

PRELIMINARY CONVENTION PROGRAM — Subject to Change



93rd Annual MAHPERD Convention

MONDAY, NOVEMBER 7 and TUESDAY, NOVEMBER 8, 2022

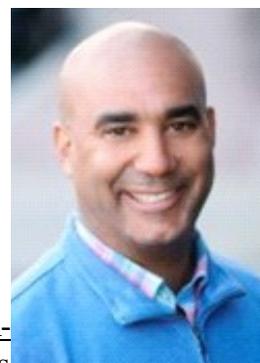
MONDAY, NOVEMBER 7, 2022

9:00-10:00 a.m.

General Session

Keynote Speaker — **Henry Turner**

"Change The Narrative: How to Get Started as a Leader Committed to Diversity, Equity and Inclusion"



Principal at Newton North High School; named Principal of the Year by the online publication K-12 Dive for his leadership during the pandemic at Newton North High School, particularly his commitment to equity and antiracism. He graduated from UMass Amherst with a degree in history, and also currently serves on the Commonwealth Honors College advisory board.

9:00-10:00 a.m. **GENERAL SESSION** NorthBallroom

Keynote Speaker — **Henry Turner**
"Change The Narrative:
How to Get Started as a Leader
Committed to Diversity, Equity and Inclusion"

10:30-11:30 a.m. **PE-16** South Ballroom

Activities to Build Relationships Using Cooperation

The more comfortable a student is in the classroom or gym, the more likely they will be to interact and join in on the learning! This interactive presentation will give you the option to "learn by doing," and play multiple activities that will help promote relationship building and trust in the student and their peers along with the teacher!

Presenter: **Colin Mediate**, Bachelor's degree; Graduate Student A first year graduate student at Springfield College, recipient of the 2022 MAHPERD Outstanding Future Professional Award. Colin played four years of football at Springfield College, while student teaching at William DeBerry Elementary and Belchertown High School. In the summers, Colin runs a summer camp as their site director for over 200 elementary school age children.

10:30-11:30 a.m. **H/PE/APE/ADM-22** RoomA

Using Heart Rate Technology to Empower Students to Manage Their Physical and Emotional Health

Experience heart rate technology that empowers students to take ownership of their health, connects parents daily through reports and links PE to SEL and academics, K-12. You'll learn how IHT's assessment platform can change student behavior, create simplified data collection and increase your program's value to administrators. Also learn how to acquire technology, ESSA and ESSER funding.

Presenter: **Jen Ohlson**, Bachelor's degree; President, Interactive Health Technologies

Jen is Founder & President of Interactive Health Technologies (IHT), which is transforming education by combining student-specific heart rate technology with data analytics to provide real-time biofeedback to students on their physical and emotional health and daily reports to parents and teachers. Jen is a former TV sportscaster, author and filmmaker. Her film "Health Needs a Hero" was the catalyst for an innovative curriculum, "PE 3" (PE for the Mind, Body, Spirit), which became an official PE and Health course for the state of Texas and created IHT's foundation.

10:30-11:30 a.m. H-46 Room B
**Skills Based Depression Education
Is Suicide Prevention**

Erika's Lighthouse provides teacher-led programs focusing on depression literacy and education, reducing stigma around mental health, promoting help-seeking skills, and student empowerment while meeting National Health Education Standards. This presentation will describe how to use the programs and tailor them to best serve a student population and positively impact students' mental health. Participants will learn how to access and implement the free tools and resources for staff, students, and families.

Presenter: Ilana Sherman, Master's degree; Director of Education, Erika's Lighthouse

Ilana Sherman is the Director of Education with Erika's Lighthouse. Ilana has a master's degree in public health from the University of Illinois at Chicago and over 15 years of non-profit health education programming. Ilana works in the education programming department at Erika's Lighthouse connecting districts, schools, educators, and school mental health professionals with resources to empower and educate preteens, teens, and their caregivers about adolescent depression.

10:30-11:30 a.m. H-42 Room C
**Skills-based Health Education
for Every Student**

Are you struggling to build support and advocacy for comprehensive skills-based health education (K-8) in your district? If so, why? What are the challenges you face? During this session, participants will have an opportunity to network with other health educators and administrators to share successes and challenges in advocating for health education at the local level. Participants will walk away with suggestions for continuing advocacy efforts to bring health education to all students.

Presenter: Heidi Pound, MPH; Program Consultant, Writer; The Children's Health Market

Heidi Pound is a regional program consultant and contributing writer for the THE GREAT BODY SHOP, a comprehensive health curriculum published by The Children's Health Market. Heidi provides training and support for school districts throughout the New England area, researches and reports on national health trends, and corresponds with students using THE GREAT BODY SHOP curriculum all over the world.

10:30-11:30 a.m. ATH-25 Room D
**Adding Mental Skills Training to
Your Class or Team**

In an era where mental health issues permeate, learning mental skills is more important than ever for students and athletes. Educators and coaches will learn how to add sport psychology strategies, specifically mental skills training, to both school and athletic settings. Mental skills can enhance both life and sports performance. The session will include evidence-based activity ideas for adding mental skills into PEHE classes or sports teams. Specifically, attendees will learn about the mental skills high school athletes would like to learn most. A portion of the session will include an idea exchange and resources for future use.

Presenter: Lynn Pantuosco-Hensch, Doctorate degree; Professor, Westfield University

Dr. Lynn Pantuosco-Hensch is a Professor at Westfield State University and director of the Coaching Minor. She specializes in the field of motor development. She is a former MAHPERD board member and active member of SHAPE America. She is also a licensed soccer coach.

10:30-11:30 a.m. H-2 Room E
**The Social Dilemma: What
So What...Now What?**

Social polarization can impact student connections with learning and each other. Using the health skill standards to teach social health and social & emotional skills can help students move beyond stigmas and preconceived notions to take action in making connections in a variety of relationships. In this session participants will experience activities to tackle tough topics in ways that will encourage students to think beyond their own culture and experiences.

Objectives:

1. Participants will be able to create an inclusive environment with culturally affirming experiences and teaching strategies.
2. Participants will be able to evaluate current practices and assessments for stereotypes and unconscious bias.
3. Participants will be able to design skills-based health assessments, learning activities, and SEL connections aligned with social justice standards.

