



Newsletter OCTOBER 2014

MAHPERD Convention

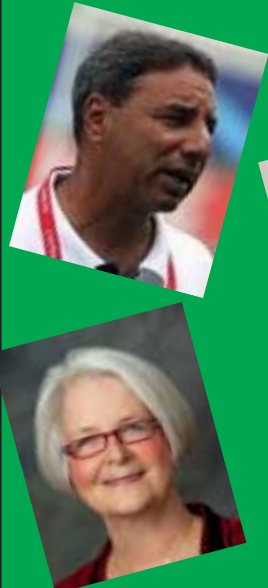
**Monday
Nov. 17
&
Tuesday
Nov. 18**



**DCU
Center,
Worcester**

**C
O
N
V
E
N
T
I
O
N**

Featured Speakers!



MAHPERD E-Board President

Michelle Moosbrugger
mmoosbrugger@springfieldcollege.edu

President Elect

Constantine Psimopoulos
cpsimopoulos@fas.harvard.edu

Executive Director

Maria Melchionda
maria@ma-hperd.org

Business Manager

Bill Riley
riley@ma-hperd.org

Secretary

Dr. Deb Sheehy
deborah.sheehy@bridgew.edu

The entire MAHPERD Board and Leadership/Committee list can be viewed by [clicking here](#).

Link to PRELIMINARY MAHPERD CONVENTION PROGRAM

[CLICK HERE](#)

MAHPERD Mission Statement

The Massachusetts Association for Health, Physical Education, Recreation and Dance (MAHPERD) is a non-profit organization for professionals and students dedicated to:

- Promoting healthy active lifestyles
- Advocating for quality programs
- Providing quality Professional Development opportunities
- Promoting leadership in each of the disciplines
- Recognizing outstanding professionals and quality programs
- Supporting research initiatives
- Disseminating research findings – MAHPERD promotes liaisons with allied organizations and memberships in Eastern District Association (EDA) and the American Alliance for Health, Physical Education, Recreation and Dance.

Presidents Message

Michelle Moosbrugger, Ph.D.



The 2014 MAHPERD Fall Convention is nearly here! I'm very grateful to the hard work of the MAHPERD Board and our Executive Director, Maria Melchionda, in preparing for the event! Many of our members, including me, look forward to the convention each year as a chance to learn, grow, reconnect, and become immersed in a community of individuals with common beliefs and goals. This year, the convention theme is *Educate-Advocate-Innovate*. While the theme relates to what we strive to do every day, it also serves as a model of what we can accomplish and take from our experiences at the convention.

EDUCATE – A plethora of sessions are offered, which will better position us to return to our work to support others in healthy, physically active lifestyles. One example will be the Monday General Session presented by Dayle Hayes. Dayle is an expert in childhood nutrition, and she applies this knowledge to educate students and staff alike. With the known interactions among nutrition, physical and emotional wellness, and school success, Dayle's work is clearly impactful and important for us to bring back to our home and work environments.

ADVOCATE – Feel the power in numbers! As we network at the convention, share your stories of advocacy! Recognizing and strengthening partnerships with other MAHPERD members and allied organizations can enhance the impact of our advocacy efforts. Executive Director Maria Melchionda and I will also speak about local, state-wide, regional, and national advocacy efforts at the General Session.

INNOVATE – Ideas for innovations are often at their peak at convention! The Tuesday General Session presented by Tony DiCicco is indicative of innovation in our fields. Tony served as the United States Women's National Soccer Team Head Coach when the team was rising to prominence, leading to increased recognition and participation opportunities for women in athletics. Tony also developed "The DiCicco Method" to facilitate positive experiences in sport.

At the convention, you'll also have the opportunity to meet staff from and learn more about Horizons for Homeless Children. This is MAHPERD's featured social justice organization for the convention. The mission of this organization is "to improve the lives of young homeless children in Massachusetts and help their families succeed by providing high-quality early education, opportunities for play, and comprehensive family support services. To support our mission, we also advocate on behalf of young children, train educators and human services providers, and provide research on the impact of early education on homeless children" (<http://www.horizonsforhomelesschildren.org/about/mission/>). Horizons for Homeless Children has an incredible impact on children and families across the state. We can help to support that impact by donating items from the organization's request list below and by volunteering to serve as trained Physical Activity Leaders (PAL). Donations can be dropped off at Horizons for Homeless Children's booth in the Exhibit Area where information on PAL training will also be shared. I believe that Horizons for Homeless Children is a wonderful match for MAHPERD members, given shared goals for encouraging and facilitating play and education. Further, who better to serve as a PAL than MAHPERD members who are passionate about educating and engaging others in physical activity! Please consider giving of your time or resources to support this very worthy cause!

