMCAs

Granite Walk of Ages: The “Granite Walk of Ages” is a statewide health initiative, centered on bringing together towns, cities, schools, organizations and businesses in New Hampshire. This walk focuses on prevention, decreased physical inactivity, and increased employee health. Use this as your ‘Trial Mile’ for the 90-Day Challenge*, beginning June 1st!

Agenda for Granite Walk of Ages	
10 am – 10:30	Sign-in Registration at White Park
10:30 – 11:00	1 mile walk to State House for reading of the Proclamation
11:15am	Walk around Capitol & Return walk to White Park

- Individual registration** – I will participate in the kick-off event in Concord/White Park on May 26.
 - Group/Team registration**–We will participate in the kick-off event in Concord/White Park May 26.
 - Individual/Group Registration as a Satellite Event May 26, 2017**
- To register on-line as an individual or group for the GWA/Concord, NH – Contact:
 Dianne Rappa by May 6 - drappa@valley.net; 603-747-2408(F); 603-747-3508 w/?’s
 (To register as a satellite event for the GWA please specify below – Thank you!!)

Registrant Name/Team Contact:
Company/organization/school:
Address/city/zip:
Phone Number:
Email:
Expected # Participants: <small>(for schools and groups)</small>

*To register for the 90 Day Challenge, visit: www.nhmoves.org/90daychallenge, complete and submit the online registration form. Within a week you’ll receive the 90 Day Challenge Passport in an email. It is FREE, easy to participate, and good for your health. Use the Passport to track your daily activity and for free access to select State Parks. See Passport for eligibility details.

STUDENT CORNER

Brittney Cardente, 2016 Outstanding Future Professional

When I first enrolled in the Physical Education Teacher Certification program at Keene State College (KSC) I would have never imagined being able to experience all that I been. I have been very fortunate to be involved with multiple opportunities throughout my college. This past fall I was honored with being named KSC Outstanding Future Professional (OFP) and at NAPERD I was privileged to be selected as one of the Eastern District representatives. Because I was honored with these awards I was fortunate to be able to attend the SHAPE America National Convention/ Eastern District which was held in Boston in March 2017.

As being a member of one of the Eastern District OFP's, I was provided with a schedule of required events to attend. For example, we were involved with the SHAPE America Student Leadership Forum, SHAPE America College Bowl, SHAPE America All-Convention Evening, SHAPE America Eastern District Awards Ceremony, and finally a hand full of us attended the Major of the Year Ceremony. This organization reminded me of when I first became part of the field hockey team at KSC, I was surrounded my strangers who eventually became lifelong friends. During the conference, other individuals from Eastern District OFP's and myself were given tasks from our leader, Betsey Caldwell. During this time, she encouraged us to be more outgoing and sociable forcing us to interact with various people through scavenger hunts. I personally enjoyed the scavenger hunt activities because it allowed me to meet and interact with other professionals involved in the same or related field that I am interested in. This allowed me to extend my network for future endeavors. For instance, I met Judith Rink, Eastern Representative members, State Representatives, numerous teachers, professors, and SHAPE members from all over America. Two of the most interesting individuals I met was a man from Connecticut who referred to himself as "Spaghetti" and a woman from Hawaii.

Throughout the convention, there were endless sessions one could attend; it was quite overwhelming for a newbie yet fascinating all at once. Some of the sessions I participated in were Drums Alive, Mini- Volleyball: An Approach for Beginners, Dance TOY's Greatest Hits Choreography Jam, and Fitness Fun for the Body and Brain. My favorite session I participated in was the choreography jam because it was a fun, quick, easy way to build confidence and competency to dance. Often physical educators struggle with new innovating ways to incorporate dance and rhythm into their classroom but using this technique of combing "hit songs" will encourage and motivate students. There were also general sessions with keynote speakers, I attended two of the three. The first half of the first general session I attended was sponsored by Fuel Up to Play 60 which featured two members of the New England Patriots players: Patrick Chung and

Nate Ebner. While the second half was sponsored by Reeboks/Boks (build our kids' success) starring an Olympic Gymnast Aly Raisman joined by John Ratey & Dr. Peter Sanchioni. The other general session I listened too was sponsored by New York Roach Runners featuring Dean Kriellaars. Between both assemblies, the one thing that stood out to me was during the "Physical Literacy: The Gateway to Active Participation" was this quote: "Physical literacy is crucial to the acquisition, by every child, youth, and adult of essential life which is an indispensable means for participation in the world." I believe this is very important because as physical educators we play an important factor in student's lives. Physical literacy is extremely important because it increases physical activity which increases personal success. One of the main parts in developing physical literacy is developing fundamental movements skills. As physical educators, we play a significant role in student's lives as we impact their personal developmental movement skills. I also agree with Kriellars belief that part of our job is to bring back the value & significance of movement to children.

Overall, the SHAPE America National Convention/ Eastern District was one of the most unique opportunities I was part of. Representing not only Keene State College as well as the state of New Hampshire was a true honor. I would also like to thank all my professors in the Human Performance and Science Movement Department at Keene State College along with the NHAHPERD committee members who made this experience possible and unforgettable.

Picture below is of Brittney Cardente and NHAHPERD's Executive Director, Dianne L. Rappa before the Eastern District Awards Ceremony in Boston. During the event each OFP submitted three quotes to be displayed with their picture upon receipt of their certificate. Follows were Brittney's submission.

**I want my students to remember me as a hard-working professional role model.
*I want them to view me as a personable and approachable mentor they feel comfortable with if they ever needed to talk.
Finally, I would like them to remember me as being a patient, energetic, active physical education teacher.



Kevin Parsons, UNH, PE Undergraduate

I have grown up in a world where change is the new “normal”. My generation has had a front row seat to the advancement of technology. My motto for this “As much as the world changes, we will always stay the same.” I strongly advocate this message to peers, family, and my community members because at the end of every day, it’s not the TV show you watched, the amount of likes on *Instagram* you received, or the paycheck you that keeps you alive. **Ultimately, it's our bodies that keep us moving.**



I was honored to get the chance to spend the week with thousands of others who value this message at the SHAPE America convention. Attending the convention gave me the confidence and enthusiasm to keep pushing the movement 50 Million Strong! As a senior at the University of New Hampshire, I wondered how I could contribute in my major to the Physical Education profession. After sharing my experiences and excitement on my experiences with many of my computer scientist friends, engineers, and business major peers, I discovered they wished for a career path such as mine that brings joy and a message of healthy living. As much as I value learning in my classes on how to write lesson plans, teach throwing cues, manage a classroom, I believe that attending these conferences and getting the chance to meet and relate to other professionals in our field is what's going to SHAPE the future of our schools. The sheer excitement I saw & felt from attending sessions, trying new games & equipment, & listening to inspiring keynote speakers is why I chose this path. I hope that every undergraduate or graduate student takes the initiative to attend his or her state & national conference. I guarantee this will not only help your professional future, but will also help current teachers improve their own work as you spread the word. For every undergraduate or graduate student worried about not finding a job, they should seriously consider attending a SHAPE America conference. You may not only run into a potential employer, but it also shows that you care about what you do to become a better educator. Talk to as many people as you can, attend every session available, enter every raffle, and most important of all get up and move.

SA Eastern District Honors NH Colleagues!

Mary Ellen Alger, NHAHPERD Awards Chair

Two of our finest colleagues from NH were honored at the recent SHAPE America Eastern District Awards Ceremony, held in Boston at the national convention.

Rappa Receives Linda Woods Huber Recognition Award

Dianne Rappa, our NHAHPERD Executive Director, was awarded the 2017 Linda Woods Huber Recognition Award. Dianne was presented with this distinguished honor “in recognition for your dedicated friendship, service, and commitment to SHAPE America Eastern District. A heartfelt thank-you for your collegiality.” In addition, she received a special thank you for her fourteen years as the Eastern District Exhibits Manager.

