

PRELIMINARY CONVENTION PROGRAM — Subject to Change

94th Annual MAHPERD Convention

MONDAY, NOVEMBER 6 and TUESDAY, NOVEMBER 7, 2023

MONDAY, NOVEMBER 6, 2023

9:00-10:00 a.m.

General Session

Keynote Speaker — **Joe LeMar, Paralympian**

Joe LeMar is a remarkable Paralympian who has captured the hearts of people around the world with his extraordinary athletic abilities and indomitable spirit. Overcoming physical challenges from a young age, Joe has risen to become a true champion in the world of Paralympic sports. Originally from Brockton, MA, he has worked and coached in the New England area for many years. Currently he is the Chapter Leader for Achilles International-Boston.

Joe's incredible speed, strength, and agility have led him to achieve remarkable feats in his chosen sports. He has not only represented his country on the international stage but has also earned numerous medals, shattered records, and become an icon of resilience and determination for para-athletes worldwide.

He won the gold in the 400-meter run in the 1992 Barcelona Paralympics and a bronze for the 800 meters at the 2000 Sydney Paralympics. He has also a multiple world champion with Team USA in Wheelchair Softball.

Beyond his athletic achievements, Joe LeMar has become a powerful advocate for inclusivity and equal opportunities for people with disabilities. He uses his platform to raise awareness about the challenges faced by individuals with physical impairments and actively promotes accessibility and acceptance. Through his public speaking engagements and involvement in disability advocacy initiatives, Joe strives to break down barriers and inspire others to embrace their own potential.

Joe's journey as a Paralympian is a testament to his unwavering perseverance and the triumph of the human spirit. He serves as a role model for aspiring athletes and individuals alike, demonstrating that physical limitations should never hinder one's ability to achieve greatness.

In summary, Joe LeMar is an exceptional Paralympian who has defied expectations and inspired countless individuals through his outstanding athletic achievements and advocacy work. His remarkable talent, determination, and commitment to creating a more inclusive world make him an inspiration to people of all abilities. Joe's impact extends far beyond the sporting arena, leaving a legacy for generations to come.



7:45-8:45 a.m.

H-7

Room E

**10 Instructional Strategies to
Engage Students in Health Class**

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 instructional strategies to engage students in practicing health skills. From warm up activities to in-class assessments and exit tickets, participants will leave with instructional best practices and health 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; Goodheart-Willcox

Mary McCarley is the National Health Ed Content Specialist with Goodheart-Willcox and the co-author of their middle school health ed textbook. She is a former health teacher in Charlotte Mecklenburg Schools. Mary graduated from UNC-Chapel Hill with an Exercise and Sports Science degree and East Carolina University with a Master of Arts in Education in Health Education. She is a National Board Certified Teacher in Health Ed. Mary is the 2016 NC High School Teacher of the Year for Health Ed and the 2016 High School Southern District Teacher of the Year for the Advancement of Health Education.

7:45-8:45 a.m. **REC-51A** **Activity Area 2**

**Introducing Rugby into
Your PE Curriculum**

Our presentation will get the participants moving as if they were their students. Rugby incorporates the concepts of team play and individual decision making when developing self-confidence. Unlike games where the players are typically of the same body shape, every player has an equal role to play.

Presenters: **Chris Monaghan**, Master's degree; MA Youth Rugby Organization MYRO
Tony Poti
Chris Cuddy
Bill Good

7:45-8:45 a.m. **APE-65** **Activity Area 2**

**STRONG FOR A PURPOSE:
Integrating strength and conditioning
training into daily life for neurodivergent
people to significantly increase engagement,
productivity, and quality of life**

In this interactive workshop, we will discuss the critical importance of integrating strength and conditioning training into the lives of neurodivergent people, including those with complex profiles. We will address barriers and explore ways to overcome them. We will also practice methods and skills attendees can put to immediate use.

Presenters: **Greg Austin**, B.A. in Psychology; MBA Babson College

Greg is the proud father of Lucas, an autistic teenager who ignited Greg's passion for launching Inclusive Fitness. After a 20-year career as a Chief Marketing Officer for three global consulting firms, Greg founded Inclusive Fitness in 2019. As its founder and one of the Certified Trainers (Level 1 & 2 Autism Fitness Certified Pro), he is deeply rooted in all that is Inclusive Fitness. Inclusive Fitness opened in October 2020. Since its launch, the company under Greg's leadership has hired and trained over 15 highly skilled adaptive coaches and currently runs over 500 fitness sessions per month. The company is preparing to expand to multiple centers in the Greater Boston area, with plans to grow to a national presence over the next several years. The mission of Inclusive Fitness is to bring Strength, Confidence, and Community to neurodivergent people and their families and help them create long-term healthy lifestyles. Since launching Inclusive Fitness, Greg has personally trained well over 2,000 one-on-one and small-group strength and conditioning sessions. He has spoken at numerous events, including most recently at the 2023 MAHPERD APE Conference, and co-presented with Dr. Emily Davidson (Boston Children's Hospital) at the National Down Syndrome Congress Convention in 2022 in New Orleans, LA, and in 2023 in Orlando, FL. Before his corporate career, Greg trained clients as the owner of Austin Fitness in Santa Fe, New Mexico. He was a certified personal trainer with ACSM, NSCS (as a CSCS), and ACE. He worked with both top athletes and post-operative patients in collaboration with orthopedic surgeons and physical therapists. During his time in the Southwest, Greg also volunteered with the St. John's College Search & Rescue Team and served as the team's training chairman and fitness instructor. Greg has a BA in Psychology, with advanced studies in neuroscience, and holds an MBA from Babson College.

9:00-10:00 a.m. **North and Central Ballrooms**

GENERAL SESSION

Keynote Speaker: Joe LeMar

Paralympian Champion

Topic — Overcoming adversity and being accepting of people of all abilities.

Joe LeMar is a remarkable Paralympian who has captured the hearts of people around the world with his extraordinary athletic abilities and indomitable spirit. Overcoming physical challenges from a young age, Joe has risen to become a true champion in the world of Paralympic sports. Originally from Brockton, MA, he has worked and coached in the New England area for many years. Currently he is the Chapter Leader for Achilles International- Boston.

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10:00 a.m. **EXHIBITS OPEN**
Dedicated Exhibit Time

10:30-11:30 a.m. **Showcase Corner/Foyer**
Bridgewater State University
Physical Education Social/Breakfast and
Moritarty Lecture/Interactive Session
All BSU Students and Alumni Invited!

10:30-11:30 a.m. **PE-34**
**Cross-Curricular
Invasion Games**

Building off my 2016 presentation, I have furthered developed invasion games that incorporate content (literacy, math, nutrition, geography), social emotional learning concepts through a social justice standard lens. The presentation will be active: participants playing the games to learn. Participants will have the opportunity to take a hard-copy of the presentation: game descriptions and extensions.

Presenter: **Michael O'Connell**, Master's degree; Lead Teacher, Wellness Department, Cambridge Rindge and Latin School (CRLS)

Graduated Concord Carlisle High School in 1990. Graduated Skidmore College in 1994. Worked as a professional musician from 1995 to 2002. In 2005, started teaching as a PE teacher in Cambridge. Earned an Ed.M. in PE teaching from BU in 2009. I taught elementary and middle school PE for 13 years. During that time, I presented at MAHPERD in 2016: cross-curricular invasion games. Moved to Cambridge, Rindge and Latin School (CRLS) as a health teacher in 2018. Moved into the lead teacher position at CRLS in 2021.

10:30-11:30 a.m. **PE-22** **Activity Area 2**
Let's Get Moving!

In this hands on session, get ready to learn and play multiple instant activities to get your class moving appropriately as soon as they walk in! Students that have been sitting down in classes all day need to let out energy, or else their attention will be elsewhere! Instead of having them just walk laps around your gym space, a fun and engaging instant activity will give them the opportunity to let out some energy while connecting it to the lessons focus for the day!

Presenters: **Colin Mediate**, Bachelor's Degree; Graduate student, Springfield College

As a recent graduate of Springfield College's Physical Education program, Colin Mediate has been using his skills and knowledge learned and is currently back at Springfield's Graduate School of Education for his Masters in Athletic Leadership. Colin continued his football career at Springfield College as a punter for four years. He is currently the Specialists Coach at Springfield College. In the summer, Colin is a Summer Camp Director of over 200 elementary school children. He uses cooperative activities to build bonds between all his all campers and even the staff! Colin was one of the 2022 MAPHERD Outstanding Future Professional award winners.

Kevin Connolly, Bachelor's Degree; Graduate student, Springfield College

Kevin Connolly is from a small town in Westchester New York called North Salem. Growing up, sports played a significant factor in who he is today. Learning how to form relationships, communicate with others, and developing leadership. With these qualities and passion for sports it drove him to attend Springfield College for his bachelor's degree in Physical and Health Education. While obtaining his degree, he found a true passion for teaching and working with kids. "The future in front of me is daunting yet exciting." Kevin was a recipient of the SHAPE 2023 Major of the year award.

10:30-11:30 a.m. **PE-56** **South Ballroom**
**"But Everybody is Looking at ME..."
Using the CrossFit workout structure to
enhance meaningful participation.**

Learn how to increase class participation by creating a space where everyone feels safe to move. Learn how to use some of the workout structures from CrossFit to enhance participation, scaffold skills, and ensure attainment of those Student Learning Objectives, Success Criteria.

Presenters: **Sarah Bixby**, Master's degree; Physical Education teacher, Amesbury High School; Physical Education Teacher 2020 Secondary Teacher of the Year

MAHPERD 2020 High School Teacher of The Year - Sarah incorporates multiple modalities into her teaching. She has high expectations of her students as learners. She holds them accountable for the coursework, legitimatizing a department often perceived as just a "side-note" to the academic departments in schools. Sarah is a cutting-edge, progressive teacher and thinker who constantly looks for ways to bring new experiences and opportunities to students. She has a genuine passion for her growth and learning and exhibits enthusiasm and excitement for sharing new techniques, concepts, and knowledge with her students. Establish whole-student fitness - both physical and mental.

