

## ON SITE PROGRAM

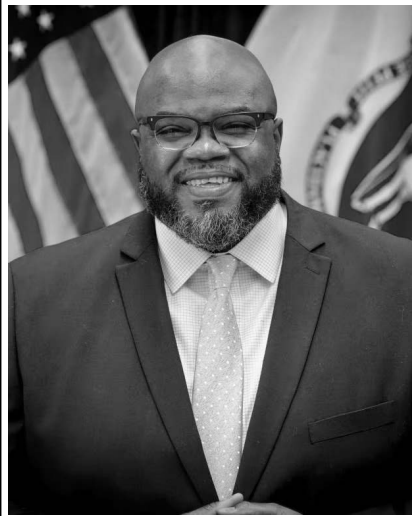
### 94<sup>th</sup> Annual

# MAHPERD Convention

MONDAY, NOVEMBER 6 and TUESDAY, NOVEMBER 7, 2023

## MONDAY, NOVEMBER 6, 2023

8:50-9:00 a.m.



### *Opening Remarks*

We are proud and pleased that Dr. Tutwiler will say Opening Remarks on Monday, November 6th for our health and physical education professionals.

As Massachusetts Secretary of Education, Patrick Tutwiler directs the Executive Office of Education, which oversees early education, K-12, and higher education. Secretary Tutwiler sits on each of the boards governing the Commonwealth's education agencies, as well as the University of Massachusetts system. He is Governor Maura Healey's top advisor on education and helps shape the Commonwealth's education agenda.

7:45-8:45 a.m. REC-51A  
**Introducing Rugby into  
Your PE Curriculum**

Activity Area 2

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**

7:45-8:45 a.m. H-53  
**Goal-Setting: Breaking Down  
the Barrier**

Room A

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; MAHPERD Past President

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

7:45-8:45 a.m. H-69  
**HealthSmart, Using the  
Evidenced based HealthSmart K-12  
Curriculum**

Room B

HealthSmart is ETR's comprehensive K-12 health education program for classroom and virtual instruction. HealthSmart gives children and youth the knowledge and skills to make healthy choices and establish life-long healthy behaviors. Attendees will leave with an understanding of Why Choose HealthSmart, Format Options, and Overview of Digital Resources.

*Presenter:* **Greg Congleton**, Bachelor's degree; Regional Account Manager, ETR

*Greg Congleton is a Regional Account Manager for ETR. Based in Nashville, TN, He has worked in school Health and Physical Education since 2013. He graduated from Texas State University with a Bachelor of Science degree in Exercise & Sports Science with an All Level Teaching Certificate. Greg values the importance of health and wellness to foster lifelong enjoyment and growth with the world around us.*

**7:45-8:45 a.m. H-27 Room C**  
**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. ATH-71 Room D**  
**Gender Equity in Sports & Title IX**

Why is Title IX still so important 51 years later? Why is advocacy still needed to create a more gender equitable space for girls' and women's sports? This presentation will discuss the history of Title IX, progress, shortfalls and other key takeaways. We will focus on the importance of advocating for gender equity and how everyone can be a part creating necessary change. Additionally, we will discuss the effect Title IX has had on women coaches and leaders, and strategies and actionable steps on how to get and keep more women in the leadership and coaching pipeline.

*Presenter: Morgan Mae Powell, Master's degree; Senior Manager, Advocacy, Women's Sports Foundation*  
*Morgan Powell (she/her) is a passionate advocate for inclusion in sports. She currently serves as Senior Manager, Advocacy at the Women's Sports Foundation (WSF). Previously she worked at Special Olympics Connecticut and spent time coaching volleyball and track and field at the youth and high school levels. In her work at WSF, Powell works collaboratively on grassroots and national initiatives that educate the public and advocate for policies and practices that advance gender equity in sports. She received her Master of Education in Sports Management from Springfield College and her Bachelor of Arts in Communications and Marketing from Simmons University where she also played varsity volleyball.*

**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. APE-65 Junior Ballroom**  
**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.

*Presenter: 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.