Horizons For Homeless Children Requested Items for Donation at the MAHPERD Convention

Chlorox Wipes – any size

Hand Sanitizer – any size

Tissues – any size

Playdough (Playdough brand only)

Colored Pencils

Gift Cards to Target or Babies R Us

I'll see you at the Convention!

NOMINATE NOW!

Nominate A Colleague for a MAHPERD Award! **Awards Criteria and Nomination Form**

(click link below)

<http://www.ma-hperd.org/Awards%20Criteria.htm>

Monday, November 17th, 10:30-11:30 a.m.

*MAHPERD is honored to host the 2014
Hyannis-Bridgewater Physical Education
Alumni Association*

Moriarty Lecture

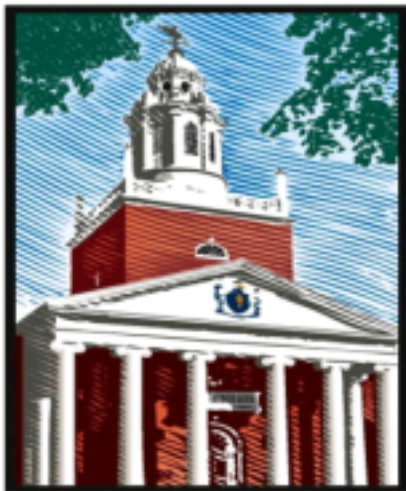
**“Health and Wellness 101:
Are We Walking the Talk?”**

Guest Lecturer: Dr. Karen Croteau,
Professor, Sport & Exercise Science, St. Joseph’s College

We spend much of our time trying to help others achieve a healthy lifestyle – have we taken the time to ask ourselves how we are doing with our own health and wellness? This presentation will give:

- 1) an overview of wellness - what it is and why we want it
- 2) the dimensions of wellness – what they are and the interconnections among them
- 3) assessment of wellness – how we find out where we are at present
- 4) strategies for achieving wellness - what we can do in our daily lives to achieve an optimal level of wellness

BRIDGEWATER



**HYANNIS-BRIDGEWATER
PHYSICAL EDUCATION
ALUMNI
ASSOCIATION**

The Hyannis-Bridgewater Physical Education Alumni Association sponsors the annual Moriarty Lecture. The Moriarty Lecture was established to memorialize Dr. Mary Jo Moriarty who was a faculty member from the establishment of the Physical Education program at Hyannis State College in 1937 until her retirement in 1970 as professor and chair of the Physical Education Major Program and the Department of Health and Physical Education and Bridgewater State University.



From the Desk of the Executive Director

Maria Melchionda

“Really? You want to substitute band for physical education?” This was my response 10 years ago to an administrator who said that physical education was not necessary and athletics and even band could suffice. Below are the differences in student learning outcomes between physical education, band and ROTC. It is amazing how far apart they are in nature, yet administrators still continue to not see the value in physical education and health. When teaching undergraduates at BSU, I asked them about their experiences with assessment. Most received an “A” for dressing up and showing up. District Determined Measures are asked of every content area. This is a great time for us to shine and put forward what we are really all about: value, necessity and academic movement!

MAHPERD has been working closely with the Department of Elementary and Secondary Educa-

tion for the DDM’s, Frameworks, and licensure aspects. All affect our disciplines and all are tools that each of you need for guidance. We are on the forefront and we are working hard for all students in the Commonwealth to receive what is a necessity not a luxury: quality, daily health and physical education. A specially dedicated General Session at the Convention on Monday, November 17th will be devoted to informing each of you about our progress in these areas.

I hope to see each of you at the Convention on November 17-18th in Worcester at the DCU center! Speakers, exhibitors, our advocacy center and our newly added “Wellness Center” for screenings, chair massages, and other surprises as well will give you a professional development opportunity that you will not forget!

Enjoy and see you in November!

Standards for Physical Education	≠	Standards for ROTC	≠	Standards for Band
<ul style="list-style-type: none"> • The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. • The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. • The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. • The physically literate individual exhibits responsible personal and social behavior that respects self and others. • The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. <p>http://www.shapeamerica.org/standards/pe/</p>		<ul style="list-style-type: none"> • To appreciate the ethical values and principles that underlie good citizenship. • To be able to think logically and to communicate effectively with others, both orally and in writing. • To appreciate the importance of physical fitness in maintaining good health. • To understand the importance of high school graduation for a successful future, and learn about college and other advanced educational and employment opportunities. • To develop mental management abilities. • To become familiar with military history as it relates to America’s culture, and understand the history, purpose, and structure of military services. • To develop the skills necessary to work effectively as a member of a team. <p>http://www.usarmyrotc.com/</p>		<ul style="list-style-type: none"> • Singing, alone and with others, a varied repertoire of music. • Performing on instruments, alone and with others, a varied repertoire of music. • Improvising melodies, variations, and accompaniments. • Composing and arranging music within specified guidelines. • Reading and notating music. • Listening to, analyzing, and describing music. • Evaluating music and music performances. • Understanding relationships between music, the other arts, and disciplines outside the arts. • Understanding music in relation to history and culture. <p>http://musiced.nafme.org/resources/national-standards-for-music-education/</p>



Organize a Jump Rope for Heart or Hoops for Heart Event at Your School

Receive (6) Professional Development Points!