Lauren Bean, candidate Master's of Education degree, Salem State University

Lauren is currently completing her student-teacher practicum at Amesbury High School. She coaches both group CrossFit classes and youth classes at Crossfit Full Potential in Newburyport, MA. Lauren is a lifelong athlete and a 4-year soccer player at Bentley after walking on as a freshman. She found CrossFit in 2018, joining CFFP to get in shape for her senior soccer season. Lauren has transformed herself athletically over the last year, with a deep focus on nutrition and skill development in the gym. She is currently pursuing a Master of Education in physical education at Salem State.

10:30-11:30 a.m. **PE-41** **Room A**
**Let's Make a SPLASH:
The Supporting Physical Literacy at
School and Home Study**

The overall objective of the Supporting Physical Literacy at School and Home (SPLASH) study is to develop a multi-level intervention to impact children's physical activity (PA) and physical literacy (PL) both at school and at home. Physical literacy, defined as the confidence, competence, and motivation to be physically active, has been shown to be a critical approach to enabling children to be active over their life course. Evidence shows that family-based interventions represent a critical opportunity to increase children's PA. Our overarching hypothesis is that a multilevel (school-home) program ('Rising New York Road Runners (RNYRR)'), will have positive effects on elementary schoolchildren's PL, and, in turn, PA.

Presenters: **Breanne Wilhite**, Master's degree; Ph.D.; SPLASH Program Manager, Tufts University Friedman School of Nutrition Science and Policy
Sarah Hulit, Bachelor's degree, Master's student; SPLASH Research Assistant, Tufts University Friedman School of Nutrition Science and Policy

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10:30-11:30 a.m. **H-43**

Room B

Brain Injury Association of Massachusetts: Helping Your Students Thrive After Brain Injury

The Brain Injury Association of Massachusetts (BIA-MA) is dedicated to educating the public about brain injury, as well as providing the latest information and resources to professionals, medical providers, caregivers, survivors, and families. This presentation will give the viewer insight into what a brain injury is, its prevalence and ways in which one may be able to utilize our resources and support services. We will highlight our agencies education and prevention initiatives as well as provide return to learn best practices and a toolkit to utilize in the classroom. Additionally, our presentation will provide the viewer with the perspective of a former physical educator and coach who sustained a brain injury, focusing on helpful insights that come with her personal lived experience with brain injury.

Presenters: **Justine Cote**, Bachelor's degree; Education and Program Manager, Brain Injury Association of Massachusetts

Justine Cote graduated from Providence College, and has worked for the Brain Injury Association (BIA-MA) for 10 years. Justine is the Education and Program Manager for BIA-MA. Her work focuses on managing all of BIA-MA's educational offerings as well as overseeing the many prevention initiatives the agency provides to the community. Her experience as a former educator, and a caregiver of a brain injury survivor is what helps her advocate for high quality education and prevention programming for the Commonwealth. Justine lives in North Smithfield RI with her husband and two girls.

Alison Rheaume, M.S.; Public Speaker & Educator
Ali Rheaume is a former Physical Educator and Coach, who is now an advocate for disability, after having sustained a brain injury. She has a Bachelor's degree in Movement Science and a Master's Degree in Health, Physical Education, and Recreation. Ali is certified in Special Populations and Responsive Classroom. She has been a MAHPERD board member as an undergraduate and professional, as well as a recent recipient of the Sheryl Hall Distinguished Service Award. Ali extends her teaching and advocacy work into the community and online as a member of the Brain Injury Council of Massachusetts and the Franklin Disability Commission, and as a "teacher to the world".

10:30-11:30 a.m. **ATH-9**

Room C

Developing Speed and Power

A "how to" on developing speed and power for athletes. Progressions, regression and programming of speed and power. A "learn by doing" experience.

Presenter: **Mike Miller**, Master's Degree; Head Track and Field Coach, Springfield College

Head coach at Springfield College for 7 years. 2023 NEWMAC coaching staff of the year. Qualifying 45 student athletes for the national championship taking home 25 All American athletes.

10:30-11:30 a.m. **H-59**

Room D

The 90s are Calling, They Want Their Sex Ed Back! — Using the 2023 Mass. Comprehensive Health Frameworks

Updated Comprehensive Health and PE Frameworks are in the works and based on the draft, are all new and very much improved! Don't wait for the final edit, get a jump on designing and implementing Health programming for the 21st century today. We'll look at what the new Frameworks will bring, and what existing curricula are available. You'll get lots of resources for supporting you and your district in curriculum, policy and training. Head off the most common missteps with a well thought out program to support students, families and the community.

Presenter: **Megara Bell**, Bachelor's degree; Director, Partners in Sex Education

Megara Bell is the director of Partners in Sex Education and has over 20 years of experience in supporting comprehensive sex education, teaching and leadership in the Greater Boston area. Megara is a member of the Healthy Youth Act Coalition, the Massachusetts Menstrual Equity Coalition, the Informed Consent for Intimate Exams Mass. Coalition and the UnHushed Curriculum Advisory Council. Partners in Sex Ed supports U.S. public school districts in curriculum development, teacher training, community engagement, policy development and ongoing instructional coaching in puberty, sex and relationship education.

10:30-11:30 a.m. **H-20**

Room E

Creating a Body-Positive, Food-Neutral Curriculum in Health Education

A healthy relationship with food and body is critical for our mental and emotional wellness. 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 the benefits of exploring food literacy--which includes a positive relationship with food and body--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. This workshop-style conversation will allow attendees to modify a current lesson, develop a new lesson, or work with the facilitators to revise a sample lesson to meet the needs of their students!

Presenters **Erin Burtnyk**, MS, RD, LDN; Master's degree; High School Health Education teacher, Shrewsbury Public Schools

Erin Burtnyk is a passionate Registered Dietitian and high school health educator on a mission to provide accessible, equitable health education to all students. Erin has maintained Registered Dietitian credentials for over a decade. She began her career as an on-campus dietitian for Merrimack College and Endicott College, and contributed to the development of the undergraduate nutrition program. During several on-campus guest lectures, she fell in love with education and transitioned into her current role at Shrewsbury High School in Central Massachusetts, where she has been teaching for ten years. Erin earned her Master's Degree in Community Health Education from Merrimack College. She has focused her research and professional development on body positivity, intuitive eating, and supporting individuals in

their journey to foster a healthy relationship with food. Erin believes that every student deserves to learn, develop, and improve health skills that transcend the classroom. She is committed to providing a safe space for students to understand, practice, and develop the skills to make informed health decisions throughout their lives. In her free time, Erin loves to be with her two daughters, Ellie and Emma, her husband, and her family and friends. Erin loves to read and run, and has most recently completed the 2022 NYC Marathon for Team Samaritans, raising over \$10,000 in support of Suicide Prevention Awareness.

Kelley Casey, M.Ed., Middle School Health Education Teacher, Shrewsbury Public Schools

Kelley struck an interest in health education at a young age as her role model (her mom) was a health teacher in Natick for over 25 years. Health education is in her blood! Kelley attended Bridgewater State University and graduated with a B.S in Health Education. She went on to teach middle school health in Shrewsbury, and has been in that position for over 10 years. Kelley recently completed her M.ed in Skills Based Health and Social Emotional Learning at Cambridge College. Kelley prides herself on using practices that are best for all her students, allowing her students to feel connected and comfortable in her space, and making health fun and engaging! Kelley's curriculum includes teaching nutrition in a food positive, body positive, self-guided manner. She wants her students to leave her class with a foundation for a positive relationship with food and with themselves. Kelley has felt like it has always been a struggle to find lesson plans that match her teaching style and health education philosophy. Guided by research and evidence, Kelley has developed many of her own lessons and activities for her students. In her free time, Kelley loves to spend time with her husband and toddler-aged daughter, Quinn. She enjoys cooking, reading, listening to podcasts, and watching the latest hit tv shows. Kelley is also an animal lover, but especially loves her two Saint Bernards, Murphy and Moose!

10:30-11:30 a.m. H-6 Junior Ballroom
10 Ways to Engage Students in Skills-Based Social Health Learning

Join Mary McCarley, SHAPE America's 2016 Southern District Health Teacher of the Year and Health Education Content Specialist with Goodheart-Willcox, she shares skills-based activities and assessment related to peer, family, and dating relationships. Teachers will leave with 10 or more 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; Goodheart-Willcox

Mary McCarley is the National Health Ed Content Specialist with Goodheart-Willcox and the co-author of their middle school health ed textbook. She is a former health teacher in Charlotte Mecklenburg Schools. Mary graduated from UNC-Chapel Hill with an Exercise and Sports Science degree and East Carolina University with a Master of Arts in Education in Health Education. She is a National Board Certified Teacher in Health Ed. Mary is the 2016 NC High School Teacher of the Year for Health Ed and the 2016 High School Southern District Teacher of the Year for the Advancement of Health Education.

11:30-12:30

LUNCH

Council for Future Professionals Raffle in the Foyer

Networking Lunch, 3rd Floor/Junior Ballroom Foyer

12:30-1:30 p.m. PE-5 North Ballroom
How to use PE as a Platform to Create Leaders: High School

Using PE as a platform, we are seeking to create leaders within all levels of schooling. Many students that do not play sports aren't exposed to leadership opportunities. By the end of the session, our goal is to have our attendees attain knowledge of how to create leaders from the elementary (session 1) to high school (session 2) level within a PE setting. We will achieve our objectives by leading a series of interactive activities that allow everyone an opportunity to develop leadership skills. Leadership is both a skill and an art, teaching students at a young age how to practice being a leader will be beneficial in the classroom, in the workforce, and in any space where they collaborate with others.