## GENERAL SESSION

North and Central Ballrooms

### Empowering Student Athletes of all Abilities and Disabilities

Join our keynote session featuring Paralympians Joe LeMar, Anna Johannes, and Joe Walsh. Gain insights into promoting inclusivity for student-athletes with disabilities in schools by exploring both opportunities and barriers through the storytelling of lived experiences. Discover how diversity can thrive in educational settings, fostering an environment where all student-athletes can excel. Don't miss this illuminating discussion on the impact of inclusivity in sports and education, and seize the opportunity to engage with our panel through Q&A

*Keynote Speaker: Anna (AJ) Johannes, PLY, MBA*  
(she/her)  
**Paralympian Champion**

Anna Johannes was born without her left hand and forearm and started to fight for disability rights and social justice at a young age. After retiring from a professional swimming career and participating in the 2012 London Paralympic Games – coming away with a Bronze medal – she took her skills from the pool to the realm of business to continue that same fight.

Currently, she works as the Strategist for the Inclusive Design Team at Interbrand. Prior to Interbrand, she worked at Porter Novelli on the internal marketing team where she served as the leader for their Disability Inclusion Task Force, was the DE&I champion for the Boston office, and was part of Porter Novelli's Justice, Equity, Diversity and Inclusion (JEDI) Advisory Services Counsel. Before Porter Novelli, Boston Children's Hospital, where she fought to make sure every patient's story was told. And lastly, she started her corporate career at Speedo, where she helped guide them to sign their first Paralympic athlete while consulting with sister brand, Tommy Hilfinger, on their Adaptive clothing line.

Other credits include:

- Inclusive Design Strategist at Interbrand
- TedX speaker
- Board member of Adaptive Sports New England
- Former Co-lead of U.S. chapter of Omnicom's Disability ERG, Open Disability
- Served as a member of United States Olympic and Paralympic Committee (USPOC) Social Racial Justice Task Force



*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.

Joe LeMar has become a powerful advocate for inclusivity and equal opportunities for people with disabilities.

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.

*Keynote Speaker:*

**Joe Walsh, M.S. Paralympian Champion**

Joe Walsh is the founder and President of Adaptive Sports New England, a Boston-based non profit organization dedicated to increasing participation in sports among youth and adults who have a visual or mobility impairment. Joe is a graduate of Dartmouth College and holds Master's degrees from both Dartmouth and the University of Massachusetts/Amherst. He is a two-time Paralympian in cross country skiing, coached youth cross country skiing for 13 seasons, and was the Managing Director of Paralympics for the United States Olympic & Paralympic Committee where he served on Team USA's delegation staff at six Paralympic Games and as Chef de Mission at two Parapan American Games. Joe is currently a director of Move United and serves as Vice President of the International Blind Sports Federation.

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

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**10:15-12:00 p.m. DCU Showcase Foyer**  
**Bridgewater State University**  
**Alumni and Student Reunion**

*Students and professionals will gather for breakfast, interactive session and the Dr. Moriarty Lecture*

**Dr. Mary Jo Moriarty Lecture**  
***Our Legacy: The Essence of Human Connection***

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**10:30-11:30 a.m. PE-34 Activity Area 1**  
**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*

*A recent graduate of Springfield College's Physical Education program, Colin has been using his skills and knowledge 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*

*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 fam-

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ily-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 school children'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

**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 Rheume**, M.S.; Public Speaker & Educator  
*Ali Rheume 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. Progress-

sions, 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*

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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 a.m.-12:30 p.m.

### LUNCH

- Carving Station on the 3rd floor
- Restaurants in the area in program
- Networking Lunch Adapted PE Professionals in Junior Ballroom Hallway

### FOYER:

- Support our Council for Future Professionals Raffle
- Visit our Advocacy Center

12:30-1:30 p.m. MAHPERD Council for Activity Area 1  
Future Professionals  
Student Session! All invited!

12:30-1:30 p.m. PE-75 Activity Area 2  
Introduction to Revol,  
Roundnet\* Without a Net

Come try Revol, a new roundnet kit designed for more rallies! The Revol set is durable, fast and easy to assemble. It gives a true bounce, has a raised lip and uses a bigger ball to increase rallies. Session participants will learn different skills : serving, setting, hitting, positioning, rotations and defensive strategies. Many tips to teach roundnet will be shared.