The teaching content involving skill work in jump roping and assessment on heart health education is extraordinary! Organize an actual JRFH or HFH event as the culminating activity (product) and you could receive a total of (6) professional development points from MAHPERD! Involve partnerships within your school community such as parents, businesses and other schools within your district for a successful event! Teaching your students about heart health and having them help others fight heart disease is a wonderful way to give back! Contact Executive Director, Maria Melchionda if interested in doing an event this year! American Heart Association and MAHPERD will assist you through the whole process. **This is a great opportunity for all!**





Health Educators and Students in Health Education!

We are giving away \$2,000 !

Deadline is October 25th, 2014

Scholarship Criteria and Scholarship Application

(click on the link below)

<http://www.ma-hperd.org/COHES%20health%20educator%20scholarship.htm>

Social Justice Message



**HORIZONS
FOR HOMELESS
CHILDREN**

Horizons for Homeless Children is the featured social justice organization for the 2014 MAHPERD Fall Convention! Please support the organization through donations of items listed below and/or volunteering to become a trained Playspace Activity Leader!

Items Requested by Horizons for Homeless Children – bring to their booth in the Exhibit Area!

**Clorox Wipes -
any size**

**Tissues -
any size**

**Playdough
(Playdough
brand only)**



**Hand Sanitizer -
any size**

**Gift Cards to Target
or Babies R Us**

Colored Pencils

Mark Your Calendar!

MAHPERD Annual Convention

“EDUCATE, ADVOCATE, INNOVATE!”

November 17-18, 2014

DCU Center, Worcester, MA

94th Eastern District Association Convention

February 5-7, 2015

Springfield, MA

MAHPERD Adapted Physical Education Conference

May 8, 2015

Massachusetts Hospital School, Canton, MA

MAHPERD School Health Education Institute

August 3-4, 2015

Sturbridge Host Hotel, Sturbridge, MA

SHAPE America National Convention

March 17-21, 2015

Seattle, WA

MAHPERD Convention Hotel

Reserve a room with the Hilton Garden Inn to enjoy the complete convention experience!



35 Major Taylor Boulevard, Worcester, MA, adjacent to DCU Center

Visit our website at www.worcester.hgi.com

**(Room rates are:(\$105/Single. \$105/Double. \$115/Triple. \$125/Quad
Reservations must be received by October 27, 2014.**

Reserve your room by calling **508-753-5700** and let them know that you are with the **MAHPERD Convention!** Check-in: 4:00 PM Check-out: 12:00 Noon

Parking is across the street in the covered garage please pull behind the hotel to unload your luggage prior to parking your car.

Note: Major Taylor Blvd. was Worcester Center Blvd and may not be in all GPS systems or found in MAP quest at this time, we advise you use 35 Worcester Center Blvd.

DIRECTIONS:

South from Maine: I-95 South to 495 South to 290W. Get off Exit 16. Make right at the bottom of ramp. At the third set of lights the hotel will be on the right.

From Boston: Take Mass Pike West I-90. Take exit 10A (Worcester/Providence). At first set up lights take a right towards 146 North. Merge onto 290 East. Take exit 16 (Downtown Worcester). At end of ramp take a right onto MLK Blvd. Continue straight through three sets of lights. Hotel is across the street from the DCU Center on the right.

North from Hartford: North on I-84 to mass Turnpike I-90 East to Exit 9 Auburn. Take 290 East to Exit 16. Left off ramp. At the third set of lights the hotel will be on the right.

From Springfield: Take Mass Turnpike East to Exit 10- Auburn Route 290 East to Exit 16, left off ramp. At third set of lights, the hotel will be on your right.

CALLING ALL STUDENTS!

