



[www.whpe.us](http://www.whpe.us)

*Our mission ...*

*is to provide members with professional development opportunities and be advocates for our profession.*

VOLUME 39, ISSUE 1

## From your President . . . Brian Marx



The weather outside is frightful! The words seem to fit as I write this message. We are in a blizzard warning right now and it is now clear winter has finally arrived. I hope everyone is enjoying the start of winter. It was great to see so many of you at the convention. I had a great time and I always come back more energized and enthusiastic than ever. We had a lot of new people volunteer to fill different positions in WHPE and that's amazing. There are still a lot of chances for you to take advantage of the many Waves of Opportunity. Feel free to contact any of the Executive Committee members if you would like to become more involved in WHPE. I would like to challenge you to make some waves of your own. Try something new in class. Teach a new unit. Take your class on a new trip. I just took students from my school on a hike in Lapham Peak State Park. It was an amazing trip and the students want to go on more outdoor trips. Call or write to a legislator. There have been a lot of changes this year and it is always good to let people know what you think. There is a link to your local contacts on the WHPE website, [www.whpe.us](http://www.whpe.us). Don't forget to do something for yourself. Take on a new activity. Challenge yourself in some way.

There have been a lot of changes in this past year when it comes to WHPE. We have a new logo, and a new name. We have a lot of new people serving on the Board of Directors. Brenda Erdman did an

## Waves of Opportunity

amazing job at president in guiding us through these changes. I hope I can continue to follow the path she has started while still creating a new path for the future of WHPE. The future has a lot of challenges for our organization. Budgets are tight. Schools are not as focused on Physical Education and Health as they may have been in the past. Students are in need of quality Physical Education and Health more than ever. While these are tough times I also think this is a time when we can really make a difference. This is a great time to take advantage of the opportunities and spread our amazing message. Our organization is full of wonderful members. I honestly believe we have one of the best Physical Education and Health Associations in the country. Let's use our association to get our message out. Find your Wave of Opportunity and ride it, move it, use it to move others, and enjoy it. If you ever have any questions or are in need of WHPE please feel free to contact me. I hope to see you at the district workshops!

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# 2010 Convention Highlights



# 2010 Convention Highlights

Thanks to the many volunteers, this year's WHPE convention in Wisconsin Dells was an amazing success. There were over 800 participants in attendance. These photos are but a sampling of those taken that show our members learning "best practices" in health and physical education. Mark your calendars now to attend the 2011 WHPE convention, October 26-28, in Wisconsin Dells.



# WHPE Recognizes Members

The annual Awards' Banquet took place Thursday Oct. 28, 2010 as part of the Convention held at Wisconsin Dells. After participants engaged their 'minds' and 'bodies' during sessions throughout the day, many came together to celebrate and honor the 'spirits' of colleagues who had accomplished so much throughout the year and who were receiving awards.

The evening was dedicated to Larry Cain, our colleague who passed away on November 19, 2009. President Erdman recalled the advice Larry had given her about being in the Association Leadership role of President, and others shared memories of a man who lived by his words, inspiring and challenging so many of us to become better people and stronger professionals. Carol Tyriver, Janesville Physical Education and Karen Cain presented scholarships to help two students and a practicing professional with expenses incurred for professional development.

WHPE recognized the following individuals for demonstrating innovative practices, service, excellence in teaching and leadership:

The **Citation Award** was given to Mary Jane Carreno, Ann & Brad Hanson, Mary Kennedy, Lori Petersen, Tracy Yengo, Wendy Young and our American Heart Association Team made up of Tammy Rocker, Kori Coffeen, Joe Hoffman, Shayla McBride, Jenny McLeod, Carrie Nevins, Lisa Schweitzer, Kristin Schwengel and Jackie Weir.

The **Health Educator Award** was presented to Stephanie Rowe. The **JFRH / Hoops Educator Award** was given to Cari Campbell and Cindy Deuth.

The **Student Leadership Award** went to Lucas Rank, while the **Promising Professional Awards** were received by Trina Schuh and Samantha Tahic.

Patricia O'Brien received the **Recognition Award** and the **Teaching Honor Awards** were given to Brenda Erdman at the Elementary level and Brenda Johnson at the Secondary level.