\*Roundnet is a sport that is commonly referred to as Spikeball, a well-known brand.

**Presenter: Charles Henri,** Founder & co-owner, Revol

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

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*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 profes-sionals.*

**Rachel Vinton**, Bachelor of Science; Springfield College Alum

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

### 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 presen-tation 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 Widender 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 Stan-dards to bring this education to fruition in your school. This is a high-school based curriculum, but all are welcome and encour-aged 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 every-one, 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 Pro-grams and Partnerships at DetecTogether, Sandy will be present-ing 3 Steps Detect, a research-based early cancer detection cur-riculum 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 ap-pointed positions supporting public education and the environ-ment, 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. Edu-cators and coaches will learn how to add sport psychology strate-



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gies, 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 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.*

**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!***

#### Registration Area

**Walking Around Worcester** led by Carol Manning

Get some fresh air and enjoy a walk with fellow convention attendees around historic Worcester. See Polar Park and learn some interesting history of the city. The walk will be led by Carol Manning, retired director of health and physical education for the Worcester Public Schools.

#### Activity Area #1

**Pickleball** - Claudia Brown and Gary Nihan

Have some fun playing pickleball with Claudia and Gary. If you are new to the sport they will teach you the basics and start you off playing this fast growing sport. If you are an experienced player, grab a paddle and ball and have some fun. Three courts will be set up for learning and play.

#### Activity Area #2

**Ladderball** - Diana Demetrius

Learn the game from Diana, or if you already know how to play come in and have some fun. Come in with friends or meet new friends and play ladderball with them. The only requirement is that you have fun!

#### Activity Area #3

**Disc Golf** - Bringing a combined 75 years of disc golf experience, Tim Walsh (PDGA #11047), Rob Tatro (PDGA #22692), Kyle Moriarty (PDGA #50920), and Julie Ferdella (PDGA #5286) are here to show you how disc golf activities can bring wellness into your lives! Weather depending, we are hoping to create a pop up 6 hole disc golf course for participants to enjoy in the adjacent park Worcester Commons just a block away from the DCU center. If not, we'll be able to set up and play indoor putting games including a putting mini-golf course and the always fun and exciting ring of fire for all to enjoy (prizes included!). Come get your wellness on with your disc golf crew!!

#### South Ballroom

#### **Spikeball**

Spikeball is a fast, fun and enjoyable game, great for PE classes, the backyard, the beach or anywhere. If you know how to play come and have some fun. If you haven't played before stop in and we will teach you how to play and you will have fun too.



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### Central Ballroom

#### **Cornhole** - Barbi Kelley

Join Barbi for a relaxing, or if you prefer, a highly competitive, game of cornhole. In either case it will be a fun time to share a game with colleagues and friends or make new friends over a game.

### North Ballroom

**Self Care for Educators!** - Kathy Brophy & Adam Diliberto  
This is a snapshot of both the professional development course & course for students we offer in our district. Presentation participants will be exposed to and practice various self-care techniques (mindfulness practices and forms of movement) that both staff and students experience in these experiential courses. Dress comfortably and come as you are.

### Junior Ballroom

#### **Yoga Wisdom for Everyday Balance** - Jackie Salvesen

Experience harmony between effort and ease in your busy life. Join this basic yoga practice crafted for educators to explore the interplay of these qualities on the yoga mat and apply this wisdom to your daily routine. Find your equilibrium amidst the chaos and nurture your overall wellbeing. All levels welcome.