Presenter: Allisha Blanchette

Allisha is a health and physical education teacher, cross country coach, and wellness advocate for students & colleagues at DC Everest in Weston, WI. In the local community and state level she has mentored future professionals, presented mental health practices for PATCH, and several topics for WHPE in PE, Dance & Health. Allisha is especially passionate about mental/emotional health, EDI, and trauma informed practices and has shared nationally as a guest blogger and presenter for several organizations including INSHAPE, KYSHAPE, SHAPE America, and Team Lighthouse. In 2019, Allisha was named the WHPE health teacher of the year and in 2020 the Midwest health teacher of the year. Allisha's favorite activities include spending time with her boys, Brewers baseball, running, and SUP boarding.

11:30-12:20 — LUNCH

12:30-1:30 p.m. PE-18 South Ballroom
**Teacher-Coach as Guide:
Facilitating Skill-Building through a
Constraints-Led Approach**

Are you seeking ways to support students as they apply motor skills to game-like contexts? Do your students desire more freedom and peer interaction? Implementing a constraints-led approach through non-linear pedagogy is an exciting and powerful way to facilitate motor development. Outcomes include improved performance with dynamic tasks and environments, and student perceptions of enhanced autonomy and collaboration. Join us for a hands-on session to explore application of non-linear pedagogy within secondary invasion games units and interscholastic athletics.

Presenters: Colleen O'Connell, Master's degree; Doctoral student

Colleen O'Connell is a doctoral student in Physical Education at

Springfield College. She received her master's in Physical Education with a concentration in Athletic Administration from Springfield College. She has coached women's basketball at the collegiate level for six years; as a coach-scholar, Colleen is passionate about exploring the lived experiences of individuals within sport and investigating effective ways to coach, teach, and create inclusive environments.

Michelle E. Moosbrugger, PhD, PEHE Department Chair and Professor, Springfield College

Michelle Moosbrugger is a faculty member in the Physical Education and Health Education Department at Springfield College. In her career, Michelle has been involved with the field in varied ways, including coaching youth and collegiate athletics, teaching in K-12 and colleges/universities, and serving on the MAHPERD Executive Board.

12:30-1:30 p.m. H-32 Room A
Boston vs Bullies Using Sport For Bullying Prevention

Boston vs. Bullies is a research and evidence based program that uses the power of sports to help stop bullying. Participants will learn how they can use the program to help create a safe and inclusive environment. Starting October 2022, we will have all new videos and materials featuring current Boston athletes. The program is geared toward grades 4-6 but can be adapted for older kids.

Presenters: **Michelle Gormley**, Bachelor's degree; Director of Education, The Sports Museum/Boston vs Bullies

Michelle Gormley has been with The Sports Museum since 2000. During this time she has overseen the dynamic shift in The Museum's educational focus to include community outreach and Social Emotional Learning. She created the outreach programs Stand Strong and The Will McDonough Writing Contest, and is responsible for the implementation and management of Boston vs Bullies across Massachusetts.

Kim Storey Ed.D., Education Design Consultant

Dr. Kim Storey is an educator and child development specialist who consults to educators, media companies, and professional organizations. She creates innovative educational media and programs for children, parents, and educators. She frequently serves as a featured speaker and conducts workshops throughout the country and internationally. Her areas of expertise include bullying prevention, science education, and the impact of media on children. She has developed, designed, and produced many highly acclaimed educational television series, websites, resources, and programs. She also conducts research and evaluation projects.

12:30-1:30 p.m. H-36 Room B
Using Formative Assessments to Monitor Learning

Formative assessments can be a powerful tool to help both teachers and students monitor student learning and skill development. Join Mary McCarley, SHAPE America's 2016 Southern District Health Teacher of the Year and Health Education Content Specialist with Goodheart-Willcox, as she shares formative assessments that monitor student learning. From warm up activities to in-class assessments and exit tickets to even short homework assignments, participants will leave with best practices and assessments for their

teacher toolbox as well as complimentary access to our updated skills-based middle and high school health program.

Presenter: **Mary McCarley**, Master's degree; Health Education Content Specialist with Goodheart-Willcox

Mary McCarley is the National Health Education Content Specialist with Goodheart-Willcox and the co-author of their middle school health education textbook. She is a former health teacher in Charlotte Mecklenburg Schools. She has 14 years of teaching experience and excels at creating an engaging student-centered environment with a focus on real-world learning and skills-based health education. Mary is the 2016 North Carolina High School Teacher of the Year for Health Education and the 2016 High School Southern District Teacher of the Year for the Advancement of Health Education. Mary presents at conferences and for school districts on various health education topics locally and nationally. She provides professional development and training for school districts to help teachers effectively implement Goodheart-Willcox's middle and high school health education curriculum.

12:30-1:30 p.m. PE/ATH-29 Room D
Insights from Ireland: The Gaelic Athletic Association's Wisdom for American Sport Organizations

The Gaelic Athletic Association (GAA) is a large sporting organization in Ireland that promotes the indigenous games of hurling, camogie, and Gaelic football. The GAA is deeply community based with over 2,500 clubs throughout the small county. The GAA's ability to promote movement from ages 4-40, make the games financially accessible for all, and have a relationship of integrity within the community are all lessons we can learn from. I will share my learnings from two weeks researching the GAA in Ireland.

Presenter: **James (Jimmy) Hannigan**, Master's degree; Physical Education Teacher, Cambridge Public Schools, Putnam Avenue Upper School

Jimmy is a Physical Education teacher at Putnam Avenue Upper School, a grade 6-8 school in Cambridge. Jimmy graduated with his Master's in Physical Education from Brooklyn College last year, where he also taught PE and Health at a grade 6-12 school. He has a background in community organizing and is fascinated by the ways sport and movement can build connections within communities. In the summer of 2022, Jimmy was awarded a fellowship from Brooklyn College and he spent two weeks studying the Gaelic Athletic Association in Dublin and Cork, Ireland.

12:30-1:30 p.m. APE-9 Room E
APE Problem Solving Roundtable

This is a hands-on problem solving discussion and session. Bring your questions regarding measurable goal writing, assessments, adapting rules/games/equipment, behavior management, integrating general ed. students, how to start a program or options for in-class activities. You've got questions... We've got answers! Session is open to all grades and ages. Let's see if we can help!

Presenter: **Ryan Kent**, Master's degree; Adapted PE/High School PE teacher, Martha's Vineyard Regional High School

Now in my 10th year at MV Regional, I earned my CAPE after completing APE endorsement coursework through Wright State University. Previously a High School Special Education Liaison

MONDAY, NOVEMBER 7, 2022

in both MA and NH, I have worked in the field of Special Education for 17 years. Before public schools I spent three years working as a 1:1 at The Birchtree Center for Children with Autism in NH. I teach both General Education Health and PE as well as APE, and run the Unified Athletics program at our high school.