**Lifetime Membership Award** was given to former President, Mike Davis, while Past President, Rosie Sylvester received the **Award of Merit**.

**Service Awards** were given by President Erdman to Keith Bakken, Scott Frazier, Jon Hisgen, Carrie Nevins, Lori Petersen, Tom Benson and Paul Bierman of the Reedsburg School District, Westside Elementary School PTO, and Todd, Hannah, Leah and Ella Erdman for their outstanding support of her year as President.

**Retirement Recognition** was awarded to John Diimond, Paula Fochesato and Larry Kopf. **Membership Longevity Awards** were given to Roxann Barrow, Jerry Cibulka, Diane Flesch, Chris Riley and Stephanie Rowe.

Those who received recognition are to be congratulated for their numerous contributions to our HPERD profession. WHPE thanks those who nominated their colleagues and extends a call for 2011 nominations to be returned to the WHPE by Feb. 1, 2011 so individuals may be recognized at the October 2011 Convention which will again be held in Wisconsin Dells. Please check on line for eligibility criteria and for nomination forms at [www.whpe.us](http://www.whpe.us) or call the WHPE office at 800-441-4568 for additional information.



Mary Jane Carreno



Mary Kennedy



Lori Petersen



Tracy Yengo



Wendy Young



Ann & Brad Hanson



AHA Team



Stephanie Rowe



**Lucas Rank**



**Mike Davis**



**Brenda Erdman**



**Patricia O'Brien**



**Brenda Johnson**



**Samantha Tahic and Trina Schuh**



**Cindy Deuth and Cari Campbell**



**Diane Flesch and Stephanie Rowe**



**Larry Kopf and Paula Fochesato**



**Westside Elementary PTO**



**Reedsburg School District**



**Brenda Erdman Family**

*Thanks to all of those that sponsored a student to the banquet . . .  
Shelly Benck, Mike Davis, Kris Fritz, Stephanie Giannunzio,  
Michelle Keller, Mary Kennedy, Gail Milbrath, Faye Perkins, Lori Petersen,  
John Rabe, Lisa Strauss, Rosie and Perry Sylvester.*

## **2010 WHPE Convention Prize Winners!! Food Drive Raffle Prize Winners**

THANK YOU to everyone who brought food for the food drive. We received nearly 300 items of food. Half of the food went to the Food Pantry in Wisconsin Dells and half of the food went to the food pantry in Reedsburg.

<b>PRIZE</b>	<b>DONATED BY</b>	<b>WINNERS</b>
Flip Video Camera	WHPE	Sheila Green, Reedsburg
Flip Video Camera	WHPE	Mary Kennedy, Illinois
GPS	WHPE	Karen Albert, Fond Du Lac
\$100 Best Buy Gift Certificate	WHPE	Patty Kestell, Cedarburg
Sweaters with Past President Brenda Erdman's logo "Excellence in Motion"	WHPE	Tonia Wallner, Milwaukee
Heart Rate Monitor	Sportime	Jackie Clark, Waupun
\$50.00 Gift Card	GOPHER	Katie Vosters, La Crosse
Pedometers and Recess Book Poster and Nutrition DVD	GOHPER Learning Zone Express	Dana Berns, Mequon
Bundle of Books Cookbook	Brenda Erdman American Heart Association	Katherine Schultz, La Crosse
The NEW PE Standards	DPI	

## **Bingo and Duck Race Prize Winners**

The **EXHIBITOR BINGO** winner is Tanya Thacher from Prescott. She has won a free year membership in WHPE and a free registration to the 2011 WHPE convention!

The **DUCK RACE** winner is Dana Berns from Mequon. She will receive one free night at the Chula Vista for the 2011 WHPE convention.

### **Editor's Note:**

If you have any news, upcoming events, outstanding achievements, professional articles, etc... you would like to share with our members, please submit a typewritten copy of these newsworthy items (include photos when possible) to:

**Keith Bakken • 24 Mitchell Hall • UW-La Crosse  
1725 State St. • La Crosse, WI 54601  
800-441-4568; 608-785-8175 • whpe@uwlax.us**

Deadlines for publication are: Dec 15 for the Winter issue; May 1 for the summer issue; August 1 for the Fall issue. It is important that everyone adhere to these deadlines to ensure that all newsworthy items may be included in each newsletter in a timely fashion.



