

NHAHPERD NEWS

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

WINTER EDITION

JANUARY 2020



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

President’s Message: Amber McLane

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Happy New Year everyone! I am so excited to be your President. I want to thank the Executive Board and NHAHPRED members for an amazing 2019 conference. The hard work everyone puts into the conference really pays off.

The NHAHPERD conference always provides innovative sessions each year, and after connecting with new and old colleagues, I always feel a spark inside me that rejuvenates my way of thinking and teaching. Each year I look forward to bringing new lessons and ideas back to my students. This year my PE students will enjoy some new dances and drumming on stability balls. My health students will be taking part in vaping lessons taught by Plymouth State University grant program. I look forward to this eye-opening opportunity.

I have been spending a lot of time reading articles in regards to Social Emotional Learning, and how this can be incorporated into the PE setting. Dr. Irene Cucina had a wonderful presentation on incorporating SEL through dance. As I work to improve and create authentic lessons I need to incorporate the following five parts of SEL, Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision Making. So many of our students are lacking these skills, and physical education and health class could be a perfect time to practice these life-long skills. I have included an explanation of the five key elements, because it is important to refresh our minds.

Self-awareness involves understanding one's own emotions, personal goals, and values. This includes accurately assessing one's strengths and limitations, having positive mindsets, and possessing a well-grounded sense of self-efficacy and optimism. High levels of self-awareness require the ability to recognize how thoughts, feelings, and actions are interconnected.(Durlak et al., 2010, 2011)

Self-management requires skills and attitudes that facilitate the ability to regulate one's own emotions and behaviors. This includes the ability to delay gratification, manage stress, control impulses, and persevere through challenges in order to achieve personal and educational goals (Durlak et al., 2010, 2011)

Social awareness involves the ability to understand, empathize, and feel compassion for those with different backgrounds or cultures. It also involves understanding social norms for behavior and recognizing family, school, and community resources and supports.(Durlak et al., 2010, 2011)

Relationship skills help students establish and maintain healthy and rewarding relationships, and to act in accordance with social norms. These skills involve communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking help when it is needed. (Durlak et al., 2010, 2011)

Responsible decision making involves learning how to make constructive choices about personal behavior and social interactions across diverse settings. It requires the ability to consider ethical standards, safety concerns, accurate behavioral norms for risky behaviors, the health and well-being of self and others, and to make realistic evaluation of various actions' consequences (Durlak et al., 2010, 2011)

I have some exciting adventures planned for 2020. As president I have several goals I want to focus on throughout the year. January thru May I will be working with my ninth and tenth student teacher from PSU. Having a student teacher keeps me up to date with what the colleges are teaching their teacher candidates. I hope you consider mentoring a student teacher, because this is a great way of giving back to our profession. By opening up our classrooms/gymnasiums we can provide a safe environment where the younger generation of Health and Physical Education Teachers can succeed. Lastly, I am excited to represent NHAHPERD and Eastern District at the National SHAPE America convention in Salt Lake City, as the 2020 Eastern District Middle School Teacher of the year. This is an amazing opportunity and I am so grateful and honored. This will be my first National convention and I know I’m going to be very overwhelmed, but I can’t wait!

If you have any questions or comments for the board members please don’t hesitate to email me. I look forward to hearing from you.
Enjoy the winter months and stay active!!!

“Be Active, Healthy & Physically Literate!”

Melody Gray, Conference Coordinator – graymelody2@gmail.com

I want to sincerely thank all of you who attended and presented at the conference this year. You are the current and future leaders in the field of Health, Physical Education, Recreation, and Dance! Thanks to the professors from UNH, PSU, and KSC who facilitated presentations by students. The students did a great job and gained valuable experience presenting. Thanks to all the conference volunteers and especially Dianne Rappa our executive director for her dedication and tireless efforts in organizing the event.

This was a record year for us with 78 presenters and approximately 575 attendees. Dan Tennesen our Keynote speaker conveyed a powerful message encouraging us all to take care of our own well-being in order to provide the highest quality education to our students. Dan also presented three engaging sessions.

We continued to work hard to have a balance of Health/PE/Recreation/Dance related topics and recruit new presenters this year, including Carrie Ekins/CEO Founder Drums Alive, Vaping Unveiled, Blended learning skills based Health Ed, Zumba, 80’s Dance Party, Digital Portfolios, Slacklining, Hip Hop, Making Shift to Skills Based Health Ed, Child Light Yoga: Yoga and Mindfulness, and Google Classroom.

In addition, there were evening games and award banquet honoring teachers of the year. Congratulations to Jesse Lyman, Elementary Teacher of The Year; Matt McGuigan, Middle School Teacher of the Year; and Katie Murphy, Health Teacher of the Year. Congratulations to our 2019 Outstanding Future Professionals KSC: James (JJ) Tinney, PSU: Abby Hughes, UNH: Connor Moroney and Victoria Nelson.

Exhibitors included Drums Alive, RampShot, Special Olympics, Children’s Health Marketplace, GOPHER, EVERFI, US Games, WingSpeed, GCPAH, USTA, USA Rugby, Girls On The Run, highlighting new products and services in the health and physical education industry.

As in years past, the annual NHAPERD conference is an excellent forum to learn new skills, brush up old ones, and make connections that enhance your classroom and give every student the opportunity to achieve their potential and foster life-long health and physical activity. We hope to see you again next year!

NOW Plan for NHAHPERD Vision 2020: Innovate, Collaborate, & Educate—11/18—20



Meet our 2020 Keynote & Presenter Carrie Ekins: International educator, presenter & creator. Dedicated to educating & creating programs that make a difference & inspire others to seek a positive & healthy lifestyle. Carrie Ekins is Chief Executive Officer, Education Coordinator & founder/owner of Drums Alive® & co-founder of Academic Beats®. She is known for her creative & unique approach to total fitness through incorporating the mind, body, & spirit into an integrated fitness/wellness program. Carrie strives to design programs that are one-of-a-kind while keeping her primary goal of making her programs a "whole mind, whole body" experience for all participants in the forefront. The unity of mind, body and spirit is an essential component of her philosophy and the driving force behind her work. Carrie desires that of all of her programs meet the needs of diverse audiences & are applicable to any market, whether it be young children, the elderly, or individuals with special needs. She believes that the experience & joy of movement & rhythm are the same for everyone; however, the expression of it may vary according to the population one is teaching. Carrie's extensive teaching experience & background in dance, competitive athletics, and fitness/wellness program development give her the opportunity to create and inspire instructors & students alike. Her brain research continues to have international impact for all.



Registration and housing information – <https://registration.experientevent.com/ShowAHP201>

Early bird rates available until February 27, 2020!

Preliminary Program available <https://shapeamerica.confex.com/shapeamerica/2020/meetingapp.cgi>

Justification Toolkit - Make Your Case to Attend SHAPE America's National Convention & Expo—If you would like to attend, but need assistance presenting the value and benefits to your supervisor, check out this resource. https://convention.shapeamerica.org/convention/pdfs/SHAPE_toolkit_2020.pdf

2019 Awards – Recognizing Outstanding Professionals

Submitted by Curt Martin, Awards Chair

At the November 2019 Conference, NHAHPERD was pleased to recognize several outstanding professionals. Follows are excerpts from the presentation remarks.

Jesse Lyman—Elementary School PE Teacher of the Year—Jesse Lyman has been an elementary physical education teacher at Lafayette Regional School for 22 years. He received his undergraduate degree from Plymouth State University and been a NHAHPERD member for 20 years. During those 20 years Jesse has presented at the conference and has helped out with many functions at the conference. He has also lead a group of teachers from his SAU through a social-emotional program which he has implemented at his school. Jesse's physical education program creates various forms of literacy on a daily basis with the use of a whiteboard that highlights the day's itinerary and learning vocabulary. His program not only provides ample opportunities to develop and refine skills that are used in a wide array of sport and movement, but social awareness, relationship skills, and responsible decision making are experienced in each class. As Jesse says, "I approach everyday as an opportunity to share my love and passion for sports and movement with my students." With each lesson Jesse uses a teaching method that will optimize the student's experience. He believes that selecting the proper method is as important as choosing the proper equipment for the lesson. That choice of method is determined by a number of factors: time, energy of students, and his own energy. He also believes that flexibility, intuition, and self-reflection are all necessary arrows in one's quiver in selecting a method of teaching. As Gordie Johnk, Principal at Lafayette Regional School, states, "Jesse's ability to adapt or differentiate his instructions sets him apart from the many physical education teachers that I have observed over the course of my career."

Matt McGuigan- Middle School PE Teacher of the Year—Matt McGuigan received is undergraduate degree from Plymouth State University and is currently working on a graduate degree at American College of Education. Even though Matt has only been a member of NHAHPERD for 6 years, he has served his professional organization in many capacities. He has not only present at the local, state and district level but has, also, been the student representative on the SHAPE America Eastern District Leadership Council, student representative on the NHAHPERD Executive Board, NHAHPERD vice president of recreation on the NHAHPERD Executive Board and is currently the NHAHPERD Webmaster. As Matt says the connection's he has made by volunteering for his professional organizations have been invaluable on both a personal and professional level. Matt began his teaching career at Epsom Central School and is currently at Crossroads Academy in Lyme. He began to develop his curriculum at Crossroads Academy based on the SHAPE America National Standards and Outcomes, in 2014 and it continues to evolve each year. He also includes cross-curriculum content based off the Core Knowledge Sequence to help develop strong minds and the Core Virtues that help his students develop kind hearts. Matt's first step in his teaching method is to develop a healthy and positive relationship with each student which helps him understand each student's needs. Once he has established this relationship, he is able to modify lessons for students that need to be challenged or for students that need a little more time. This method of teaching allows Matt to create experiences for his students that they can learn and grow from. As he states, "As my philosophy may grow over the years, I feel that my ability to create experiences for my students to find success and growth in the experiences they see as failures will be at the core of my teaching." As Brad Choyt, Head of School at Crossroads Academy says, "It is no exaggeration to say that Matt is the most gifted PE teacher I have served with during my 27-year career and one of the most effective and hardworking teachers that I have ever known in any discipline. The fact that he is in his first stage of his career makes this statement all the more impressive."