Curt Martin Receives the Outstanding Professional Leadership Award

—Curt, former NHAHPERD President & Past President for Eastern District, was honored with the Eastern District 2017 Outstanding Professional Leadership Award. Curt recently completed his tenure on the Executive Committee of Eastern District. For his long term commitment and service to SHAPE America Eastern District, Curt also received the *Presidential Medallion*. Here is the text of presentation remarks: Curt Martin is a graduate of Cortland State College & taught in Hopkinton, NH from 1978 to 2009. He coached high school for 26 years & was also the Assistant Men’s and Women’s Basketball Coach at NH Technical Institute for 8 years. Curt demonstrated his leadership throughout his years of teaching & coaching. He was president of the Hopkinton Teachers Association for a number of years & also served on the negotiation team for over 15 years. In the profession, he served two terms as President of NHAHPERD, as well as serving as the state representative on the Eastern District Council for Services. From there he served 3 terms on the Eastern District Executive Board as a VP for recreation & twice as VP of PE. At the present time, he is completing his term as SHAPE America Eastern District’s Past President. Throughout this time Curt has led in a calm and respectful manner, he has never wanted the spotlight on him. Curt only wanted to try & make our organization stronger. He has been described as “beyond competent & thoughtful in all he does.” Congratulations Dianne and Curt – we applaud your long term commitment and service to SHAPE America Eastern District & for representing NH with the highest degree of professionalism!



HEALTH EDUCATION NEWS

What's "Health"-ening New Hampshire?

Laura Short, VP Health, laura.short2@gmail.com

Since our last Newsletter, a lot has been happening in the world of Health in the 603. Two events that stick out are the launch of the Speak Up NH campaign and the Youth Summit on Opioid Awareness.

The Speak Up NH campaign was launched by the Partnership for Drug Free NH on February 8, 2017. The intention of this campaign is to understand the stigma of addiction, reduce stigma, talk about addiction and overcome the stigma. If you go to drugfreenh.org, hover over "Get Information," the last option is a link to this campaign. There are a lot of resources including a social media toolkit, talking points to the importance of this campaign, as well as contact information for somebody who may be struggling with addiction.

Thousands of New Hampshire middle and high school students gathered in Manchester on March 7th 2017 for the state's first-ever Youth Summit on Opioid Awareness. This event was hosted by the Mark Wahlberg Youth Foundation and included Patriots player Patrick Chung and U.S. Attorney General Jeff Sessions, amongst many other guests. The feedback I have heard is that the event itself was more like a concert in an attempt to keep the students engaged, and may not have had the somber emotions that would be expected. Throughout, they were encouraged to share photos on social media with the hashtag #DrugFreeIsUpToMe. However, there was also a moment in which mothers who had lost their children came to the stage holding their child's picture. Quite the turnaround from the dancing, performances, and "celebrities" that they had hosted before. At the end of the day, it is important that there are discussions happening with students surrounding this area, as New Hampshire has the third highest rate of morbidity from opioid overdoses. Perhaps we can have these classroom setting conversations, and continue to encourage students that #DrugFreeIsUpToMe.

If you have any questions about these initiatives, please do not hesitate to contact me at laura.short2@gmail.com Stay Healthy NHAHPERD!



Shannon Szepan, Past VP Health,
sszepan@litchfieldsd.org

Happy New Year Everyone! Wow, one half of another school year is completed, let's keep pushing to make it a successful second half of the year in all aspects of our teaching. For some, we are meeting new students, starting new classes, and maybe trying to seek more professional development opportunities to help build our content knowledge! One thing that I am striving to do is to immerse myself in learning more about concussions and the impact on particularly students in the classroom setting. Yes, that is right, concussions, that traumatic blow, jolt, or bump to the head that causes the brain to move rapidly back and forth within the skull (What Is a Concussions, cdc.gov).

As many of us know these concussions, can have an impact on a student's overall academic performance and need time to heal. I know that every time, I receive a note saying that one of my students suffered a concussion, I have that immediate thought of what can I do as a teacher to understand the symptoms for that student and how can I modify my plans accordingly to help the student heal! That's right, just like any other injury, the brain needs time to heal! I would like to give you some additional resources that you can go to obtain more information on concussions and the impact on a student.

Here goes:

1. Talk to your school nurse (they are a wealth of information)
2. Check out the [cdc.gov](https://www.cdc.gov/headsup/basics/concussion_what.html) website on concussions (https://www.cdc.gov/headsup/basics/concussion_what.html). The cdc.gov has the heads up concussion course (think professional development opportunity)
3. Heads up program for schools (<https://www.cdc.gov/headsup/schools/>)
4. Concussion Resources for Teachers and Educators (<http://www.concussiontreatment.com/forteachers.html>).

Remember with concussions, symptoms can vary person to person! Please take some time and immerse yourself on this topic! You might even help another colleague learn different steps or considerations on how to help a student suffering from a concussion. Until next time, stay safe!

MLA Citation just in case ☺

"What Is a Concussion?" *Centers for Disease Control and Prevention*. Centers for Disease Control and Prevention, 16 Feb. 2015. Web. 11 Jan. 2017.

State Advisory Committee Update

by: Piper Cronin pcroronin@sau50.org

On March 17th, St Patrick's Day, the State Advisory Committee members met at the conference for our annual meeting. Curt Martin, the Past President of Eastern District SHAPE America, gave us an Eastern District update. There is a lot going on and I want to touch on some of issues. We are looking for case studies. Do you know of a Health or PE class that is doing great things? How about physical activity in your town or district? If you do, please contact me, or any member of the NHAHPERD board so that we may contact SHAPE America to contact the individual or school. If you are unfamiliar with the program you can go to this site to read about other case studies: <http://50million.shapeamerica.org/case-studies/>.

Eastern District is also looking for people to fill committees: nominations committee, awards, joint projects, professional development, advocacy, lecture, etc. Each of these may have sub committees. Right now the District Leader Committee (DLC) members are doing some of the work of the sub committees so we need some enthusiastic go-getters that are looking to give back to their professional affiliation to step up. Will that be YOU? This is not an enormous amount of extra work – really! You meet once a year. You are the go-between for your state and Eastern District acting as an advisor, if you will. Most of the positions are for a two-year term but you can continue on if you would like to.

The Eastern District Implementation Plan Review was discussed. These are the goals that the Eastern District has for each of the states. It involves Value (Enhance visibility of 50 Million Strong to health and physical educators, stakeholders and the public), Reach (Increase SHAPE America membership), Impact (Influence local, state and national policy that supports effective HPE programs), and Revenue (Develop and deliver high-quality professional development opportunities that support health and physical education professionals' contributions to the achievement of 50 MS.) We would love any input you may have about any part of the Implementation Plan.

Call for Nominations **VP Elects & President Elect**

Are there any Health, PE, Recreation, Dance professionals out there who would like to serve on the board as a Vice President Elect? Or as a candidate for President Elect? If so, please contact: Mary Ellen Alger, mealger@nec.edu. The NHAHPERD Executive Board is very rewarding professionally and personally. You are able to meet and work with like-minded people, share and are giving back to your profession.

Sarah Flaherty, VP Elect Health, sflaherty@windhamsd.org

As a PE teacher, I hear loads of things that the girls say in our locker room. One of the biggest things I used to hear was what the girls said to the full length mirror right next to my office door; & it wasn't great. "Ew" unfortunately was the most used phrase in our locker room. One of the guidance counselors & I paired up and did a one day session with the girls to get them thinking about self esteem & how it relates to them as girls during their middle school years. We used The Dove Self Esteem project as our backbone (<http://selfesteem.dove.us/>). Watching the videos as a group helped us bring up questions to the girls, & brought some thought provoking answers. One of the videos we watched was the "Dove Real Beauty Sketches: You Are More Beautiful Than You Think". We asked the girls afterward why they thought it was so hard to compliment themselves, & one 6th grader replied with, "If I compliment myself people might think I'm an egomaniac". We then had a really good conversation about different ways to show your self-confidence throughout different parts of the day. Health teachers looking for suggestions on how to spark conversation of self-esteem should take a look at the The Dove Self Esteem Project for more resources. Depending on how much time you can spend on this unit, their website provides a plan for a single session as well as 5 sessions.

Make a difference in the lives of your students.

Jump Rope For Heart and Hoops For Heart are educational fund-development programs. Each year more than 7 million children participate in a service learning event, engaging teachers, schools and their community in a shared collaboration to improve the health and educational success of students.

Teachers receive	Students learn	Schools can
<ul style="list-style-type: none">classroom resourcesteaching tools + supportprofessional developmentnetworking opportunities	<ul style="list-style-type: none">heart healthy livingphysical activity skill-buildingcivic engagementteamwork and cooperation	<ul style="list-style-type: none">increase access to PEearn equipment voucherspromote student success and well-being

Sign up to hold an event in your school and shape a new generation of healthy, physically active and engaged citizens!
Learn more! shapeamerica.org/jump

Logos for SHAPE America, JUMP ROPE FOR HEART, HOOPS FOR HEART, and American Heart Association are visible at the bottom.