**WHPE /  
JRFH/HFH  
Grants  
Available**

If you are involved in a project which promotes fitness and heart health, and will benefit a general population rather than just those affiliated with WHPE, you might be interested in funding through a WHPE/JRFH/HFH grant. Grant guidelines have been set for those who wish to apply. The guidelines include proposal specifications and timelines. The deadline for the grant cycle are February 1, 2011. You may contact the WHPE office for more information or check out the grant guidelines on the WHPE web page at [www.whpe.us](http://www.whpe.us).

## Past President News



### *My dear WHPE Family,*

What a treasure this past year has been, what a treasure the WHPE convention was and what a treasure your help has been. It has been a wonderful experience as President of WHPE. My mind, body, and spirit have grown in leaps and bounds! Thank you for reaching out to me with your generosity and support. There are so many people to thank, but I mostly want to thank YOU. If you are reading this you played a part in helping WHPE move forward and you

showed support to the WHPE leaders. THANK YOU!

The 2010 WHPE convention was a huge success. Your comments have been very helpful for what went well and what needs to be changed. Plans are already underway for the 2011 convention, and we hope to see you there! Make plans for an outstanding professional development convention – all for you!

I would like to continue to ask for your help to make the newsletter a success. Please continue to contribute to the newsletter “wish list.” With your help we can continue to enjoy a useful and educational WHPE resource.

In the spirit of President Brian Marx’s theme “Wave of Opportunities” I hope that you find a new and wonderful opportunity for yourself or your students this year. Take the opportunity to make a splash in your own special wave of greatness!

*Opportunity awaits,  
Brenda Erdman, WHPE Past President*



## A Message from your Past-Past President



the scenes to make things run so smoothly. A special “thank

THANK YOU, THANK YOU, THANK YOU!!!!!! The team effort of the Executive Committee, Board of Directors and the Representative Assembly brought about an abundance of WAVES OF OPPORTUNITIES for our WHPE members. To top off these efforts were the Past Presidents, Retirees, Future Professionals and a local committee that volunteered behind

you” goes out to :Manny Felix, Kris Fritz, Linda Kae Hanson, LexAnn Hitchcock, Marcia Schmidt, Connie Stokes, Perry Sylvester, Chris Zvara, Sharon O’Leary, Mary Kennedy, Fred Pelley, Brad and Ann Hansen, Lori Peterson, Scott Frazier, Laura Stefancin, Amanda Thiede, Peggy Alf-Sechtig, Shawn Bartelt, Kerry Melby and the UW- La Crosse students for a job well done. We couldn’t have done it without you.

I am looking forward to serving as WHPE’s Past- Past President this year.

*Rosie Sylvester*

## WHPE President-Elect



### Take Advantage of Opportunities

*By Crystal Gorwitz*

I am so excited about President Brian Marx’s theme – Waves of Opportunity! I encourage the membership to join the wave and provide great opportunities not only for their students but also for themselves! I am still riding the

wave of excitement after the awesome WHPE Convention in October. I attended many great sessions and took the opportunity when I returned to provide my health students with several new lessons based on ideas I received from Tom Kidd and Deb Tackmann. Both of these awesome presenters stressed that everything we teach in health

should be real, relevant and information that our students can use right now. It sparked the idea for me to start a “Health Hot Topic Blog”. The waves of excitement of my students being able to express their thoughts and ideas keep coming. What opportunities have you provided for your students after returning from the convention? I would love to hear about them!

We as physical educators/health educators also need to provide opportunities for ourselves. I am currently part of the group that is writing the new Wisconsin Health Education Standards. What an awesome opportunity for me to help write such an important document! Being an active member in WHPE is a great example of an opportunity to inspire others. During the upcoming months think about how you can inspire another physical educator/health educator to catch the wave!

# High School Division News

By Wendy Wiesjahn, VP

I'm so glad to be able to continue to serve on the Board of Directors, this time as your High School Division VP. Please, if you have any ideas or session you'd like to see at the convention next year in the Dells, please let me know [wwiesjahn@west-bend.k12.wi.us](mailto:wwiesjahn@west-bend.k12.wi.us) or 262-335-5552.