Katie Murphy—Health Education Teacher of the Year—Katie Murphy has been teaching health education at Timberlane Regional High School for ten years. She did her undergraduate work at University of Wisconsin La Crosse and her graduate work at Lesley University. Katie has been a member NHAHPERD for 5 years. Over the years she has presented at the local, state, and national level with the focus of her presentation on using technology in teaching health education. She has also worked with UNH to mentor health education practicum students. When Katie arrived at Timberlane, she took on the role of transforming the health curriculum in the high school by designing units and lessons that were based on the National Health Education Standards. With that in process she was also asked to write an aligned health education curriculum form kindergarten through 12th grade. Katie utilized the Understanding by Design principles in developing the K-12 curriculum. All the time she was developing the new curriculum she worked cooperatively with all the district's health educators. Katie has demonstrated her innovative teaching by transferring their Health Education courses into a blended format to allow students to take courses in an online version. This allowed students to take extra courses during the school day and to access the information at a rate that works for their learning and comprehension. Another one of Katie's accomplishments was the creation of the OWL Patch Garden Club which provides students the opportunity to learn about food, nutrition, and horticulture. This club was the brainchild of the Wellness Committee which received a grant to help fund the garden. Katie's program is one that is dynamic, always evolving and changing. As Katie notes "As new health behaviors and concerns arise, I pride myself on staying current with these issues and addressing them quickly and head on." This statement is confirmed by her supervisor, Angelo Fantasia, states "Ms. Katie Murphy is a great example of a young, passionate educator who is having a positive impact on her students, staff, school, and community."



Congrats to our 2020 Award Winners:

**Jesse Lyman, Elementary School TOY
 Matt McGuigan, Middle School TOY
 Katie Murphy, Health Education TOY**

**Congratulations to our 2019
 OUTSTANDING FUTURE
 PROFESSIONALS**

**James (JJ) Tinney—Keene State College
 Abby Hughes—Plymouth State University
 Connor Moroney—UNH
 Victoria Nelson—UNH**

JJ Tinney & Abby Hughes will be attending the
 SHAPE America National Convention in
 Salt Lake City, UT April 22—24, representing NH.



STUDENT CORNER

The Student Perspective: A NHAHPERD Review— JJ Tinney, Student Rep – james.tinney@ksc.keene.edu

The goal of the NHAHPERD conference is to promote professional standards, quality programs, professional development, legislative support, and regional and national affiliation. For the future professionals at Keene State College (KSC) some of these goals are more pertinent than others; the focus on professional development ranks amongst the highest from the student perspective. By offering a variety of sessions covering many topics, the conference creates an atmosphere that fuels learning for the future professionals. This article will shine a light on the students' perspective of the 2019 NHAHPERD conference.

Amongst the KSC students I conversed with, it was clear that most had a clear goal going into the conference. These goals varied from student to student. Greg Deger, a senior at KSC, wanted to focus on refining his classroom management techniques and attempted to attend sessions that focused on how to effectively manage a classroom. Marisa Giard, a junior at KSC, set a goal "to develop in promoting lifelong physical activities for K-12", which she accomplished by facilitating a discussion alongside her professor and multiple other students during a presentation as well as attending other sessions that pertained to her goal. Shelby Offord, also a junior, looked to learn new activities to implement in her teachings and spent much of her time watching sessions that offered new interesting activities. These goals shaped the experiences for each of these students. As the students reflected on their favorite aspects of the conference the value of this experience was unignorable. Almost all of the students commented on the environment of the conference being an excellent learning atmosphere. Being surrounded by physical educators already in the field that are still learning give the future professionals a great example to follow. Plus, the wealth of knowledge that can be drawn from these professionals is impressive. Greg Deger commented on how he enjoyed "going to various presentations and learning new things I never would have thought about if I did not attend,". These positive aspects of the conference are part of the reason why students are able to develop at this conference and need to continue to be a focus of the conference.

Keeping this in mind there is always room for growth for the NHAHPERD conference. The students offered a couple of suggestions as to how it may be improved going forward. One suggestion that a student put forth was to make some of the classroom sessions more interactive. Another suggestion that was made was to offer more outdoor activities. As a conference it is always helpful to listen to the opinions and evaluations of the attendees.

The students' perspective of the conference as a whole was extremely positive. They thought the environment is one that makes them feel excited to learn new things about their profession and overall students were able to accomplish their goals because of the wealth of knowledge that surrounded them in the form of other professionals. There were no real criticisms of the conference in general, rather only a couple of small suggestions to enhance it going forward. Lastly, each student was able to develop further into becoming a quality future professional thanks to the conference. The NHAHPERD conference is a great opportunity to learn and develop as a future physical educator and easily accomplishes its goal to promote professional development for the future professionals.

*Congratulations to Jarrod Brooks
2019 Lilyan B. Wright Service Award Recipient
Presented by Dianne L. Rappa at Annual Awards Banquet*

AND

*Johanna Kress, Fuller Elementary
Recipient of the Andrew S. Blanchard Heart of
Excellence Award Presented by Christine Parent*



Andrew S. Blanchard Heart of Excellence Award—Johanna Kress 2019

This award is given in honor of Andrew Blanchard, who served as a Jump Rope & Hoops For Heart Coordinator at Conway Elementary for 31 years, until his retirement in 2010. Andy's inspirational leadership and passion for the American Heart Association and its mission led to many successful Jump and Hoops events. Always the consummate advocate, Andy's spirit, enthusiasm and professionalism not only motivated his school community, but also his peers, to strive for excellence. Andy brought enthusiasm, creativity, and his love for physical activity to the event, while educating children about heart healthy lifestyles.

Since our program name change in 2018, this annual award recognizes a Kids Heart Challenge coordinator for his/her commitment to the American Heart Association Kids Heart Challenge program. This individual consistently demonstrates professionalism, spirit, enthusiasm, team work and passion for our mission.

Johanna Kress has been coordinating Jump Rope for Heart/Kids Heart Challenge for 12 years at Fuller Elementary School in Keene, and five years at Antrim Elementary, for a total of 17 combined years. In those 17 years, Johanna has raised an amazing \$78,362 for the American Heart Association! She truly shares in our mission to fight heart disease through education and research by supporting Kids Heart Challenge at Fuller, and she shows it not only in her support of the AHA, but also in her day to day teaching. Starting in November, Johanna gets kids pumped up about heart health and helping others. She spends a couple of weeks building enthusiasm with all of her classes, and then, the first Thursday in December, is her super fun event day. You can feel the energy in the hallway as you walk towards the gym, and walking through the gym doors is like walking into a party. Streamers, balloons, music, hearts, kids smiling from ear to ear as they go through the stations, and in the heart of it all – Johanna – beaming (and sweating) as she celebrates. They wrap it all up a couple weeks later with pie in the face for her top fundraisers, and announcing the school total raised towards fighting heart disease.

Fuller principal Kathy Moaratty says of Johanna, she "is a dynamic physical education teacher who demonstrates a deep love of all people. Mrs. Kress illuminates a room with her happy spirit and cheerful energy. She intertwines fundamental beliefs within her instruction that encourage students to treat others with the care and compassion that she does. She instills an urgency in our students to create change through advocacy and raising awareness. Mrs. Kress draws out the best in those around her, whether it be students, staff, parents, or community members. Fuller Elementary School is fortunate to have Mrs. Kress be part of our community. We love you Mrs. Kress!"

We at the AHA are beyond grateful for Johanna's passion, excitement and dedication to the AHA and our mission! Johanna, please accept this award as a small token of our gratitude for all the time and effort you volunteer.

American Heart Challenge - District

Christine Parent, American Heart Association NH Youth Market Director—Christine.parent@heart.org

Looking for a way to incorporate heart health in your district? Let me introduce you to the American Heart Association's newest program for staff, American Heart Challenge - District. Join us in a fun, educational wellness program that's good for hearts beating across your school district. Creating and encouraging a healthy workplace just makes sense. With increased productivity and less absenteeism, employees and employers can save money on healthcare. It's also easy. The American Heart Association's American Heart Challenge provides all the resources you need to reach staff members including: year-round healthy messaging, hands-Only CPR messaging, My Life Check assessment tool, healthy recipes, and printable infographics for every campus. Pick your date - February 7 (Wear Red Day) or May 8. Use the text to give option to allow staff to purchase an AHC shirt (red with white AHA logo on front center). On your selected date, wear your shirts and celebrate heart healthy living! For more information, please contact Christine Parent at christine.parent@heart.org.

YOUTH BASKETBALL TOURNAMENT "Helping Kids, by Building Kids" MARCH 16-27 PORTSMOUTH

The Portsmouth Auxiliary Police Association in cooperation of and with the support of *Make-A-Wish New Hampshire* is conducting a Basketball Tournament for youth between March 16th & 27th on weeknights between 5 and 9PM at the Connie Bean Center in Portsmouth, NH. The majority net proceeds will be donated to Make-A-Wish New Hampshire, helping children and their families. Our tournament theme is "Helping Kids, by Building Kids". There is no better cause than Make-A-Wish. The tournament will consist of a 3 game per team Round Robin, and 42 maximum boy or girl teams will compete in three categories: 3rd and 4th Grade; 5th and 6th Grade; and 7th and 8th Grade. We intend to register 6 teams and 8 teams in each division, first come first serve, split between boy and girl teams. Medals will be awarded to the first and second place teams in each division, and all players will receive certificates for participation. Professional referees, scorers and timers will enable this world class youth tournament on the courts. Professional photos will be taken of each team upon completion, as well as during games, and will be available free online. Food concessions will be available during the games. The cost per team is \$150. The registration form with further instructions and tournament information is available at: www.ppdbasketballtournament.org. Point of contact is Auxiliary Officer Follansbee at : follansbeej@cityofportsmouth.com.

