



MAHPERD FALL CONFERENCE Tuesday, November 2nd, 2021

Welcome to MAHPERD's One-Day Fall Conference! We are excited to engage in a day full of inspiration and learning. We hope that you find today captivating, encouraging, reflective and useful in hopes that you will be able to implement strategies and best practices in diversity, equity and inclusion in your future teaching practice.

Program Schedule

Opening Remarks: 8:00am-8: 15am

Danielle LaRocque, President-Elect, MAHPERD
Maria Melchionda, Executive Director, MAHPERD

Keynote Speaker: 8:15am-9: 15am

Val Brown



“Vulnerability and Why We Need More of It In Schools”

In this session, participants will explore how embracing vulnerability can propel them to deeper and more meaningful equity work in our schools.

About Val Brown: Val Brown is a professional development facilitator for a national non-profit. Her role primarily includes designing, facilitating and evaluating anti-bias professional development for educators across the country. In December 2016, Val founded #ClearTheAir. #ClearTheAir is a body

of educators who believe that community, learning, and dialogue are essential to personal and professional growth. Val believes education is a vehicle for social change and encourages educators to engage in public discourse about critical topics because it allows them to learn with and from others. For 14 years prior to joining her current organization, Val worked in the public K-12 education and higher education sector as a teacher, instructional coach, district administrator and professional learning specialist. Her other professional interests include instructional coaching, teacher leadership and educator pathways. Val received her Bachelor of Arts in Journalism from the University of Florida and holds an M.Ed. from Florida Atlantic University and an M.A. from the University of Central Florida in Multicultural Education and Education Leadership, respectively. She is currently pursuing her doctorate in Curriculum, Teaching, and Teacher Education at the University of Florida. Support from the good folks at the Center for Teaching Quality and #EduColor were influential in her finding her voice. She is also a wife and mother. You can read about her family's antics on Twitter.

Session 2: 9:30am-10:20am

Presentation #1:

Culturally Relevant Pedagogy in PE: A "How To" Guide

This presentation will first outline the central points of Culturally Relevant Pedagogy (Ladson-Billings, 2001). From there, I will provide multiple concrete and in-depth examples of what culturally relevant pedagogy might look like in physical education. This will be done with units that are frequently found in the field, such as fitness, team sports, dance, and martial arts. Finally, attendees will apply the central points of culturally relevant pedagogy, based on their district and/or school curricula, and brainstorm their own ideas for how to engage in Culturally Relevant Pedagogy in their specific school settings.

Presenter: Dr. Mara Simon, Department of Physical Education and Health Education School of Physical Education, Performance and Sport Leadership-Springfield College



About Dr. Mara Simon: Dr. Simon is a teacher-educator and scholar deeply committed to social justice issues. She utilizes constructivist and critical pedagogies within her classes in order to raise students' critical consciousness on existing social inequity and her research focuses on the intersectionality of "others" within PE contexts, such as ethnic minority identities within predominantly white spaces.

Presentation #2:

What high school educators need to know about pornography: An evidence-based perspective

Pornography is not a good source of factual information about sex and relationships for teenagers, but in the absence of factual information about sex, some adolescents may model their own behavior after what they see in sexually explicit media. Many educators aren't certain whether or how to address some of the messaging that adolescents get about sex and relationships from pornography—particularly because there could be pushback from parents. In this session, two experienced educators who have taught adolescents to think critically about sexually explicit media will provide an overview of what they have taught youth, how it was received and what impact it had, and about their new ideas for developing an online module to teach Massachusetts adolescents about healthy sex and healthy relationships. Please bring your own questions about the evidence base and social science about pornography to make this a more interactive and lively session.

Presenters: Dr. Emily F. Rothman and Dr. Kim Nelson, Health Sciences Department-Boston University



About Emily F. Rothman: Emily is a Professor of Community Health Science at the Boston University School of Public Health and Professor and Chair of the Occupational Therapy Department in Sargent College at Boston University. Dr. Rothman has been an adolescent health researcher for 20 years. Her research focuses on dating and sexual violence prevention, commercial sexual exploitation, and sexually explicit media. She also has expertise in autism research. Dr. Rothman is one of the three authors of the “Truth About Pornography: A Pornography Literacy Curriculum for High School Students Designed to Reduce Sexual and Dating Violence: https://www.ted.com/talks/emily_f_rothman_how_porn_changes_the_way_teens_think_about_sex



About Kimberly M. Nelson: Kim holds a PhD, MPH and is an Assistant Professor of Community Health Science and of Psychiatry at Boston University. Having both a public health and psychology background, she focuses on community- and population-level health implications while conducting

individual-level behavioral research. Dr. Nelson's research concentrates on psychological and structural factors associated with the transmission or acquisition of HIV and other sexually transmitted infections among marginalized adolescents in the United States. Dr. Nelson's research is funded by the National Institutes of Health. Dr. Nelson is also mother to a kindergartener.