12:30-1:30 p.m. PE/D-14 Junior Ballroom

How To Teach Dance From 2 Guys Who Can't Dance

This presentation will talk about how a pair of teachers reworked their dance unit despite both not having any sort of dance background. Sample elementary dance lessons and a unit block plan will be shown.

Presenters: **Pat Hennessey**, Master's degree; Physical Education Teacher, Greenwood School & Dolbeare School, Wakefield, MA

Pat teaches elementary phys ed at Greenwood School & Dolbeare School in Wakefield, MA

Mark Whitman, Master's degree; Health and Wellness Teacher, Lafayette School in Everett, MA

1:40-2:40 p.m. PE-11 Activity Area 1
Action! Team Games

Action packed non-traditional activities are sure to keep your students constantly moving, strategizing, and working together. These games are teacher friendly and all-inclusive with the best Only from Gopher equipment. Join us for these one of a kind activities!

Presenter: **Jordan Stolp**, Master's degree; Gopher, Senior Territory Sales Manager

Jordan Stolp is MA's Senior Territory Sales Manager from Gopher. With 11 years of experience in the physical education market, Jordan brings experience in teaching unique activities from Gopher, classroom management, as well as pedometer and heart rate monitor training. Jordan presents annually at MAHPERD, other state workshops, and district professional development opportunities.

1:40-2:40 p.m. PE-47 Central Ballroom
I'm here! Can you please meet me? Beyond Managing Behavior

Are you tired of trying to manage your student's behavior? Do you want to spend more time teaching and less time correcting? In this session we will examine how to help students learn strategies for self management. See how utilizing calm corners, teaching self regulation skills, exploring conflict resolution strategies and more, will give student the skills they need to THRIVE!

Presenters: **Betsey Caldwell**, Master's degree; 2019 NYAAHPERD Elementary Physical Education Teacher of the Year; 2020 SHAPE America Eastern District Elementary Physical Education Teacher of the Year; currently Elementary Physical Education teacher, Nixon School, Sudbury, MA

Megaera Regan, MS, Retired, Port Washington School District, NY

1:40-2:40 p.m. H-4 South Ballroom
Mindful Moments: Infusing Social Emotional Learning into Every Classroom

With each new generation comes new challenges. Bullying, peer pressure, negative self-perception – the list goes on. According to the National Institute of Mental Health approximately 20% of teens between the ages of 13-18 have or will have a mental illness. As a parent or educator, we may be unsure how to help equip ourselves or our teen with the knowledge and skills needed for emotional and mental wellness. Using dice, ribbons, bubbles, yarn and a plethora of other modalities, these cutting edge activities presented in this workshop are kid tested and approved. Join in the fun as you learn dynamic evidence based techniques geared to help you effectively teach interpersonal communication skills that are essential at addressing tough issues like bullying and suicide prevention. This authentic and powerful workshop demonstrates standards-based, hands on activities and lessons will not disappoint. Participants will walk away with activities they can use to discuss mental and social health concerns with youth.

Presenters: **Kristin Letendre Smith**, CAGS; Director of Health & Physical Education, Franklin Public Schools and Professor, Bridgewater State University

Kristin Letendre Smith has been a health and physical educator since 2005 at the high school and college-level. Kristin is a Master Certified Health Education Specialist (MCHES) and a Registered Yoga Instructor (RYT). Kristin was named the MIAA Wellness Coordinator of the Year in 2015.

Jewels Curreri, Alternative Therapist, Embrace Spiritual Studies

Jewels Curreri is CIAYT Yoga Therapist, Hypnotherapist, Holistic Counselor, Life Coach, and Ordained Minister.

1:40-2:40 p.m. H-33 Room A
Best Practices in Substance Use Prevention Education

Learn evidence-based strategies for teaching effective and engaging substance use prevention education in middle and high school. We will review the research to understand what works, what doesn't, and why. Topics include skills-based health education, teaching through a public health lens rather than a criminal justice one, social-emotional learning skills, understanding and selecting evidence-based curriculum, and preparing for sensitive conversations. Participants will also learn about Project Here, an initiative of the MA Office of the Attorney General and the GE Foundation that provides free substance use prevention education resources to all MA public middle schools.

Presenter: **Michelle Wiener**, Master's Degree; Project Manager, Project Here

Michelle Wiener (she/her) has over a decade of experience teaching health education and social-emotional learning curricula to youth and young adults in school-based and after-school programs. She has developed, led, and evaluated several positive youth development programs, including most recently the Youth Force program at Dorchester Bay Economic Development Corporation, where she designed and implemented a project-based social justice curriculum. She currently manages Project Here, an evidence-informed substance use prevention program for MA middle schools. She attended Bowdoin College and received her Master of Public Health degree from the Johns Hopkins Bloomberg School of Public Health.

MONDAY, NOVEMBER 7, 2022

1:40-2:40 p.m. **H/PE-12**

Room E

My Community Does Not Look Like - The Basics of Creating a Responsive and Sustaining PE Experience

Asset-based pedagogies, culturally relevant approaches to teaching, safe and welcoming classrooms, OH MY! We all hear the talk, read the articles, and attend the classes; but do we ever walk out with a hands-on toolbox to build a PE culture that speaks through your students' voices? This training will provide PE teachers with culturally responsive Physical Education activities and tools that can be used or modified for various teaching spaces. Attendees will receive activities, sample lesson plans, guides and checklists to create a physical education experience that is inclusive, equitable and embraces all the students' identities that walk through your door.

Presenter: **Sue Scheppele**, M.Ed.; Physical

Education Doctoral Fellow, Springfield College

Sue Scheppele is Physical Education Doctoral Fellow at Springfield College. She earned her M.Ed., in Diversity and Equity in Education from The University of Illinois. She is a proud Blue Hen earning three undergraduate degrees in Health and Physical Education; Family and Community Services; and Black American Studies. She has taught in both the elementary and secondary school settings for 10 years. Sue is a Diversity, Equity and Inclusion trainer for the Anti-Defamation League (ADL). She is an ADL Walter Kase Educator of the Year for creating an inclusive school environment that is culturally sustaining, equitable and rejects Hate. She is Max Kaplain Institute graduate of the Holocaust Museum Houston and was the Drs Emil and Anna Steinberg Educator of the Year in 2018. She also is a Liebman Fellow and was awarded a summer fellowship to study at the Yad Vashem World Holocaust Remembrance Center in Jerusalem, Israel in Summer, 2019. In addition, Sue is a certified trainer for Welcoming Schools. Sue's areas of study surrounds human rights and gender inequity in education; as well as creating a responsive and sustaining culture in the physical education classroom and PETE programs.