Presenters: Kayla Madden, Bachelor's degree; Springfield College student

Kayla Madden is a senior attending Springfield College. She is pursuing a bachelor's degree in physical education while minor-ing in athletic coaching. She is also a member of the women's basketball team. Kayla is a member of the council of future professionals.

Rachel Vinton, Bachelor of Science; Springfield College Alum

Rachel Vinton graduated from Springfield College with an undergraduate degree in Physical Education and minor in health promotion. She will continue her education at Springfield College in the Athletic Leadership Master Program beginning in Fall 2023. Rachel received the MAHPERD Outstanding Future Professional Award in 2022-2023 academic year and has been a member of the women's basketball team her four years at Springfield.

12:30-1:30 p.m. PE-40 Central Ballroom
First Month with Kindergarten

I will discuss my goals and philosophies on how I start the year off with my Kindergarten students. I hope you leave this presentation with something you can use in your classroom both this year and the future.

Presenter: Evan Woodworth, Bachelor's degree; Physical Education teacher, Harvard Public Schools

Since completing my Bachelor's at Bridgewater State University I am going into my eighth year teaching at the elementary level. I taught in Billerica, MA for 6 years and this will be my second year at the Hildreth Elementary in Harvard, MA. I strive to bring a new creative spin to my lessons every year but my teaching will always be based on the quote "I notice you, I care about you, I want you to succeed."

12:30-1:30 p.m. H-15 South Ballroom
Health Education
Roundtable Discussion

In this interactive round table discussion, participants from all grade levels will have the opportunity to share their own thoughts, experiences, and questions on teaching health education. Various resources and best practices for teaching health education will also be shared.

Presenters: **Marissa Keleher**, Master's degree; PE Wellness/Teacher, Medfield

Marissa Keleher is the past VP of Health for MAHPERD. She has been an elementary educator for 17 years and currently teaches elementary wellness (health and PE) in Medfield. Marissa has a Master's Degree in Elementary Education and a graduate certificate in Skills-Based Health/Social Emotional Learning. She is also a 200-hour certified yoga teacher and Social-Emotional Learning Facilitator.

Julie Williams-Tinkham, M.Ed; K-7 Wellness Department, Head & Middle School PE Teacher Barnstable Public Schools

Julie Williams-Tinkham (she/her) is the VP of Health for MAHPERD. She has been teaching PE and health for 19 years and is currently the K-7 Department Head for Barnstable Public Schools and teaches PE at Barnstable Intermediate School. Julie has an BS in Kinesiology and Physical Education and an MEd in Educational Leadership, both from the University of Maine. She is also ABD in a PhD Sexuality Education program at Widener University in Chester, PA.

12:30-1:30 p.m. H-49 Room A
3 Steps Detect: Saving Lives
Through Teaching Personal
Health Advocacy

This is a 2-part presentation...1 part is for you...and 1 part is for your students. DetecTogether teaches people how to seize the power of early detection because you can be 10x more likely to survive cancer when it's diagnosed early vs. late. Patient awareness and action is key, and our students deserve to learn this information early. You will learn about 3 Steps Detect and be provided with a two week curriculum based on the National Health Education Standards to bring this education to fruition in your school. This is a high-school based curriculum, but all are welcome and encouraged to attend.

Presenter: **Sandy Danault**, Master's degree; Director of Programs and Partnerships, DetecTogether

With a passion for bringing the message of good health to everyone, Sandy Danault uses her 19 years of experience as a Health & Physical Education teacher to bring the message of early cancer detection to everyone from teens to adults. As the Director of Programs and Partnerships at DetecTogether, Sandy will be presenting 3 Steps Detect, a research-based early cancer detection curriculum developed to save lives by helping people become their own best health advocate.

12:30-1:30 p.m. PE-24 Room B
Walking & Rolling with
Pedestrian and Bicycle Safety Education -
The Policy, Practice, and Life Skills of
Student Active Transportation

Educating our student commuters of all abilities and ages on how to be a safe walker and biker bolsters school attendance, physical activity, and social interaction while decreasing family traffic. From a student's perspective, navigating the built environment when arriving and departing school offers different physical and cognitive challenges than for adults. Join MassDOT's Safe Routes to School program as we examine how active transportation safety skills translate into Wellness policies, DESE-approved Health & Wellness curriculum and accredited professional development.

Presenter: **Judith Crocker**, Master's degree; Statewide Coordinator, MassDOT Safe Routes to School

As a longtime advocate who holds volunteer, elected, and appointed positions supporting public education and the environment, Judith Crocker is continuing her long local Safe Routes to School efforts as the Statewide Coordinator for the MA program. She is a proud grandmother who holds an MBA and is a board certified Medical Technologist.

12:30-1:30 p.m. ATH-25 Room C
Adding Sport Psychology
Through Team Building 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 team building, to both school and athletic settings. Team building and mental skills training can enhance both life and sports performance. The session will include evidence-based activity ideas for PEHE classes or sports teams.

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

Dr. Lynn Pantuosco-Hensch is a Professor at Westfield State University and director of the Coaching Minor. She is a former MAHPERD board member and active member of SHAPE America. She is also a sport psychology consultant and licensed soccer coach.

12:30-1:30 p.m. H-30 Room D
Choose Your Own Adventure:
A tool for fostering discussion in health
education

This session will include a demonstration of a teaching tool designed to foster student discussion around decision making. Inspired by the choose your own adventure books, this interactive activity allows students to work with peers as they navigate a real life scenario. As students progress through the activity, they have an opportunity to work through the ABCDE decision making model. The session will conclude with a discussion of the pros and cons of using this teaching methodology.

Presenters: **Danielle Pantano**, Senior Student, Springfield College

Danielle Pantano is a senior in the Physical and Health Education program at Springfield College. After taking Dr Milstein's class about human sexuality, she felt passionate about bettering the sex ed experiences at the secondary education level. As she works towards completing her degree she wants to continue to push for a better sex education experience in public school health classes.

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Dr. Susan Milstein, Assistant Professor, Physical and Health Education program, Springfield College

Dr. Milstein is a Master Certified Health Education Specialist with a PhD in Human Sexuality Education. Dr. Milstein is the co-author of the 6th edition of "Human sexuality: Making informed choices" and the co-editor of the 4th edition of "Positive images. Teaching about contraception and sexual health."

12:30-1:30 p.m. H-26 Room E
Adapted Health Education!
What is it?

Do you have students with disabilities such as being visually impaired or deaf/blind? There is a new field developing called Adapted Health Education in which new pedagogical practices will be developed to serve this special group of young people. Come with ideas on how we can design and implement this new practice.

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

Mary is the Program Chair of the Skills-Based Health/.SEL program at Cambridge College. Mary is the author of four texts and serves as a consultant to districts and states who are transforming their content curriculum to one that is skills based.

12:30-1:30 p.m. D-12 Junior Ballroom
Creating a Community
Through Irish Dance

This session will provide a broad overview of the different forms of Irish dance. Drawing on my own experience, I will discuss how I became interested in old style Irish dance and explore its origins as a communal dance style. We will look at a few steps (both solo and group) and explore how important dance can be both to individual health and in creating a sense of community.

Presenter: **Kara Howgate-Mello**, Master's degree; Irish Dance Instructor, Groton Irish Dance

My presentation will provide a broad overview of the different forms of Irish dance. Drawing on my own experience, I will discuss how I became interested in old style Irish dance and explore its origins as a communal dance style. We will look at a few steps (both solo and group) and explore how important dance can be both to individual health and in creating a sense of community.

1:40-2:40
Making the Time for Teacher Wellness

Choose any learning experience at this hour to renew and refresh yourself. Learn something new to help balance your teaching life!

2:50-3:50 p.m. PE-17 Activity Area 1
Floor Curling

This activity session will introduce participants to floor curling. Participants will have the opportunity to use floor curling equipment and be provided information and resources to start a curling unit in their PE program. In addition, presenters will share their experiences and community partnerships.

Presenters: **Julie Williams-Tinkham**, Master's degree; K-7 PE/Health Department Head, Barnstable Public Schools

Julie Williams-Tinkham is the K-7 PE/Health and Physical Education Department Head for Barnstable Public Schools and teaches at Barnstable Intermediate School, Hyannis

Carrie Shanahan, PE Teacher, Teaticket Elementary, Falmouth Public Schools

Carrie Shanahan is a Physical Education teacher at Teaticket Elementary School in Falmouth, MA.

2:50-3:50 p.m. PE-63 Activity Area 2
Adding Purposeful Activities to
Elementary Physical Education Lessons

This is an activity-based session where participants will practice aligning activities to grade level outcomes and goal-oriented activities. Activities will be presented and broken down to align with the GLO's with specific lesson objectives.

Presenters: **Jennifer El-Sherif**, Doctorate; Assistant Professor, Salem State University

Dr. Jennifer El-Sherif is an Associate Professor of Physical Education at Salem State University, and the current Vice President of Dance for MAHPERD. Dr. El-Sherif has been teaching at Salem State for 12 years, prior to which she taught k-12 PE and Coached.

Barbi Kelley, Retired, Elementary Physical Education teacher; Harvard Public Schools

Former elementary physical education teacher for 34 years. Barbi has served on the MAHPERD Board for the past 24 years including President in 2019. Barbi received the Massachusetts Elementary Physical Education Teacher of the Year Award in 2003 and in 2004 received the Eastern District National Elementary Physical Education Teacher of the Year Award. Presenting at national, state and school districts throughout her career, Barbi enjoys sharing her knowledge and experiences in teaching elementary physical education.

2:50-3:50 p.m. PE-47 North Ballroom
In Cahoots with Parachutes

Exercise, teamwork, games, and rhythms - parachutes cover it all. Join us for a fun, movement-based session where you'll leave with new activities and games that can be used with a multitude of learners.