Enriched Environments in a PE Setting; Tess Patry, VP Past Recreation, tletarte@parkeracademy.com

We all know that physical exercise has both physical and psychological benefits. Research has shown that individuals who exercise in an enriched environment report greater increases in mood, stress reduction and well-being. An enriched environment is one that could involve exercising with others or receiving feedback and aims at improving self-efficacy and enjoyment. The findings from these studies suggest that exercise-related well-being can be influenced by making effective environmental and social changes to the exercise experience (Plante, 2006). As teachers, we can use this knowledge to adapt our own class exercise environments to ones that promote greater comfort and enjoyment. In return we may encounter great psychological benefits in our students.

Reference: Plante, T. G., Cage, C., Clements, S., & Stover, A. (2006). Psychological benefits of exercise paired with virtual reality: Outdoor exercise energizes whereas indoor virtual exercise relaxes. *International Journal of Stress Management*, 13(1), 108–117. doi: 10.1037/1072-5245.13.1.108

Fun with Frisbees—Kyle Donovan, VP Elect Rec – kyle.donovan3@gmail.com

There are many benefits to incorporating Frisbee in PE programs. Last year was my first year teaching elementary level PE, and as a fan of Frisbee, I knew I wanted to include it in my curriculum. The response I got from my students was amazing. Many of my students had never thrown a Frisbee before, so many were starting from scratch. We learned the very basics and the students began to enjoy the activities. Students of all athletic levels were able to excel. It was especially refreshing to see that a wide range of students were able to succeed while trying different things. I was able to try basic throwing and catching with my younger students, as well as more difficult activities like Ultimate Frisbee with my older students. Another advantage was allowing students to create their own disc golf holes. It gave students a chance to synergize with one another during class to develop equipment that they could use. Most of the activities can be done both indoors and outdoors and provide a good benchmark for assessment.

FREE Safe Biking & Walking Sessions through Bike-Walk Alliance of New Hampshire!

Since 2016, BWANH has brought bicycle & pedestrian safety education to over 11,000 New Hampshire kids! The Bike-Walk Alliance of New Hampshire (BWANH), New Hampshire's statewide biking & walking advocacy organization, has been providing a fantastic safety program that is FREE to schools since 2016. With funding from a Safe Routes To School grant administered by the NH Department of Transportation, BWANH offers a free biking and walking safety presentation to elementary schools throughout New Hampshire. The curriculum was developed by the League of American Bicyclists, uses certified instructors, and targets third through fifth graders. The instructors present a fun and informative 45-minute session about biking and walking safety, using a bike, helmet, lights and other equipment for demonstration. This indoor, assembly-style presentation can work for an entire assembly of multiple classes, or for a single classroom. Kids leave with a better understanding of safety concepts, such as visibility, helmet use, safe street crossing techniques, NH laws, and bike handling skills. The program also provides printed materials that can be shared at home.

To schedule a free session at your school, simply contact BWANH Bike Education Coordinator Leslie Thompson at Leslie@bwanh.org. See www.BWANH.org ([WHAT WE DO/EDUCATION/KIDS SAFE CYCLING CLASSES](http://www.BWANH.org)) for more information (<https://bwanh.org/education/learn-kids/>).

MARK YOUR CALENDARS!!
FRIDAY MAY 29, 2020
ANNUAL GRANITE WALK OF AGES
KICKOFF OF THE GCPAH 90 DAY
SUMMER CHALLENGE
(NHMOVES.ORG)
JOIN US IN CONCORD
FRIDAY MAY 29th OR SIGN UP FOR
YOUR SATELLITE EVENT
www.nhahperd.org or nhmoves.org



The Granite State 90 Day Winter Challenge is to exercise for 20 minutes or more every day in the months of January, February and March. Move for 20 minutes a day however and wherever you can!



Need \$\$ for Professional Development, Conferences?? Apply for the \$500 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. Complete the scholarship application and TYPE all information. Inclusion of a personal resume with the application is required not to exceed two pages. Letters of support need to be included with the application. A maximum of two letters will be accepted. The completed application form, with supporting materials, must be returned to the NHAHPERD Awards Chairperson *Mary Ellen Alger, 110 Violet St., Manchester, NH 03102; mealger@nec.edu*. 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: Description of activity: Describe the: benefits from your participation in this activity, how you would share your new knowledge and skills, how you would better serve your profession as a result of this experience. Write a short biographical sketch (no more than 100 words) which may be used for publication: Please provide the name & telephone number of 2 individuals submitting letters of recommendation.

Shauna Isham, VP Dance – sbisham@comcast.net—May 2020: The Month to Move

May is an important month for those of us looking to promote movement and teach students how to live healthy and active lives. May 1st- May 7th is National Physical Education and Sport Week, which provides you with the perfect opportunity to bring a week of fun, movement activities to the school. On May 6th, Project ACES lands perfectly on the calendar to add a bit of whole school fun to the week.

Project ACES is a world wide program that promotes physical activity through a date and time that all children will participate in exercise simultaneously. This event will take place this year on May 6th, 2020 at 10am. Schools will participate anywhere from 10 minutes to an hour. There is no set schedule or activity that has to be done, but a common plan is to have the school all go outside together onto a field or parking lot to participate in some group activity. It can be as simple as getting them all outside to run or walk around, or more complex and involving different physical activities, sports, or equipment. One idea for project ACES is to bring in a local zumba or dance teacher and have all the students outside with music pumping and dancing along with the instructor. With a little bit of lead up, or planning, you could organize a whole school flashdance with some choreography involved and student leaders to help lead each class as they join in, dancing down the hallway and out onto the play area. As for the rest of the week, you could have ‘drop everything and move’ times during the day; five minute windows of time where students move in the classrooms wherever they might be. This could be short videos for them to follow along, chair yoga poses, aerobic exercises, or so much more. Providing the other teachers in the school with resources and ideas for small activities to do with the students during the movement windows can help them make the week run smoothly. See this website for more information about Project ACES <https://lensaunders.com/aces/organize.html>



GotSneakers?

Have you ever wondered if there is a way to recycle old sneakers instead of just throwing them away? At GotSneakers, they're making it fun and rewarding to recycle with an innovative sneaker drive fundraiser with NHAHPERD as a partner. By participating, you'll help keep sneakers out of landfills while also putting shoes on the feet of less fortunate people across the world in places such as the Caribbean, Central America, South America, West Africa, and Europe. Your old sneakers will make a huge difference.

Steps to get involved:

1. Start collecting **pairs** of athletic sneakers & cleats.
2. Need marketing materials for emails and social media? Contact drappa@roadrunner.com & she can send you the downloadable flyers.
3. Spread the news for your gotsneakers? collection with your: friends, family, co-workers, social networks, schools and community events.
4. Shipping: FREE!! Request UPS postage paid bags that hold 15—20 **pairs** of sneakers per bag from Dianne Rappa: drappa@roadrunner.com. (Please - no singles)

If you have any questions, please do not hesitate to reach out!
 Laura Short; Public Relations/Advocacy Rep; laura.short2@gmail.com

31st ANNUAL WHITE MOUNTAIN JUMP ROPE JAMBOREE FREESTYLE AND DOUBLE DUTCH WORKSHOP AND CHAMPIONSHIPS

SATURDAY, JUNE 6, 2020

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) 447-2185 (home) or e-mail - ablanch@roadrunner.com

40th ANNUAL NH STATE JUMP ROPE CONTEST

It's that time of year again to get out those jump ropes & start jumping! Why not run a jump rope unit in conjunction with the 40th Annual NH State Jump Rope Contest. Not all schools enter for the Intrastate competition. Some join to promote individual competition & introduce personal goal setting. There are schools who offer this as an intramural activity or set up a jump rope club who's members participate. Others use the contest awards as an incentive program to promote this lifelong fitness skill. If your curriculums are tied into the SHAPE America National Standards this will fall under at least five of them. If you choose to join us, just follow the steps below & get your results to me by the deadline: April 15, 2020. Check out the NHAHPERD web site www.nhahperd.org the results of the 2019 contest are listed. Just click on jump rope. Guidelines: 1). Run your contest in February/March - contest rules below. 2). Fill out a results sheet - directions printed below. 3). Make out a check for \$5.00 payable to NHAHPERD, to defray the cost of mailing. 4). Mail (2) and (3) to me, Kathy Duhaime, 20 Windsor Drive, Merrimack, NH 03054, by April 15, 2020.

YOU MUST MAKE THIS DEADLINE. ?'s: kathogd@comcast.net.

CONTEST RULES: Boy vs. boy in each grade level/each classroom; girls vs. girl in each grade level/each classroom.

Kindergarten, Readiness & Grade I: # of forward jumps w/out a miss (i.e. continuous forward jumps). Recommend 2 attempts per person; best score counts.

Grades 2 & 3: # of forward jumps without a miss. # of backward jumps without a miss. Each student may enter one, the other, or both contests at this and the following levels. Recommend 2 attempts; best score counts.