***Get your teams together
and make a great showing
for your college/university!***

**The Annual College
Superstar Field Day Challenge!**

Monday, November 17th — Activity Areas 1 & 2

11:30 am-12:20 pm

Generously Sponsored by **GOPHER**



STUDENT ANNOUNCEMENTS

**MAHPERD 2014
Fall Convention
November 17 & 18
DCU Center
Worcester**



Monday November 17, 2014

10:30 am - 11:30 am MTEL Preparation Tips
Room B Physical Education
 Dr. McDiarmid

11:30 am - 12:15 pm The College Superstar
Activity Area 1 Challenge

12:30 pm - 1:30 pm The Council of Future
Activity Area 2 Professionals' Session



Volunteer to help with registration and/or presiding at the fall convention by November 5, 2014 and earn a free membership and convention registration. Complete a volunteer registration form on line:

<http://www.ma-hperd.org/Student%20Volunteer%20Form.htm>



Featured Dance Educator Cynthia Jones

*College of Southern Idaho Dance Department
K-12 National Dance Educator of the Year 2011*

Cindy Jones grew up in lovely Boise, Idaho where she began her dance training in ballet, tap, and jazz with various artists. She danced with the Boise State Mane Line Dancers while completing her BA in Elementary Education and later adding an endorsement in Physical Education K-12. She is currently working on a MA in Dance Education at the University of North Carolina in Greensboro. Cindy has taught dance in both private and public education venues for the past twenty years. She is currently a full-time faculty member at the College of Southern Idaho in the Dance Department where she teaches courses in Dance Appreciation, Choreographic Composition, and technique classes in Ballet, Modern, Ballroom, and Aerial. Over the years she has been the recipient of numerous grants and fellowships allowing her to study and dance in various venues across the nation. She was awarded the Northwest Regional Dance Educator of the Year Award in 2010, was named National Dance Educator of the Year in 2011, and is the recipient of a Bates Dance Festival Fellowship. She presents at conferences and workshops nationwide promoting the arts in the field of dance education. She dances professionally with Off Center Dance in Boise, Idaho and is the artistic director for Inspirata Dance Project in Twin Falls. She is married to her amazingly supportive husband, Ty, and together they have three great kids, one lazy dog, and a fat cat.



JUMP
DID YOU KNOW...
A PE teacher started
Jump Rope For Heart!
Jump Rope For Heart and Hoops For Heart are the only two educational fund development programs that directly support our profession.

HOOPS
FOR HEART

JUMPROPE
FOR HEART

Teresa Osborn

Featured Dance Educator

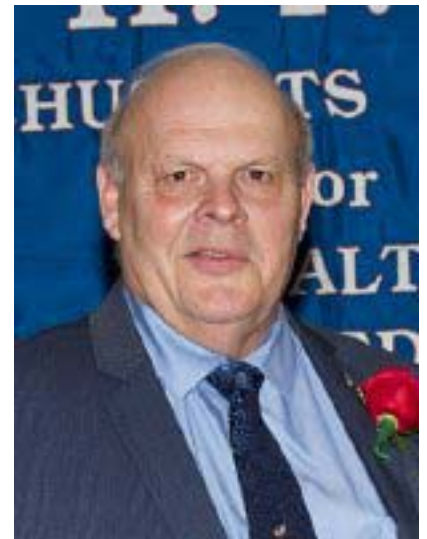


Teresa teaches a broad range of dance including Ballroom, Latin, Disco, Swing, Salsa, Zumba Zumba Kids, Zumba Kids JR and Zumba Toning. She has been teaching dance to children & adults for 32 years and qualified as a Fellow of the “Imperial Society of Teachers of Dancing” (I.S.T.D) in UK. She has held the position of Dance Representative for the NWD of American Alliance of Health, Physical Education, Recreation and Dance and is a frequent lecturer at their Annual Conferences. She is AFAA certified. This year she will be organizing the 6th annual “Thrill the World” Charity Event in Redmond WA on October 25th 2014. For the SHAPE America Convention in Seattle she will be co-organizing the SHAPE America NWD Dance Gala.

Bill McGoldrick, MAHPERD

Adapted Physical Educator of the Year

Since 2004, Mr. McGoldrick has been engaged in a variety of school programs in the Adaptive Physical Education field. Notably, he has designed and implemented seminars for classroom teachers throughout the City of Lawrence, integrating movement with classroom curriculum. Most recently, Mr. McGoldrick has brought his knowledge and experience to Cambridge College, expanding his seminars into comprehensive graduate-level coursework.



2009 National Health Education Professional of the Year, Collegiate Level-American Association for Health Education



Dr. Shannon Whalen is a Professor in the School of Health, Physical Education and Recreation at Springfield College. She has four degrees in health education from the University of Delaware, New York University, and Columbia University. Prior to joining the faculty at Springfield College, Dr. Whalen was a faculty member at Adelphi University, The College of Mount Saint Vincent and John Jay College, CUNY. Dr. Whalen has also worked as a health teacher in the Clarkstown Central School District and the Yonkers Public School System and has served as an adjunct lecturer at Westfield State University, Columbia University, Teachers College, and the ELMS. She serves as a consultant for many private and public health organizations and is currently working as an advocate for health education on state and national committees. She presents at many conferences each year and has been publishing her writing and research efforts in health education journals and textbooks. Dr. Whalen’s areas of expertise are school health, health promotion for children and adolescents, women’s health, HIV/AIDS, and human sexuality education.