Presenter: **Kera Williams**, Bachelor's degree; Instructional Coach, QuaverEd

Kera Williams a Health and Physical Education Training Specialist at QuaverEd. Kera holds a Bachelor of Science in Kinesiology from Stephen F. Austin State University. Prior to joining the QuaverEd team Kera spent 24 years as a Physical Educator in Texas. She has served as the district lead teacher for Physical Education, as a Program Advisor for the Fuel Up to Play 60 program, Ambassador for It's Time Texas, as both a Bronze and Silver School coordinator for the Alliance for a Healthier Generation, and as a mentor campus for the Cooper Institute's Healthy Zone Schools program.

2:50-3:50 p.m. D-45 Central Ballroom
We Can Dance If You Want to . . .

"We can dance . . . Everybody's taking the chance . . . It's safe to dance..Oh well, it's safe to dance..Yes, it's safe to dance." (MAW) This session will be active with a variety of cultural dances to bring right back to your elementary, middle, and/or high school

physical education program. Participants will also learn about dance assessments, choreography project ideas for students, and will get access to all of the notes and music. All of the dances being taught are easily modified and no dance experience is needed.

Presenter: Allison Relyea, BSE in Physical Education (concentration in Adapted PE); MSE in Recreation Education, SUNY Cortland

Allison has been teaching at Guilderland High school since 2003. She teaches 9-12 PE, two dance electives, and Unified Physical Education. During her career at GHS, she has coached Softball, Cross Country, Unified Bowling, Unified Bocce, Unified Cheer, and a Dance Team. She currently serves as the faculty assistant to the Athletic Director, and is an adjunct professor at Russell SAGE College in Troy, NY.

2:50-3:50 p.m. PE-62 South Ballroom
Map Navigation Games in Elementary Physical Education in Cambridge Public Schools

Orienteering is like a treasure hunt to find checkpoints using a map. Come try out activities from our Cambridge elementary school curriculum! Navigation Games and Cambridge Public Schools collaborated to implement a popular 6-class unit for all 3rd grade students. Playing our map navigation games teaches kids great life skills including spatial awareness, route planning, and collaborating to solve problems. Cambridge Public Schools also support both PE introductions and competitive after-school teams in middle and high school. While you can get started without much cost, we'll share information about applying for grants to obtain maps, materials and teacher training from Orienteering USA and Navigation Games. You'll come away from this session with lesson plans, sample materials, and (we hope) motivation to bring this great outdoor activity into your schools.

Presenters: Barbara Bryant, Doctorate degree; President, Navigation Games

Barbara is the founder and president of Navigation Games, a non-profit dedicated to developing orienteering-based education. She has served various roles in Orienteering USA, including supporting the US Junior Team and the Youth Mapping Project.

Libby Case, M.Ed; Lead K-8 PE Teacher, Cambridge Public Schools

Libby is the Interim K-8 Lead PE Teacher at Cambridge Public Schools. She has been teaching PE at the Amigos Elementary School in Cambridge for the past 5 years. Libby is most passionate about teaching experiential learning units such as orienteering with Navigation Games and biking through Cycle Kids.

2:50-3:50 p.m. H-29 Room A
The Speedy Sex Ed Teacher: Making the Most of Limited Time

Whether you have students one day a week or see them every day, it can be hard to modify lessons and activities to fit your allotted time. This presentation will give tips on how to take an activity from a 30 minute period to a 90 minute block, and vice versa. No matter how long you have, it is possible to fit in quality sexuality education!

Presenters: MJ McGillicuddy, Bachelor's degree student; Springfield College

MJ McGillicuddy (He/Him/His) is a senior at Springfield College in the dual Physical/Health Education program. He is involved in many programs on and around campus, participating on several student panels on sexuality/health topics, is inducted into the MAPHERD Council of Future Professionals, and serves as the President of the PEHE Majors Club at Springfield College.

Susan Milstein, PhD. , Assistant Professor, Springfield College

Dr. Susan Milstein is a Master Certified Health Education Specialist with a PhD in Human Sexuality Education. Dr. Milstein is the co-author of the 6th edition of "Human sexuality: Making informed choices" and the co-editor of "Positive images. Teaching about contraception and sexual health (4th ed.)".

2:50-3:50 p.m. H-44 Room B
Stanford REACH Lab's You and Me, Together Vape-Free

The Stanford REACH Lab developed an evidenced-based curriculum being used in thousands of schools and youth groups across the US and globally: You and Me, Together Vape-Free, a free curriculum that sits within the Tobacco Prevention Toolkit. The curriculum includes 6 lessons (focused on the brain and other health effects, impact on the environment, marketing, stress and coping, and vaping cannabis), each providing activities, online quiz games, and worksheets in addition to presentations, resources, and other materials aimed at addressing key factors associated with youth e-cigarette use, including changing adolescents' attitudes towards and misperceptions about e-cigarettes; increasing their refusal skills to pulls of flavors, marketing, and social media; reducing stress and depression which have been linked to e-cigarette initiation and use; improving coping; and decreasing intentions and actual use of all e-cigarette products. The goals of the interactive curricula are for students to understand basic information about tobacco (including e-cigarettes) and cannabis products, gain awareness of deceptive marketing strategies, and gain refusal skills to prevent use of tobacco and cannabis. The curriculum includes an elementary, middle, and high school program. This presentation will provide an overview and mini-training on using both curricula. In this presentation, we will go over the background of the curriculum toolkits, review the lessons and website navigation, and discuss how to best use it with youth.

Presenter: Carly Noelani Kajiwarra, Bachelor's degree; Education Coordinator, Stanford University REACH Lab

Carly Noelani Kajiwarra was born and raised in Hawai'i, graduated from UC Berkeley with a degree in Psychology, is currently working toward her Master's in Legal Psychology, and is an Education Coordinator in Stanford's REACH Lab. As an Education Coordinator, she works on building drug prevention curriculums as well as training educators to use the curriculum.

2:50-3:50 p.m. ATH-2 Room C
Strength and Conditioning for the Novice Athlete: Mindful Coaching Practices

This presentation will dive into the qualities and considerations needed for efficacious weight room and on-field coaching prac-

tices with this population. I will cover common coaching mistakes, tendencies of the population, and error correction that considers the needs of the population above all else. Commonly seen as one of the most difficult populations to coach effectively, this presentation will provide the audience with the tools needed to get results out of their novice athletes.

Presenter: **Dominic Farole**, Bachelor's degree; GA Strength and Conditioning Coach; Springfield College

I am a 2nd year in Springfield College's Master of Strength and Conditioning program, and current GA S&C coach for Springfield College Baseball, Men's Soccer, and Track and Field. I work at TF Performance, and have completed strength and conditioning internships at Chestnut Hill College, Springfield College, Cressey Sports Performance, and currently at a group 6A high school in Kentucky (Meade County High School). Former college baseball player, and currently have the following certifications: CSCS, USAWI, FMSI, CPR/AED.

2:50-3:50 p.m. H-21 Room E
Dipping Your Toe in the Skills Based Pool

Looking to add skills into your teaching practice, but perhaps you aren't ready to fully commit to a curriculum overhaul? In this presentation you will learn small yet meaningful ways to introduce skills based instruction into your teaching practice. You will leave this session with a collection of skills based lessons, activities, and assignments that you will be able to implement in your classroom this school year.

Presenter: **Terri Bowman**, Master's degree; Health Education Teacher, Vassal Lane Upper School, Cambridge Public Schools

Terri Bowman is in her 8th year as a middle school health education teacher at Vassal Lane Upper School in Cambridge, Massachusetts. Previously, she taught for 3 years at The College and Career Readiness Academy at Lehman Middle School in Canton, Ohio. Terri received a bachelor's degree in History from Hofstra University and a master's degree in Health Education from Boston University. Terri has contributed to various health education publications including "Lesson Planning for Skills-Based Health Education" and "The Essentials of Teaching Health Education: Curriculum, Instruction, and Assessment" written by Holly Alperin and Sarah Benes. Terri has acted as a Gender and Sexuality Alliance (GSA) advisor; been a part of her school's Instructional Leadership Team, and serves on her school's Student Support Team. Her primary focus within the field of Health Education includes the incorporation of mindfulness into classroom routines, inclusive and comprehensive sexual health instruction, and building meaningful skill-based curriculum. She currently lives in Arlington, MA with her husband James, three year old son Jesse, and her cat Lemmy.

2:50-3:50 p.m. D-3 Junior Ballroom
Creating a Sense of Inclusion and Belonging through Barbara Mettler's Creative Dance

Barbara Mettler believed that everyone can dance. Creative dance as she taught it focused not only on the improvisational expressiveness of the individual person, but also on each dancer as an integral member of the group. Learn ways to help people of all

ages feel that sense of belonging through Mettler structures among others.

Presenter: **Donna Newman-Bluestein**, Master's degree; Dance/Movement Therapist; Dance for Connection; BC-DMT, CMA, LMHC

*Donna Newman-Bluestein, BC-DMT, CMA, LMHC is a board certified dance/movement therapist, Certified Movement Analyst, mental health counselor, and performer with intergenerational dance company, Back Pocket Dancers. Since receiving her M.Ed. in Expressive Therapies with a major in dance/movement therapy from Lesley University, Donna has worked with children with physical disabilities, adults in acute psychiatric distress and in medical rehabilitation, and with senior adults in long-term care and Assisted Living residences. As an educator, supervisor, international trainer, and speaker, Donna's work for the past 19 years has focused entirely on transforming the culture of care for people with dementia through dance and embodied caregiving. She has co-authored numerous professional articles and published a train-the-trainer manual, *The Dance of Interaction: Nonverbal Communication Training for Caregivers of People with Dementia, An Embodied Approach*. To motivate people to engage through movement, she created the Octaband®, a tool to foster a sense of connection through movement. The Octaband® and other products she designed are useful for people of all ages.*

Exhibit Hours

Monday 10:00am-4:00pm

Tuesday 8:00am-4:00pm

TUESDAY, NOVEMBER 7, 2023

9:00-10:00 a.m.