#### **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:* **Susan Fishback**, Elementary School Physical Education teacher, North Falmouth School

*Susan loves collaborating with her fellow Falmouth Elementary PE teachers and is always looking for new ideas to bring to her students.*

**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.*

*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.*

**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 Kajiwara**, Bachelor's degree; Education Coordinator, Stanford University REACH Lab

*Carly Noelani Kajiwara 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 practices 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 col-*

## MONDAY, NOVEMBER 6, 2023

*lege baseball player; and currently have the following certifications: CSCS, USAWI, FMSI, CPR/AED.*

**2:50-3:50 p.m. H-68**

**Room D**

### **The Second "S" Word**

Back in the 1990's the conversation started around talking about sex in schools. Here we are 2023 and it is still up for debate, and yet our youth are engaging sexual exploration much earlier in their adolescent development. So how do we teach a topic that we have been told not to discuss... we do just that. Talk about sex, what it is, why it happens, how to communicate around sex, in a way that is comfortable for you as the teacher. In this session I will share my approach to teaching student's about our bodies, how to communicate effectively, understanding of what sex is so they know the information and make their own choices appropriately.

*Presenter:* **Tina Taylor**, Master's degree; Health Teacher, Amherst Regional Middle School; MAHPERD Past President and Awards Chair

**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.*

**2:50-3:50**

**DCU Showcase/Foyer**

**Westfield State University  
Alumni and Student Reunion**

*Students and professionals will gather to meet old friends and make new ones, food and conversation.*



## **DO NOT FORGET**

*to stamp your PDP Form  
at the MAHPERD Booth  
in the Foyer at end of day*

## **Exhibit Hours**

**Monday 10:00am-4:00pm**

**Tuesday 8:00am-4:00pm**

# TUESDAY, NOVEMBER 7, 2023

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

## Games That Create Connection

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.*

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

## Implementing Yoga into Physical Education K-8

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-28

## 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 pro-*

Activity Area 2

*gram 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.*

7:45-8:45 a.m. H-49B

## 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.*

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

## Abstinence 2023: New Perspectives for Old Systems

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. PE-19

## 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

Room B

Room C

Room E

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.*

7:45-8:45 a.m. **APE-73** **Junior Ballroom**  
**Physical Literacy in the Deafblind Program at the Perkins School for the Blind**

This session will focus on how students in the Adapted Physical Education Deafblind program at the Perkins School for the Blind work on improving their physical literacy. The session will include pictures and short video clips of students working on components of physical literacy. Presenters will provide context to pictures in relation to physical literacy and comment on how the student(s) are accessing the activity or lesson.

Presenters: **Matt LaCortiglia**, Master's degree; APE teacher, Perkins School for the Blind; 2015 MAHPERD Adapted PE Teacher of the Year  
**Maebh Barry-Reardon**, Master's degree, APE Teacher, Perkins School for the Blind

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

**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.



*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, WGUV'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*

**Kristen Santos** ..... **The Yoga Curriculum for Physical Education K-5**

10:15-11:30 a.m. **Foyer**

**Meet the Authors**  
**Author Book Signing Today!**

*Featured Authors:*

- Rachael Steil** ..... **Running in Silence**
- Mary Connolly** ..... **Skills-based Health Education**
- Kyrah Altma** ..... **Resurgence: Burnout Recovery Journal**

**Donna Newman-Bluestein** ..... **The Dance of Interaction: An Embodied Approach to Nonverbal Communication Training for Caregivers of People with Dementia**

10:15-11:30 a.m. **DCU Showcase/Foyer**  
**Salem State University**  
**Alumni and Student Reunion**  
*Students and professionals will gather to meet old friends and make new ones.*



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

This session will introduce 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

*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 coaching kids and ever since I started using Spec Tennis as part of my coaching program it's been a game changer! I am a Spec Tennis ambassador and I currently run Introduction to Tennis classes with Spec Tennis with Dartmouth and New Bedford Recreation.*

**10:30-11:30 a.m. PE-70 Activity Area 2**  
**Disc Golf and Disc Activities**  
**in the Physical Education**  
**Environment**

In this session, the team will demonstrate simple learning progressions that you can incorporate in your physical education classes to help students learn how to throw and catch. They will share games which will help keep students engaged and motivated while practicing their new found skills. Tim, Rob, Kyle, and Julie will then show you how they help students transfer these skills onto the disc golf course where they can play and compete with themselves and others. Be ready to come play with us as we help walk you through as many learning progressions and activities as we can during our session. You will walk away with a newfound appreciation for the sport, how it can support your curricular learning objectives, and what kind of equipment you'll need to set yourselves up for success! Bringing a combined 75 years of disc golf experience, Tim Walsh (PDGA #11047), Rob Tatro (PDGA #22692), Kyle Moriarty (PDGA #50920), and Julie Ferdella (PDGA #5286) are here to show you how to incorporate the sport of disc golf and all of the associated benefits that the sport can bring to your physical education curriculum at all levels.