Caryn Keenan

MAHPERD Middle School

Physical Education Teacher of the Year

Caryn Keenan grew up in Shrewsbury and attended Shrewsbury Public Schools. She was always interested in physical activity, participating in a variety of sports in high school including tennis, soccer, and track and field. Caryn attended the University of Rhode Island on a full track & field scholarship. She graduated from the University of Rhode Island in 1993 with certification in Physical Education and Health.

Caryn started her teaching career in the Shrewsbury Public Schools the following fall, where she has been now for 21 years. Upon moving to the middle school level, Caryn helped transform the middle school physical education program into a new age program. She also assisted in creating and revising the Shrewsbury Health & Physical Education Curriculum Review Project. Most recently, Shrewsbury has been awarded the Carol M. White PEP grant where Caryn has been a Building Project Assistant. As a Building Project Assistant, Caryn has helped to create Family Adventure nights and use innovative technology to help collect data for the grant. Caryn has certifications from NETA, which include Group fitness instructor, boot camp instructor, HIIT training, fitness ball and BOSU instructor training. She is Project Adventure high and low elements certified as well.

In 1998 Caryn was inducted into the Shrewsbury Athletic Hall of Fame for track and field. She has a love for all physical activity and most recently has been involved in Obstacle Course Racing. In addition to her teaching responsibilities, she has been a HS level track & field and soccer coach, 8th grade advisor, field day coordinator, and has even been disc jockey at many school dances!

Finally, Caryn started two extremely successful middle school programs in Cross Country & Ski club over 15 years ago. Both programs are still extremely popular to this day.



Kerri Smith

MAHPERD Elementary

Physical Education Teacher of the Year

Kerri Smith is currently in her ninth year teaching physical education at the Newman Elementary School in Needham, MA. Kerri has 17 years of teaching experience at the elementary level, including 8 years in the Springfield Public Schools. She is a 1997 graduate of Springfield College and received her Master's degree in Education from Lesley University in 2002.

In 2007 Kerri participated in the Gold Medal Project through MA Action for Healthy Kids and Newman Elementary School Physical Education was recognized as a gold medal program.

Kerri has served on the MAHPERD executive board as the Vice President of Physical Education, and she has worked as part of the convention management committee for the MAHPERD State Convention for the last seven years.

In 2012 Kerri served as a Local Arrangements Committee Co-Chair for the AAHPERD National Convention and Exposition in Boston.

Kerri has presented on various topics at both the local and state level, and has served as a supervising practitioner for practicum students from Springfield College and Bridgewater State University. Additionally, Kerri has worked to update and develop assessments and curriculum in both health and physical education for both the Springfield and Needham districts, as well as participate on health and wellness committees.



CONVENTION KEYNOTE SPEAKERS

Monday, November 17, 2014

Dayle Hayes, MS, RD

**President, Nutrition for the Future, Inc.
Advocating for Healthy Kids,
Schools, and Communities**

FACEBOOK [School Meals That Rock](#)

TWITTER [@SchoolMealsRock](#)

BLOG www.SchoolMealsThatRock.org

PINTEREST [School Meals That Rock](#)



Dayle Hayes is an award-winning author and educator. Her creativity and common-sense have made her a sought-after speaker across the USA. As a parent and member of the School Nutrition Association, Dayle is dedicated to making school environments healthy for

students and staff. She collected success stories for *Making It Happen*, a joint CDC-USDA project, wrote a chapter on communicating with students in *Managing Child Nutrition Programs: Leadership for Excellence*, and co-authored the August 2014 Position of the Academy of Nutrition and Dietetics: *Nutrition Guidance for Healthy Children Ages 2 to 11 Years*.

In recognition of her professional and volunteer leadership, Dayle has received numerous honors, including **Montana Dietitian of the Year** and an **ADA Excellence in Consultation and Business Practice Award**. In January 2012, she received the **Silver FAME Award as a Friend of Child Nutrition** and FoodService Director magazine named her as one of their **20 Most Influential** in the same year. Most recently in 2013, she was honored with a **Medallion Award from the Academy of Nutrition and Dietetics** and the **Montana School Food Service Professional of the Year**.

Hayes served on the ADA Board of Directors where she chaired the Public Initiative Team and Technology Task Force. She also is a past president of the Montana Dietetic Association and Past-Chair of the School Nutrition Services Dietetic Practice Group.