General Session

Keynote Speaker — **Rachael Steil**



Rachael Steil (“Style”), author of *Running in Silence*, is a nationally recognized eating disorder recovery speaker, cross country and track coach, 2010-11 All-American runner, and the recipient of the Aquinas College Outstanding Young Alumni award. She has presented at coaching clinics, conferences, schools, and colleges with powerful stories of honesty and hope. Steil has appeared on The Dr. Nandi Show, WGVS’s Family Health Matters, and in *Vogue Magazine*, U.S. News & World Report, Women’s Running, and has written for *Runner’s World* and *Techniques* magazine. Reviewed as a forthright, relatable speaker, Steil offers coaches the tools to help athletes to reach their potential in sport and in life.

7:45-8:45 a.m. **REC-51B**

Introducing Rugby into Your PE Curriculum

Activity Area 1

Our presentation will get the participants moving as if they were their students. Rugby incorporates the concepts of team play and individual decision making when developing self-confidence. Unlike games where the players are typically of the same body shape, every player has an equal role to play.

Presenters: Chris Monaghan, Master’s degree; MA Youth Rugby Organization MYRO
Tony Poti
Chris Cuddy
Bill Good

7:45-8:45 a.m. **PE-50**

Games That Create Connection

Activity Area 2

Social connection can help to lower anxiety and depression, help us regulate our emotions, lead to higher self-esteem and empathy, and actually improve our immune systems. So let’s get connected through play! We’ll lead you through a sequence of activities that will allow us to learn about each other, strengthen existing connections and build empathetic relationships. You’ll leave this workshop ready to start building your own more connected community.

Presenters: Phil Brown, Bachelor’s degree; Trainer, High 5 Adventure Learning Center

Phil, originally from England, joined the High 5 team in May 2015 having previously worked in Adventure and Outdoor education for 7 years. Phil brings high energy and devotion to the Adventure field and has presented at many conferences including ACA New England, ACA Tri-state, ACCT, Northeast and International AEE, BOOST, several regional Phys Ed conferences and at the High 5 Symposium. He is also one of the co-authors of the

book “Tinker: Building Purposeful Experiences from Classic Adventure Activities” and the producer/host of “Vertical Playpen” – the podcast all about Adventure and Experiential Education.

Tia Quinn, Founder, CEO, BOOST Collaborative

7:45-8:45 a.m. **H-11**

Implementing Yoga into Physical Education K-8

South Ballroom

We all know that Yoga has many benefits physically and emotionally. This session is for Physical Education Teachers k-8 to find fun and creative ways to implement Yoga into their curriculum through games and activities. Learn breath work and poses. Simple assessment ideas will be included, too.

Presenter: Kristen Santos, Master’s degree; Physical Education teacher, Hopkinton Middle School
Kristen Santos, E-RYT200, RCYT, YACEP, M.Ed, has been teaching physical education for over 25 years, and most of her career has been at Hopkinton Middle School. She is also a Yoga Teacher Trainer for Childlight Education Company. She is the published author of: *The Yoga Curriculum for Physical Education K-5*. Bringing yoga to physical education is her passion. She lives in Franklin with her husband and their two children.

7:45-8:45 a.m. **H-36**

Abstinence 2023: New Perspectives for Old Systems

Room C

Many teachers are limited to abstinence-only education in the classroom. While traditionally this has meant simply focusing on saying no, it can be taught in a more robust way. Through a lesson example and discussion, participants will explore different ways to teach about abstinence.

Presenters: Danielle Pantano, Sr. Student, Springfield College

Danielle Pantano is a senior in the Physical and Health Education program at Springfield College. After taking Dr Milstein's class about human sexuality, she felt passionate about bettering the sex ed experiences at the secondary education level. As she works towards completing her degree she wants to continue to push for a better sex education experience in public school health classes.

Dr. Susan Milstein, Assistant Professor, Physical and Health Education program, Springfield College

Dr. Milstein is a Master Certified Health Education Specialist with a PhD in Human Sexuality Education. Dr. Milstein is the co-author of the 6th edition of "Human sexuality: Making informed choices" and the co-editor of the 4th edition of "Positive images. Teaching about contraception and sexual health."

7:45-8:45 a.m. H-27 Room D
Strategies to Advocate for Your Skills-based Health/SEL program

Do you know how to use social media to gain support for your health education/SEL program? Do you know how to tie your health education/SEL plans to state initiatives and school improvement plans? Do you know how to gain the confidence and support of your district administrators?

Presenters: Mary Christine Connolly, CAGS; Program Chair, Skills-Based Health/SEL at Cambridge College; Mary Connolly, Consultant, Cambridge College

Mary Connolly is the Program Chair of the Skills-Based Health/SEL program at Cambridge College. She is also the author of four textbooks and serves as a consultant to districts and states that want to transform their content curriculum to one that is skills-based.

7:45-8:45 a.m. PE-19 Room E
The Flow State: Get into the Zone

Flow is a state of mind in which people are so involved in an activity that nothing else seems to matter. At this moment, the individual commonly experience the following characteristics/symptoms:

- Focused on the present moment
- Time transformation
- Effortless
- Loss of self-consciousness
- Enjoyment

All person can find flow. But how can one enter into the zone? During this presentation we will discover the answers of this question and learn ways to induce flow in our daily life's.

Presenter: Ignasi Cucurella, Bachelor's degree; Future Professional; East Stroudsburg University of Pennsylvania

Ignasi Cucurella a international student from Barcelona, Spain. This is my senior year and I will be graduating this next May 2024. My goal is to become the greatest Health and PE teacher.

9:00-10:00 a.m. North and Central Ballrooms
GENERAL SESSION

Keynote Speaker — Rachael Steil
Topic — Competition Cut Short: The Coach's Role in Eating Disorder Prevention and Discussion

As coaches, we are generally aware of the possibility our athletes may have an eating disorder, but what are the subtle clues of the illness? How do athletes mask eating disorders to avoid scrutiny? How many athletes are affected? What is the best way for you as a coach to approach an athlete who may be struggling? How would you feel to have the right tools and techniques to help your athletes feel strong, ask for support, and find success? It's easy as the voice of Rachael Steil, speaker, author, athletic coach, and lived experienced with an eating disorder, shares how to recognize an eating disorder in athletes, how to assist an athlete with receiving help, and what your role is in their recovery process.

Rachael Steil ("Style), author of Running in Silence, is a nationally recognized eating disorder recovery speaker, cross country and track coach, 2010-11 All-American runner, and the recipient of the Aquinas College Outstanding Young Alumni award. She has presented at coaching clinics, conferences, schools, and colleges with powerful stories of honesty and hope. Steil has appeared on The Dr. Nandi Show, WGVU's Family Health Matters, and in Vogue Magazine, U.S. News & World Report, Women's Running, and has written for Runner's World and Techniques magazine. Reviewed as a forthright, relatable speaker, Steil offers coaches the tools to help athletes to reach their potential in sport and in life.

10:15-11:30 a.m. 2nd Floor Conference Room
Joseph McKenney Past Presidents Brunch
By Invitation Only

10:30-11:30 a.m. PE-1 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's degree; Middle School Special Education Math Teacher and 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 a walk on at Bridgewater State University. I love coach-

ing 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 and New Bedford Recreation.

10:30-11:30 a.m. H-10 South Ballroom
Voice Colors Yoga for Autism

Voice Colors Yoga offers a comprehensive visually guided yoga curriculum for autistic individuals. We offer unique training and opportunities to people who want to teach yoga to students across the spectrum. Learn how Voice Colors utilizes visual communication supports including visual schedules, color coding, visual modeling and teaching scripts in order to help yogis of all abilities access the health and wellness benefits of a life long yoga practice.

Presenters: **Hannah Gould**, M.Ed., E-RYT; Program Director, Voice Colors Yoga

Hannah Gould, a well-known special educator and yoga teacher, has been a trailblazer in bringing meaningful and effective yoga to children and adults with autism and other special needs.

Hannah has been teaching yoga since 2003 and training yoga teachers and educators of students with diverse learning needs since 2005.

Eve Megargel, MTS, RYT; Executive Director, Voice Colors Yoga

Founder of Voice Colors Communication Resource Model (VCCRM). A parent of an adult yogi with autism, Eve is an author, educator, public speaker, filmmaker and a pioneer in advocating that all individuals on the autism spectrum are independent communicators who are capable of self-expression and social relationships.

10:30-11:30 a.m. H-53 Room A
Goal-Setting: Breaking Down the Barrier

Breaking down the barrier one step at a time! Come see how we transformed a mediocre goal-setting unit summative assessment into something that involves school staff and gives students something worth working towards. Check out our session and get some ready-to-implement information and content!

Presenters: **Danielle LaRocque**, Assistant Principal, Holten Richmond Middle School, Danvers, MA

Jeff Bartlett, Health Educator, Holten Richmond Middle School, Danvers, MA; 2020 MAHPERD Health Educator of the Year; 2021 SHAPE Health TOY

10:30-11:30 a.m. H-23 Room B
One Love & Healthy Relationship Education

One Love is a national non-profit dedicated to educating young people (11-18) about healthy and unhealthy relationship behaviors as a primary prevention strategy for the issue of relationship abuse. One Love's unique strategy for change is centered on youth-driven content, conversation, and volunteer community action. Our workshops are anchored around 10 healthy and 10 unhealthy relationship behaviors, which provide language for discussing relationships and enable young people to identify problematic behaviors before they escalate to abuse. Join us to learn about an overview of our core teaching materials and learning objectives, with a dive into our skills based activities.

Presenters: **Anneke Reich**, M.Ed.; Engagement Manager, Boston, One Love Foundation

Anneke Reich (she/her) is an experienced educator and curriculum designer with a history of work in both prevention and arts-based non-profit organizations. In her capacity at One Love, her work is focused around partnerships in the Greater Boston Area and beyond, centering on building sustainable programming in public school districts in the region, supporting educators, and authentically engaging youth. Prior to joining One Love Anneke worked as an educator within the Boston Public Schools and with various organizations in the Boston area. Guided by equity-seeking practices centering youth voice, Anneke specializes in devised work, consent pedagogy, and social justice-based curriculum development for youth and adults. Anneke is a graduate from the Harvard Graduate School of Education (M.Ed.) and holds a BA from Brandeis University.