1:40-2:40 p.m. **D-38**

Junior Ballroom

West African Dance and Culture

Abdou teaches traditional West African Dances and shares his stories of growing up in Senegal, West Africa. He learned the dances and tailoring from his mother, a Senegalese professional dancer. Abdou creates and sews his own dance costumes and for other African performers. Abdou breaks the dances down into 'steps' that are easily learned by all ages and abilities including for students in wheelchairs or with limited motion. Abdou also teaches African dance for Soccer players' agility training.

Traditional dances performed by a Senegalese artist - what could be better for the curriculum?

Presenter: **Abdou Sarr**, Associate's Degree; Artist/Dancer, Arts Are Essential, Inc.

Abdou Sarr is a dancer from Senegal, West Africa. He is extraordinary, dynamic and very engaging. He speaks English fluently and is currently dancing with highly respected performing groups in Massachusetts who do arts in education programming: Tony Vacca's World Rhythms and Bamidele Dancers and Drummers. Since his arrival in the US in 2000, he has been busy dancing, making Senegalese clothing, taking additional English classes,

raising a family, helping his family back home and traveling with World Rhythms and Arts Are Essential, Inc. for the Senegal America Project, a cultural educational exchange program. Abdou is a highly charismatic young man. He is very responsible and an excellent role model for our US youth on Africa, Senegalese culture, Muslim religion and the arts.

2:50-3:50 p.m. **H-37**

Room B

10 Ways to Promote Better Mental Health

Join Mary McCarley, SHAPE America's 2016 Southern District Health Teacher of the Year and Health Education Content Specialist with Goodheart-Willcox, as she shares teaching strategies and skills-based activities to promote better mental health for students. These activities reinforce the health education skill standards with a focus on topics that can help prevent or reduce mental health issues. Teachers will leave with more than 10 new skills-based activities and assessments for their teacher toolbox as well as complimentary access to our updated skills-based middle and high school health program.

Presenter: **Mary McCarley**, Master's degree; Health Education Content Specialist with Goodheart-Willcox

Mary McCarley is the National Health Education Content Specialist with Goodheart-Willcox and the co-author of their middle school health education textbook. She is a former health teacher in Charlotte Mecklenburg Schools. She has 14 years of teaching experience and excels at creating an engaging student-centered environment with a focus on real-world learning and skills-based health education. Mary is the 2016 North Carolina High School Teacher of the Year for Health Education and the 2016 High School Southern District Teacher of the Year for the Advancement of Health Education. Mary presents at conferences and for school districts on various health education topics locally and nationally. She provides professional development and training for school districts to help teachers effectively implement Goodheart-Willcox's middle and high school health education curriculum.

2:50-3:50 p.m. **H-28**

Room D

CATCH My Breath—A Rapid Response to the Youth Vaping Epidemic

CATCH My Breath is a peer-reviewed, evidence-based nicotine vaping prevention program (Public Health Reports) developed by The University of Texas Health Science Center at Houston (UT Health) School of Public Health that has been proven effective at reducing the likelihood that students will experiment with vaping. The Substance Abuse and Mental Health Services Administration (SAMHSA) recently named CATCH My Breath as the only recommended school-level youth vaping intervention in the evidence-based resource guide series Reducing Vaping Among Youth and Young Adults. The program provides up-to-date information to teachers, parents, and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes. Through discussion and small group activities, including physical activity, participants will learn about the 4-lesson curriculum and how a variety of educational strategies and activities increase students' knowledge and motivations to abstain from e-cigarettes and build skills for resisting peer and media influences.

Presenter: **Marcella Bianco**, Bachelor's degree; National Program Director, CATCH Global Foundation

Marcella Bianco is the National Program Director for the CATCH My Breath youth e-cigarette prevention program. She has over 18 years of experience working in tobacco prevention and control and is currently responsible for managing and disseminating the CATCH My Breath Program in states across the Nation.

2:50-3:50 p.m. PE-41 Room E
LGBTQ+ Inclusiveness in PE

Research reports that LGBTQ+ youth often have negative or marginalizing experiences in PE (Greenspan et al., 2019; Landi, 2018). The presenter will draw from personal lived experiences to highlight the forms of marginality that LGBTQ+ students and teachers often experience in PE. In this interactive session, attendees will learn practical strategies to create and maintain inclusive environments for LGBTQ+ students and will analyze case scenarios of LGBTQ+ students for application in real-life teaching contexts.

Presenter: **Jonathan Vriesema**, Master's degree; Worcester Public Schools

Jonathan Vriesema is in his 8th year of teaching Physical Education. In his 7+ years of teaching, he has taught in private, public, and charter schools, spanning students from age 3 through 8th grade. Through his coming out on a national platform (OutSports), he now wants to use his platform to advocate for LGBTQ+ athletes and students of all ages to feel comfortable with how they identify and/or to become allies for those who identify as a part of the LGBTQ+ community.

2:50-3:50 p.m. ExSci/Sports Med-20 Junior Ballroom
Take a Breather!

This session will explore breathing in great depth. We will go over a variety of breathing strategies, the benefits of each, and how these techniques can be applied in the classroom. Please wear clothes you are comfortable doing light movement in.

Presenter: **Michaela Bany**, Master's degree; Doctoral student, Springfield College

Michaela Bany is a doctoral student in Springfield College's Sport and Exercise Psychology program and an adjunct professor. Michaela received her master's from Point Loma Nazarene University in Exercise Science and worked as a teaching assistant. She aspires to help her students become lifelong learners and give them the tools to improve their lives long after they leave the classroom.

TUESDAY, NOVEMBER 8, 2022

9:00-10:00 a.m.

General Session

Keynote Speaker — **Barbara Stevens**

“A View from the Bench: Lessons Learned from A Lifetime of Coaching”



Barbara Stevens is Bentley University Women’s Basketball Coach, Inductee into the Naismith Memorial Basketball Hall of Fame ; Division II National Coach of the Year in 1992, 1999, 2001, 2013 and 2014, and recognized as the Northeast-10 Coach of the Year 16 times.