Tuesday, November 18, 2014

Tony DiCicco



An integral figure that put women's soccer on the map in the U.S. and globally, Tony DiCicco built an impressive run as the U.S. Women's National Team head coach from 1994-1999. He led the USA to its first gold medal in the 1996 Olympics and most notably was at the helm of the 1999 FIFA Women's World Cup champion team that defeated

China.

As the U.S. Women's head coach, DiCicco won a staggering 103 games - nearly 90 percent of his matches - in compiling a 103-8-8 international record. DiCicco is the only American coach to win a Women's World Cup, an Olympic gold, and a U-20 Women's World Cup (2008).

DiCicco's 1999 FIFA Women's World Cup team increased the popularity and prominence of women's athletics as more than 90,000 people were on hand at the Rose Bowl in Pasadena, Calif., to witness the thrilling victory against China. Nearly 18 million people viewed the match on television - the most-watched women's soccer match in U.S. history.

The Wethersfield, Conn., native coached the U.S. goalkeepers in the first edition of the FIFA Women's World Cup in 1991, helping lead a defense that posted three shutouts and defeated Norway in the final. DiCicco also served as Assistant Coach with the U20 Men for the 1993 U20 World Cup in Australia.

He was the founding commissioner of the Women's United Soccer Association from 2000-2003, then coached the Boston Breakers of Women's Professional Soccer from 2009-2011. Tony also founded SoccerPlus Goalkeeper School and FieldPlayer Academy in 1982. In the 30+ years since, Tony has educated and inspired tens of thousands of dedicated student-athletes using The DiCicco Method.

As a player, DiCicco was an All-American at Springfield College and he played professionally for five years, playing for the American Soccer League's Connecticut Wildcats and the Rhode Island Oceaners.

DiCicco is married to Diane and they have four sons: Anthony, Andrew, Alex and Nicholas.

MAHPERD

Grand Finale

Tuesday, November 18

4:00-4:30 pm

Central Ballroom

Don't miss this one!

Prizes! Raffles!

Give-Aways!

and much more!

3 Reasons Why You Need to be a Physical Activity Leader (PAL)



- 1. Want to be a more powerful champion for physical activity in your school environment?** Do you have great ideas to get your students moving but lack the structure to enact change? Is professional development funding hard to come by? If you answered “YES” to any of these questions, then the PAL Learning System is for you. The 12-month Physical Activity Leader (PAL) Learning System is a cutting-edge, all-inclusive professional development resource within the Let’s Move! Active Schools framework. Adaptable to individual school environments, the PAL Learning System is a dynamic, action-focused initiative that develops and supports individuals who will champion an effort to ensure 60 minutes a day of physical activity for all school-age youth. PALs attend a one-day in-person training and then receive continuous support as they work to engage and enthuse their school communities around the value of physical activity. To help you stay on track, the PAL Learning System even suggests key milestones to demonstrate your successes and commitment.
- 2. Vibrant online learning community.** After PALs complete the in-person workshop, they will unlock access to a collaborative online community of other PALs. All members of the community will not only join in knowledge sharing, success stories, discussion boards and innovative problem-solving approaches, but they will also enjoy access to thought leaders and PAL trainers.
- 3. Be part of something bigger.** Our goal is to prepare you to be the best possible change catalyst in your school community. This PAL Learning System is offered as part of Let’s Move! Active Schools– a physical activity and physical education solution to ensure 60 minutes of physical activity is the new norm for schools. Let’s Move! Active Schools makes it simple for teachers and strategic for administrators by streamlining the selection of programs, resources, professional development and funding opportunities, and delivering a customized action plan. Ultimately, PALs are at the forefront of getting our nation’s kids moving again.

Interested in being a PAL?

Contact:

Maria Melchionda, MAHPERD Executive Director, maria@ma-hperd.org
to sign up for the Massachusetts PAL Training on **November 16, 2014**. Space is limited and available on a first come first served basis.



MAHPERD State Convention PAL Training Communications

*Interested in joining the upcoming
PAL Training at the
MAHPERD State Convention?*

**Preparing PA & PE Movers and Shakers:
Physical Activity Leader (PAL) Training**

Sunday, November 16, 2014

9:30 am - 4:30 pm

Hilton Garden Inn, Worcester, MA

The first of its kind, the Physical Activity Leader (PAL) Learning System is a cutting-edge, all-inclusive professional development resource within the Let's Move! Active Schools framework. Adaptable to individual school environments, the 12-month PAL Learning System develops and supports individuals who will champion an effort to ensure 60 minutes a day of physical activity for all school-age youth. The dynamic, action-focused PAL Learning System begins with a one-day in person leadership workshop which is followed by unlocking access to a vibrant online learning community. Participants leave with:

- The formula and tools for making sustainable change and shifting the culture
- Data that makes the case for a Comprehensive School Physical Activity Program (CSPAP)
- Leadership skills to engage colleagues and the community
- A personalized implementation and action plan
- Knowledge to be an ambassador for their profession

*Registration is limited and on a first come first served basis. Please go to the MAHPERD website to sign up for this terrific ADDITIONAL PD opportunity prior to our MAHPERD State Convention! **Registration Deadline is: October 31, 2014.** Cost: \$20.00. Lunch is on your own (restaurant in hotel). 6 (six) PDP's will be given for this event by MAHPERD.*

New to the Convention!