A little about myself... I have been involved in WHPE for many, many years. I started as a member when I was a student at UW-La Crosse some time in the late 80's/early 90's (I can't believe how fast time flies the older I get). I've held several different positions on the WHPE Board of Directors and can say each year has been a blast. We have a remarkable membership. Don't be afraid to get involved. There are many people that will help you out.

I have two wonderful boys, Ryan 7 and Kyle 6, that I have brainwashed into thinking they should exercise every day. The other day they each ran a mile on my treadmill, not because I told them to, but because they wanted to. My hope is that I can turn my high school students onto that mentality.

Our new President, Brian Marx has requested that each board member describes how we are going to embrace his theme of "waves of opportunities". I'd like to, and have started to make waves in my district (West Bend) by helping rewrite our entire PE curriculum in hopes of in 2 years we can be put back on the GPA (grade point average) at the high schools. Yes, we are one of the few schools, to my knowledge, that PE is not counted towards their GPA. I don't think I need to explain the mentality of many of our students towards Physical Education.

We are finishing up year 3 of our PEP grant and at the high schools we are getting a lot of new and fun "stuff" for our students to use. We have gotten or will be getting GPS units, kayaks, snowshoes, indoor climbing wall and ropes course, Tri Fit systems and heart rate monitors. I'm totally excited about implementing all these into my classes. I'm thinking the students will be excited too. Adventure here we come!! I have a lot to learn and relearn, but am fired up. Feel free to send me any of your adventure education lesson plans J.

We were also able to make a fitness center at our high school that was just opened up a month ago. I love the fact that we have students wanting to come down in their off periods to work out. We cannot provide that opportunity yet because we have class sizes of 40 going on in there all day, but we have many, many students coming in after school using it. My goal is to provide more opportunities for students to enjoy physical activity before and after school.

I'm looking forward to connecting with old and new friends this year. How are you going to make "waves" in your district? Have a great school year and stay warm!!!



# Elementary Physical Education VP



Hi, I am Patty Kestell... I look forward to serving as the Elementary Physical Education Vice President for WHPE over the next two years! I have taught physical and health education during my 20 years at Cedarburg School District, and have been fortunate to work with students at the elementary, middle, AND high school levels during my career. I am currently a kid at heart

and love teaching my elementary students at Thorson Elementary School! I serve as the District Health Coordinator for Cedarburg and am directly involved in coordinating our Student Wellness Policy and activities, as well as organizing and implementing Employee Wellness activities. To refuel my own energy, I enjoy yoga, photography, traveling/visiting National Parks, hiking, and since it's winter, snowshoeing! ☺ The WHPE Convention at Chula Vista this past fall was an OUTSTANDING experience, and planning will soon begin for the 2011 WHPE convention. Please contact me if you have any great sessions you would like to see at Chula Vista next fall. I encourage you to catch the "Wave of Opportunity" this year by presenting a session you have some expertise in! You may contact me at [pkestell@cedarburg.k12.wi.us](mailto:pkestell@cedarburg.k12.wi.us). I look forward to hearing from you!

# College/University News

By Russ Peloquin, VP

As I am writing this letter I can look outside of my office and see a Winter Wonder Land of Snow. The Chippewa Valley received 22 inches of snow a couple of weeks ago which has not left. While this snow may make things challenging for all you outdoor runners, it also offers a lot of other fun outdoor activities. I hope you are taking advantage of the weather to get out and ski, sled, skate, snowshoe, etc. etc.

Personally, I will be very busy coaching this year. I am fortunate enough to be coaching at the University of WI-Eau Claire. As you all know, our break from classes is a little bit longer than it is for the public school system. This break gives our team a lot of time to train, travel, and compete. The break will go very fast. Good luck to all of you other coaches, athletes, and parents of athletes as your winter sports start to wrap up.

On the WHPE side of things, I will be working with the College/University Division this year. Please let me know if you would like to lead a session for our College/University Division at our next convention in the fall. My e-mail address is [peloquors@uwec.edu](mailto:peloquors@uwec.edu)

In ending, I wish all of you a great new year! I will be setting a VERY easy New Year's Resolution this year. Hopefully I will be able to reach the goal I set for myself for a change.