The Art of Networking

@catherineapatch --- catherineapatch@hanovernorwichschools.org, Past VP PE

Full disclosure, I am not the master at networking. At a conference, I aim for 50% of my learning to be done in the workshops and 50% of my learning to be done outside of the workshops. Learning new tag games, state mandates coming soon, and seeing new products that make teaching more fun or efficient are just the tip of the iceberg when I think about the goals I have for a conference. At first it may feel forced, but it's like a skill, it takes practice and soon you will think of it less like networking and more of going to a family reunion. I recently attended the SHAPE America's National Conference and I loved every second. If you haven't had the chance to attend a national conference, I would highly recommend it. National conferences are prime time for networking and are a lot of fun!

My top "networking" moments at the SHAPE America's National Conference: · Walking back to the hotel & meeting a PE teacher from Ireland who I crossed paths with many times over the next few days. · Meeting Victoria Otto, yoga for PE expert, at an USGames OPEN social and discussing how to incorporate small amounts of yoga into stations, games, warm ups without having a full blown "today is yoga day". · Learning how amazing NHAHPERD is from USGames, Kurt Stone because of our high percentage of teachers who attend our state conference. · Getting Jo Bailey AND Joey Feith to agree to come to our NHAHPERD conference, fingers crossed it works out for this year! · Congratulating our new SHAPE America President- elect Judy LoBianco. · Thanking Lori Dunn for being understanding when I didn't move to Seattle. · Meeting Tess Letarte at the UNH Alumni who is interested in being on the NHAHPERD board.

Here are some basic tips to help you network at a PE, Health, Recreation & Dance conference:

· Bring a friend; it's easier to expand the circle of friends if you have one friend to start with. Also, make sure you and your friend are introducing each other to everyone the other person meets. I have a friend who I grew up with who is a pro at introductions, he says the person's name then gives them the best compliment. I love when he introduces me, and I try to do this for others. · Offer to help and be generous. This can come in many forms from offering to present at the conference, to donating items for the silent auction, to smaller things like checking in with organizers to see if they need a presider or helping clean up equipment. It's noticed when presenters need participants and you jump up. · Attend or organize a meet up group for a common theme. I typically find my fellow UNH'ers and make time to get to know the new graduates and keep our tight knit family together. This could be organizing a condo together to having a spaghetti dinner to all going to the same place in the evening. · Smile, ask an open-ended question, and listen. Yes, it is not rocket science. · Wear your name tag and I always offer my name quickly, assuming that someone in the group forgot my name to avoid making them struggle to remember my name or leave without catching it. Likewise, if you know someone's name, but maybe your friend doesn't remember, drop that person's name quickly to help them out. · When reading online about other tips to networking it typically says know who the top people are. I would argue the opposite; know that everyone has something valuable to share. The odds are if you talk to a lot of people you will rub shoulders with the big names. You also never know who will be helpful to know in the future. So talk to the person sitting next to you, in line in front of you and the guy walking down the street at midnight in wind-pants. · Attend lots of conferences and events, law of probability shows that the more you attend the more people you will meet. It also helps reconnect one time partners in a game where you caught a name and leads to a more in depth conversation and relationship. · Use Twitter. This is in no way necessary, but if you are at a national conference, I promise someone will ask you what your twitter handle is. Someone asking for your twitter handle represents a person who wants to connect with you and continue the learning after you both have left the conference building. My twitter handle is @catherineapatch

Tribute to Scott McGilvray

I am deeply saddened by the untimely death of the President of NEA-NH, Scott McGilvray. Scott was a regular attendee at our NHAHPERD Conference in his role as NEA-NH President, taking the opportunity to connect with the many NHAHPERD members who are also members of NEA-NH. In recent years, he attended our Conference not only in his role as NEA-NH President, but also in his favorite role of all....that of Dad! His beloved daughter Molly is a PE Major in her Junior year at PSU. He was so proud of her accomplishments & was thrilled to watch her present at our conference last November. He was so excited knowing that she was also presenting at the SHAPE America Convention in Boston. Scott was a tireless advocate for students & educators across the state, dedicating his life to fight for the rights of every child assuring that they had the opportunity to succeed. He made NH a better place for children & educators. He was elected as NH State Senator for District 16 in November. We were so fortunate to have such a wonderful advocate for children & educators serve in the State Senate, even though his time in the Senate was cut so tragically short. Prior to taking on his role as NEA-NH President, Scott had taught social studies at Manchester Memorial HS for over 20 years where he also was the head football coach. Scott was devoted to his family and friends. Our hearts go out to his wife Patti, his daughters Meagan and especially to our NHAHPERD member, Molly as well as his other family members & countless friends. I feel so fortunate to have had the privilege of knowing & working with Scott for many years. NH has lost a treasure. May you Rest in Peace, dear friend. You are sorely missed by us all. Diana Griffin, Past President NHAHPERD, NEA-NH Executive Board member.



NHAHPERD PROGRAM ENHANCEMENT \$250 EQUIPMENT GRANT

Application

Name: _____

Address: _____

School: _____

Level of School: ____ Elementary (K-5) ____ Middle (6-8) ____ Secondary (9-12)

Number of students impacted by this equipment: _____ Grades: _____

List quantity, cost and description of equipment:

(Please respond to each of the following questions in 1 or 2 paragraphs)

How will the acquisition of this equipment enhance your program's content?

How will the acquisition of this equipment enhance your teaching practice?

How will the acquisition of this equipment benefit your students?

****The Program Enhancement Grant is sponsored by the past presidents of NHAHPERD awarding 3 grants of \$250 annually. Funds are designated for the purchase of equipment that will enhance teaching & programming at the K-12 levels in NH schools.**

Criteria: 1. Must be current NHAHPERD member; 2. Receive award only once; 3. Must submit a programmatic play & student outcomes for equipment requested; & 4. Use of equipment must follow the National guidelines on Developmentally Appropriate Practices in PE. The application must include a letter of support from applicant's supervisor indicating program budget for year & specifically identify the account source, school/district for deposit of these funds

Send completed application to: Dianne L. Rappa, P.O. Box 123, Bath, NH 03740 for review & approval.

***29th ANNUAL WHITE MOUNTAIN JUMP ROPE JAMBOREE
FREESTYLE AND DOUBLE DUTCH WORKSHOP AND CHAMPIONSHIPS***

SATURDAY, JUNE 3, 2017

HAM ARENA, CONWAY, NEW HAMPSHIRE

WORKSHOP: A sharing session in single rope skills, featuring world champion jumper,

Mark "Rock" Rothstein of Atlanta, Georgia.

CHAMPIONSHIP EVENTS: Single Rope: Individual and Pairs Freestyle

Double Dutch: Individual and Pairs Speed

Freestyle (Individual or Pairs)

CHAMPIONSHIP DIVISIONS: Novice, Intermediate and Experienced Divisions for each of the following levels:

- Kindergarten thru 2nd Grade

- 3rd and 4th Grade

- 5th and 6th Grade

- Open Division (7th Grade and above)

PRIZES: Awards will be given to all participants in each division of each event.

**For more information, contact Mr. Andrew S. Blanchard, Tournament Director,
P.O. Box 2032, Conway, NH 03818,**

or telephone (603) 447-5025 (home) or (603) 447-3369 (work), or e-mail - ablanch@roadrunner.com



SHAPE America National Convention March 14—18, 2017

Submissions from NHAHPERD Member 2017 Grant Recipients

Reflections of attending the Shape America Convention! Submitted by Julie Andrews, Gilford Middle/H.S.

I had the pleasure of attending the recent Shape America Convention in Boston. Thank you NHAHPERD for making it possible with the grant money available. As a wellness teacher I am always on the look out for activities that will make my class more appealing to my students. You can only talk about ‘how many calories are in one pound of fat’ for so long! I was hoping to attend a few sessions where I could take back meaningful activities and resources that can go beyond the ‘content’ and I was definitely rewarded. “Functional” information was the key to the sessions that I attended. These go beyond the basic ‘facts’ that we health teachers sometimes find ourselves getting “bogged down” in. Today’s students need information that is relevant and timely, and, hopefully, applicable to their life NOW. I attended a session headed up by the Teacher of the Year, TOY recipients for health and wellness and was came away with lessons that I can implement right now. The activities were interactive as well as informative. One of the presenters Mary McCarley gave a dynamic presentation of how she engages her Health classroom and provided participants with a google folder (here’s the folder to download: goo.gl/vB42z6) She also sells her materials on “TeachersPayTeachers.com” which I highly recommend if you are seeking ready made lessons to spruce up your curriculum. You can find free materials as well as easy to download and use powerpoints and full health curriculum.