Rachel Matos, Master's Degree; Engagement Manager, Boston, One Love Foundation

Rachel Matos (she/her) has been a Boston transplant since graduating from Lasell University in 2016 with a Bachelor's degree in Criminal Justice. As an Engagement Manager, she builds relationships with middle, high school, and colleges to ensure that One Love's educational content reaches as many youth and youth-serving people as possible within the Boston Region. Prior to joining One Love, Rachel worked in the field of violence prevention for a local domestic and sexual violence organization in MA and led campus safety compliance efforts nationally with the Clery Center.

10:30-11:30 a.m. H-14 Room C
Health Class Without Hand Raising: Embedding Communication Skills

Go beyond communication skills as just one unit. Learn how to embed them throughout your class. Explicitly teach the communication and social skills that students need to enhance their health and let them practice them all day, every day.

Presenter: **Michelle Westerling Ireland**, Master's degree;

Health Education Teacher, Hanover Middle School

Michelle has been a health education teacher at Hanover Middle School in Hanover, MA since 2003 and loves getting to teach every student in the school. She was honored to be named MAHPERD Health TOY 2023. Michelle received her Masters degree in Health Education from Teachers College, Columbia University. She holds a Master Certified Health Education Specialist (MCHES) credential, served on the panel to revise the Massachusetts Health Curriculum Frameworks, and is currently serving on the taskforce to revise the National Health Education Standards. Michelle has trained in health and PE advocacy in Washington DC (including congressional meetings) with the Society for Public Health Education (SOPHE) and SHAPE America, and completed a teacher leadership fellowship with the National Education Association. Michelle has worked with all ages, PreK-12, in a variety of settings. She believes that quality health and physical education teach essential life lessons and helps students "Make good choices. Be good people."

10:30-11:30 a.m. H-60 Room D
Haters Gonna Hate — Managing Controversy in Health Education

Strategies to support schools, communicate with families and manage controversy about LGBTQ+ inclusive, age appropriate comprehensive sexual health education in the current climate of chaos. Hate groups were radicalized against masks, vaccines, and anti-racism education and now they've mobilized against trans health care and inclusive sex and relationships education as their "wedge" issues in order to weaken already struggling public schools. Supporting inclusive Health education supports the well-being of all kids, and supporting public education supports the bedrock of democracy. Haters gonna hate; we will continue to celebrate and protect our most vulnerable youth.

Presenter: **Megara Bell**, Bachelor's degree; Director, Partners in Sex Education

Megara Bell is the director of Partners in Sex Education and has over 20 years of experience in supporting comprehensive sex education, teaching and leadership in the Greater Boston area. Megara is a member of the Healthy Youth Act Coalition, the Massachusetts Menstrual Equity Coalition, the Informed Consent for Intimate Exams Mass. Coalition and the Un\Hushed Curriculum Advisory Council. Partners in Sex Ed supports U.S. public school districts in curriculum development, teacher training, community engagement, policy development and ongoing instructional coaching in puberty, sex and relationship education.

10:30-11:30 a.m. D-8 Junior Ballroom
A Parent-Child/Student Dance Night for Physical Education

The purpose of this presentation is to provide physical education teachers with an example on how to plan and implement an evening of dance for students and their parents. Parents will learn and perform dances that their students learned in physical education. An after school dance event is a fabulous way of showing your learning community the benefits of dance and physical education.

Presenter: **Terry Langton**, Doctorate degree; Physical Education Teacher; Hanover Public Schools

Dr. Terry Langton is a lifetime member of MAHPERD and SHAPE America. He is the co-author, with Sam Baumgarten, of Elementary Physical Education: Building a Solid Movement Foundation. He helps prepare pre-service physical education teachers for Bridgewater State University and is the Hanover Public Schools K-12 Department Head for Health Education and Physical Education.

11:30-12:30

LUNCH

Council for Future Professionals Raffle in the Foyer

12:30-1:30 p.m. PE-39 Activity Area 1
This Ball Can Do It All!

We will be using a simple tennis ball to play various games and create challenges that will support learning outcomes in a Adventure/Physical Education unit. These games include partner and large group initiatives that help promote cooperation and critical thinking skills while also gathering data in order to track individual and group goals. Finally the tennis balls will also be used for end of activity debriefs.

Presenter: **Rich Keegan**, CAGS; Trainer/Program Designer, High 5 Adventure Learning Center

Rich currently a Trainer and Programing Designer for High 5 Adventure Learning Center. He is the author of "Global Games for Diversity Education, Teaching 21st Century Diversity Skills." During his time as a Physical Education Teacher he was recognized as the 2014 Simsbury Educator of the Year and the 2014 recipient of Professional Merit Award from the Connecticut Association for Health, Physical Education.

12:30-1:30 p.m. PE-18 Activity Area 2
"I can't do this!": Implementing a Self-Talk Skills Program in Elementary Physical Education

The field of sport and performance psychology exists to assist individuals in developing psychological skills that can enhance their experiences of movement (Hays, 2006; Portenga, 2017). A skill that commonly resonates in this subject area is self-talk, or one's inner dialogue, images and/or streams of consciousness (Van Raalte et al., 2006). In this session, hands-on experience will be offered through infusion of self-talk reflection and practice within an upper elementary physical education motor skill-focused unit. Attendees should leave feeling efficacious in implementing aspects of self-talk into curricula to foster student awareness and, subsequently, challenge performance-inhibiting thoughts in movement-based settings.

Presenters: **Anna Bottino**, Master's degree; Doctoral student, Springfield College

Anna Bottino is a Ph.D. student in the Springfield College sport and exercise psychology program. They are a research and teaching graduate fellow and graduate mental performance consultant. Previously, Anna earned a M.S. from Ithaca College and B.A. from the University at Albany, SUNY. Anna played four years of Division I field hockey and 3 years at the international level. Their research interests focus on the experiences of LGBTQIA+ student athletes.

Emma Gagne, undergraduate student, Springfield College

Emma Gagne is a member of the Class of 2024 at Springfield College as a Physical Education major and Athletic Coaching minor. Originally from Marshfield MA, Emma is a member of the Physical Education/Health Education Club, a Student Ambassador, and plays on the Ultimate Frisbee team at Springfield College. Post graduation, Emma plans to attend grad school and eventually become a high school PE teacher while also coaching basketball.

Michelle Moosbrugger, Ph.D., Professor and PEHE Department Chair, Springfield College

Michelle Moosbrugger has served as a faculty member in the PEHE Department at Springfield College for over 16 years. Michelle's research interests are occupational socialization, teaching efficacy, and inclusive pedagogy within physical education teacher education, while her service has included roles on the MAHPERD Executive Board.

12:30-1:30 p.m. ATH-37 North Ballroom
Long Term Athletic Development In Physical Education

What is long term athletic development (LTAD) and how does it

fit into physical education? We define LTAD and how it provides a structure to achieve physical literacy, setting the foundation for a lifetime commitment of physical activity. In our presentation we apply the 7 stages of LTAD to the K-12 atmosphere, exploring each stage at age/grade appropriate levels. Last but not least we dive into the why and how to apply it in the classroom.

Presenter: **Nicole Pelletier**, Master's degree; Health and PE Coordinator & PE teacher, Groton Dunstable Regional School District

Nicole Pelletier is currently entering her 5th year as a PE teacher and third year as Health and Physical Education Coordinator for Groton Dunstable Regional School District. Prior to becoming an educator, Nicole was a strength and conditioning coach for over 15 years. During that time she worked at some of the industry leading facilities including EXOS, Portsmouth Football Club UK and MBSC with clients ranging from youth to professional athletes and weekend warriors. Her passion lies in educating about the possibilities that lie in stronger PE programs in our schools that collaborate with rec and high school sports to create a lifetime commitment to physical activity.

12:30-1:30 p.m. APE-46 Central Ballroom
The Unified PE and Sport Experience

The UPE and Sport experience is a positive experience for ALL students in their school community. This session will highlight scheduling, budget, assessment, curriculum, student impact, and overall school-wide community involvement. Attendees will have the opportunity to plan their "next steps" to incorporate a new Unified experience or expand on an existing program. Participants will also learn the value of working with Special Olympics from a resource, support, and financial asset.

Presenter: **Allison Relyea**, BSE in Physical Education (concentration in Adapted PE); MSE in Recreation Education from SUNY Cortland; teacher, Guilderland High school

Allison has been teaching at Guilderland High school since 2003. She teaches 9-12 PE, two dance electives, and Unified Physical Education. During her career at GHS, she has coached Softball, Cross Country, Unified Bowling, Unified Bocce, Unified Cheer, and a Dance Team. She currently serves as the faculty assistant to the Athletic Director, and is an adjunct professor at Russell SAGE College in Troy, NY. Allison is also an active member of NYS AHPERD. At the state level, she currently serves on the Board of Directors and was recently voted to serve a second term starting in November of 2023. Allison has presented at both state and zone conferences on dance, technology in PE, assessment, Unified, and other topics. She is the Treasurer and Past President for the Capital Zone and is the co-chair of the Grant and Secondary Student Leadership Awards committees. Allison has been fortunate and very humbled to be honored as a 2011 Dance TOY (NYS AHPERD), a 2018 Secondary PY TOY (NYS AHPERD), and a 2020 Eastern District HS TOY (SHAPE). Allison is a current member of the National Academy of Health and Physical Literacy (NAHPL) and has attended regional and national conferences.