# Future Professional News



**By Ryan Heath**  
**Future Professionals Vice President**

Hello Everyone! First off I just want to say I'm really excited to be making my first entry to the WHPE newsletter as our new Future Professionals Vice President. I would like to start by letting everyone know a little bit about myself. I am originally from Merrill, WI and am currently in my fourth year at UWO majoring in Physical Education with minors in Health and Adapted P.E. and an emphasis in Outdoor Recreation. I am also the President Elect of the HPER Club and am a member of our wrestling team. Taking over as the VP at the WHPE conference at Chula Vista in Wisconsin Dells this year allowed me to realize what a huge success the conference was and I would like to congratulate David Lostetter from UW River Falls who was elected as the new Vice President Elect and Lisa LeMahieu who was re-elected as the Secretary for the 2010-11 year. As the Future Professionals VP my main duty is to set up and coordinate the Future Professionals conference in the spring which planning is underway for. The date of the conference is set for April 15<sup>th</sup> and 16<sup>th</sup> at Albee Hall in Oshkosh. All of the rooms are reserved as well as the location for the social on Friday evening. Tentatively we are looking to bring in the USTA for a tennis certification on Friday followed by playing indoor volleyball at The Bar. Saturday like usual will consist of four sessions so far being made up of two students from River Falls, John Thomson from US Games, the National Guard, and one session which is still in question. I hope to have flyers out to the universities shortly after the New Year with information regarding registration, prices and hotels. On another note I would just like to say that UWO is looking to send a group of students to the AAHPERD Conference in San Diego this spring. If other universities have groups of students going out we would love to try to keep Wisconsin together by flying out together and staying nearby each other so please feel free to get in contact with us to work on planning information. I hope that everyone had a great first semester and I look forward to seeing the board at the next meeting. Have a Merry Christmas and a Happy New Year.

## Student Involvement from Oshkosh

**by Theresa Michalski, UWO HPER Club President**

I had the pleasure of attending the 2010 Midwest AAHPERD Leadership Development Conference for the second year in a row. There were 7 other students from



the state of Wisconsin who attended the conference. On behalf of all the Wisconsin students, I would

like to thank WHPE and AAHPERD for giving us the chance to attend this Leadership Conference. At this conference, I learned a lot about what it means and what it takes to be a great leader. I heard many great speakers, who talked about their starting points and explained their building blocks to their journey.

This year UW Oshkosh sent about 35 students to WHPE Conference in Wisconsin Dells. I had the chance to present with one of my professors about Instant Lifelong Activities for Elementary Students. In addition, UW Oshkosh had 3 students and 2 professionals present topics such as "Fishing has no Boundaries", "Choreographed Cardio Kickboxing", and "Nutrition-Staff and Community Wellness Programs- It starts with YOU!"

The biggest event UWO is planning for currently is AAHPERD. We are working on small fundraisers to make some money to us to California! Anyone interested in booking flights or hotel rooms contact UWO HPER Board at [uwohper@gmail.com](mailto:uwohper@gmail.com).



## Necrologist Report

**If you become aware of the death of a WHPE member, please contact:**

**Necrologist  
c/o WHPE**

**24 Mitchell Hall 1725 State Street  
La Crosse, WI 54601**

**800-441-4568;  
608-785-8175;  
[whpe@uwlax.edu](mailto:whpe@uwlax.edu)**



# DISTRICT NEWS



## Northeast District News

By Jo Bailey, Coordinator

Welcome to winter! I hope you have all had an enjoyable start to the school year and a restful winter break. It's been great to dust off the snowshoes again and enjoy the beauty of winter while snowshoeing. I had hoped to be able to share full details of the upcoming Central and Northeast district workshop with you in this newsletter; however a change in the structure of the Central Wisconsin Educators Convention (CWEC), who we usually hold our workshop in conjunction with, has resulted in the need for us to find an alternative date for the workshop. I am busy trying to coordinate a new date for the workshop and will keep you posted as soon as more information becomes available. We are hoping to run sessions on teaching nutrition education through physical activity, speed stacking, adventure education and team building, JRFH curriculum, and infusing physical activity into the school day.