Grades 4 & 5: Speed Jumping and Crisscross Jumps. Each student may enter one, the other or both. Speed Jumping - # of jumps completed in 30 seconds. (Count each revolution of the rope for 30 seconds in a forward OR backward direction). Crisscross Jumps - # of successful crisscross jumps w/out a miss. (ie. Cross-uncross-cross-uncross). Once a participant begins the cross-uncross pattern, it may not be interrupted with regular jumps in between. The cross is counted as 1; uncross counted as 2; cross as 3; etc.

Grades 6, 7, & 8: Speed Jumping and Double Unders. Each student may enter one, the other or both. Speed Jumping - # of jumps completed in 60 seconds. (Count each revolution of the rope for 60 seconds in a forward OR backward direction). Double Unders - # of double rope turns for every one jump of the body. Participants may make regular jumps between each double-under or do consecutive double-unders, but only the double-unders are counted in the contest. Once a mistake is made, either in single or double jumps, the contest ends for the participant.

NH STATE JUMP ROPE RESULTS SHEET Please include ALL of the following information when submitting results to Kathy - Thank You.

1. Name of School and Mailing Address (include zip code please); 2. P.E. Teacher's Name; 3. Total # of Contest Participants (Note: Every participant in every contest receives a certificate.); 4. Total # of Merit Ribbon winners - a merit winner is the top male and top female jumper in each class in each contest. If you have 10 second grade classes, all doing the forward and backward contest, you will have 40 merit ribbons just for second grade. 5. Names and scores of grade level/contest winners. Send just 2 names per grade level per contest. Looking at second grade again you would send 4 names only: 1 female, 1 male for the forward contest and 1 female, 1 male for the backward contest. Each grade level winner must be listed. Please do not list every class contest winner. Just list the highest male and female score per grade level per contest. Example: Grade 2 F Forward Score Name Grade 2 F Backward Score Name Grade 2 M Forward Score Name Grade 2 M Backward Score Name

Why don't you join us! If you would like a list of the 2019 results go to the NHAHPERD site www.nhahperd.org I referenced above and print it out. No Internet access...send me a stamped self addressed envelope and I will get them right out to you. If you have any questions feel free to contact me at home 424-6328, school 471-1082x208 or by email: kathogd@comcast.net Kathy Duhaime, Annual State Jump Rope Contest Coordinator

Touch-Down in Riga

Michelle Grenier, APE representative; michelle.grenier@unh.edu

The Baltics (Estonia, Lithuania, and Latvia): You've heard of these places, but how many of you have had the opportunity to visit and work there? I was fortunate enough to be invited by my dear friend and colleague, Aija Klavina, from the Latvian Academy Sports Education to be a visiting professor in Riga, Latvia, this past semester.

International travel and collaboration has always been a strong interest of mine. After three months of residing in a city where the language is not my first, and the streets and architecture are unfamiliar, I am struck by how our cultural differences bring us closer together when we are willing to navigate these differences. Living in a home that was not my own, relying on public transportation and my own two feet to get me from point A to point B, and eating food that is unique to my American palate can make that happen. Musical culture is strong, and privacy valued. After three months of visiting the same small grocery store, the clerk surprisingly said "have a good day" in her wonderful Russian accent. Victory! The primary drive for the visiting professorship, however, was to take advantage of an opportunity to further my research by working with individuals with disabilities in educational and sport settings that differ dramatically from those we have in the United States. Within days of my arrival, Aija connected me with a local school that focused exclusively on serving students with disabilities. While the law on education states that every child has the right to be educated in a school of their parents' choice, in reality not all mainstream schools can provide all necessary supports (e.g., teacher assistants) and learning environment (e.g., adapted teaching resources) to meet needs of children with special education needs, particularly those with severe and multiple disabilities. Despite the language barriers, the four teachers in this school of 300 hundred students were welcoming. With the assistance of a graduate student, I was able to interview students and faculty in the schools.

Admittedly, it has taken time for me to wrap my head around these special schools designed only for students with disabilities. Where I saw many students with intellectual disabilities who could easily be educated in the general education setting in the US, becoming familiar with Latvia's history provided insight. It is only the last 30 years they have had independence from Russia. Their complex history has been marked by political occupation primarily by Russia (formerly USSR) and Germany during WWII. As a result, there is still a strong medical model that guides the education of students with disabilities. While practices are evolving, changing an entrenched mind-set requires time, resources and recognition of the benefits.

Here in the United States, we are fortunate as health and physical education teachers, to work with a variety of diverse students. In my experiences observing and collaborating with New Hampshire teachers, I have met many exceptional educators who work hard instructing and advocating on behalf of their students with disabilities. Keep up the good work team as you are making a difference!



NHAHPERD PROGRAM ENHANCEMENT GRANT

****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 SHAPE America guidelines on Developmentally Appropriate Practices in PE; www.shapeamerica.org

Requirements: 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 Please fill out your name, address, school and level with 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?

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

HEALTH EDUCATION

#ONEWORD2020—Holly Alperin, Past-VP Health Education

We rang in the new year, put away the decorations and started back into a routine that will lead us through 2020. We may have even set some resolutions to help us maintain our focus and motivation. Perhaps you set a resolution to get more sleep, more exercise, or drink more water and hopefully, at the time of this reading, you are still going strong with that resolution. But, why this resolution? What made you decide that this was where you wanted to focus your energy or how does this specific resolution connect to who you are (or want to become) as a person? Not to mention, what happens when we break our resolution or keeping it gets difficult? Unfortunately, for many of us it can be easy to set good intentions, and then life happens making the resolution a promising idea that doesn't fully come to fruition.

This year, I am going to pose a new challenge to you – what if, instead of setting out to fulfill a specific resolution that can be easily broken or forgotten, you set an intention, a direction, for how you want your year to go? Consider this your opportunity to set your “ONE WORD” for the year and to use this simple word as a foundation to focus efforts to be our best selves. When we consider and identify one word to serve as a direction, an intention, or a way of being, we recognize that it is not one (or more) specific resolutions that help us to meet our goals, rather, we begin to consider how our daily actions align with the direction we see for our life. For me, 2020 is the year of longevity. Whether this be in my health, relationships, or professional pursuits I am working to align my actions with the concept of longevity... and let me be the first to say, this isn't always easy. I am also choosing to give myself grace and recognize that while not every choice will result in physical longevity, this concept is multi-faceted and there is no one “right” or “wrong” way to fulfill this intention. So, my challenge to you – *what is your #ONEWORD2020?* What is your intention and focus for this year? How will your #ONEWORD2020 reflect your personality, focus, and where you want to put your energy? Once you identify your *word* take time to consider the actions you take or any changes you may need to make to best align with your intention. Maybe your resolution becomes clearer and takes on a new purpose or solidifies your motivation. I also encourage you to bring this idea into the classroom. You will likely be heartened to see how thoughtful and reflective students will be if given an opportunity to reflect on who they are and how their personal actions lead them towards their own intentions.

I would love to hear what you determine as your word for this year. Tweet me at @hollyalperin on Twitter and use the hashtag #ONEWORD2020.

Debby Apiki, VP Elect Health; deb.apiki@sau24.org

Welcome back and happy 2020! I hope that you had a restful holiday break with family and friends. My name is Debby Apiki and I'm excited to introduce myself as the new VP Elect of Health. I teach at John Stark High School in Weare and I'm looking forward to working with everyone!

TAKEBACK!

National Prescription Drug Take Back Days help to keep unused prescription medications from contributing to New Hampshire's substance abuse problem. Take Back Days can also help to raise awareness of the dangers of misuse and the risk posed by the availability of prescription drugs. Health teachers can include Drug Take Back Days as a part of the discussion of prescription drug abuse. The next National Prescription Drug Take Back Day will be this spring, April 25, 2020. Nationally, according to a 2018 SAMHSA survey, prescription pain reliever misuse was the second most common form of illicit drug use. Just over half of the respondents that abused prescription pain relievers reported that they obtained the last prescription painkiller they misused from a friend or relative. The New Hampshire “Hot Spot” report says that, among many fentanyl users, “something else always comes first.” According to the report, fentanyl users may have started with prescription opioids or with other illicit drugs. One way to address the availability problem is to provide safe means of disposal for unused prescription medications. Drug Take Back Days, sponsored in local police departments each spring and fall, provide individuals with a secure, anonymous way to dispose of unwanted medications. Over 60 New Hampshire police departments also provide permanent drop boxes for medication disposal anytime, outside of scheduled Drug Take Back events. Last October's Drug Take Back Day also saw police departments, for the first time, accept vaping devices along with prescription medications. This was an increase in scope at the national level, prompted by the rise in vaping-related injuries and deaths. Safe disposal saves lives!

Resources

- DEA main Take Back Day site, including links to other resources: <https://takebackday.dea.gov/>
- Concord Drug Take Back Program: <https://www.concordnh.gov/825/Drug-Take-Back-Program>
- NH Permanent Drop Box Sites: <https://www.dhhs.nh.gov/dcbcs/bdas/documents/drop-box-locations.pdf>
- Call your local pharmacist for questions about proper disposal of prescription medications.

Sources

Substance Abuse and Mental Health Services Administration. 2018 NSDUH Annual National Report <http://www.samhsa.gov/data/report/2018-nsduh-annual-national-report>; NDEWS Coordinating Center (2016). NDEWS New Hampshire HotSpot Report: The Increase in Fentanyl Overdoses <https://ndews.umd.edu/sites/ndews.umd.edu/files/pubs/newhampshirehotspotreportphase1final.pdf>

Recipe Corner- Air Fryer Edition

Happy New Year!! I hope everyone had a great holiday season and are adjusting back to the teaching world smoothly. I was fortunate to receive what very well could be my all time favorite piece of cooking equipment, an Air Fryer. This device will save time, calories and it is energy efficient! I highly recommend purchasing one (no this is not a paid advertisement). Here are two recipes I have used that resulted in delicious meals.