MAHPERD Wellness Center

Vision Screenings

Blood Pressure Check-ups

Chair Massages

Nutritionist

Stress Management Assistance

Yoga

Breast Cancer Awareness Information

Pilates

Grief and Loss Information

Coronary Heart Disease Information

**Members will have access to all these
opportunities in the Activity Area**

10:00am -4:00 pm Monday • 8:00-4:00 pm Tuesday

Generously sponsored by BOKS!

DANCE

ANDREA GREEN
MAHPERD Vice President Dance

Dear Colleagues,

Do you want you to take away some new and cool ideas that you can try out immediately? Our 85th Annual State Convention is right around the corner. We are very excited with the presentations being offered, from Zumba to ballroom dance; there is truly something for everyone.

I wanted to take this time to highlight one particular presenter, Teresa Osborn. Over the course of Teresa's 33 years of teaching dance to adults and children, Teresa has not only served as an educator but has acted as a true innovator and advocate for dance education across the country. She has written two dance syllabuses 'A Social Dance Unit for Elementary Schools' and 'A Social Dance Syllabus for the Middle & High Schools' and is a frequent lecturer at annual conventions from coast to coast. Teresa has also presented nationally for AAHPERD. This year Teresa will once again be organizing the annual "Thrill the World" charity event in her home town of Redmond WA. Feel free to check out a recap of last years dance event on Youtube. <http://www.youtube.com/watch?v=J688lQvI60k>

Additionally, I am looking for Dance Educator of the Year nominations, so if you know of someone who has made fantastic contributions in the field of dance please let me know. I will be there both days and look forward to seeing you there! If you have any questions, do not hesitate to email me. Whether it is your first MAHPERD convention or you have been coming for years, this year's convention will be awesome! Participate and network with your colleagues, and enjoy the sessions.

PHYSICAL EDUCATION

DEB PINTO
MAHPERD Vice President Physical Education

Physically empowering students to be healthy and active throughout their lives is our job. In this article by Gray Cook he discusses creating physically independent children. The video that follows the article is thought provoking and has made me reflect on my practice. Ask yourself this, are your students moving with purpose? You can read the article at <http://graycook.com/?p=2121>

ATHLETICS

MOLLY BROGAN
MAHPERD Vice President Athletics

Although is is from US Lacrosse and related to that sport, it is one of the best depictions of what I think many of us strive to be as teachers and coaches!

<http://www.uslacrosse.org/multimedia-center/blog/postid/745/13-qualities-the-best-lacrosse-coaches-have-in-common.aspx>

Past President's Scholarship Fund

This scholarship will be awarded to new professionals to help defray the cost of attending the annual convention. To be eligible an applicant must be in their first 3 years of teaching and must be a MAHPERD member. The scholarship will be completely funded through donations from past presidents so the number of awards and amount of the scholarship given will likely vary year to year. Applications for this scholarship can be found on the MAHPERD website – ***check it out!***

ADAPTED PHYSICAL EDUCATION

DONNA L. MCMANUS

MAHPERD Vice President Adapted Physical Education

Here's hoping you now have a wonderful schedule for all of your students participating in Adapted Physical Education classes. The following provide tips for you to assess and begin to work on all those goals and objectives. There is a free program called file manager for your iPads and computers. It allows you to enter each student's goals and objectives and record their progress along with a picture of them. It does take time to set this program up but it helps you to manage all the progress and testing on students.

I usually use a record book and fill out each class. Up at the top I write the date. Under the class, in the same line as the date record what lesson plan you will be teaching. When you get a chance record how your students did. I usually give a number 1,2 or 3 for their accomplishments. You can also give them a check, check plus or check minus for behavior. It's also a great way to take attendance. When it is time to write your progress reports you have all your information on each student. This helps you to focus on each student and what they need or don't need to work on.

You can also keep a 3 ring binder on all of your students if your numbers are not large. Having a folder on each student in your file cabinet is an-

other way to keep track of all the testing and other testing to help you to build your program. I usually keep all my testing in each folder and goals and objectives in case someone may misplace them. It does not happen often but when it did I was very glad I had the information that was needed. I then will bring the folder with me to the annual reviews and write on the inside page the parents names and other information.