What would you like to see offered at the workshop? Would you like to present a session at the workshop? Please email me and let me know: [jbailey@dce.k12.wi.us](mailto:jbailey@dce.k12.wi.us). I thoroughly enjoyed attending the WHPE convention in October – both my adapted PE and cardio classes have been thrilled with new activities like drum up fitness and I am sure they will love letterboxing. As usual, the opportunity to network and share ideas with fellow teachers was very rewarding. Speaking of opportunities, I try hard not to miss an opportunity to infuse the idea that you can be active anytime, anyplace, and (almost!) anywhere with my students and colleagues. From sharing NASPE's monthly activity and "10 at a time" calendars to encouraging them to think outside the box in terms of physical activity – challenge your students to come up with new ways to workout while at home, to be active while watching TV, and pay their activity knowledge forward by showing their family how they can be active.

## Southwest District News

By Jeffrey Johnson, Coordinator

My name is Jeffrey Johnson. I am very excited to take over for Samantha Tahic as the SW District Coordinator. I would like to begin by thanking Samantha for her input as well as a job well done during her tenure. I am confident that you will see her again within the pages of this newsletter in the future.



Caleb (11), Taylor (7) and wife Dawn enjoy a day at the lake

Good luck to her and her new husband.

While this is the first time I have had the opportunity to hold a position for WHPE (formerly WAHPERD), I have been teaching Physical Education and Health since 1989. I graduated from UW-River Falls in 1989 and received my M.S. from UW-La Crosse in 2009. I began my teaching career at Norris High School in Mukwonago, WI where I taught for five years. I returned to my hometown of Spring Valley, WI for one year before moving to Muscoda, WI where I am currently teaching Health and Physical Education for Riverdale High School. I also coach football, powerlifting, and softball and officiate wrestling.

I am married to my wife, Dawn, who is also doing great things in her profession as a national officer in Speech-Language Pathology. Our son, Caleb is in 5th grade and enjoys hunting and fishing as well as playing football, baseball, and wrestling. Our daughter, Taylor, is in 1st grade and is busy in gymnastics, soccer, and dance. My own hobbies include hunting and fishing, off-road biking, cross-country skiing, geocaching, weightlifting, and running.

I remember reading a comment about how often adults smile versus how often children smile. I truly believe that our profession in physical education has kept me young and allowed me to smile more than anyone else in the building. If the saying is true that if you find a job that you love, you will never work a day in your life, then I have not worked since 1989!

I am looking forward to serving as your district coordinator. The date of our SW District workshop is yet to be determined but is sure to be an exciting time. I will certainly forward that information to you in the near future. I am also looking forward to working with our new president, Brian Marx, as well as the rest of the new board for WHPE.

If you have any questions, comments, suggestions, or concerns, please free to contact me. In addition, if you have any suggestions

for topics that you would like to see at our workshop or if you are interested in presenting, let me know. My e-mail address is [jjohnson@riverdale.k12.wi.us](mailto:jjohnson@riverdale.k12.wi.us). Until then, have a safe and Merry Christmas. Set your New Year's resolution now to.....

Don't forget to get outside and enjoy the cold and the snow. Winter only comes around a few months a year!!



Christmas sleigh ride at Grandpa and Grandma's

## Southeast District News

By Janet Fendos, Coordinator

New Year!! New Logo, New Standards, New CESA District. A lot of new and exciting changes are happening within WHPE. I am Janet Fendos, the new Southeast District Coordinator, and have just finished my 25th year of teaching physical education in the state of Wisconsin.

My school was chosen for the "Active Schools" grant so I have spent most of this school year providing support to classroom teachers in providing physical activity outside of the gymnasium. I am also the Co-Chairperson of the Physical Education Committee for the Milwaukee Teacher's Education Association where we are currently working on a project that would provide Physical Education for every child in the Milwaukee Public School System. The Southeast District workshop is still in the planning stages but I am hopeful that we will have some great presenters and look forward to meeting all the new members from the South Central District.