Perfect Air Fryer Salmon: Prep Time: 5 min; Cook Time: 7 min; Total Time: 12 minutes

Ingredients: 2 wild caught salmon fillets with comparable thickness, mine were 1-1/2-inches thick, 2 tps teaspoons avocado oil or olive oil, 2 tps paprika, generously seasoned with salt and coarse black pepper, lemon wedges

Instructions:

- Remove any bones from your salmon if necessary and let fish sit on the counter for an hour. Rub each fillet with olive oil and season with paprika, salt and pepper.
- Place fillets in the basket of the air fryer. Set air fryer at 390 degrees for 7 minutes for 1-1/2-inch fillets.
- When the timer goes off, open basket and check fillets with a fork to make sure they are done to your desired doneness.

Notes: I have also marinate the salmon in a teriyaki sauce to add some extra flavor. I served these beauties with a side of broccoli and zucchini wedges! Another great attribute of the air fryer is that it's so easy to pop something back in for a minute if you want it cooked longer. You can also open it while it's cooking to make sure it's not overdone. I always set my timer for a little less so I can check on how things are coming along so I don't overcook an item. Things cook so fast sometimes a minute more is all it needs.

Cathy. "Perfect Air Fryer Salmon." *Noble Pig*, 20 Oct. 2019, noblepig.com/2018/02/perfect-air-fryer-salmon/.

Air Fryer Crispy Parmesan Brussels Sprouts: Prep Time: 3 min; Cook Time: 10 min; Total Time: 13 min

- Makes 4 servings.
- Nutritional Info per serving: 132 calories, 5 grams fat, 17 grams carbohydrates, 4 grams fiber, 7 grams protein.

Ingredients: 1 lb Brussels Sprouts, ends trimmed and cut in half, 1 TBS extra virgin olive oil, 1 TBS balsamic vinegar, 1/4 tsp salt, 1/8 tsp ground black pepper, 1/4 cup whole wheat bread crumbs, 1/4 cup shredded Parmesan cheese

Instructions:

1. Using a medium or large bowl, place the halved Brussels sprouts into the bowl, then add the olive oil, balsamic vinegar, salt, and pepper and toss to coat.
2. Using an Air Fryer, spread the Brussels sprouts into the basket, then close and turn the air fryer to 400 degrees and set timer to 5 minutes.
3. Once the timer beeps, open the air fryer and carefully mix the Brussels sprouts around.
4. Spread them in an even layer, then sprinkle breadcrumbs and cheese over the tops (some might fall down into the cracks, that's okay). Close the Air Fryer and set for 5 more minutes at 400 degrees.
5. When the time is up, remove the Air Fryer Crispy Parmesan Brussels Sprouts and serve immediately

Allyson, et al. "Air Fryer Crispy Parmesan Brussels Sprouts." *Domestic Superhero*, 18 Apr. 2019, domesticuperhero.com/air-fryer-crispy-parmesan-brussels-sprouts/.

The Northeast Health and Physical Education Convention is just around the corner! Don't miss out on this opportunity to gather with your colleagues from across the northeast! We have invited international researchers and master teachers who will be leading intensive training workshops, innovative sessions, and demonstrations that will help you implement the latest in best practices. Attendees have a unique opportunity to engage in meaningful and constructive conversations with individuals who are operating programs similar to your own all over the northeast. The chance to share ideas and offer feedback will be a valuable asset in approaching new and innovative ways of adjusting and enhancing your current curriculum, instruction, and assessment strategies. Register Today!
<https://nysahperd.org/event.cfm?event=NortheastHealthandPEConvention>



DANCE EDUCATION

Jacqueline Laufman, VP Dance, jacqueline.laufman@gmail.com

DANCE MOVIES - The 21 Best Dance Movies of All Time—Cosmopolitan.com*

DIRTY DANCING—The be-all and end-all of dance movies, *Dirty Dancing* is the story of Frances “Baby” Houseman, who has the time of her life with Johnny Castle, the dance instructor at the resort where her family is spending the summer. The final dance sequence is downright iconic and will make you question why your own partner can’t lift you like that on command.

CENTER STAGE—This movie has everything: Peter Gallagher’s eyebrows, young Zoë Saldana, Olympic gold medalist Ilia Kulik, and an overly sexual finale number set to Michael Jackson and Jamiroquai. Come for the fantastic ballet dancing, stay for the inspirational message that you should always dance with your heart even when your turnout is bad. Margot Fonteyn didn’t have great feet!

BLACK SWAN—Opinions vary as to whether or not this movie is actually scary, but this list isn’t about screaming, it’s about *dancing*—and *Black Swan* has plenty of dancing. Natalie Portman plays Nina, a young woman desperate to land the lead role in her ballet company’s production of *Swan Lake*. Throw in an overbearing but hot director, competition in the form of Mila Kunis, and a psychotic mom living vicariously through her daughter, and you’ve got a big ol’ nightmare ballet stew.

STEP UP—*Step Up* is ostensibly the gritty, semi-ridiculous tale of a young man from the wrong side of the tracks helping a prim ballet dancer add some hip-hop moves to her big audition routine, but it’s really the story of, *SNIFFS*, how Channing Tatum and Jenna Dewan fell in love. Four sequels followed, but this one is, without question, the best.

YOU GOT SERVED—Street dance battles and a contest where the prize is getting to dance in a Lil’ Kim video—what’s not to love? Special note for *Lost* fans: Malcolm David “WAAAAALT” Kelley is in this movie.

STRICTLY BALLROOM—Baz Luhrmann’s debut film is over-the-top, but in the best way. Scott Hastings partners up with Fran, who’s not really his type in either the romance or dance departments and has no last name. Their worlds collide as the prestigious Pan-Pacific Grand Prix Dancing Championship looms, but all Scott wants to do is bust out his own moves. Fran goes through a seamless transformation, Scott’s hair takes on a life of its own, and a cover of “Time After Time” serves as their love song. There’s also someone called Tina Sparkle, who you *know* is up to no good.

FLASHDANCE—Alex Owens is a welder by day and burlesque dancer by night who dreams of becoming a professional ballerina. Who hasn’t been there? Also of note is the soundtrack, which features such classics as “Maniac” and “Flashdance...What a Feeling.” The ’80s were truly special.

GIRLS JUST WANT TO HAVE FUN—Before she was Carrie Bradshaw, Sarah Jessica Parker was Janey Glenn, a high school student who dreams of auditioning for her favorite show *Dance TV*. The movie also stars a young Helen Hunt and a young Shannen Doherty, and features Robin Antin, otherwise known as the woman who founded the Pussycat Dolls.

FOOTLOOSE—The 1984 original, not the 2011 remake, because what is *Footloose* without Kevin Bacon?

HONEY—A lot of people, probably men, will say Jessica Alba’s best role is Nancy Callahan in *Sin City*. Those people are wrong, because her best role is Honey Daniels in *Honey*, the story of a woman who just wants to become a choreographer. Missy Elliott is also in it, which is a good enough reason for anyone to watch.

SAVE THE LAST DANCE—No matter what you think about Julia Stiles’s dancing, there’s no denying that this gem is a classic of the genre. Julia plays Sara, who fails her Juilliard ballet audition then moves to Chicago and learns hip-hop dancing. The best part of all this, though, is that her first new friend is Chenille, a teen mother played by Kerry Washington, pre-Olivia Pope.

SATURDAY NIGHT FEVER—Not everything about this movie ages well, but John Travolta’s dancing is eternal. Can someone please explain why disco isn’t still a thing?

MAGIC MIKE—Yes, this is technically a dance movie, because remember: The Kings of Tampa aren’t strippers, they’re male entertainers. And male entertaining means dancing to “Pony” or, in the case of the whole group, “It’s Raining Men.” Hallelujah.

HOW SHE MOVE—This underrated gem stars *True Blood* and *Queen Sugar*’s Rutina Wesley as Raya, who tries to earn money for school by entering a step competition. The dancing is great, the drama is intense, & if you pay attention, you’ll see *The Vampire Diaries*’ Nina Dobrev in one of her earliest roles: tall girl in bathroom.

BRING IT ON—Haters will say *Bring It On* is about cheerleading and not dancing, but those people must not have been paying attention, because the whole point of the movie is that cheerleaders don’t get enough credit for their sophisticated choreography and fierce athleticism. Team Clovers forever.

SUSPIRIA—All you need to know about *Call Me By Your Name* director Luca Guadagnino's remake of the 1977 Italian psychological thriller is that there are wicked (!) dance sequences, Tilda Swinton, Dakota Johnson, and lots of blood.

LA LA LAND—Wherever you stand on the Oscars controversy, you can't help but grin at the sight of Ryan Gosling and Emma Stone prancing their way through a perfectly lit Hollywood. And you know what? This has nothing to do with jazz!

HAIRSPRAY—If the *High School Musical* movies left you wanting more Zac Efron and his sweet, sweet dance moves, this 2007 remake of John Waters' *Hairspray* and the popular Broadway musical of the same name should satisfy all your needs. And maybe make you love John Travolta, who plays Edna Turnblad, even more.

WHITE NIGHTS—If you want to watch the film where Helen Mirren fell in love with her husband, director Taylor Hackford, watch *White Nights*. If you want to melt at the sight of Mikhail Baryshnikov doing ballet way before he became Aleksandr Petrovsky on *Sex and the City*, watch *White Nights*.

FAME—Long before your boys Timothée Chalamet and Ansel Elgort ruled the hallways of New York's Fiorello H. LaGuardia High School, the school was called the High School of Performing Arts and was essentially a character of its own in the 1980 musical drama, *Fame* (even though the film technically was shot at another school). What happens when a bunch of teens give the whole stardom thing their best shot in dancing, music, and acting onscreen? Two Oscars (Best Original Score and Best Original Song), one Golden Globe (Best Original Song), and a BAFTA (Best Sound) IRL, NBD. (And the theme song that will be stuck in your head for the rest of the week.)

