

# TEACHING IN HARMONY



## MAHPERD Spring Conference

March 17, 2023  
Salem State University

**8:00-8:25am**

**Registration**

**8:25-8:30am**

**Welcome, Sarah Woodward, President-elect**

**8:30-9:30am**

### **Keynote Speaker Carol Ciotto**



Retired Assistant Dean, Professor- Central Connecticut  
State University School of Education and Professional  
Studies

***“Resilience through Self-Care: A Game Changer”***

**Biography:** Carol is the Retired Interim Assistant Dean for the School of Education and Professional Studies at Central Connecticut State University. She has also served as the CCSU Physical Education Program Coordinator and as a professor in the teacher preparation field for 14 years. Prior to teaching at CCSU she spent 23 years as a physical education teacher, a K-8 assistant principal and a K-6 principal in the public-school setting. Carol has served on the Connecticut Association of Health, Physical Education, Recreation and Dance (CTAHPERD) Executive Board as a Vice President of Physical Education, Vice President of Dance and as the 2013 President. Carol currently serves as the Executive Director of the National Academy of Health and Physical Literacy (NAHPL) and the Executive Director of NJAHPERD. Carol is a recognized speaker at the state, regional, national and international levels on a variety of educational topics. She is also a member of the Connecticut Cadre of Physical Education Trainers presenting on various health and physical education topics across the state. She has published several articles in various peer-reviewed educational journals, is the co-author of the book PASS: A Guide Book to Creating Physically Active School Systems and co-author of a chapter on Social Emotional Learning in the book titled College Wellness. Carol has also co-authored CT legislative Public Act No. 16-132 - the CT Red Ribbon PASS Program that recognizes those schools that are incorporating physical activity throughout the school day.

Carol has received several awards for her service to the profession and excellence in teaching including, the 2019 SHAPE America Joy of Effort Award, the 2019 SHAPE America Eastern District Tilia Fantasia Award, the 2018 SHAPE America Eastern District Honor Award and the 2018 CTAHPERD Honor Award, a 2017 Inductee into the North American Society of Health, Physical Education, Recreation, Sport and Dance Professionals, the 2016 SHAPE America Teacher Educator of the Year Award, and the 2010, 2016 and 2017 CCSU Excellence in Teaching Award. In addition, Carol was inducted into the Bulkeley High School Athletic Hall of Fame and into the New Agenda: Northeast Hall of Fame both in 2018.

Carol's love for learning has been a pivotal part of her professional growth and desire to share her knowledge and expertise with others.

### **9:40-10:40am**

A healthy relationship with food and body is critical for our mental and emotional wellness, but what does that mean? How can we navigate the seemingly constant messaging surrounding food, exercise, and diet while fostering our own healthy relationship with food? Can we do this while supporting the same for students? In this session, join us for a conversation about these questions and more as we reimagine nutrition education as we may know it—for our students and for ourselves. We will explore the challenges in nutrition 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

**Presenter:** Erin Burtnyk, MS, RDN Health Education Teacher- Shrewsbury High School  
she/her/hers

**10:50-11:50am**

**Implementing Yoga into the Physical Education Curriculum**

We all know that yoga has many benefits physically and emotionally. Come and learn creative ways to implement yoga into your curriculum through games and activities. This session is geared towards those who teach K-5, but any teacher will likely find something adaptable to bring back to their gym. Simple assessment ideas will be included, too.

**Presenter:** Kristin Santos, M.Ed., Wellness Educator-Hopkinton Public Schools

**11:50am-12:40pm LUNCH**

**12:40-1:40pm**

**Using Technology to Enhance the Cooperative Learning Model**

This session will provide a brief overview of the Cooperative Learning Model, more specifically, various task structures that are used to engage students with physical education/health education content and each other. The activity-based portion will allow participants to experience how a task structure(s) facilitates student learning through positive interdependence and individual accountability. The technology used during the session will further demonstrate student accountability, both individually and as a team member.

**Presenter:** Steven Groccia, Assistant Professor- Department of Physical Education & Health Education, Springfield College

**1:50-2:50pm**

**No False Starts!** This session is about the first five to ten minutes of your health class. We have a limited amount of time with our students, and what we do at the start of class can make or break the rest of the class. We will go over the importance of, and how to check in, connect, and clarify during those important minutes. We'll cover social-emotional and academic strategies to help students better access the skills and content you teach. Sample routines, protocols, and procedures will be shared. Attendees will have the opportunity to share their own best practices with others, too.

**Presenter:** Jeff Bartlett, Health Education Teacher / Social Emotional Learning Coach  
Holten Richmond Middle School, Danvers, MA

**2:50-3:00pm**

Closing President-elect, Sarah Woodward  
Evaluations/PDP's