## Northwest District News

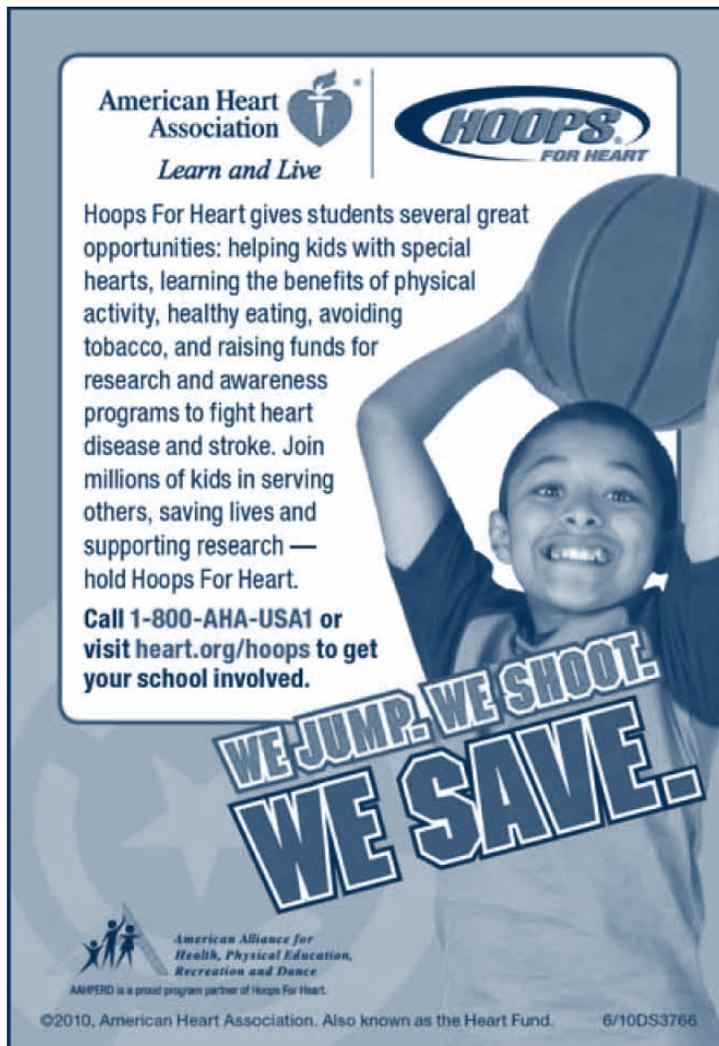
By Jennifer Jensen, Coordinator

Hello to everyone. My name is Jennifer Jensen and I am excited to serve as your Northwest Coordinator. Currently I teach elementary PE in Rice Lake and coach middle school cross country. I'm also the summer school coordinator for the Rice Lake school district. I've been with this district for 12 years but I have been teaching for 20 years spending time in Eagle River and Rhinelander, WI, St. Joseph, Michigan, and Springfield, IL. I love my job!!! Everyday I look forward to instilling a love of movement into my students.



My husband and I recently celebrated our 25th wedding anniversary with a trip out west golfing and hiking. We have 25 year old twin daughters who graduated from college last May. Brittany attended Marquette and will begin pharmacy school next year. Alyssa attended the University of Minnesota at Crookston and currently works in the Milwaukee area. These past few years have kept my husband and I busy supporting both girl's athletic achievements. Alyssa played soccer for UMC and Brittany has been traveling the country running marathons. We were able to cheer her on at the Las Vegas Rock and Roll Marathon as part of Wisconsin Team Challenge this past December. In my spare time I enjoy being outside snowshoeing and x-country skiing in the winter and golfing, running, and biking the rest of the year.

This year marks a change in the Northwest Workshop. In the past the workshop was held with the NWEA convention in early October but due to budget issues it wasn't held this year. I am working on organizing an evening workshop in March or early April. I look forward to any input you may have regarding the sessions you'd like included in the workshop. Please contact me at [jensenj@ricelake.k12.iw.us](mailto:jensenj@ricelake.k12.iw.us).



**American Heart Association**  
*Learn and Live*

**HOOPS FOR HEART**

Hoops For Heart gives students several great opportunities: helping kids with special hearts, learning the benefits of physical activity, healthy eating, avoiding tobacco, and raising funds for research and awareness programs to fight heart disease and stroke. Join millions of kids in serving others, saving lives and supporting research — hold Hoops For Heart.