*Full except from the March 6, 2019 online article (which includes video clips of key dance scenes) at <https://www.cosmopolitan.com/entertainment/movies/a9191958/best-dance-movies/>

Greetings from: Ashley Laufenberg, V-P Elect Dance – alaufenberg@pemibaker.org

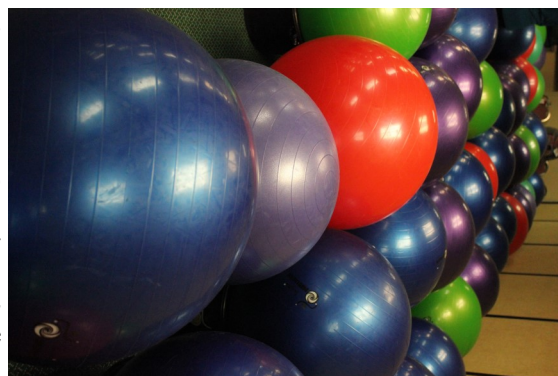
Hello again NHAHPERD! It's been a couple of years since I first served on the Executive Board and I'm excited to be back on it! Like I'm sure many of you were, I walked away from the 2019 Conference feeling rejuvenated. Thank you colleagues for sharing with us all your knowledge and experiences in the field. I personally have found a lot of value in the material you presented. In particular those who have started to tackle switching to a skill-based health curriculum. How you've shared what's worked, lesson modifications, and how to ease your way into making the change. I also took away many little tips and tricks from both sessions and general networking. Like how you creatively use limited PE equipment to make high intensity games. Or a Facebook group or Instagram page to follow where professionals all over the world are sharing their new ideas. This word of mouth sharing and networking I believe is vital to the success of our fields and how we can all improve individually. Being back on the board I hope to connect more with people across the disciplines and encourage you to keep on sharing, presenting, and benefiting each other. Best of luck to you in 2020!

Drum-Azing!! Business Opportunity

Hello fellow PE, Health, Dance and Recreation colleagues. This is Peg Keeler, a 30+ year NHAHPERD member and the 2012 Elementary Teacher of Year. Many of you have attended my movement residency workshops on the ways that music, movement and drumming stimulate students' brains and contribute to their behavioral, cognitive, and cooperative learning growth. I'm now moving on to other pursuits and selling my "**Drum-Azing!!**" business. It is designed as movement residency primarily for elementary schools. However, this program can easily be adapted to fit the academic needs of high school, in the health and science curriculums and for seniors. Included is all of the equipment needed to conduct a workshop for 60+ participants - 65 tubs, 65 stability balls, 70 pairs of drumsticks, 2 dozen scarves, 3 dozen noodles and 2 dozen ribbon sticks. On the business side, included are all of my proposal forms, school contracts, evaluation sheets, contact lists, business insurance info and some initial consulting on how to manage the business. The price is \$2,000.

Drumming has provided me an opportunity to truly enjoy the richness and satisfaction that comes from pure teaching. Students that had behavior issues saw them disappear once they began drumming. Watching students' expressions change as they "got it" while having fun was priceless. This is a highly rewarding, creative, physical activity. On top of that it is an extremely FUN teaching experience. Another bonus was the ability to make money and watch the business grow, as word spread among colleagues and administrators, of the positive benefits drumming had to offer their students.

If you're seeking an energetic, creative and imaginative full or part-time career change, please contact me at peg5keeler@gmail.com. I'll be happy to answer any questions you may have.



Inspiration to Support Quality Physical Education for the 2020s Decade

Fitni Destani, VP Physical Education – fdestani@keene.edu—Happy New Year and decade! I would like to begin this newsletter entry with a few inspirational quotes as we enter into a new decade of teaching physical education.

Psychomotor: “All students can learn and succeed, but not in the same way and not in the same day.” Wm. G. Spady

Cognitive: “Tell me and I forget. Teach me and I remember. Involve me and I learn.” Benjamin Franklin

Affective: “They may forget what you said but they will not forget how you made them feel.” Carl Buechner

I purposely chose three quotes to match to each learning domain (psychomotor, cognitive, and affective) above. The quote by Willam Spady resonated with me as being tied to the psychomotor domain because at times we need to remember that skill development is not only a process but one that requires the teacher to push themselves outside their teaching style comfort zone to reach all their students. The Benjamin Franklin quote I felt was related to the cognitive domain as it indicates the importance of learning by demonstration of knowledge. Lastly, the quote by Carl Buechner inspired me to think about the importance of the affective domain and it serves as a reminder to make sure your students get a chance to experience joy, laughter, and growth in their overall feelings and attitudes.

Are U.S. adults meeting healthy physical activity guidelines? Entering into this new decade, I wanted to research the most recent national physical activity trends to see if adults are meeting healthy physical activity guidelines for Americans. In 2008, the U.S. Department of Health and Human Services issued the **2008 Physical Activity Guidelines for Americans**, that were later revised in **2018**. **Aerobic:** For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week. **Muscle-strengthening:** Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits. According to the **2018 National Health Interview Survey**, 53.3% of adults aged 18 and over met the physical activity guidelines for aerobic physical activity but just 23.2% met the guidelines for both aerobic and muscle-strengthening activity. This 23.2% number increased slightly within New Hampshire to 30.7%, regardless of gender. So, the adult population still appears to be falling significantly short of achieving the benefits of life-long physical activity by not meeting healthy national physical activity recommendations, with the problem only worsening for muscle-strengthening activities regardless of gender. **How has physical education recently changed that may counteract these physical activity statistics for the next decade?** Over the past two decades, physical education has undergone a transformation in rigor with modifications to the K-12 National Standards and Grade-Level Outcomes (2013). In 2015, Every Student Succeeds Act (ESSA) replaced the 2002 No Child Left Behind (NCLB) Act, that now significantly impacts the role of school health and physical education as part of a student’s “well-rounded education”. The comprehensive school physical activity program (CSPAP) along with PE K-12 programs have been recognized to help educate youth in the knowledge and application of skills learned to adopt a healthy lifestyle into adulthood.

Have physical education participation rates declined in the past decade? Since there are approximately 50 million children and adolescents in K-12 programs, I wanted to check the national physical education participation trends. Especially since high quality physical education programs play a large role in helping students adopt and maintain physically active lifestyles as adults. According to the **2016 National Physical Activity Plan Alliance (NPAPA)**, tasked by the President’s Council on Sports, Fitness & Nutrition, the percent of U.S. high school students reported physical education attendance did not change significantly between 1991-2015. So, there has not been a significant decline in physical education attendance among U.S. high school students. Daily physical education attendance decreased from the early 1990s to the mid 1990s but the attendance remained stable through 2015. Reasons for stabilizing physical education participation rates may be tied to the aforementioned policies and practices to support quality physical education. Regardless of years of teaching experience, our role as physical educators could not be more **CRITICAL** today in facing today’s physical inactivity rates or health challenges. As physical educators, we have the skills, knowledge and leadership qualities to tackle these serious physical inactivity and health challenges. So, I will repeat what I posted a year ago in the Winter 2019 newsletter that we need to **GET** the following to reiterate the importance of our role but also how we can continue to grow to meet the challenges of the 2020s decade:

1. **GET or STAY FIT!** Better self stress management and role modeling for students. Catherine Himbergs from California State University at Chico highlights 4 reasons why we must be good role models. <http://www.pelinks4u.org/articles/editorial0409.htm>
2. **GET INSPIRED!** Take a risk and try new teaching styles or curriculum models <https://www.supportrealteachers.org/instructional-models-in-physical-education.html>
3. **GET FUNDED!** Counter financial or equipment constraints (e.g., Fuel Up! <https://www.fueluptoplay60.com/get-involved/educators> or USTA <https://netgeneration.usta.com>)
4. **GET on the ESSA BANDWAGON!** Check in with your district or grants coordinator to seek if grant money is being applied for from the Every Student Succeeds Act (ESSA). Find the TOP 10 Tools to get started with the ESSA grant! <https://www.shapeamerica.org/advocacy/essa.aspx>
5. **GET and STAY CONNECTED!** Attend, present, and collaborate at either state (NHAHPERD), regional (Northeast Health Physical Education Convention) and/or national physical education conferences (SHAPE NHAHPERD NEWS

America, Salt Lake City, UT, April 21-25, 2020). If not, stay connected through the professional journals (e.g., Strategies, JOPERD, and RQES) or online via websites or online communities like NHAHPERD groups on Twitter and Facebook, or openphysed.org.

6. **GET PD!** Get professional development from SHAPE America workshops and webinars <https://www.shapeamerica.org/prodev/default.aspx> or get local professional development in New Hampshire from local colleges or universities <https://www.nhahperd.org/professional-development/>
7. **GET TEACHING TOOLS!** Find teaching tools for 4 essential components of physical education (policy and environment, curriculum, appropriate instruction and student assessment) through SHAPE America <https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/explorepe.aspx> and you can also visit these NHAHPERD documents that are soon to be updated! https://www.education.nh.gov/instruction/curriculum/phys_ed/documents/guidelines.pdf
https://www.education.nh.gov/instruction/curriculum/phys_ed/documents/assessment.pdf
8. **GET SUPPORT!** Find a professional learning community (PLCs) in your schools or community. Great way to collaborate and hold each other accountable to goals! Contact Keene State College Physical Education Teacher Certification Associate Professor Dr. Fitni Destani (fdestani@keene.edu) to join and collaborate with the Monadnock Region Physical Education Professional Learning Community.