12:30-1:30 p.m. H-52 Room A
Substance Use Online Prevention

Education for 6th-12th Graders for Health Teachers Across the Commonwealth

Drug Story Theater offers innovative, evidence-based, peer-to-peer treatment and prevention programming to students and young adults. Our treatment model takes young people in the early stages of recovery, teaches them improvisational theater, then uses psychodrama to help them create their own scripted plays about the seduction of, addiction to and recovery from drugs and alcohol. In between scenes, the kids step out of character and teach the audience about the adolescent brain and why it is at such increased risk for lifelong addiction. This peer-to-peer approach teaches other teenagers about the risk of substance abuse and the possibility of recovery. Through Commonwealth funding, as well as support from DA's Early and Cruz, we were able to use our model to create online prevention education suitable for 6th-12th graders to use in Health classes and compatible with MA DoE standards. It has already been rolled out to 100,000 students across the Commonwealth, and we are presenting to bring awareness to this free, easy-to-use resource today.

Presenters: **Kathleen F. Wright**, Bachelor's degree; Chief Operating Officer, Drug Story Theater
Nicole Conlon-McCombe, Masters degree; Executive Director, Drug Story Theater

12:30-1:30 p.m. H-33 Room B
New Inclusive and Affirming Dove Self-Esteem Project Workshops

The Dove Self-Esteem Project has added two workshops in addition to the Confident Me! unit. Come learn how you can incorporate "My Hair, My Crown" and "Proud to Be Me" into your scope and sequence, including curriculum that is culturally & linguistically inclusive and LGBTQA+ affirming while building hair and body confidence. The lessons are designed for ages 11-14. Participants will leave with access to all three sets of curriculum/workshops.

Presenter: **Danielle Petrucci**, Master's Degree; Health Education Instructional Coach, Boston Public Schools

Danielle is currently the HE Instructional Coach for the Boston Public School System. She was the 2018 MAHPERD Health Teacher of the Year and served as the MAHPERD VP of Health Education. Danielle also teaches at the University of New Hampshire and the Dove Self Esteem Project. She is passionate about helping students realize their full potential and improve their livelihood.

12:30-1:30 p.m. H-35 Room C
Equity Within Nutrition

The goal of this session is to help educators use the skills-based model during a nutrition unit for middle/high school students. The activity will be a hands on activity that educators can use in their classrooms that allows students to plan dinner meals using all five main food groups. However, there will be case studies that identify family size, budget, dietary restrictions, access to the grocery store etc. This lesson helps students analyze influences that families consider when making a grocery list.

Presenter: **Alex Baker**, Master's degree; Health Education Teacher, Williams Middle School/Longmeadow Public Schools

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Alex has been teaching Health and Physical Education for the past 8 years with a specific focus on middle school skills based health education for the past 3 years. . Alex has worked in a variety of schools that range from Prek-8th grade and is now the Health Education Teacher at Williams Middle School in Longmeadow, MA.

**12:30-1:30 p.m. All Allied Fields-66 Room D
H/PE/REC/DANCE/
The Who, What, and Why of the
National Academy of Health and
Physical Literacy**

This session will provide participants with an in depth look at the newly created National Academy of Health and Physical Literacy and show how it seeks to grow and advance professional leaders who will interact and network on national and global levels to expand the health and physical literacy of children and adults. Presenters will provide an overview of Health Literacy and Physical Literacy; reflect on the structure of the Academy; present an overview of the Academy’s mission; and offer reasons to consider the Academy.

Presenters: Carol Ciotto, Doctorate degree; Assistant Dean of Accreditation and Partnerships, Central CT State University

Carol Ciotto: Carol Ciotto has been in Education for the past 43 years. She has been at Central CT State University (CCSU) for the past 19 years where she served as a professor, program coordinator and interim chair in the Department of Physical Education and Human Performance, and for 5 years as the Assistant Dean for the School of Education and Professional Studies. Prior to CCSU, Carol spent 23 years as an elementary physical education teacher, a K-8 assistant principal and a K-6 principal in the public-school setting. Throughout her career, she has served as a leader in various organizations at the state, regional, national, and international levels. In June of 2021 she was one of nine founders that established and launched the National Academy of Health and Physical Literacy where she also serves as the Executive Director for the Eastern Seaboard Region. In addition, Carol currently serves as the Executive Director of NJAHPERD. She is a recognized speaker at the state, regional, national, and international levels on a variety of educational topics. She has published several articles in various peer-reviewed educational journals, is co-author of the book PASS: A Guidebook to Creating Physically Active School Systems and co-author of a chapter on Social Emotional Learning in the book titled College Wellness.

Ellen Benham, Retired Health and Physical Education Coordinator, Bristol Public Schools; Adjunct Professor Central CT State University

Ellen Benham: Ellen Benham is a retired middle school health and physical education teacher and coach. After 24 years she left teaching to become a Supervisor of K-12 Health and Physical Education and Athletics for 2 very large school districts in Connecticut. Upon retirement, she became an adjunct professor at Central Connecticut State University where she continues to teach to this day. She has been an advocate for health and physical education through her service with CTAHPERD, CAAHPE, SHAPE America Eastern District and currently for the National Academy of Health and Physical Literacy as Co-Chair of the

National Awards Committee, Parliamentarian for the Eastern Seaboard Region of NAHPL, and the Business Manager/Treasurer for NJAHPERD.

**12:30-1:30 p.m. H-16 Room E
Gender Inclusive
Sexual Health Education**

According to GLSEN and HRC, "youth need and deserve to learn in settings that are inclusive of their experiences and that give them the education necessary to stay safe and healthy." This presentation will provide participants ideas and concrete steps to shift language and curriculum to make it more inclusive for students of all genders.

*Presenters: Julie Williams-Tinkham, Master’s degree; K-7 PE/Health Department Head, Barnstable Public Schools
Julie Williams-Tinkham is the K-7 PE/Health and Physical Education Department Head for Barnstable Public Schools.*

Julie Fenn, Assistant Coordinator PE, Health and Wellness, Lexington Public Schools
Julie Fenn is the Assistant Coordinator of PE, Health and Wellness for Lexington Public Schools.

**12:30-1:30 p.m. D-13 Junior Ballroom
"Groovin' Towards Inclusivity:
Teaching Dance for Students
With Disabilities"**

Inclusive learning is on the rise in the public school setting. Participants will focus on how to provide access for all students in a dance/movement class. We will review universal tools, supports, and how to teach movement to all learners. This presentation will challenge educators to think about how to provide more inclusive learning opportunities in the classroom.

Presenter: Erin Doherty, Master’s degree; Dance Educator, Curley K-8 Boston Public Schools

Erin Doherty is a dance educator from Boston where she teaches dance education at the Curley K-8 school and at Enchanted Dance Academy as an educator and director of inclusive learning. In the past four years, Erin has also taught dance education in Brooklyn, NY, and Lawrence, MA in their public schools. Erin received her bachelor's degree in dance education from Hofstra University and recently received her master's degree in inclusive education from Stonehill College. Erin has a passion for providing dance to all students.

**1:40-2:40
Making the Time for Teacher Wellness**

Choose any learning experience at this hour to renew and refresh yourself. Learn something new to help balance your teaching life!

2:50-3:50 p.m. XXXXX-51 Activity Area 1

2:50-3:50 p.m. **PE-61** **Activity Area 2** **Presenters:** Sarah Bixby, Master's degree; Physical Education teacher, Amesbury High School; Physical Education Teacher 2020 Secondary Teacher of the Year

How to use PE as a platform to Create Leaders: Elementary

Using PE as a platform, we are seeking to create leaders within all levels of schooling. Many students that do not play sports aren't exposed to leadership opportunities. By the end of the session, our goal is to have our attendees attain knowledge of how to create leaders from the elementary (session 1) to high school (session 2) level within a PE setting. We intend to achieve our objectives by leading a series of interactive activities that allow everyone an opportunity to develop leadership skills. Leadership is both a skill and an art, teaching students at a young age how to practice being a leader will be beneficial in the classroom, in the workforce, and in any space where they collaborate with others.

Presenters: Rachel Vinton, Bachelor's degree; Springfield College Alum and Graduate student

Rachel Vinton graduated from Springfield College with an undergraduate degree in Physical Education and minor in health promotion. She will continue her education at Springfield College in the Athletic Leadership Master Program beginning in Fall 2023. Rachel received the MAHPERD Outstanding Future Professional Award in 2022-2023 academic year and has been a member of the women's basketball team her four years at Springfield.

Kayla Madden, student Springfield College ('24)

Kayla Madden is a senior attending Springfield College. She is pursuing a bachelor's degree in physical education while minor-ing in athletic coaching. She is also a member of the women's basketball team. Kayla is a member of the Council of Future Professionals.

2:50-3:50 p.m. **PE-57** **North Ballroom**

Intentional SEL in Physical Education

Come learn a few tricks of the trade to intentionally infuse SEL in your weekly lessons for great results. Speaker will also share her upcoming roll out of a website project that she completed as a project for her masters thesis at CWU. You won't believe how easy and seamless it is to help turn your lessons in 360 degrees of optimistic fun!

Presenter: Betsey Caldwell, Master's degree; Physical Education teacher, General John Nixon Elementary School, Sudbury

2:50-3:50 p.m. **PE-58** **Central Ballroom**

Movement Screens over Fitness Score to Increase Student Motivation and Participation

Learn how to use movement screens to analyze each student's quality of movement and increase student participation as a result. Sarah has been studying, implementing, and collecting data regarding the impact of movement screens on students' participation since 2015. Students who were formerly reluctant to participate in physical education reported that movement screens help to level the playing field between athletes/non-athletes, making them feel less judged. Using data from movement screens, you will learn how to prescribe exercises based on each student's movement needs vs. athletic ability. The impact of movement screens at Amesbury High School has increased student engagement to nearly 100% daily and decreased students' overall risk of movement-related injury.