Of course a convention isn’t a convention without a great exhibit area and being a national event there was a wealth of presenters and ideas for everyone. I visited the “fatal vision” booth and learned about new products to promote both alcohol and marijuana awareness. Most wellness teachers know about the ‘goggles’ that impair vision for alcohol education but did you know there are goggles that do the same regarding marijuana? These show students the cognitive effects of abusing marijuana by having students complete a maze before using the goggles and after.

This is just a brief overview of this great convention; not to mention the networking opportunities that available with other teachers and the inspiring key note speeches. If you have never been to an Eastern District or a National Conference I highly recommend it! Do utilize the grant money that is available from our NHAHPERD organization and share your convention story!!

SHAPE America National Convention – Boston Experience!
Marilena Canuto, Berwick Academy

With NHAHPERD’s help and in spite of a major snowstorm (Stella), I was able to attend the SHAPE National Convention held in Boston on March 14-17 of this year. It was exciting to see many familiar faces from NHAHPERD and to meet many new people from around the world. This was actually my first National Convention I have attended in my 20 years as a professional. It was a place where I was able to meet and connect with other professionals from around the world who are as passionate about Physical Education and Health as I am. There were many different sessions to attend ranging from health, dance, assessment, and many other topics. It was difficult to choose between them. The presenters were amazing. There is nothing like seeing different approaches to teaching that you have not seen before. I met so many Teachers of the Year and witnessed how they integrate lessons into their classes. I interacted with many passionate people at this conference, and I loved the energy I found there. There is nothing like bouncing ideas off of people who get what you are talking about, or being affirmed in your approach or philosophy. The general sessions were fantastic. I was able to attend them and hear from Steve Gross, Chief Executive Optimist of the Life is Good Kids Foundation, and John Ratey, MD, the author of Spark: The Revolutionary New Science of Exercise and the Brain. We as physical education teachers know that exercise the most important tool to keep our body and brain fit. The conference was a great reminder of how important it is to surround oneself with positive people and have a fresh outlook on life. It is easy to get burned out or get into a rut in your teaching by doing what you have done in the past. I found attending the National Conference to be a source of rejuvenation for me. I have been able to take many of the ideas that I learned and transform them to fit my school. If you ever have the chance to get to go to a National Physical Education Convention, you won’t be disappointed. It was a fantastic experience.

SHAPE America Boston March 2017—By Deanna Lavoie, New Searles Elementary

What an amazing opportunity to have our national convention in Boston. Although I was only able to attend for two days, I took away too many ideas to include in this space. I highly recommend that you find a way to attend a national convention or at least ED as soon as possible. You will love the energy, positive influences and will meet incredible people! The big idea carried from the keynotes throughout the sessions that I attended was to maximize movement for ALL students by offering a variety of physical activities and support SHAPE'S commitment to 50 MILLION STRONG. All of the keynote speakers were truly inspiring and stressed the importance of all-inclusive physical activity. One of our N.H. jump rope teams "jump"-started our day on stage too. Congrats to Nancy Miller and her Newmarket Hot Shots performing at SHAPE America!

John J. Ratey, M.D., neuroscientist and author of SPARK, was one of the keynotes who stated that every time you move, you activate brain cells. Dr. Ratey suggests that students exercise in the morning to "regulate emotions and optimize the brain's ability to learn." Have you read his book? If not, find a copy and check it out. Each chapter is dedicated to a different mental or physical condition and how exercise affects the brain. It's the kind of text to which you can personally relate and revisit throughout different phases or ages in your life. Dr. Dean Kriellaars, University of Manitoba professor, another keynote, spoke to the lack of "free-range" activity in today's children who are apparently "bubble wrapped" and can perform academically but aren't moving. We can better serve our elementary students by offering a wide variety of skills and movement themes in physical education class instead of teaching the same skills for 4-6 week units. Elementary students' interest and participation will increase if we focus on the process rather than the product and introduce many lifetime activities rather than team sports. I also agree with Dr. Kriellaars' belief that intramurals should be accessible to 100% of our students. We really need to focus on those children who do NOT already participate in recreational programs. I believe that as physical educators and health professionals, it is our duty to advocate for more physical education and physical activity before, during and after school. Promote your program and involve your colleagues, administration and parents. Write to your school board and superintendent with references to brain-body research, particularly on increased academic performance. Let's work with our colleagues to find alternatives to withholding recess as punishment. Reach out and be an advocate for P.E. It never hurts to ask, right? One of my district's school board members actually encouraged me to continue sending research-based articles after I recently shared a link. https://www.washingtonpost.com/news/answer-sheet/wp/2014/07/08/why-so-many-kids-cant-sit-still-in-school-today/?tid=a_inl&utm_term=.83aed950949b. In closing, I'd like ask if you have heard of the FREE program, BOKS (Building Our Kids' Success) <https://www.bokskids.org> I would love to hear your experience if you've implemented this program. lavoiede@nashua.edu

Shape America National Convention—A Reflection on Youth in Our Profession and Teaching to Physical Literacy. Dave Olszewski, NHAHPERD Public Relations Advocate, Hollis Primary School

After attending the National Convention in Boston this year, I couldn't help reflecting on the many valuable experiences presented through workshops, keynotes and networking with colleagues. First what struck me was the many younger professionals in attendance. It was great to see so many educators at early stages in their careers engaged in professional growth. You could sense the enthusiasm through their participating in so many workshops and the energy they brought. I was able to participate in open dialogue with a number of younger teachers at various workshops and impressed with how they are approaching the many challenges faced in our profession. It brought me back to early in my career when your idealism is confronted with reality and you may at times struggle to find that balance between both. My message to any young professional is to keep moving forward at don't lose your passion for what you believe in. Keep fighting the good fight through your need for life time learning and personal growth. Never stop growing and learning.

While listening on Friday morning to Dr. Dean Kriellaars speak to the benefits of Physical Literacy, a light bulb went off in my head. Physical Literacy is Holistic – "Emphasizing the functional relationship between the parts and the whole". Common sense right! Of course I am sure that many of us view the teaching of Physical Literacy from this perspective. Sure we know that there are a body of movement/motor skills that students should be competent at to engage with confidence in human physical activities which leads to the greater propensity for living healthy lifestyles. The research supports that! Looking at the broader picture, we do our part the best that we can with in many cases limited time and scheduling constraints. Never the less we strive to maximize the learning opportunities of our students. But if we look a little farther we can see that the importance experiences of Physical Literacy development through free play with younger children. As Dr. Kriellaars pointed out that free is enormously critical to the development of: 1. Skillful quality of Movement 2. Confidence 3. Creativity 4. Social Skills. When we look at curriculum from Elementary through High School it might be wise to keep in mind what content is most valuable to our students. Are there Sport/Game opportunities? Are there Dance opportunities. Is gymnastics any part of curriculum? Does Outdoor Education exist? It is certainly difficult for us as professionals to be everything for all people particularly with the scheduling and time limitations many of us face but our commitment is what keeps our students learning and movement. As research points out: Physical Fitness is an outcome of Physical Literacy! So keep up the good fight and let' keep our kids moving often and moving well.

Plasma Cars in PE??

Ken Marier, SAU 23: Bath Village School, Piermont Village School, Warren Village School, Monroe Consolidate

First, I would like to thank NHAHPERD for the scholarship reimbursement for attending this years' SHAPE America National Convention in Boston. I was able to attend two days and was amazed with all the seminars and workshops offered. The exhibitors and vendors were also plentiful and the wealth of knowledge they had for their products. I wish I had a bottomless pocket because I would have left with many supplies! It was also nice to meet G & G Fitness, brothers of Rob Gronkowski of the Super Bowl champs, NEW ENGLAND PATRIOTS!! There were many highlights I would like to share, but the one that stood out was Friday's keynote speaker Dean Kriellars, Professor, University of Manitoba in Winnipeg. His topic of "Physical Literacy: the Gateway to Active Participation" was second to none! I apologize for getting carried away with the conference, but I feel it was the chance of a lifetime and with it being held in our "backyard" what an opportunity to go.