9:00-10:00 a.m. **GENERAL SESION** NorthBallroom

Keynote Speaker — **Barbara Stevens**

“A View from the Bench: Lessons Learned from A Lifetime of Coaching”

1. Participants will be able to identify & explain the connection between brain development & mental-social-emotional learning
2. Participants will practice ‘Aha’ activities that utilize emotions to solidify learning and build health skills
3. Participants will examine health standards & current curriculum to identify areas of mental-social-emotional opportunities

Presenter: **Allisha Blanchette**

Allisha is a health and physical education teacher, cross country coach, and wellness advocate for students & colleagues at DC Everest in Weston, WI. In the local community and state level she has mentored future professionals, presented mental health practices for PATCH, and several topics for WHPE in PE, Dance & Health. Allisha is especially passionate about mental/emotional health, EDI, and trauma informed practices and has shared nationally as a guest blogger and presenter for several organizations including INSHAPE, KYSHAPE, SHAPE America, and Team Lighthouse. In 2019, Allisha was named the WHPE health teacher of the year and in 2020 the Midwest health teacher of the year. Allisha’s favorite activities include spending time with her boys, Brewers baseball, running, and SUP boarding.

10:30-11:30 a.m. **REC-6** Activity Area 1
Spec Tennis —
Physical Education Tennis Alternative

I will be presenting the new sport of Spec Tennis! Spec Tennis is played with a paddle, orange dot compression ball, and on a pickleball court. Spec Tennis is perfect for schools that are looking to add tennis to their curriculum, but might not have access to tennis courts. It is a similar game that can be played in a smaller space like a pickleball court, gymnasium floor, basketball court, or even a parking lot.

Presenter: **Jesse Gotlib**, Master’s degree; Middle School Special Education Math teacher; USPTA Tennis Professional; Gotlib Tennis

Currently, I am the Math Specialist at Lawrence Junior High School, Falmouth MA. Outside of the classroom you’ll see me on the tennis courts coaching kids at Buttonwood Park, New Bedford MA. I’ve been in the tennis industry ever since I played college tennis as walk on at Bridgewater State University. I love coaching kids and ever since I started using Spec Tennis as part of my coaching program it’s been a game changer! I am a Spec Tennis ambassador and I currently run Introduction to Tennis classes with Spec Tennis with Dartmouth, Westport and Bourne.

10:30-11:30 a.m. South Ballroom

10:30-11:30 a.m. **H-1** Room A
**Aha Moments in Health:
Learning through Experience and
Emotions**

Understanding brain development and the connection of mental, emotional, & social health and learning in students is critical to their success and overall development. In this session participants will focus on leveling up the health classroom from teaching a concept to creating ‘Aha’ opportunities for students to practice skill standards, make mental-social-emotional connections, and grow through their emotions.

Objectives:

10:30-11:30 a.m. **ATH-10** Room B
**Coaching Youth Sports, Guidelines to
Ensure Development of Young Athletes**

Youth Sports is a field that is crucial in the development of young participants but has poor leadership and education. I hope that my book and my presentation can help better the structure of youth sports and give all participants, regardless of their participation level, a lifetime growth opportunity.

Presenter: **Charlie Sullivan**, Master’s degree; Professor Physical Education / Men’s Volleyball Coach, Springfield College

Charlie is a Professor of Physical Education at Springfield College, teaching Sport Psychology, Core coaching course for coaching Masters program. He has been a Professor and Coach at Springfield College for 25 years. His credits include: USA Volleyball "All Time Great Coach" recipient; won 11 Div. III National Championships at Springfield College; Head Coach of USA U19 Youth National Team, won Gold medal at 2022 Pan Am Cup - Qualified for World Championships; Asst Coach of USA Volleyball 2016 Olympic Team in Rio - Bronze Medal.

10:30-11:30 a.m. H-5 Room C
Unlocking Creativity for Project Based Learning

Do you want to unlock the creativity within each of your students? This session will provide participants with resources to encourage students to problem-solve in new and innovative ways which will spark their ability to think critically while building their courage and self-esteem. Educators students in grades 6-12 and the college-level would benefit from this session.

Presenters: **Kristin Letendre Smith**, CAGS; Director of Health & Physical Education, Franklin Public Schools and Professor, Bridgewater State University

Kristin Letendre Smith has been a health and physical educator since 2005 at the high school and college-level. Kristin is a Master Certified Health Education Specialist (MCHES) and a Registered Yoga Instructor (RYT). Kristin was named the MIAA Wellness Coordinator of the Year in 2015.

Jewels Curreri, Alternative Therapist, Embrace Spiritual Studies

Jewels Curreri is CIAYT Yoga Therapist, Hypnotherapist, Holistic Counselor, Life Coach, and Ordained Minister.

10:30-11:30 a.m. PE-15 Room D
Creating the WOW in Your PE Program

How do you want students to remember their PE experience? Will they recall a meaningful, personally relevant experience inclusive of enjoyment and challenge with important opportunities for learning across several domains? What about intrinsically motivating experiences that are likely to lead to a commitment to active participation? This presentation will highlight the why, what, and how of Meaningful Physical Education. Participants will explore their values and teaching philosophy in order to understand why prioritizing meaningfulness is crucial to promoting experiences that are richer and that provide more impactful learning for young people in physical education.

Presenter: **Sue Scheppele**, Master's degree; Physical Education Doctoral Fellow, Springfield College

Sue Scheppele is a Physical Education Doctoral Fellow at Springfield College. She received her M.Ed., in Diversity and Inclusion in Education from the University of Illinois. She is a proud Blue Hen who earned her undergraduate degrees in Health and Physical Education; Family and Community Services; and Black American Studies from the University of Delaware. Sue is a Diversity, Equity and Inclusion trainer for the Anti-Defamation League (ADL). She is an ADL Walter Kase Educator of the Year for creating an inclusive school environment that is culturally sustaining, equitable and rejects Hate, awarded in 2017. She is Max Kaplan Institute graduate of the Holocaust Museum Houston and was the Drs Emil and Anna Steinberg Educator of the Year in 2018. She also is a Liebman Fellow and was awarded a fellowship to study at the Yad Vashem World Holocaust Remembrance Center in Jerusalem, Israel in Summer, 2019. Sue's study and research interests are human rights and gender inequality in education and sports; and asset based pedagogical approaches to learning in physical education.

10:30-11:30 a.m. H-44 Room E
Infusing Self-Efficacy Into Physical Education and Health Education

Do you teach your students how to advocate for themselves as part of your comprehensive skills-based health program? Learn how to include self-advocacy in the development of your skills program. Explore aligning self-advocacy with other National Health Education Standards. Learn how to assess self-advocacy skills and include them in your instruction.