Final note: I tried to inspire you all with quality information about physical activity trends in the past decade to shine a light on our progress on helping equip adults to be regularly physically active for a lifetime. I hope the teaching links and tools will help inspire you to feel more comfortable being uncomfortable to challenge yourselves to be outstanding physical educators for this decade and beyond.

HAPPY 2020 NHAHPERD MEMBERS! - Lauren Manteau, VP PE – lsasso8@gmail.com

For those of you who are on social media, or those of you who watch the news, will all know everyone is talking about Clear Vision for 2020 and the amount of self-care we need to bring back into this instant need world. Due to our profession we all have known for a long time that this is important. So if you need a refresh, more ideas or want to share ideas with your students the following self-care tips are available to you right here!

Leave work at work - I know this sounds hard! However, use your prep time wisely, or chose one day each week to stay past the “allotted time” to get it done, so you can destress at the end of the day.

Get outside! We live in New England, I know it’s cold. But you are all educators of the body! Get outside! Ski Snowshoe, Hike, Run, Walk, Enjoy the nature we have so much of it and its so darn Beautiful!

Drink plenty of water - Every time I hear someone tell me to drink more water I go I know but getting to the bathroom is so hard. Recommended amounts is the 8-8 rule Eight Cups for 8oz. A “wellness coach” I follow posted this quote online to remind all of her complaining teachers the following....

Take time for you. Do you have a hobby you often avoid? Well take one hour a week to do that hobby it will provide you some happiness. (You can double dip this with exercise!)

Pamper yourself - I am not talking spa days here friends. I’m talking a date night, a movie night in, a night without your kids and/or your spouse if needed. Take time to enjoy a bubble bath, a good beer, a shopping trip, a joy ride. Pamper yourself has a different meaning to everyone, you decide!

Practice mindfulness: You have probably heard this around your school. We teach mindfulness to help students be aware of others and their feeling accomplishments and goals as well as self-feelings and goals. So continue practicing what you preach at school but do it at home, at the grocery store, with a coworker. Hopefully it will boost your mood too!

Make sure you Exercise! Do I really need to elaborate here??

Listen to podcasts Here are a few Suggestions I simply went on Pinterest and typed in teacher podcasts find something that interests you and go for it!

ANGELA WATSON’S TRUTH FOR TEACHERS -Angela Watson’s podcast is a shorter, yet powerful, show released on Sundays that’s designed to motivate and inspire teachers. She really makes you feel like you are a part of a community of teachers who are all in the same boat together, trying to better this profession and pedagogies for the benefit of the students.

Teaching Keating - This super cool podcast is hosted by Weston and Molly Kieschnick, where they share a fascinating look at popular tv and movies with an educator’s perspective.

Modern Learners - Bruce Dixon and Will Richardson interview educational leaders discuss ways to effect change in your school.

i. Avoid toxic people - Or Just avoid the staff lounge a few days a week. Trust me you don’t need to hear about how Johnny was being annoying in math. Or Susie was doodling during ELA. The kids always tell you the interesting stuff anyway!

ALWAYS BE KIND! Spreading your kindness around school home and everywhere you go will boost yourself up and make you feel better.

Hope this helps! I hope you conquer great goals in 2020 as a teacher and as a person!☺

Looking for some inexpensive outdoor fun this winter with your family or PE classes? How about a way to get your students or family to enjoy exercising? Well, then pull on your parkas and grab your saucers, because we're going sledding! You know, sledding? That activity where you rocket down a steep hill with a quarter inch of plastic between you and the snow below? The one that gives you a tickle in your belly as you zoom down the hill, while leaving your heart in your throat?

Yes, sledding is the answer to all of your questions and in my opinion, the classic winter activity. It's inexpensive, as winter provides us with the snow, nature a hill and all we need to come up with is a mode of transportation. A saucer, inner tube or piece of cardboard is all you really need to have a great time with friends and family. Find the right hill, and sledding can not only provide your classes and family with hours of fun, but the fresh air and exercise will help improve their mood and build unity.

What about getting my students or family to workout? Did you know that sledding can burn 200-300 calories in just 30 minutes? It's true! I put the findings to the test recently and burned 500 calories in two hours! Not to mention the continuous ascent up the hill can help tone and strengthen your legs. Sure beats running on the treadmill!

Looking to plan a trip with your family? How about taking your PE students for an off campus trip? Here are top 19 options for sledding around the state:

1. **Wagon Hill** — This 12-acre town park looms about 400 feet over Rte. 4 in Durham. It's a large hill with an iconic wagon on its summit.
2. **Garrison Hill** — Almost 300 feet above off Abbey Sawyer Memorial Drive in Dover. The hill is steep and fast, with a smaller trail good for the little ones.
3. **Bragdon Farm** — A big run with steep and not-so-steep sections at former ski area on Rte. 101 in Amherst. Parking is on the other side of the highway and you have to pass through a short tunnel under the road to get there.
4. **Stratham Hill Park** — Good family run at park on Rte. 33, home of the Stratham Fair.
5. **Jady Hill** — is located on the grounds of the Exeter Country Club on Jady Hill Avenue.
6. **Robin Hood Park** — This 300-to-400-foot run is pitched at a 25-degree angle in a municipal park off Reservoir Street in Keene.
7. **Derryfield Country Club** — The rolling golf course off Mammoth Road in Manchester is often filled with neighborhood kids as well as fun-loving adults.
8. **Roby Park** — When the softball fields are frozen in the park off Spit Brook Road in Nashua, locals take to the slope in the city's south end.
9. **Alexander Carr Park** — The hill is next to the municipal park next to Parkland Medical Center in Derry
10. **Benedictine Park** — A 30-acre recreational area park off Rte. 101 in Bedford.
11. **Mack's Apples** — Another beauty on Mammoth Road in Londonderry. A booming apple orchard in the fall but in the winter, locals know the spot is great for sledding. You can pick up some cider and some apples, of course, at the farm stand that is open year-round.
12. **Enfield Shaker Village Hill** — Members of the crafty religious group probably once took advantage of the 300-foot-wide, 1,800-foot run that is about 300 feet above Mascoma Lake on Rte. 4A.
13. **Miller State Park** — The auto road up 2,290-foot Pack Monadnock mountain attracts daredevils in the off season when the park is closed.
14. **Morningside Hang Glider Park** — The hill in Charlestown where hang gliders loft up toward the sun is also a popular sledding site.
15. **Tilton School Hill** — The hill at the prep school at the corner of Prospect and Academy streets is popular with townies as well as students.
16. **Laconia Sledding Hill** — The city provides lighting at the steep slope at the end of South Street so you can sled up until 9 p.m.
17. **Remich Park** — The 15-acre park in Littleton also has a skating rink.
18. **The Kanc Recreation Center** — Not far from the Kancamagus Highway, the town of Lincoln oversees a great run. It's behind the Common Man restaurant near the entrance to the Forest Ridge development.
19. **Whites Park**--- This 25 acre parcel of land is located on 1 White Street on the west side of Concord, NH. The sledding hill is located by the baseball field and while it's not a long run, it provides a steep and speedy descent.

Happy New Year Everyone! And I hope to see you on the hill!



The registration process for teachers to gain access to Net Generation as a school provider has been improved and shortened and now takes about five minutes to complete.

With the USTA's Net Generation Schools program teachers can add tennis to their PE curriculum at **no cost and no tennis courts are required!**

The program includes access to **free comprehensive curriculum and equipment!** The curriculum meets SHAPE America Assessment standards for every grade level K-12 which can be taught in almost any space with easy to use lesson plans that include many partnered, individual, and team-based activities.

For teachers to qualify for the **Net Generation School equipment package** which includes 30 racquets, 36 balls, 2 rolls of barrier tape, chalk, and a roller bag to carry all the equipment, they and an approved Net Generation provider would need to sign a **School Partnership Agreement** available at the link below. Once completed please send electronically to me in PDF format.

NOTE: A school partner is an approved Net Generation provider that can help interested students to additional learning and tennis playing opportunities outside of physical education class. How this relationship is utilized is up to the teacher/school and the school partner. Also, I can help connect teachers with an approved Net Generation provider. Here's the URL for teachers to register as a Net Generation School tennis provider, a list of benefits, and for the School Partnership Agreement:

<https://usta.showpad.com/share/ckAI1nEJ9N9f6zxNEZkFh>

Welcome to the USTA Facility Services Program. Whether you're just starting out and dreaming of building a state-of-the-art, multi-court tennis facility, you're interested in 36' or 60' tennis, or you just want to figure out how to repair the cracked courts at the local park down the street or at your school, you're in the right place – the USTA is here to help!

How can we help make your tennis facility dream come true? The USTA Facility Services program can offer you and your community assistance with business, development, technical, advocacy and financial resources. In addition, communities are appointed project consultants from the USTA National staff, who deliver personalized support and service to help take your project from dream to reality.

As FYI: We have NH schools that have received grants for their tennis courts. Alvirne High School is in the process of applying for a blended line grant for its six new tennis courts, and Dover High School has also recently gone through the process to secure \$50,000 towards the construction of their six new tennis courts as well. For the Facility Services, grant here's the email address they need to get a project started:

facilities@usta.com.

NHAHPERD & PE Central have teamed up!