Presenters: Sarah Bixby, Master's degree; Physical Education teacher, Amesbury High School; Physical Education Teacher 2020 Secondary Teacher of the Year
MAHPERD 2020 High School Teacher of The Year - Sarah incorporates multiple modalities into her teaching. She has high expectations of her students as learners. She holds them accountable for the coursework, legitimatizing a department often perceived as just a "side-note" to the academic departments in schools. Sarah is a cutting-edge, progressive teacher and thinker who constantly looks for ways to bring new experiences and opportunities to students. She has a genuine passion for her growth and learning and exhibits enthusiasm and excitement for sharing new techniques, concepts, and knowledge with her students. Establish whole-student fitness - both physical and mental.

Lauren Bean, candidate Master's of Education degree, Salem State University; Student teacher, SSU

Lauren is currently completing her student-teacher practicum at Amesbury High School. She coaches both group CrossFit classes and youth classes at Crossfit Full Potential in Newburyport, MA. Lauren is a lifelong athlete and a 4-year soccer player at Bentley after walking on as a freshman. She found CrossFit in 2018, joining CFFP to get in shape for her senior soccer season. Lauren has transformed herself athletically over the last year, with a deep focus on nutrition and skill development in the gym. She is currently pursuing a Master of Education in physical education at Salem State.

2:50-3:50 p.m. **ATH-64** **South Ballroom**

Consent, Athletics, and How Peer Education Can Change Culture: A Case Study

Would you like to bring consent education to your school community, athletics department, or to individual teams? Would you like to build a robust peer-education programming to build consent culture at your school? In this presentation, Cambridge Director of Athletics Tom Arria, consent expert Caitlin Dube, and peer-educator Kaelyn Silva will tell the story of consent education at Cambridge Rindge and Latin high school. Through collaboration, youth-adult coalition, and peer education programming, attendees will learn how to start small to build big changes in consent education through the power of athletics.

Presenters: Caitlin Dube, Master's degree; Founder, Consent Counts/Cambridge Public Schools

Caitlin Dube is the CEO and founder of Consent Counts, an education startup in Cambridge, Massachusetts. Caitlin is a consultant, educator, poet, activist, and parent with over 15 years of experience working with young people and the adults who support them. She has been a high school administrator, Director of Wellness, and a classroom teacher. Caitlin has also served as the Education Director at a national youth-led sexual violence prevention non-profit, and has created violence prevention curricula for global non-profits. Caitlin's experience developing and facilitating comprehensive, dynamic, learner-centered curriculum and professional development led her to pursue a Master's degree in Human Development and Education at Harvard's Graduate School of Education. She is an experienced educator who holds an M.F.A. in Creative Writing from Columbia University, and a B.A. in English and American Language and Literature

from Harvard College. Caitlin is inspired to provide loving alternatives in order to shift us all toward a compassionate future where all people live in just relationships with themselves and their community.

Tom Arria, Masters degree; Director of Athletics, Cambridge Public Schools

Tom Arria has been an interscholastic Athletic Administrator for 13 years. His experience ranges from small private school environment to the large urban school districts (Nashua, NH, & Cambridge, MA), with multiple schools, including leadership roles in physical education, health and wellness. Prior to serving as a Director of Athletics, Tom served as a high school English Teacher and Division 3 College Coach. He currently serves as the Director of Athletics for Cambridge Rindge and Latin School, located in Cambridge Massachusetts. Tom is a member of the National Interscholastic Athletic Administrators Association (NIAAA), Massachusetts Secondary Schools Athletic Directors Association (MSSADA), International Association of Approved Basketball Officials (IAABO), and he serves as a Board Member for Stoneham Youth Basketball. Tom is committed to educational athletics and the life long lessons learned through team and sport participation. He believes athletics helps people grow not only as better athletes, but also as people and citizens, as well as helping each individual find their successes in the future.

Kaelyn Silva, Activist, Northeastern University

Kaelyn Silva (she/her), is a recent graduate of CRLS and the co-founder of TIAA, a student-founded Title IX Advocacy Group. Kaelyn is a peer educator who works with students, families, survivors, and administrators and local officials to educate, advocate for and support survivors. Kaelyn has changed policy within Cambridge Public Schools and successfully advocated for comprehensive sex-ed in Cambridge Public Schools and across the state. Currently a first-year student at Northeastern University, Kaelyn is also a mentor with Strong Women, Strong Girls.

2:50-3:50 p.m. H-42 Room A
Stanford REACH Lab's Smart Talk: Cannabis Awareness and Prevention Curriculum

The Stanford REACH Lab developed Smart Talk: Cannabis Awareness and Prevention curriculum, which sits within our Cannabis Awareness and Prevention Toolkit. Smart Talk includes 5 lessons (focused on the brain and other health effects, impact on the environment, marketing, stress and coping), each providing activities, online quiz games, and worksheets in addition to presentations, resources, and other materials aimed at addressing key factors associated with youth cannabis use, including changing adolescents' attitudes towards and misperceptions about cannabis; increasing their refusal skills to pulls of flavors, marketing, and social media; reducing stress and depression which have been linked to initiation and use; improving coping skills; and decreasing intentions and actual use of all cannabis products. In this workshop, we will provide an overview of this new curriculum, and then will have time for attendees to dive in and practice teaching some of the lessons. We have an elementary, middle, and high school version. This presentation will provide an overview and mini-training on using both curricula. In this presentation, we will go over the background of the curriculum and Toolkit, re-

view the lessons and website navigation, and discuss how to best use it with youth.

Presenter: Carly Noelani Kajiwar, Bachelor's degree; Education Coordinator, Stanford University REACH Lab

Carly Noelani Kajiwar was born and raised in Hawai'i, graduated from UC Berkeley with a degree in Psychology, is currently working toward her Master's in Legal Psychology, and is an Education Coordinator in Stanford's REACH Lab. As an Education Coordinator, she works on building drug prevention curriculums as well as training educators to use the curriculum.

2:50-3:50 p.m. REC-32 Room B
How I Survived Sharks, Hurricanes, and Cancer: Jason David

Join award-winning singer/songwriter, storyteller, and motivational speaker Jason Mason (and Lonny the Singing Llama!) as he shares his inspiring story of turning tragedy into triumph. After surviving tongue cancer and losing 80% of his tongue, Jason created Lonny the Singing Llama, now used in Social Emotional Learning curriculums throughout the United States. In this highly interactive and engaging presentation, attendees get to connect with a survivor turned superhero, and learn how they too can transform tragedy into triumph.

Presenter: Jason David, Bachelor's degree; CEO, Llama Tribe LLC

Jason David is an award-winning storyteller, singer, songwriter, motivational speaker, and cancer survivor. He is also the creator of MyTRIBE.watch and Lonny the Singing Llama, which has been incorporated into Social Emotional Learning curriculums in schools across the United States. In 2016, Jason was diagnosed with stage 4 tongue cancer and lost 80% of his tongue after several major surgeries and rounds of chemotherapy and radiation. **The Great MAHPERD Give-away!** hope, joy, and courage to those in need. Jason resides in San Diego with his wife Alyson, and creates weekly Bible episodes on MyTRIBE.watch to help families learn and rediscover the Bible with a fresh perspective.

Don't Miss it! You have to be present to WIN!

2:50-3:50 p.m. ATH-4 Room C
Delivering Value Across Different Populations

I plan on discussing the similarities and differences between coaching college athletes and youth athletes. We will address topics involving relationship building, long-term athletic development, and overall training principles/focuses with these populations, from my experiences in working as both a college strength coach and a youth strength coach.

Presenter: TJ Cahill, Master's Degree; Assistant Strength and Conditioning Coach; Amherst College

TJ Cahill is currently finishing up his Master's Degree in Strength and Conditioning at Amherst College (end Aug 2023), and he received his Bachelor's in Applied Exercise Science from Springfield College in 2020. He is also an Assistant Strength and Conditioning Coach at Amherst College, where he oversees the program design and implementation for eight NCAA Division III varsity teams. TJ also has coaching experience with TF Performance, University of Hawaii, Springfield College, and Bryant University.

Exhibit Hours

Monday 10:00am-4:00pm

Tuesday 8:00am-4:00pm

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

Room D

**Self-advocacy. The First Skill
Your Students Need to Know**

Before applying the National Health Education and Physical Education standards, and SEL competencies, students need to learn how to self-advocate. Infusing Self-Advocacy into Physical Education and Health Education is a first-of-a kind book written by experts in the field that demonstrates how to teach self-advocacy. During the session, practice and demonstrate the five steps of self-advocacy. Analyze and discuss how to use prepared lesson plans for skills-based health, physical education, and community facilities.

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

Mary is the Program Chair of the Skills-Based Health/SEL program at Cambridge College. She is the author of four texts and serves as a consultant to districts and states that want to transform their content based program to one that is skills-based.

2:50-3:50 p.m. **H-48**

Junior Ballroom

Creating Safer Communities

How can we all contribute to making safer and more accepting communities for LGBTQ+ students and people? For educators, staff and anyone who wants to help and support LGBTQ+ people but don't necessarily know where to begin. Learn LGBTQ+ basics and inclusive language, conversation techniques including micro affirmations and pronoun use. With this Training develop your skills and adapt actionable tools to create more inclusive and affirming learning spaces and communities.

Presenter: **Tate A. Duffy**, Bachelor's degree; graduate student, Tufts' DEIJ Leadership Master's program; Education and Training Manager, Greater Boston PFLAG

Tate Duffy (he/him) is a queer speaker and LGBTQIA+ advocate. His scope focuses on youth empowerment and creating inclusive communities. As Education and Training Manager at Greater Boston PFLAG, Tate has led initiatives for the nonprofit's educational programming and outreach. The educator role allows him to meld his personal, professional, and academic passions. Tate is currently a graduate student within Tufts' DEIJ Leadership Masters Program. His academic experience coupled with his understanding of program development, facilitation, and public speaking has developed Tate's expertise as an DEIJ educator.

**The Great
MAHPERD
Give-away!
Don't
Miss it! You
have to be
present to
WIN!
Activity
Areas 4:00pm**

Exhibit Hours

Monday 10:00am-4:00pm

Tuesday 8:00am-4:00pm