Presenter: **Mary Christine Connolly**, CAGS; Program Chair, Skills-Based Health/SEL, Cambridge College

Mary is the Program Chair of Skills-Based Health/SEL at Cambridge College. In addition to her work at the college, she consults with districts that want to move their curriculum from content based to skills based. Mary is the author of 3 textbooks and is a co-author of a fourth. Mary is a proud member of the MAHPERD Executive Board, currently serving on the higher education committee. Mary volunteers at SHAPE America and is a member of the SHAPE Health Education Council. Mary is also a member of the committee to revise the National Health Education Standards.

10:30-11:30 a.m. D-39 Junior Ballroom
West African Dance and Culture

Abdou teaches traditional West African Dances and shares his stories of growing up in Senegal, West Africa. He learned the dances and tailoring from his mother, a Senegalese professional dancer. Abdou creates and sews his own dance costumes and for other African performers. Abdou breaks the dances down into 'steps' that are easily learned by all ages and abilities including for students in wheelchairs or with limited motion. Abdou also teaches African dance for Soccer players' agility training. Traditional dances performed by a Senegalese artist - what could be better for the curriculum?

Presenter: **Abdou Sarr**, Associate's Degree; Artist/Dancer, Arts Are Essential, Inc.

Abdou Sarr is a dancer from Senegal, West Africa. He is extraordinary, dynamic and very engaging. He speaks English fluently and is currently dancing with highly respected performing groups in Massachusetts who do arts in education programming: Tony Vacca's World Rhythms and Bamidele Dancers and Drummers. Since his arrival in the US in 2000, he has been busy dancing, making Senegalese clothing, taking additional English classes, raising a family, helping his family back home and traveling with World Rhythms and Arts Are Essential, Inc. for the Senegal America Project, a cultural educational exchange program. Abdou is a highly charismatic young man. He is very responsible and an excellent role model for our US youth on Africa, Senegalese culture, Muslim religion and the arts.

11:30-12:20 — LUNCH

12:30-1:30 p.m. ATH-26 Activity Area 2
Developing Speed and Power for All Sports

The presentation will take you through the fundamentals of what a sprint coaches look for to develop acceleration, top speed and the power it takes to sprint. We will discuss body alignment and best practices for developing overall speed in sports.

Presenter: **Michael Miller**, Master's degree; Head Women and Men Indoor and Outdoor Track & Field Coach, Springfield College

Mike Miller has been the head Track & Field Coach at Springfield College for 6 years. In his time, 11 school records have been broken and had 20 All America honors. The Men's 4x100 recently took home All America honors running a school record of 40.88. Coach Miller started his career as a high school track coach 10 years ago where he coached multiple successful athletes in many different events. Miller then pursued a graduate degree in Advanced Level Coaching, coaching under Coach Klatka at Springfield. Coach furthered his experience coaching multiple events at Amherst and served as a throws coach at Central Connecticut State University. Returning to his alma mater, Miller now focuses on developing sprints and hurdles with personal interests in promoting healthy mental fortitude.

12:30-1:30 p.m. APE-13 South Ballroom
Collaboration for motor development

This presentation will focus on collaboration for motor development purposes of students with disabilities. Specifically better collaboration between families and practitioners. This presentation will outline strategies for achieving this goal.

Presenter: **Gannon Olson**, Bachelor's degree

My name is Gannon Olson. I'm a masters student at Springfield college attaining my masters in adaptive physical education. In my free time i enjoy reading books and watching sports. I also am a big dog person. I have three dogs, my guide dog and two pet dogs.

12:30-1:30 p.m. H-7 RoomA
The Dove Self-Esteem Project's Confident Me! Curriculum

The Dove Self-Esteem Project provides the no-cost Confident Me! lessons, a single and five-lesson program. Using skills-based health education, Confident Me! focuses on challenging unrealistic sociocultural ideals of appearance, media literacy with respect to these ideals, reducing appearance comparisons appearance conversations and appearance discrimination, while encouraging body activism and positive behavior change. In this session you will gain access to the in-person, hybrid, and online learning lessons available to educators ideal for students aged 11-14. Teachers, counselors, and nurses are welcome!

Presenter: **Danielle Petrucci**, Master's degree; Dove Self Esteem Project Cadre Trainer, Cairn Guidance

Danielle Petrucci has been working with the Dove Self-Esteem Project for six years, helping students realize their full potential through a skills-based health curriculum. Danielle is a full time Boston Public School teacher, teaches courses at UNH, has served on the MAHPERD board and was the 2018 Health Teacher of the Year.

12:30-1:30 p.m. H-3 RoomB
Learning with TOYs

Health can be heavy with difficult topics, conversations & decisions. In this session participants will experience how to lighten up a classroom with some fun favorites. Whether it's content, skill standards, classroom connection, or assessment, challenge your-

self to think beyond the curriculum and classroom to teaching and learning with TOYs!

Objectives:

1. Participants will practice activities to give students an experience in learning content, skill standards or assessment.
2. Participants will evaluate current practices for opportunities to create activity or game experiences.
3. Participants will share ideas used in their own classrooms.

Presenters: **Allisha Blanchette**

Allisha Blanchette is a health and physical education teacher, cross country coach, and wellness advocate for students & colleagues at DC Everest in Weston, WI. In the local community and state level she has mentored future professionals, presented mental health practices for PATCH, and several topics for WHPE in PE, Dance & Health. Allisha is especially passionate about mental/emotional health, EDI, and trauma informed practices and has shared nationally as a guest blogger and presenter for several organizations including INSHAPE, KYSHAPE, SHAPE America, and Team Lighthouse. In 2019, Allisha was named the WHPE health teacher of the year and in 2020 the Midwest health teacher of the year. Allisha's favorite activities include spending time with her boys, Brewers baseball, running, and SUP boarding.

Maria Schneider

Maria Schneider is a Health and Life Skills teacher at Brecksville-Broadview Hts. Middle School in Ohio. Maria has been teaching in the district since 1996. Along with teaching, Maria coaches their gymnastics team who has won 19 state titles in a row. Her family owns a gymnastics school where she also helps out at, primarily teaching a class called "psychobabble" which is a time for gymnasts to work through the mental aspect of the sport. She is married to Bill for 20 years and they have two amazing boys, Joey (19) and Jimmy (16).