*Presenters:* **Tim Walsh**, Needham High School  
 2023 MAHPERD Secondary Physical Education Teacher of the Year

**Rob Tatro**, Sunita Williams Elementary School, in Needham

2020 MAHPERD Elementary Physical Education Teacher of the Year; Past Vice President of Physical Education for MAHPERD

**Kyle Moriarty**, Elementary Physical Education, Swanson Road Intermediate School, Auburn

*Kyle is a 1000+ rated professional disc golfer who among his many accomplishments, won the Lost Valley PDGA A-Tier tournament in Pennsylvania this past July*

**Julie Ferdella**, Turkey Hill Elementary School, Lunenburg

*Julie has accumulated over 25 wins in local, state, and regional*

*tournaments throughout her career and founded the North East Women's Disc Golf (NEWDG) in 2014. Julie teaches at the Turkey Hill Elementary School in Lunenburg.*

**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. PE-76 Room A**  
**SELebrating PE! Linking Physical**  
**and Emotional Health with**  
**IHT Heart Monitors**

Experience heart rate technology that empowers students to take ownership of their health, link PE to SEL, and engage parents daily through reports. You'll see how the real-time, individualized feedback can change student behavior and how IHT can simplify data collection. Learn how easy it is to add heart rate technology to your program, the data you'll harness, & how to find funding.

*Presenter:* **Jen Ohlson**, Founder, CEO, Interactive Health Technologies, LLC

**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 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. APE-67

Room E

### Achieving Quality Inclusive Physical Education Through Young Athletes and Unified PE curriculum

Unified Physical Education provides a unique opportunity for students with and without disabilities to come together through ongoing educational and physical activities. During this session we will provide a high-level overview of what Unified PE or Young Athletes can look like across all grade levels and have a discussion about strategies and best practices for implementation.

Presenter: **Kathleen Lutz**, Bachelor's degree; Director of Inclusive Schools Programs, Augustana College

Kathleen Lutz is the Director of Inclusive Schools Initiatives supporting the Unified Champion Schools strategy throughout the Commonwealth of Massachusetts. Kathy has been with Special Olympics MA since 2017 and has been instrumental in the growth of Interscholastic Unified Sports, now spanning across over 200 middle and high schools in Massachusetts. These sports include Unified Basketball, Track & Field and Bocce. Kathy has also worked closely with schools to implement Unified Physical Education and Unified Strength and Conditioning.

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

- Carving Station on the 3rd floor
- Restaurants in the area in program

#### FOYER:

- Support our Council for Future Professionals Raffle
- Visit our Advocacy Center

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 recreation 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.

*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:* **Michelle Doucette Rawcliffe**, Health Educator  
*Michelle Doucette Rawcliffe has been a Health Educator in and out of public schools for over 20 years. She currently teaches Health to students in grades 5-8 at Woodstock Middle School in Woodstock, CT. She has previously worked at the high school level, in non-profit drug prevention, and for the YMCA of Greater Hartford. She has been a Dove Self Esteem Project Cadre Trainer since 2018 and recently became a Professional Community Ambassador for Erika's Lighthouse. She serves on the executive board of CTAHPERD. In her spare time, she loves landscaping, hiking, supporting her kids in their athletics and traveling to England to visit her family.*

**12:30-1:30 p.m. PE/Students-74 South Ballroom**  
**Classroom Management**

In this session, participants will engage in moderate movement activities that involve critical parts of management, such as establishing rules and routines with elementary students; creating a safe learning environment!