Back ten years ago or so, I purchased a Plasmart plasma car for my one year old son. After personally trying it out my wife and I purchased two more so we could share with the fun. Little did I know that I would become a hoarder of these wonderful little toys. I now have approximately 25 plasma cars hanging in my basement and currently use them as a part of my Physical Education curriculum. I teach at 4 small, or should I say "tiny" K-8 schools. The schools have approximately 80 students. The first time I brought the 3 plasma cars to school, the students and staff absolutely fell in love with them. So it was my goal to find a way to purchase more plasma cars so each student would be able to have a car for the entire class time. My class sizes range from 8 to 24 students per class. It's a pretty scary place to be when there are 24 plasma cars driving around a small gymnasium! I conveniently plan on bringing in the cars in to class the week before Christmas vacation, and the week before winter (February) vacation. My thought process behind this is that the students get very excited about vacation and this for the most part is a safe low impact activity, which hopefully prevent any student from getting injured.

In my personal opinion plasma cars makes the students use their visual (peripheral) sense as to driving. Students need to keep aware of where they are going and actually look ahead for any oncoming traffic. There are "numerous" times when there are fender benders and that's the fun part. I've been known to bump into students from now and then. We also race them around the gym as well, which is a hit. I have preschoolers (age 4) all the way up to teachers and principals who have taken their turns on the plasma car.

Lastly, at one of the schools I teach, I have a student who suffers from Muscular Dystrophy Duchenne Syndrome (DMD). He is a third grader and his only mobility is by the use of a motorized wheel chair. At this point he can still use a plasma car and participate with all the students without having his wheel chair. This I believe is a positive result of having this apparatus. The social aspect that he gets from being just one of the kids. As you can see, this PE equipment is user friendly for kids of all ages.

Life is Good: Reflections from the SHAPE America Convention, Boston

By Corri L. Wilson, MS Sport Management, Adjunct Faculty (Colby-Sawyer College and NHTI, Concord)

One of the things I have learned going to conferences for the past 30+ years is that sometimes it is best to select a few sessions that resonate most with you, and focus on a few takeaways from each. More than that and you might get overwhelmed, and in turn, implement little if anything when you return to the "real" world. One thing that particularly resonated for me at this time in my career and life was at Wednesday's session where Steve Gross presented "Life is Good: Five Pearls of Wisdom". Steve is the Chief Playmaker at the *Life is Good Kids Foundation*.

Steve was dynamic. He spoke with a tremendous amount of humility and incredible energy and passion. He believed strongly in his message and wanted to share with all of us. I found truth and beauty in all five, so I share them with you here in the hopes that you, too, will take away something helpful.

Pearl #1 Optimism is essential. Optimists choose to see the good in themselves, in others, in the world around them. Optimists focus on the good, even when other things demand their attention. Our brains are Velcro for negativity and Teflon for positivity. We must learn to focus on the good or the negativity will stick. Steve showed facts to help us understand that the world is actually improving, but when we focus on the negative we don't see this. When we focus on the positive, we realize that while things are not perfect, life is getting better overall. One of the challenges that keeps us from focusing on the positive is that we don't connect as readily to others as we used to. We need to look up, "turn the lights on", and really see each other.

Pearl #2 We are all capable of being superheroes. Our disposition is our superpower. When we combine our professional skill set with our positive disposition, we can reach more people. We need them both. As adults, we need to be more like kids. Kids' superpowers include: honesty, courage, love, ability to have fun, open, spontaneous, and compassionate. There are certainly more, but these are among the ones that we as adults sometimes lose focus on.

Our focus in our schools and in our lives should be about ROC – Return on Community. This is possible with more fun and more humor, by strengthening and using our superpowers. As Albert Einstein said, “The important thing is to keep the important thing the important thing.” When things go wrong, we tend to change our disposition. At these times, it is important to adjust and re-focus.

Pearl #3 The greatest threat to optimism is fear. Fear is poison. Negativity impacts our physical and mental being. Stress and fear are toxic. Short-term negative behaviors can lead to long-term maladaptation including disease and ultimately death. Working with kids can help break that cycle. We must help kids find alternatives so they won’t engage in destructive behaviors. In helping them do so, we also help ourselves.

Pearl #4. Disposition can be nurtured. We used to think, “Oh, that’s just how she is” but we know that we can grow and change and that we can help kids do so. The combination of nature and nurture plays a greater role than we ever believed possible. A *Youth Treatment Focus* for nurturing disposition is based on two things: 1) Create an oasis, a safe respite and 2) Help children learn to play, to explore and engage with their world.

Oasis + Play = O’Playsis

The four ingredients of an O’Playsis include:

- a. Internal control: Our kids are unique, special, worthy, safe. They need to learn how control this for themselves. Kids need to learn how to say, “I got this”.
- b. Active engagement: Kids need to be in the moment, not focusing on (or worrying about) the future, and not on the past (which has already happened and we can’t change). Right now is the only time something happens, so be here now. When the environment is overwhelming, kids check out. We need to make *now* when sometimes *now* sucks for them.
- c. Social connection: We need people. Kids need each other and the adults in their lives. This is a primary need (Abel and Krueger, 2010). Smiles and laughter are signs to connect. When we are all looking down at our cell phones, we are not seeing the signs.
- d. Joyfulness: We must stay positive and look for the joy in things. “The sun is always shining, we just don’t always see it behind the clouds”. We must see joy and help others do the same.

When we merge the four, we get O’Playsis. Every school should be an O’Playsis – a safe, enjoyable place for kids to learn and grow. When we nurture this, optimism grows. This, in turn, brings out our superpowers and, ultimately, the best in ourselves and others. Then the world becomes a little more loving, kind, and real.

Pearl #5. You can’t spread what you don’t have. Charlie Parker said, “If you don’t live it, it won’t come out your horn.” We all have the obligation to bring our best self to your work every day. Outstanding human services require outstanding humans.

None of this is new to me, and it probably isn’t new to you, either. But, we all need to be reminded on occasion. What I took from it as it relates to our work with kids and athletics is a reminder of the role we play in shaping kids’ lives. When we focus on the positive, we can do even more to change our kids, our schools, and our communities. And when we each change our community, we ultimately can change our world. You can learn more about Life is Good at <http://content.lifeisgood.com/purpose/>.

A total of 24 students from Plymouth State University attended the SHAPE America National Convention. All volunteered 10 hours at the convention. The students helped with registration, setting up spaces, delivering equipment, monitoring rooms, and a variety of other tasks.

Ten of the students along with Dr. Lynn Johnson presented a session titled: *Pickers and Tech: Enhancing Learning and Assessing in K-12 Physical Education*

Presenters Pictured: Front Row Left to Right: Cecelia Shewell, Adrianna Kippenberger, Abby Cerone, Molly McGilvray, Second Row: Alexandra Littlefield, Back Row Left to Right: Lynn Johnson, Ross St. Onge, Tyler Mahoney, Lindsay Poulin, Nick MacGregor, Dan Nilsson, Brett Matthews



RECREATION NEWS

Matt McGuigan, Past VP Recreation, mattmcguigantodd@gmail.com

Welcome Spring! It is good to feel the warm weather start to roll in. I hope everyone is starting to prep and plan outdoor lessons and activities. As you plan for spring and summer lessons start to think about adding a fishing unit to your class. This winter I attended a 2 day class in becoming a certified Let's Go Fishing Instructor for the NH Fish and game. This is an amazing program that is well funded and the volunteers that work it, really care for what they do. If you do not fish or have never fished before no worries! There are tons of willing certified volunteers to come teach a class for free! Each instructor has years of experience fishing and working with students and adults. You do not need any equipment each instructor comes with all equipment needed to fish for each student.

Here in New Hampshire we have the best location for a fishing unit. Why not use what we have here in New Hampshire to teach our students how to play outdoors safely. If you are interested in having an instructor come to your class you can email me for more information. Enjoy your spring classes!

NOTE: All equipment and materials are provided. A fishing license is not required to participate, when fishing during designated fieldtrip hours.



For more information, call (603) 271-3212 weekdays 8:00 AM to 4:00 PM, or email: aquatic-ed@wildlife.nh.gov.

The Let's Go Fishing program is federally funded through the Sport Fish and Wildlife Restoration Act.

Elizabeth Whalley, VP Elect Recreation; ewhalley@sau23.org

Have you ever thought about becoming an official? Officiating is a great way to stay involved with the sport. One added bonus is that you also get to stay active by moving up and down the court or field. New Hampshire is in need of more officials as many of the current officials are starting to retire from reffing/umpiring. Training opportunities are available for every sport. The training opportunities are slightly different for each sport and generally start the season before the sport is played. For example, training for soccer starts in the summer, while training for basketball starts in the fall. Generally, there is a classroom session where rules are reviewed, then some on the field or court training.