Jeff Bartlett, Master's degree; Health Education teacher, Holten Richmond Middle School, Danvers

Jeff Bartlett is a health education teacher at the Holten Richmond Middle School in Danvers, where he has been teaching since 2008. Jeff completed his undergraduate studies at Springfield College and earned his master's degree from Boston University. An experienced skills-based health educator, Jeff enjoys collaborating with other education professionals as part of a vast online professional learning network. At Holten Richmond, Jeff serves on the Project HAWK anti-bullying committee, helps oversee the LGBTQ+ Alliance, and is a member of the Danvers Social Emotional Learning Steering Committee. Additionally, Jeff is an adjunct faculty member in the Skills Based Health Education/Social Emotional Learning department at Cambridge College. Jeff presents regularly at the state, regional, and national level on a variety of health education topics. After school hours, he enjoys coaching cross country and track & field at the high school level at Danvers High School. After being named the Health Education Teacher of the Year by MAHPERD in 2020, Jeff was named the Eastern District and SHAPE America National Health Educator of the Year.

12:30-1:30 p.m. H-21 RoomC
Active Learning Strategies! Engagement Strategies for Health

Active learning strategies provide opportunities for students to develop their collaborative skills and spark creative thinking, while increasing retention of content in a fun and engaging way. This session will model the use of active learning strategies by actively engaging attendees in discourse with peers about health content, and wrap with a brainstorm for new ways to use active learning strategies in your spaces.

Presenter: **Stefanie Grande**, Master's Degree; Health and Physical Education Teacher/Adjunct, Springfield College

Stefanie Grande is a tenured K-12 HPE teacher with dual licensure in CT and MA, with her M.A. in Curriculum and Instruction (General Education) and B.S. in Movement and Sport Studies (PE). Stefanie is working towards completion of her Ph.D. in PE in Teaching and Administration at Springfield College, and has past experience as a PETE Teaching Fellow while adjuncting courses at Springfield College.

12:30-1:30 p.m. PE-48 Room D
The Need for Physical Education to incorporate water safety in the curriculum as the educational component of water competency

Mortality rates caused by drowning in the commonwealth of Massachusetts are increasing. Learning critical life skills can reduce this health threat. The opportunity to learn the critical life skills of water safety needs to be available to all students regardless of races, genders, economics, and geographic location. Physical Educators are in a position to provide this education to all students.

Presenters: **Anna Minnock**, Associates degree; student at Bridgewater State University

Anna Minnock is a senior in her last semester at Bridgewater State University. She is a physical education major in the Department of Health and Kinesiology. She has a passion for all things aquatics and becoming a physical educator

Dr. Matthew Patey, Assistant Professor of Adapted Physical Education and Motor Development, Department of Health and Kinesiology at Bridgewater State University

12:30-1:30 p.m. PE-17 Room E
Manipulating Constraints to Make Physical Education More Inclusive for LGBTQIA+ Students

This presentation calls to attention the heteronormativity that is present in Physical Education classrooms, how students are affected by this heteronormativity, and how to manipulate constraints to make Physical Education more inclusive for LGBTQIA + students. I will present a small handbook with the importance of this issue and the different strategies to make classrooms more inclusive that I have created.

Presenter: **Rahab Joshua Moktan**, Bachelor's degree; Master's Student, Springfield College

Rahab Moktan (he/him) is a Masters student at Springfield College in the Physical Education Initial Licensure program. Rahab is committed to making Physical Education a more inclusive space for all students regardless of their background.

1:40-2:40 p.m. PE-27 Activity Area 2
Get FAST and FURIOUS With Omnikin!

Join in this fast-paced, action-packed 60 minutes of FUN that will leave your students begging for more! With everything from intense fitness games to hilarious partner tag activities to the ultimate cooperative team sport of Kin-Ball, this session will have it all! Omnikin's wide range of products are crowd pleasers by themselves, but these activities will solidify that the gym is the place to be in your school. Come join Team Omnikin today and blow your students away!

Presenter: **Scott Williams**, Master's degree; Omnikin US Coordinator

Scott Williams is the founder/owner of Camp4Real and taught elementary physical education at Meriwether Lewis School for 15 years and high school summer PE for six years. He was a winner of the 2013 VAHPERD Elementary PE Teacher of the Year, and the 2015-16 VAHPERD and SHAPE Southern District Dance Teacher of the Year. Scott was also honored as a National Healthy School Hero by Action for Healthy Kids in 2017. He is also a presenter and keynote speaker at physical education conferences across the nation and is the US Coordinator for Omnikin!

1:40-2:40 p.m. H-19 Room A
Cultivating Equity in Nutrition Education

When we teach food and nutrition in our health classrooms, are we truly teaching all students? Please join me in a conversation about exploring equity in nutrition education programs, ideas for steps forward, and the benefits of food literacy education--which includes a positive relationship with food and body--as we reimagine nutrition education as we may know it. We will identify some of the challenges in nutrition education messaging today, how food literacy can help bridge the gap between this messaging and meaningful skill development, and ideas for next steps in creating a food-neutral, body positive learning environment that celebrates all cultures and diverse populations.

Presenter: **Erin Burtnyk**, RD, LDN, MS; Health Education Teacher/High School Health, Shrewsbury High School

Erin Burtnyk has over a decade of experience as a Registered Dietitian and earned a Master's of Science degree in Community Health Education from Merrimack College. Erin is a high school health education teacher who passionately believes that all students deserve access to inclusive, comprehensive health education, where all students feel valued, appreciated, and successful. Erin loves running, boxing, reading, and spending time with her husband and two young daughters.

1:40-2:40 p.m. H-24 Room B
Earn \$1500 for your school through this wellness program in class!

An introduction to the 3-week (twice a week for an hour) wellness program, provided at no cost to schools by the American Diabetes Association. It's a program in a box, fits easily into the lesson program for K-7 and includes a \$1500 gift certificate to the school for participating with 75+ students. Project Power is generously funded by national sponsors: CVS, Sunlife and Quest Diagnostics.

Come and learn how we can tackle diabetes.

Presenter: **Astrid Hendren**, Bachelor's degree; Director
Development New England, American Diabetes
Association

Astrid Hendren is a Dutch native. She launched All Things Dutch an exclusive distributor of well-known firms Ahold and Hema, at the age of 23. She later sold the mail-order company and founded a Retained Executive Search firm, which allowed her to combine work with parenting. Astrid subsequently shifted to non-profit in 2007 and has worked in leadership roles at the American Heart Association, Alzheimer's Association, the March of Dimes and recently joined the effort to fight diabetes at the American Diabetes Association. Astrid also founded a volunteer driven, social emotional program, called Cause Day®. She is the published author of Surviving Lasts a Lifetime© and frequent speaker, called on to inspire and motivate large & small audiences with her story of survival as it relates to health, wellness and the community.