Session 3: 10:30am-11:20am

Presentation #1

Accessibility through movement: incorporating dance, multiple bodies and personalities

This session will share personal experiences and strategies to make dance more inclusive, interactive and inspirational for children. This will also include an interactive session applying these practices in use.

Presenter: Tina Mullone, Assistant Professor, Dance Department at Bridgewater State University



About Tina Mullone: Tina (BA, MFA) is Assistant Professor of Dance at Bridgewater State University and a New England board member for the American College Dance Association. She is a certified M'Singha Wuti instructor of Umfundalai contemporary African dance technique, Pilates mat instructor, and dance education consultant. She has performed in Texas, Louisiana, Philadelphia, Virginia, New York, Germany and Mexico. Her training background is in Agrippina Vaganova ballet, Martha Graham, Jose Limon, Katherine Dunham, Umfundalai, various dances from African and the Diaspora. To highlight training, she studied at Dallas Black Dance Theatre, the Alvin Ailey American Dance Theater, Philadanco Dance School, Urban Bush Women, Katherine Dunham Institute and American Dance Festival. In addition to a number of outreach programs and studios, Tina taught at Texas Ballet Theater School, Contemporary Dance/Fort Worth and Texas Christian University. Tina is co-director of M2, a performance art duet based in Monroe. For 11 years, she commuted from Louisiana to Texas to continue her professional career as a performer with Beckles Dancing Company, and CD/FW (as Associate Artistic Director). Tina's current research interests are centered around the following: African Diaspora dance, dance as a conduit for change, African-Americans and the spaces that define/confine, the presence of spirituality in dance, Black feminism in movement & visual art, arts + education=what? and movement based therapy as a result of trauma.

Presentation # 2

Connecting Skills Based Health Education With Anti-Bias Education

Take advantage of the natural connections between a skills based health education curriculum and anti-bias education. We will connect performance indicators from the National Health Education Standards

to the Social Justice Standards from Learning for Justice. Attendees will learn how to make their health education curriculum more equitable and representative of all students. The four domains of identity, diversity, justice, and action will be discussed and connected to the eight skills from the National Health Education Standards.

Presenter: Jeff Bartlett, Health Educator Holten Richmond Middle School in Danvers, MA



About Jeff Bartlett: Jeff is the 2020 MAHPERD Health Educator of the Year and the 2021 SHAPE America National Health Teacher of the Year. He's currently teaching middle school health education at the Holten Richmond Middle School in Danvers, Massachusetts. He also coaches cross-country and track and Danvers High School and is an adjunct professor in Cambridge College's Skills Based/Social Emotional Learning certificate program.

LUNCH 11:20am-12:00pm

Session 4: 12:00pm-12:50pm

Culturally Responsive Health Education

We all bring unique skills, perspectives, and experiences to our work as health educators. With a renewed commitment to making curricular and pedagogical decisions that empower all learners to thrive, it is important to educate ourselves about issues of equity in our schools and look at changing teaching practices to better prepare all learners to be active, productive members of our larger world. In this workshop, we'll explore why attention to and implementation of inclusive learning is important for ALL children, including a focus on LPS curriculum and the safe, age-appropriate ways health educators can enter into conversations with students about diversity, equity and inclusion. This workshop will provide examples of lessons for elementary, middle and high school, parent education curriculum and other resources. Participants will have the opportunity to engage in interactive activities and discussions.