Our presenters are all ready for the convention in November. They have been working hard on their presentation in which you hopefully will bring back at least one new activity or idea on classroom management. We hope you will all come to our sessions.

Listed below is information about outside programs being offered to children of disabilities your families may be interested in:

- STEPS Lowell, Ma
Stepping.us
- K.I.D.S Lowell, Ma
Kissing.us
- Perkins School for the Blind. Perkins community programs
Patrick.Ryan@Perkins.org

MAHPERD Needs YOU on the Team!

We are looking for members who want to become part of the MAHPERD Board for 2015-2018! Our team has always had individual people who have to come together to function as one solid unit. The various talents and skills that each team member has contributed, has made MAHPERD what it is today, a viable, visible and effective organization not only in the state but also in the nation! Please contact Past President, Sheryl Hall: halls11@comcast.net if you are interested in giving your time and talent!



Funding Available!
YOUR School Could Be Next!



Apply by November 5, 2014!

Visit www.NewEnglandDairyCouncil.org for details.



Eat Healthy. Play 60. Have Fun.

©2014 National Dairy Council®. Fuel Up is a service mark of National Dairy Council.



Want to get kids in YOUR community up and moving?!

Bring BOKS to your school and join the
1,000+ schools who already have!

BOKS is a FREE before-school physical activity program that gets kids moving and their minds ready for a day of learning.

An initiative of Reebok and the Reebok Foundation, BOKS (Build Our Kids' Success), is on a mission to show that kids who engage in physical activity in the morning are likely to be more focused in the classroom and confident among their peers - having an effect on a child's mind, body and community.

Become a **BOKS Champion of Change** today at BOKSKIDS.org.

Come visit us at Booth #11 or in the Wellness Center to learn more!

JOIN THE CONVERSATION





Massachusetts Association for Health, Physical Education, Recreation & Dance

PO Box 182
 Attleboro, MA 02703
 774-254-4657 Phone & Fax
 riley@ma-hperd.org
 www.ma-hperd.org

Membership Application/Renewal/Registration Form

Memberships	
Professional	\$75.00
Retired	\$10.00
Full Time Student	\$20.00

Convention Pre-Registration	
Professional 1 Day	\$125.00
Professional 2 Days	\$140.00
Retired	\$35.00
Full Time Student	\$35.00

Convention On-Site	
Professional 1 Day	\$140.00
Professional 2 Days	\$160.00
Retired	\$50.00
Full Time Student	\$50.00

Member #: _____ (Leave blank if you don't know) New:___ Renewal:___ Rejoin:___

Name: _____ Home Address: _____

City/Town: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email: _____

School/Business: _____ School/Business City/Town: _____

Professional Responsibilities (Check all that apply)					
Responsibilities: <input type="checkbox"/> Teacher	<input type="checkbox"/> Coach	<input type="checkbox"/> City/Town Director	<input type="checkbox"/> Dept Head	<input type="checkbox"/> Other	
Field: <input type="checkbox"/> PE	<input type="checkbox"/> Health	<input type="checkbox"/> Adapted PE	<input type="checkbox"/> Recreation	<input type="checkbox"/> Dance	<input type="checkbox"/> Other
Level: <input type="checkbox"/> Elementary	<input type="checkbox"/> Middle	<input type="checkbox"/> HS	<input type="checkbox"/> College	<input type="checkbox"/> Other	

***Student membership status is for full time students only (9 credits per semester, proof required)**

Current Full Time Student: _____

College	Major	Year of Graduation

Voluntary donation for "Legislative Initiative 2014-2015"

Please consider including a voluntary donation, in addition to your annual dues, with your 2014-2015 membership. Add "whatever you can afford" to aid in this critical campaign for the new law for Quality Physical Education.

I am contributing \$5 \$10 \$20 Other(\$_____) as my support for the MAHPERD Legislative Initiative.

Registration for the 2014 MAHPERD Annual Convention - Nov 17 & 18

- 2014-2015 membership required to register for the convention, unless you choose to register as a non-member. (non-member registration is \$275.00)
- Convention pre-registration must be completed online, faxed or "postmarked" & include check or purchase order by **Wednesday, November 5th** to receive the pre-registration rate.

Enclosed is a check or purchase order for:

\$ _____ Membership (There are no refunds on memberships)

\$ _____ Registration

Please check day(s) attending - Monday ___ Tuesday ___ Both Days ___

\$ _____ Non-member registration (\$275.00)

\$ _____ Voluntary Donation

\$ _____ Total

Mail to: MAHPERD, PO Box 182, Attleboro, MA 02703