**NHAHPERD Members can receive 10% off Online Professional Development Courses
With over 50 courses in Physical Education/Health to choose from,
including some Graduate Courses!**

**PLUS, when you purchase a course, you'll be supporting NHAHPERD.
5% of sales through the link below, go to support our association!**

**To receive 10% off use coupon code: NHAHPERD during checkout. To get started copy and
paste the web address below in your browser, then click on the link from there.**

<https://www.pecentral.org/nh/>

Samples of Upcoming Graduate Courses:

ED 589: Secondary Methods in Physical Education: Intensive 8-week course - Optional 3 Graduate Credits Available; Instructor: Jennifer Houston - Dates: Feb. 3 - March 27, 2020

ED 589: Assessment in Physical Education: Intensive 8-week course - Optional 3 Graduate Credits Available; Instructor: Dr. Lisa Witherspoon - Dates: Monday, Feb. 3 - Friday, March 27, 2020

ED 589: Technology in Physical Education: Intensive 8-week course - Optional 3 Graduate Credits Available; Instructor: Dr. Lisa Witherspoon - Dates: Monday, March 9 - Friday, May 1, 2020

Website Watch

Keeping Kids in Motion:

<https://keepingkidsinmotion.com/>

Justin Cahill, PE teacher for over 24 years, uses his blog Keeping Kids in Motion to build a community where fitness and play are the foundation for all families.

I Teach More than Gym, I Teach Physical Education:

<https://iteachmorethangym.wordpress.com/>

Mark Banasiak, Physical Educator, passionate about quality physical education shares his blog I Teach More Than Gym as a place where he can continue to share information with other physical educators.

Recipe Corner

Overnight Oats

From: <https://www.shared.com>

This recipe is great, not only for breakfast, but could be lunch or dinner “on the go.”

Ingredients: Add the ingredients in the order listed to a small mason jar. Refrigerate overnight and enjoy warm or cold.

½ cup rolled oats

1 tsp chia seeds

¼ tsp cinnamon

½ cup unsweetened vanilla almond milk

¼ cup vanilla yogurt

¼ banana

¼ cup chopped pineapple, fresh or frozen

¼ cup blueberries, fresh or frozen

1 tbsp chopped or slivered almonds

Incorporating Choice into Fitness—Garison Rogacki – VP Elect PE – garison.rogacki@sau24.org

How can we as physical educators better provide our students with ability and comfort level appropriate fitness activities? Offer students choices of fitness activities, difficulty of activities, and choice of number of repetitions for the activities. These choices allow students to individualize their fitness activities while providing the students with the choice to try new or more advanced options.

What does this look like in the physical education classroom?

Choice of fitness activities: When developing a fitness activity consider offering students choices for a muscle group/body area. For instance you may have a core station where students may choose to either plank, do bicycle crunches or flutter kicks. This allows students to choose an activity they are comfortable with or prefer to do.

Difficulty of the activity: Allow students to choose their difficulty and adjust the difficulty depending on their comfort level and strength. For a push-up station offer students the option to do decline push-ups, regular push-ups, incline push-ups, or half body push-ups. Encourage students to begin with the more difficult push-up that they are comfortable with and then change type as their muscles fatigue while always keeping proper form.

Repetitions of the activity: Give students the choice to choose the number of repetitions while encouraging students to be active and engaged. An example of students choosing repetitions can occur in a 4-station fitness circuit that students will participate in for 5 minutes. Allow the students to choose the repetitions they complete at each station while following the guidelines that the student must complete at least one repetition at each station and jog between stations for the whole 5 minutes. This allows students to complete 1 repetition at a station they do not care for while completing 15 at another station they prefer. No matter how many repetitions the student completes at the stations they will be active throughout the activity.

Encourage students to be active and engaged while providing them with choices to improve their fitness. Choices allow students to feel comfortable, improve at their own pace and try new or more difficult fitness activities without feeling pressured. Try experimenting with these ideas in your classroom.

Jarrold Brooks, President-Elect; brooksjarroldnh@gmail.com

Happy New Year NHAHPERD! My name is Jarrod Brooks, and I am your President-Elect. I have been teaching in the Goffstown Elementary schools for 18 years. Throughout my tenure as a teacher, I have been on the NHAHPERD Executive Board in a variety of capacities and am excited to begin my journey as President-Elect. One of my charges is to recruit new members to join the NHAHPERD Executive Board, so I am going to use this space to hopefully answer some questions you may have.

*First off, **Who** are we? The Executive Board is made up of NHAHPERD members from all around the state. We are Physical Educators, Health Teachers, College Professors, Dance Instructors, and retirees who are vested in keeping our profession relevant and progressing with our surroundings. **What** do we do? We meet monthly in Concord and discuss various topics related to our field. We are currently reviewing the State Curriculum Guidelines for PE, planning for SPEAK Out Day at the local and national level, and have already started organizing the 2020 NHAHPERD Conference. **What** can you do? If you are interested in being a part of this great board and getting involved, email me at brooksjarroldnh@gmail.com to begin the conversation. We can use this time to help answer any of your questions/concerns. I hope you all have a great start to 2020 and look forward to hearing from some of you!*



THE 2020 OUTSTANDING ACHIEVEMENT AWARDS

The 2020 Outstanding Achievement Awards for Physical Activity and Health recognize organizations, groups, and/or individuals in New Hampshire that have accomplished outstanding achievements in promoting healthy lifestyles through physical activity and wellness services and programs. New Hampshire Governor's Council on Physical Activity and Health, on behalf of the Governor, is accepting nominations for the following categories: Seniors (Older Adults) | Worksite/Employers | Youth (18 & under) | Residents with Disabilities Communities | Schools/School Districts | Towns & Cities

WANT TO NOMINATE SOMEONE - HERE'S HOW: Complete the nomination form (download from www.nhmoves.org) and one letter of support. Send them to Scot Foster at scot.foster@dhhs.nh.gov or Scot Foster, Chronic Disease Section, NH DPHS, 29 Hazen Dr., Concord, NH 03301. Submit by: **Friday, April 10, 2020**. The Awards ceremony will be held at the State Capitol: **Friday, May 29, 2020**

the GRANITE walk of ages

GRANITE WALK OF AGES

Join us at the State Capitol or a satellite site on **Friday, May 29, 2020** for the Granite Walk of Ages. The walk is statewide health initiative, centered on bringing together towns, cities, schools, organizations and businesses in New Hampshire. It focuses on prevention, increased physical activity and employee health.

All New Hampshire schools are invited to register their school as a satellite site and walk locally with students on the date of the walk, before, during, or after school.



GRANITE STATE 90 DAY CHALLENGE

Kick-off the summer, **Monday, June 1, 2020**, with our The Granite State 90 Day Challenge by exercising for 20 minutes or more every day in the months of June, July, and August. Residents can walk, run, bike, hike, paddle, swim or even fly a kite. NH residents are encouraged to register with a buddy. The Council partners with NH Division of Parks and Recreation to provide participants with incentives to explore NH's beautiful natural beauty while keeping active.

www.nhmoves.org

Dear NHAHPERD,
Thank you again for all that you do to support physical education. Let me know how I can help you!

Northeast Regional Manager

Nick Kline
nkline@usgames.com
607-423-4403
Twitter: @PETop5



Physical Education Checklist:

OPEN Curriculum Resource

OPENphysed.org is free, customizable, and aligned with the national standards.

OPEN has resources to support K-12 physical education, recess/after-school, active classroom, & early childhood.

Quality Equipment

As you plan PE budget, contact us for a hassle-free quote.

US Games (www.usgames.com) has a 100% satisfaction guarantee. Mention this ad for a discount!

Professional Development

Our Presenter's Network (www.usgames.com/presenters) has grown substantially!

Each workshop is tailored to meet the needs and expectations of both teachers and administration.

FitnessGram

Teachers can't manage what they don't assess. Visit their website for more information: www.fitnessgram.net.

The latest software updates have made this fitness assessment tool better than ever.

How to Access OPEN

- Step 1:** Visit www.OPENPhysEd.org
- Step 2:** Select "Register for FREE"
- Step 3:** Fill in your information
- Step 4:** Go to "Curriculum Resources"



A public service of:



2020 PRESENTER WORKSHEET
NHAHPERD Annual Conference - November 18 - 20, 2020
Waterville Valley Convention Center, Waterville Valley, NH
'Vision 2020: Innovate, Collaborate & Educate'

Please return this form ASAP via mail, fax or email (with 2019 Presenter Form in subject line) to:
Melody Gray, Program Coordinator, graymelody2@gmail.com, 244 Wibird St., Portsmouth, NH 03801

Name: _____

NHAHPERD Member? Yes No
Preferred Address: Home Work

Home Address: _____

Phone: _____ Fax: _____ Email: _____

Work Address: _____

Phone: _____ Fax: _____ Email: _____

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 (11/19/20) Friday (11/20/20)

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, & electric cords. 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; graymelody2@gmail.com or
Dianne L. Rappa, E.D./Conference Coordinator 603-747-3508; drappa@roadrunner.com

Thank you for submitting your forms ASAP!!

Dianne Rappa, NHAHPERD E.D.
P.O. Box 123
Bath, NH 03740-0123
www.nhahperd.org
Return Service Requested

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*New Hampshire Association for
Health, Physical Education, Recreation & Dance*



**UNH Health & Physical Education Department of Kinesiology
PRESENTS: The 6th Annual Adapted Physical Education Conference
Friday March 29, 2019—Time: 8:30 am -2:30 pm—New Hampshire Hall
\$60 Prof./\$15 Stud.**

Featuring: Dr. Ali Brian, PhD from the University of South Carolina
Dr. Brian will present data that highlights the need for Motor Development in supporting
social, academic and emotional learning for all students.

***Sessions include Universal Design for Learning, Gymnastics, Disability Sports, Assessment, Functional
Fitness, Promoting Positive Behaviors and Spikeball***

To register:

[https://learnforlife.unh.edu/portal/events/reg/participantTypeSelection.do?
method=load&entityId=23467800](https://learnforlife.unh.edu/portal/events/reg/participantTypeSelection.do?method=load&entityId=23467800)

For more information please contact: Michelle.Grenier@unh.edu