If you are interested in officiating basketball I can give you plenty of information. I have been officiating basketball for the last 7 years, and would love to help anyone who would like to get involved. I started when I was in college, & would highly recommend officiating to anyone who has a love for a sport. Plus, an added bonus is you get paid to officiate so it is a nice side job. For more information on who to contact check out the NHI-AA website or <http://www.nhiah.org/related-links/officials-links> for links to all sports officiating organizations.

Want to take a trip with your students to the mountains?

Hannah Kimball, Past VP Dance, hkimball@sau83.org

There is a great, fun, affordable way to do this. The Appalachian Mountain Club offers great youth programs that make great overnight field trips for middle/high school students. The program is called "A Mountain Classroom" and a super fun way for your kids to experience the White Mountains!

The Staff: Friendly & fun. Coordinating trips is very easy!

The Location: Beautiful, natural, and right at the base of Mt. Washington!

Housing takes place in a variety of AMC lodges.

The Experience: FANTASTIC! This is a cross curricular experience between wellness and science. Kids experience the great outdoors from an earth science/ecology standpoint to a team building and "being healthy" standpoint.

For more information, use the following link: <https://www.outdoors.org/youth-programs/mountain-classroom/> OR contact me: hkimball@sau83.org



WEBSITE WATCH

App Alley

Paper (Free): With this app you can easily take notes, create checklists, sketch diagrams and charts, and draw on photos. To learn more about and get the app visit: <https://www.fiftythree.com/paper>

JitterBug: (Free) This app created by Friskies for cats can be used for target games in PE. Connect your iPad or phone to a projector and project. Voila, moving targets on the wall in your gym. Thank you Kevin Tiller for this great app idea! You can also use this with students who have mobility or vision issues having them track, reach, & tap the "bugs" on the wall.

Technology in Physical Education, Part 2

Paul Landau, PE VP Elect, plandau@conval.edu

If your districts are anything like mine, one of the big pushes of late has been for the integration of technology into classrooms around the school. As a physical education teacher I sometimes struggle to find meaningful ways to incorporate tech into a lesson because it can often feel forced. In the last newsletter I highlighted an app called Plickers. This month, I'm going to talk to you about a new video analysis app that I've found to be very useful in my classes (and also as a coach).

HUDL Technique:



What is it?

Hudl Technique is a video playback app that allows you to analyze film in slow motion.

How does it work?

Hudl Technique works by accessing your phone or iPad's camera and then records within the app. After you record a student performing a skill, you can roll through the footage frame by frame, in a side by side comparison to additional video, or (my favorite) you can overlay to videos on top of one another. You can also edit the video, add notes, and even draw on the video. One other fun feature is the ability to compare footage of your students with a professional athlete from that sport.

So what are the applications in a PE classroom?

I've found this software to be incredibly useful in helping to refine the technique of students in a number of different skills across sports. It adds a great visual component to the words that you might use for cues in a skill, and also lets you show a student where they are

making mistakes in great detail. I know my visual learners really appreciate having a way to see exactly what I'm talking about when I try to explain that they aren't stepping towards a target or that they are dropping their elbow on a throw.

Are there any drawbacks?

As a video tool, you need to be sure that you have permission to videotape all of the students in your class. Some students are also not comfortable being videotaped in an athletic setting, or tend to get performance anxiety if they know they are being recorded. One thing I have found helps with students is to let them see me delete the video right after using it to help teach them. Since I primarily use this for corrective purposes and not grading, there's no need for me to store the videos long-term on my iPad.

How do I get started?

To start, visit <https://www.hudl.com/products/technique> for more information and to create an account. The app is free to download on both the Google Play store and the App store and works on any Android or Apple device. Please feel free to email me if you have any questions or for more information. All information for this article came from <https://www.hudl.com/products/technique> and my own experience with the app.



ATTENTION PLYMOUTH STATE ALUMNI

You are invited to a networking luncheon for all Exercise and Sport Physiology and Physical Education/Physical Education & Health Education Alumni, Faculty, Staff, and Students

Hosted by: Health & Human Performance Club!

What is it?

Catered lunch, Presentations of current student work
Presentations of current alumni work, Networking
with other PSU Alumni and HHP Students

When?

Sunday, April 30th - 1:00 PM- 3:00 PM

Where?

PSU Ice Arena and Welcome Center, Holderness, NH

Please RSVP to Jamilya Almonte by Friday, April 14th

If you would like to present, wish to Skype a presentation if unable to travel, or have any further questions please e-mail us and we will reply with more information

jkalmonte@plymouth.edu

Reward those outstanding professionals!

Please participate by nominating your colleagues for an award. It's simple...

1. Send an email to Mary Ellen Alger, NHAHPERD Awards Chair – mealger@nec.edu
2. In the email, please include the full name of your nominee, his/her contact information, professional role/title, and his/her school/organization.

Nominate individuals for any of the following categories:

Award	Brief Description	Criteria
Teacher of the Year-Physical Education: Elementary, Middle, High School	Presented to a physical educator who has made significant contributions to forwarding the objectives of the NHAHPERD organization related to teaching physical education	Current NHAHPERD Member. Certified, full time physical educator with 5 or more years of service.
Teacher of the Year-Health Education	Presented to a health educator who has made significant contributions to forwarding the objectives of the NHAHPERD organization related to teaching health education	Current NHAHPERD Member. Certified, full time health educator with 5 or more years of service.
Outstanding Professional Award for Recreation, Dance, Health or College Teaching	Given annually to a recreation, dance, health, or college teaching professional who has made significant contributions to forwarding the objectives of the NHAHPERD organization.	Current NHAHPERD Member, with 5 or more years of service in field
Outstanding Professional Award for Adapted Physical Education	Given annually to an adapted physical educator who has made significant contributions to forwarding the objectives of the NHAHPERD organization.	Current NHAHPERD Member. Certified, full time physical educator with 5 or more years of service. Also have a minimum of 50% total teaching responsibility in physical education
Lilyan B. Wright Service Award	Recognizes an individual or organization making a significant contribution to NHAHPERD	NHAHPERD Member
NHAHPERD Meritorious Achievement Award	Recognizes professionals who best exemplify exceptional and outstanding contributions to their respective disciplines. The recipient receives New Hampshire Excellence in Education Award in recognition of their leadership throughout the state during the “EDies” DOE annual celebration in June.	Nominee must have been a professional member of NHAHPERD for 7 years. Nominee is recognized for achievements from the elementary, middle school (junior high), secondary or college/ university level. Nominee must have had 7 years of active involvement in the discipline for which the award will be granted. Nominee must have active involvement at the local, state or district level.

JRFH/HFH CORNER

Tips to Increase Donations for Jump and Hoops for Heart Events!

Rose Grenier, NH State Coordinator for Jump & Hoops for Heart; grenierzoo3@gmail.com

Don't overlook the online donations. While you can still do the traditional donation collection envelopes and some people will prefer this method. Many other people spend a lot of time online for work, checking email and social media, so why not make it easier for them to make donations for your event. The website is safe, secure, and protected. The information collected is not shared with third parties.

Secondly, "It saves time! Raising money online makes the money-counting experience faster and easier for you! Instead of collecting cash and checks to sort through, students print their online Gift History Report, which states how much money they raised, and enclose that in their collection envelopes. Plus, donors who make their contributions online are automatically emailed a donation receipt." (heart.org)

Finally, it is easy. Under supervision of a parent, students can make their own website that is part of their school's online team. There are special student thank-you gifts for online donations. You can also see their progress and goals for fundraising. It is a fun way for students to practice their computer skills while sharing lifesaving messages to friends and family.

More detailed information and tutorials can be found on the American Heart Associations Website: www.heart.org; Go to For Teachers: "Benefits of Raising Event Donations Online."

The Great Replay

Christine Parent, NH American Heart Association Youth Market Director

The American Heart Association is excited to introduce our newest program, geared toward middle schools, as an alternative to Jump Rope or Hoops for Heart. The Great Replay, rather than focusing on just one activity (jump roping or basketball), incorporates FUN physical activity through throwback playground games, with fun twists geared towards middle schoolers. Think musical chairs, but using current (school friendly) music, for example. The event can be run by anyone – PE teacher, Health teacher, nurse, classroom teacher, Student Council, National Junior Honor Society, etc. We encourage students to get involved with the planning! It can be run during school or after. The fundraising aspect is similar to Jump & Hoops – there is a donation envelope students can bring home, and they are also encouraged to use social media to help spread the word. There are cool new thank you gifts they can earn – wristbands, iTunes gift cards, t-shirts, ear buds, water bottle, etc. The school will receive a game guide, with many game ideas, specific to how many students will be participating. There is also an educational packet, with interactive activities for students to learn more about heart health and making healthy choices. The Great Replay is meant to educate students on living a heart healthy lifestyle, to inspire students to engage in the mission of the American Heart Association and to allow them to experience fun physical activity at school. Together we can support healthy kids, successful students and stronger communities. For more information, please contact Christine at christine.parent@heart.org.