-Rachel Gibbons is the Executive Director in New England for the American Diabetes Association and is responsible for positioning the Association as a leader in diabetes prevention and management in the community. In this role, Rachel implements mission driven partnerships and collaborations to impact the nearly 1 in 2 adults living with diabetes or prediabetes. Driven by her passion for the ADA's mission and the people we serve, her goal is to keep our community informed and connected so that people living with diabetes have the opportunity to thrive despite any challenges they may face.

1:40-2:40 p.m. H-45 Room C
**Back to Basics! How to Build a
Skills-Based Health/SEL Program**

Backwards design, infused performance indicators, authentic assessment...what does it all mean? Take a deep breath and join the session to learn how to design, build, and implement a skills-based health/SEL program. You probably have many components already so join the group to fill in the blanks and get back to the basics.

Presenter: **Mary Christine Connolly**, CAGS; Program Chair,
Skills-Based Health/SEL, Cambridge College

Mary is the Program Chair of Skills-Based Health/SEL at Cambridge College. In addition to her work at the college, she consults with districts that want to move their curriculum from content based to skills based. Mary is the author of 3 textbooks and is a co-author of a fourth. Mary is a proud member of the MAHPERD Executive Board, currently serving on the higher education committee. Mary volunteers at SHAPE America and is a member of the SHAPE Health Education Council. Mary is also a member of the committee to revise the National Health Education Standards.

1:40-2:40 p.m. PE-30 Room D
**Creating a PE Experience That
Matters Through Children's Literature**

In an ever-increasingly diverse public-school population, using children's books in elementary PE can reinforce students' affirmative self-concept, teach accurate information about various identities, and foster positive attitudes about diversity. The purpose of this session is to provide real-life examples to current and future PE teachers about how to incorporate children's books to enrich their

PE pedagogy, affirm the value of equity, and develop life-long physical literacy from a culturally relevant lens.

Presenters: **Sue Elizabeth Scheppele, M.Ed.**; Physical Education
Doctoral Fellow, Springfield College

Sue Scheppele is a Physical Education Doctoral Fellow at Springfield College. She received her MEd in Diversity and Equity in Education from the University of Illinois. She taught K-8 Physical Education in the Houston Independent School District where she was named the Anti-Defamation League Walter Kase Educator of the Year and the Holocaust Museum Houston Drs Emil and Anna Steinberger Educator of the Year for her work in teaching Physical Education through the lens and voice of her students. She also was awarded a Leibman Fellowship to study at the Yad Vashem World Holocaust Remembrance Center in Jerusalem, Israel.

Mara Simon, Ed.D.; Assistant Professor, Department
of Physical Education and Health Education,
Springfield College

Mara Simon will be starting her sixth year as an Assistant Professor in the department of Physical Education and Health Education at Springfield College. She received her Ed.D. in teaching and curriculum in physical education from Teachers College Columbia University in 2018. Mara's research focuses on understanding race, racism, and whiteness in PE and PE teacher education, and how enacting culturally relevant pedagogies might be both sustaining and affirming for pre-service and current PE Teachers of Color.

1:40-2:40 p.m. H-40 Room E
**Implementing a Tier 1 Mental Health
Literacy Approach for Educators,
Students and Beyond**

Mental Health Collaborative, a nonprofit organization, brings an innovative, tier one, evidenced-based mental health curriculum to middle school and high school-aged students. This curriculum is a train-the-trainer model, sustainable and cost-effective. Within this comprehensive model, they also provide a mental health literacy education program for teachers and school personnel as well as a parent program. After attending this presentation, participants will understand the four pillars of mental health literacy, why it is critical that they are taught in schools, and how Mental Health Collaborative can help you bring this model to your school and community

Presenter: **Abbie Rosenberg**, PMHNP-BC, RN, Master's degree;
Founder & Executive Director, Mental Health
Collaborative

Abbie has over 30 years of experience as an advanced psychiatric nurse practitioner, including outpatient private practice, inpatient psychiatric care and on college campuses. While working as a therapist and psychopharmacologist, she became increasingly aware of the shame, stigma and lack of education that exists within communities around mental health challenges and mental disorders. In 2017, a patient who had moved out of state, sadly lost his battle with depression and anxiety and died by suicide. Abbie founded Mental Health Collaborative in his honor and in his memory as well as in memory of the many other people that suffer silently and have tragically lost their lives too early. MHC is a MAHPERD partner

2:50-3:50 p.m. **H-34** **Room B**

**Project Here for Middle School
Substance Use Prevention Education**

Learn about Project Here's free research-based educational resources that are available to all MA educators who teach grades 6-8. Learn how to use the Online Toolkit to access ready-to-go lesson plans and instructional materials on topics including adolescent brain development, social-emotional skills, vaping and tobacco use, marijuana use, and more. Explore Project Here Games, our award-winning educational app that helps students build skills and apply them to challenging real-life scenarios. Project Here is an initiative of Massachusetts Attorney General Maura Healey's Office and the GE Foundation.

Presenter: **Michelle Wiener**, Master's Degree; Project Manager, Project Here

Michelle Wiener (she/her) has over a decade of experience teaching health education and social-emotional learning curricula to youth and young adults in school-based and after-school programs. She has developed, led, and evaluated several positive youth development programs, including most recently the Youth Force program at Dorchester Bay Economic Development Corporation, where she designed and implemented a project-based social justice curriculum. She currently manages Project Here, an evidence-informed substance use prevention program for MA middle schools. She attended Bowdoin College and received her Master of Public Health degree from the Johns Hopkins Bloomberg School of Public Health.

2:50-3:50 p.m. **Elem/Middle PE-23** **Room E**

Fine Motor Skills Through TikTok

Fine motor skills are a critical pillar of the development of children. Oftentimes, children do not work on their fine motor skills daily. The creation of the TikTok page focuses on simple and accessible ways for children and their families to work on fine motor skills in a fun and innovative way.

Presenters: **Molly Anbinder Covarrubias**, Bachelor's Degree; Masters of Education in Physical Education student, Springfield College

Molly is a Jewish Mexican Queer Physical Education student at Springfield College. Born and raised in the Boston area, Molly wants to teach at a low-income school to provide a quality education through accessible movement, motor development, and social-emotional learning. Molly views physical education as a form of preventive health and a source of equity that she is committed to working on each and every day.

Summer Murray, Bachelor's Degree; Masters of Education in Physical Education student, Springfield College

Summer Murray is a master's student studying Physical Education at Springfield College. With an academic past in education and an athletic past in Division 2 track and field, she decided to combine her passions of learning and sports into a career. She believes strongly in relating to children through their current social culture in order to promote a living a healthy life to the fullest.