*Presenters:* **Dr. Misti Neutzling**, Bridgewater State University  
Bridgewater State University students:

<b>Michael Henri</b>	<b>Andrew Maitoza</b>
<b>Carolyn Greendale</b>	<b>Ryan Gallant</b>
<b>Bridget Lane</b>	<b>Rachel Hartford</b>
<b>Sophia Fortin</b>	<b>Connor McInnes</b>
<b>Kimberly Gabrielle</b>	<b>Darah Howard</b>
<b>Lindsey Baker</b>	<b>Sean Freitas</b>
<b>Lauro Wydler</b>	<b>Nick McKenna</b>

**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; MAHPERD Vice President-Elect, Health Division

*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. 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.

**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 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!*

#### Registration Area

**Walking Around Worcester** led by Carol Manning

Get some fresh air and enjoy a walk with fellow convention attendees around historic Worcester. See Polar Park and learn some interesting history of the city. The walk will be led by Carol Manning, retired director of health and physical education for the Worcester Public Schools.

#### Activity Area #1

**Pickleball** - Claudia Brown and Gary Nihan

Have some fun playing pickleball with Claudia and Gary. If you are new to the sport they will teach you the basics and start you off playing this fast growing sport. If you are an experienced player, grab a paddle and ball and have some fun. Three courts will be set up for learning and play.

#### Activity Area #2

**Ladderball** - Diana Demetrius

Learn the game from Diana, or if you already know how to play come in and have some fun. Come in with friends or meet new friends and play ladderball with them. The only requirement is that you have fun!

Activity Area #3

**Disc Golf** - Bringing a combined 75 years of disc golf experience, Tim Walsh (PDGA #11047), Rob Tatro (PDGA #22692), Kyle Moriarty (PDGA #50920), and Julie Ferdella (PDGA #5286) are here to show you how disc golf activities can bring wellness into your lives! Weather depending, we are hoping to create a pop up 6 hole disc golf course for participants to enjoy in the adjacent park Worcester Commons just a block away from the DCU center. If not, we'll be able to set up and play indoor putting games including a putting mini-golf course and the always fun and exciting ring of fire for all to enjoy (prizes included!). Come get your wellness on with your disc golf crew!!

South Ballroom

**Spikeball**

Spikeball is a fast, fun and enjoyable game, great for PE classes, the backyard, the beach or anywhere. If you know how to play come and have some fun. If you haven't played before stop in and we will teach you how to play and you will have fun too.

Center Ballroom

**Cornhole** - Barbi Kelley

Join Barbi for a relaxing, or if you prefer, a highly competitive, game of cornhole. In either case it will be a fun time to share a game with colleagues and friends or make new friends over a game,

North Ballroom

**Mindfulness** - Sarah Bixby

Mindfulness of Emotions and Body - Body awareness to enhance emotional regulation and athletic performance.

Junior Ballroom

**Practice "Self-Care" through YOGA** - Kristen Santos

We as teachers often put ourselves last. Take some time today to put yourself first and practice yoga with Kristen Santos. No experience or knowledge required. All are welcome. Come join the fun in a judgement free zone. You may even pick up a few things to share with your students.

2:40-3:50 p.m.

Showcase Corner / Foyer

**Springfield College**

**Alumni and Student Reunion**

*Students and professionals will gather to meet old friends and make new ones.*

2:50-3:50 p.m. PE-61

Activity Area 2

**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, MA*

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

2:50-3:50 p.m. REC-51B

Activity Area 1

**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**

nearly 100% daily and decreased students' overall risk of movement-related injury.

*Presenters:* **Sarah Bixby**, Master's degree; Physical Education teacher, Amesbury High School

*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 Kajiwara**, Bachelor's degree; Education Coordinator, Stanford University REACH Lab

*Carly Noelani Kajiwara 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. Today, he is traveling the world on a mission to bring 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.*

**2:50-3:50 p.m. ATH-4 Room C**  
**Youth vs. College Athletes: Delivering Value Across Different Populations**

I plan on discussing the similarities and differences between coaching college athletes and youth athletes. I would like to 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 from Springfield 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.*

**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' DEI 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' DEI Leadership Masters Program. His academic experience coupled with his understanding of program development, facilitation, and public speaking has developed Tate's expertise as an DEI educator.*

**Exhibit Hours**

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



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