Picture at right:

Nancy Miller with her Newmarket Hot Shots Jump Rope Demo Team opening up the General Session Friday, March 17 at the National SHAPE America Boston Convention!! NH Strong!! Congrats & Thank You, Nancy!



RECIPE CORNER

Healthy Chicken Parmesan and Homemade Marinara
From: organizeyourselfskinny.com
My children LOVED this chicken!

Ingredients:

½ cup unseasoned wholegrain breadcrumbs
2 tablespoons grated parmesan (or romano) cheese
1 teaspoon Italian seasoning
½ teaspoon granulated garlic
½ teaspoon onion powder
½ teaspoon salt
½ teaspoon ground pepper
1 tablespoon olive oil
2lbs chicken cutlets
¾ cup sauce (try the homemade marinara below)
¾ cup mozzarella cheese

Instructions:

Preheat oven to 375 degrees; In a medium bowl mix together the breadcrumbs, parmesan cheese, granulated garlic, onion powder, salt, and pepper. Coat a sheet pan with the olive oil. Dredge each chicken cutlet in the breadcrumb mixture and place on the sheet pan. Discard the rest of the breadcrumb mixture. Bake the chicken for 15 minutes. Turn over and bake for another 15 minutes. Remove the pan from the oven and spread 2 tablespoons of sauce and 2 tablespoons of shredded mozzarella cheese on each chicken cutlet. Place back in the oven and cook for 10 - 15 minutes or until sauce is hot and cheese is melted. Serve Hot

Make-ahead instructions:

You can dredge the chicken ahead of time in the breadcrumbs and store in a container in the refrigerator. Or you can make the chicken parmesan completely ahead of time, store in the refrigerator or freezer, and then reheat.

10 Minute Marinara

From: www.justataste.com

Ingredients:

2 Tablespoons Olive Oil, Kosher Salt, 2 garlic cloves
1/2 tsp crushed red pepper flakes(optional), 1tsp sugar
28 oz can crushed tomatoes, 1/8 tsp black pepper

Instructions:

Heat a medium saucepan over medium-low heat. Add the olive oil to the pan, allowing it to warm for 1 minute, then add the garlic and sauté it for 2 minutes, stirring constantly, until it's golden brown and fragrant. Add the crushed tomatoes, salt, pepper, sugar and crushed red pepper flakes (optional), stirring to combine. Simmer the sauce for 7 minutes, stirring occasionally, then season it with additional salt, pepper or sugar, to taste.

UNH Summer Course Offerings

Inclusive Teaching Through Sport
KIN 731/831

Dates: Hybrid Class Tuesday and Thursdays
4:10-8:00pm: 5/23/17-6/22/17

This hybrid course examines the practical application of inclusion in physical education, recreation and sport through disability and Paralympic sports such as wheelchair basketball, sit volleyball, goalball, boccia and adapted sports. ***In-class sessions will be held the first three weeks on Tuesday & Thursday while on-line/independent portion will be conducted for the last two weeks of the course.***

A variety of sporting activities will be introduced that provide educators, recreation specialists and therapists with the needed tools to develop and implement physical and recreational programs that address a range of skills and abilities. This is a hands-on class in which participants will “take-away” easily implemented activities.

<http://courses.unh.edu/class/201570/70567>

Instructors: Michelle Grenier-Dept. of Kinesiology
Tim Morris-Independent Sports Consultant

Current Issues in Health Pedagogy
KIN 910

Dates: May 22-June 22, 2017 - M/W 4:10-7:00pm
This hybrid course examines health education and curricular issues as they affect the teaching of health in social settings. Specific curricula designed to focus on health topics are discussed as well as appropriate and relevant skills-based teaching methods for elementary, middle & high school students. Students develop skill-based units (including lesson plans, handouts and assessments) for selected grade levels. Student also engage in peer teaching episodes related to various health content.

<https://courses.unh.edu/class/201670/70117>

Instructor: Holly Alperin – Dept. of Kinesiology

2018 Eastern District Convention!
See You in Vermont



SAVE THE DATE for 2018
January 28th to 30th • Burlington, Vermont



Dianne L. Rappa Scholarship

The Dianne L. Rappa Scholarship was established to honor this outstanding individual for her long and devoted service to NHAHPERD and the people of New Hampshire. This scholarship is awarded to NHAHPERD members for professional development activities. Four scholarships of up to \$500 each may be awarded annually. The professional development activities should allow the recipients to better provide quality programs by positively impacting their knowledge and abilities. The scholarship may be used for professional development activities such as course tuition, conference attendance, and/or equipment purchase. Other activities will be considered as long as they are consistent with the NHAHPERD mission.

Scholarship recipients will be expected to share their newly acquired knowledge and abilities with other NHAHPERD members. Recipients will be expected to retain their NHAHPERD membership for a minimum of three years. **TYPE** all information. Inclusion of a personal resume with the application is required. It must not exceed two pages. Letters of support need to be included with the application. A maximum of two letters will be accepted. The completed application, with supporting materials, must be returned to the NHAHPERD Awards Chairperson Mary Ellen Alger, mealger@nec.edu; 110 Violet St., Manchester, NH 03102 . All information will be confidential for the biographical summary which may be used for publication if applicant received the award. Include all of the following: Date: Name: Home Address: Home Telephone #: School Address: School Telephone #: E-mail. The application must include: Description of the activity: Describe the benefits from your participation in this activity: Describe how you would share your new knowledge and skills: Describe how you would better serve your profession as a result of this experience: Write a short biographical sketch (no more than 100 words). Please provide the name & telephone number of two individuals submitting letters of recommendation. (Note: Scholarship available year round—no deadline)

MARK YOUR CALENDARS!!

FRIDAY MAY 26, 2017

ANNUAL GRANITE WALK OF AGES

KICKOFF OF THE GCPAH 90 DAY SUMMER CHALLENGE—6/1—8/31/17

JOIN US IN CONCORD FRIDAY MAY 26th OR SIGN UP FOR YOUR SATELLITE EVENT

*****More details to follow in your monthly Constant Contact NHAHPERD email Newsletters, sign up at our NHAHPERD website—www.nhahperd.org &/or www.nh.moves.org or with the form on Page 3 of this newsletter.**

Everybody Dance Now!

Melody Gray, VP Dance – graymelody2@gmail.com

Webinar Hosted by Shape America: Teaching Music & Movement Through a Collaborative Unit on Dance.

Two questions asked during the webinar:

How do you currently teach dance?

- ◇ Not at all
- ◇ Teach an entire Dance unit
- ◇ Incorporate into other units

How do you currently collaborate?

- ◇ Grade level
- ◇ With specialists
- ◇ Other PE teachers

What they discovered is that most people incorporate dance into other units and collaborate most often with other specialists. So why not collaborate with the music teacher and create an entire unit on dance? This collaborative unit, designed by an elementary music teacher and an elementary physical education teacher, involves students utilizing choreographed and non-choreographed movements and/or dances to folk, multi-cultural, popular, and instrumental music. The movements used in this unit focused on beat, form, direction, expression and spatial awareness. They found that a lot of music and PE standards overlap making lesson planning and standard objectives easy to develop. Lessons were teacher led or student led. Students even enjoyed making up some of the choreography. Extensions to the unit were created with the use of a word wall. This wall highlighted the vocabulary used in music as well as PE when executing a dance routine, (clockwise, turn, jump, bounce, bridge, chorus). The music teacher would review the songs in class identifying the structure of the song then the students would practice the dance steps in PE together. For example a student would have to identify the chorus and perform the specific steps. Most classes have a diverse student body with different needs. To assist they created non-verbal cues for what move was coming up next and assigned student helpers. There are several cross-curricular concepts that can be used in a dance unit as well such cultural (language), states of matter, emotions, and learning directions.

This was an excellent webinar that can be found on Shape America's web page, look under professional development/webinars/PE, or scan the QR code bellow. Once you finish the webinar you can find the entire Lesson plans and dances posted on exchange. Have fun and hope to hear if you tried this at your school!