Presenter: Julie Fenn, LICSW Lexington Public Schools Assistant Coordinator of PE, Health and Wellness



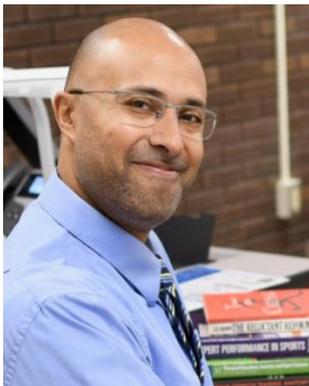
About Julie Fenn: Julie is a Licensed Independent Clinical Social Worker, Health Educator and school administrator with over 30 years experience working with children, adolescents and families. Julie worked for a private non-profit counseling agency on the South Shore for many years before working in the Lexington public schools as the school’s K-12 Prevention Specialist and K-12 Health Educator. She became the Assistant Director of PE, Health and Wellness for Lexington in 2017. Julie has been a strong advocate for comprehensive sexual health education that is LGBTQ inclusive. She was featured in the CBSnews.com original, “Drinking culture and American kids”.

Session 5: 1:00pm-1:50pm

Anti-Racism and Cultural Competence in the Health and Physical Education Settings

This presentation is meant to provide educators with an opportunity to introspectively take note of their current position on sociocultural issues affecting themselves, their students, their communities, and the world we share. Participants will exit the presentation with practical skills, techniques and tools to bring about change in their educational settings. Please attend openly and bravely in order to get the most out of the presentation.

Presenter: John D. Strong Coordinator of Physical Education & Chief Diversity and Equity Officer. Niagara County Community College



About John Strong: John is an Associate Professor within the Health and Physical Education Department at Niagara County Community College, where he also serves as the coordinator of the Physical Education Studies degree program and Personal Training certificate program. John has also been serving as the Chief Diversity and Equity Officer at NCCC for this past academic year. He divides his time between these academic pursuits and his wife of more than 20 years and teenage children.

Session 6: 2:00pm-2:50pm

Presentation #1

Who has the equipment, small class sizes, and great facilities? (or in other words, who's got the money?)

An experiential learning activity to raise awareness about privilege. Participants will be involved in an activity that helps one to explain how privilege connects to life experiences as well as educational experiences. Participants will explore how the exercise resonated with them and others and brings a greater awareness of the impact of privilege. Finally, strategies will be discussed to work toward social justice to assist in quality health, physical education, recreation, and dance for all. (*Malott, K. M. (2011). Who's got the money? In M. Pope, J. S. Pangelinan, & A. D. Coker (Eds.), Experiential activities for teaching multicultural competence in counseling (pp. 63-64). Alexandria, VA: American Counseling Association.*)

Presenter: Dr. Shawn Ladda, Professor and Chair-Department of Kinesiology Manhattan College Bronx, NY



About Dr. Shawn Ladda: Dr. Ladda is Professor and Chair in the Department of Kinesiology at Manhattan College located in the Bronx, NY. Prior to teaching at Manhattan College, she taught and coached at Columbia University and the Massachusetts Institute of Technology. Dr. Ladda is past member of the NYSAPERD Executive Board serving as the NY City Zone President and Past-President of the National Association for Girls and Women in Sport (NAGWS). She earned her B.S. from Penn State, M.S. from Springfield College, and a M.Ed. and Ed.D. at Columbia University-Teacher's College. Shawn's research and professional interest include history of sport, the female athlete, quality physical education, coaching, and making the world more just, inclusive, and equitable.

Presentation # 2

Creating an SEL Focused Day in Your School

Social and emotional learning (SEL) is a way to bring students, teachers, and communities together.

Learn how to create an SEL-focused day that help students form connections with their peers and encourages them to share their voice. By devoting a day to team building and leadership activities, it can help take an important step toward strengthening school culture.

Presenter: Bo Shappell HS Physical Educator Daniel Boone Area School District; 2019 Pennsylvania Middle School PE Teacher of the Year and 2021 SHAPE America Middle School Eastern District PE Teacher of the Year.



About Bo Shappell: Bo is a high school health & physical education teacher at the Daniel Boone Area School District. He is the co-founder of the organization WE (Wellness Education) Integrated, co-author of *ALL IN: The Mindset of Fitness*, and is a certified personal trainer. He is the academic leader for creative arts & human performance in his district. Bo is passionate about SEL. He created an SEL card game for educators and students, leads a districtwide SEL committee, and has implemented numerous programs aimed at improving mental, emotional, and physical wellness for staff and students. Some of his programs were featured on SHAPE PA, SHAPE America and the PA Department of Education. Bo was awarded 2019 Pennsylvania Middle School PE Teacher of the Year and 2021 SHAPE America Middle School Eastern District PE Teacher of the Year.

Closing Remarks: 3:00pm

Danielle LaRocque, President-Elect, MAHPERD
Maria Melchionda, Executive Director, MAHPERD