QR code – portal to Shape America Webinars



The Hidden Numbers Behind President Trump's Proposed Education Budget EDUCATION COMMISSION OF THE STATES—March 30, 2017

Article submitted by: Marcia McCaffrey, NHDOE

Earlier this month President Donald J. Trump issued a paper entitled “**America First – A Budget Blueprint to Make America Great Again.**” While not a completed budget request, it is an overview of the president’s goals for the 2018 federal budget. In this blueprint the president requests \$59 billion for the United States Department of Education (US DOE). The president’s request would be a \$9 billion (13%) decrease in spending from 2017. The president’s blueprint lacks details, however, if we pull apart the numbers we can gain an understanding of the impact under the president’s proposed budget.

A Quick Note About the Federal Budget: It gets a bit confusing but President Trump’s budget blueprint is dealing with the federal 2018 budget that runs from Oct. 1, 2017 – Sept. 30, 2018. The federal 2018 budget provides funding for the 2018-19 school year and not the upcoming 2017-18 school year. To make matters more confusing, congress has yet to adopt the 2017 federal budget – which should have been passed by Oct. 1, 2016. This means that congress and the president are currently working on the 2017 and 2018 federal budgets simultaneously.

Choice is a “Yuge” Winner: School choice programs would be winners under the president’s proposed budget. The president is requesting \$1 billion for a new program under Title I that would encourage districts to adopt policies that allow funding to follow students to the public school of his/her choice. He is also proposing an increase in **charter school funding** of \$168 million (50%) and the creation of new “private school choice” program with \$250 million in funding. These three choice programs would be the only US DOE programs that would receive additional funding under the president’s budget.

Breaking Even: The president’s budget proposal states that funding for the **Individuals with Disabilities Education Act (IDEA), Historically Black Colleges and Universities (HBCU) and Pell Grants** would all be protected – which one can assume means that they will not be cut. It should be noted that the president is recommending that the Pell Grant reserve account be reduced by \$3.9 billion. His proposed budget is silent about **Title I, Part A** funding, which is the largest K-12 program (\$14.9 billion) in the US DOE’s budget.

Some Programs are Slated for the Chopping Block

The president’s blueprint recommends the elimination of some US DOE programs, these include:

- **Supporting Effective Instruction State Grants** (part of Title II) – \$2.4 billion.
- **21st Century Community Learning Centers** (part of Title IV (B)) – \$1.2 billion.
- **Federal Supplemental Ed. Opportunity Grants** – \$732 million.

The president also recommended that two programs see significant reductions:

- **GEAR UP** higher education program – \$104 million (32.2%) reduction.
- **TRIO higher education programs** – \$89 million (9.9%) reduction.

Over \$2 Billion in Unidentified Cuts: So time for some math – here is what we know: • Promised reduction in the US DOE budget – \$9 billion. • Identified cuts (including reduction in Pell reserves): \$8.4 billion. • Proposed funding increases: \$1.4 billion. • Which leaves around \$2 billion in unidentified cuts.

The president has proposed to protect certain programs from cuts including IDEA, HBCU and Pell grants. Let’s assume he is also holding Title I, Part A harmless. That means that approximately \$52 billion (76.2%) of the US DOE budget would be protected. If we look at the protected programs along with the identified cuts that only leaves \$7.9 billion left in the budget that would be open for cuts. Which means all of the US DOE programs that are left would have to be reduced by approximately 25% to meet the president’s budget goal. That could mean steep cuts for programs such as career and technical education, federal work-study and impact aid to districts. It is important to remember that the president’s blueprint is simply a set of budgetary recommendations. This set of recommendations can, and probably will, change over time and it will be up to congress to make any decisions over the US DOE’s budget.

New Hampshire Education Legislation Update:(<http://www.education.nh.gov/essa/index.htm>)

There are several NH bills that “Ought to Pass”—each underscores the State’s (and locals’) authority, most particularly when it comes to standards and assessments:

- HB166 – Relative to assessments administered to pupils in grades 3 through 8 (1 test at elementary; middle; HS)
- HB207 – Prohibiting the implementation of common core in public elementary and secondary schools.
- HB275 - Prohibiting the inclusion of statewide assessment results in a student's transcript without consent.
- HB276 - Relative to student exemption from the statewide assessment.
- HB304 - Relative to implementation of alternative academic standards by a local school board.
- Other bills on removing barriers to charter school applications and governance

The question remains as to if/how the state bills/legislation will align to the final federal guidance/regulations associated with ESEA. The federal government allocates funds to states that a) have supportive laws; b) abide by federal legislation; Lots still in play both at the federal and state level.

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*******'Live Free or Die' License Plate Grey T-shirts available again :-)** —all sizes—\$7
Circle Size(s) needed and amount: S M L XL XXL Quantity _____; Total _____

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2017 PRESENTER WORKSHEET
NHAHPERD Annual Conference - November 15 - 17, 2017
Waterville Valley Conference Center, Waterville Valley, NH

'Make Active Healthy Living Your Adventure!'

Please return this form ASAP via mail, fax or email (with 2017 Presenter Form in subject line) to:
Melody Gray, Program Coordinator, graymelody2@gmail.com; 244 Wibird St., Portsmouth, NH 03801
Or simply go to our website: www.nhahperd.org and submit the form online!

Name: _____

NHAHPERD Member? Yes No

Preferred Address: Home Work

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Disciplines (Check all that apply): Health PE Adapted Recreation Dance
 Coaching Technology Personal

Age/Grade (Check all that apply): Pre-School Elementary Middle Secondary
 College Adult/Senior Other: _____

Title of Session: _____

Description of Session(s): _____

Session Format (Check all that apply): Lecture Demonstration Participation

Room Set-up (Check one): Theatre Open Circle

Preferred Presentation Date: Thursday (11/16/17) Friday (11/17/17)

Preferred Time: Morning Afternoon

**We try to accommodate the preferred dates and times - please let us know if there is a day or time you

DEFINITELY cannot present: _____

Provided in each room will be a table, screen, cords & easels. Please bring your own equipment.

*Please be advised that we have a presenter handout booklet with an October 10th deadline submission

Any questions??? Please contact Melody Gray, 254-5259 or Missy Pollard, 454-4602
Dianne Rappa, E.D./Conference Coordinator 603-747-3508; Fax 603-747-2408; drappa@valley.net
Thank you for submitting your forms ASAP!!

Dianne Rappa, NHAHPERD E.D.
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New Hampshire Association for
Health, Physical Education, Recreation & Dance

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2017 EARLY BIRD CONFERENCE PREREGISTRATION AND MEMBERSHIP FORM

Name _____ *Please circle preferred address (Home/Work)
Home: _____ School/Business Name: _____
Address _____ Address _____
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*Please check one interest area in each column

<u>INTEREST AREA</u>	<u>RESPONSIBILITY</u>	<u>EMPLOYMENT LEVEL</u>
<input type="checkbox"/> Health	<input type="checkbox"/> Teacher	<input type="checkbox"/> Pre to Elementary
<input type="checkbox"/> PE	<input type="checkbox"/> Student	<input type="checkbox"/> Middle
<input type="checkbox"/> Recreation	<input type="checkbox"/> Retiree	<input type="checkbox"/> Secondary
<input type="checkbox"/> Dance	<input type="checkbox"/> Administrator	<input type="checkbox"/> College/University
<input type="checkbox"/> Other _____	<input type="checkbox"/> Other _____	<input type="checkbox"/> Agency

Membership is required for Conference Attendance & is included in rates below: \$30 Professional; \$15 Student
PREREGISTRATION FEES WITH MEMBERSHIP & HANDOUT BOOK INCLUDED: (check one)

Professional Two Days - \$110 Professional One Day - \$80/ Th. _____ Fri. _____
 Student Two Days - \$55 Student One Day - \$40/ Th. _____ Fri. _____
 Retiree Two Days - \$75 Retiree One Day - \$55/ Th. _____ Fri. _____
 Preconference K-12 Competency/Assessment/Curriculum Workshop Wed. 11/15– 6 - 8:00 pm \$10
\$25 for Thursday night Awards/Banquet Dinner Ticket – Chicken ___ Fish ___ Veg ___

Any Dietary Restrictions? _____ **TOTAL ENCLOSED: \$ _____

THE ABOVE EARLY BIRD DISCOUNT RATES APPLY ONLY PRIOR TO AUGUST 1, 2017
PAYABLE TO: NHAHPERD, P.O. Box 123, Bath, NH 03740—?'s: www.nhahperd.org

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*Would you be interested in a 2GB thumb drive w/handouts available for \$5 at conference? YES ___ NO ___
Please check if you do **not** wish to receive a printed newsletter in the mail _____