Call 1-800-AHA-USA1 or visit [heart.org/hoops](http://heart.org/hoops) to get your school involved.

**WE JUMP. WE SHOOT. WE SAVE.**

American Alliance for Health, Physical Education, Recreation and Dance  
AAHPERD is a proud program partner of Hoops For Heart.

©2010, American Heart Association. Also known as the Heart Fund. 6/10DS3766

**Congratulations to  
Sandy Hagenbach, DePere and  
Lisa Haberli, Janesville,  
on being selected to receive the  
AAHPERD Jump/Hoops for  
Heart Award in San Diego**



## A Message from Patty Kestell, State Hoops for Heart Coordinator



**Hello WHPE members and educators,**

*It's Jump Rope and Hoops for Heart time! What great new ideas have you thought about implementing into your teaching curriculum and into your event this year? Begin thinking about how you plan to incorporate your district's heart health education curriculum standards and fitness skills into a fun Jump Rope and Hoops for Heart event for your students! Take advantage of the great teacher resource kit and posters provided to coordinators this year to help make this year's event a great one for your kids!*

### 2010 Jump Rope and Hoops for Heart Educators of the Year

*Congratulations to Cindy Deuth and Cari Campbell for receiving the 2010 Jump Rope and Hoops for Heart Educator of the Year Award! These two award recipients were honored for their efforts at the WHPE Awards Banquet in Chula Vista.*

*Cindy and Carrie have displayed exceptional dedication towards educating their students about the benefits of a heart healthy lifestyle, and have integrated and created positive Jump Rope and Hoops for Heart experiences for their students. Cindy and Cari, on behalf of WHPE and AHA, your efforts are greatly appreciated! Congratulations!*



### American Heart Association WI Regional Team Receives WHPE Citation Award

*Lisa Schweitzer, Kori Coffeen, Tammy Rocker, and Carrie Nevins, on behalf of their team, accepted Citation Awards from WHPE for their outstanding accomplishments as the #1 Youth Market Director team in the US in the 2008-2009 fiscal year. Tammy Rocker and her team of Youth Market Directors have done an outstanding job of working with JRFH and HFH coordinators across WI, and have helped new and veteran coordinators provide great programs for their students. If you would like to learn more about how to get involved with Jump Rope and Hoops for Heart, contact Neil Seering, Tammy Rocker, Patty Kestell, or your Youth Market Director for more information!*

### JRFH and HFH Coordinators Breakfast Social



*JRFH and HFH Coordinators that attended the WHPE convention were invited to a breakfast social to honor them for their efforts and to collaborate and share new ideas with each other. Stay tuned for great ideas that were shared by these outstanding coordinators. If you were not able to attend the social this year, we hope to see you there next fall! Check out "WI Jump Rope and Hoops for Heart" on Facebook!*

*see you there next fall! Check out "WI Jump Rope and Hoops for Heart" on Facebook!*



**You + Your Students + Shooting Hoops = A BIG Difference!**

**Best wishes to coordinators that plan to host a Jump Rope or Hoops for Heart event this year!**



# Jump Rope for Heart News

Neil Seering, JRFH Coordinator



The year is moving fast and I can't believe we're almost at the halfway point. I had a great time at the WHPE Convention and was happy to help conduct a few sessions with Patty Kestell for Jump and Hoops for Heart. I hope the information we gave to you and discussed is and will be helpful.

Jump Rope for Heart is a very important part of WHPE and more importantly for the students we teach everyday. My hope for this year is that each of you takes the time to look at all the resources online and realize how this information can make your event easier to run and stress-free. I also would encourage incorporating a jump rope unit that coincides with your Jump Rope for Heart Event. This way, you are teaching important fitness skills while promoting life long fitness through JRFH.

If you haven't used the online fundraising tools, I would encourage you do to so. They have made it easier this year and our students are more knowledgeable than ever when it comes to using technology. Here are 3 quick ideas you can use to help this year:

- Create a link on your website to the student sign up page.
- Have students create posters to place in and around school
- Have computer/tech teacher help by creating a dual-lesson on on-line fundraising

## On-Line Fundraising:

**STUDENTS LOVE** our online tool because they get to make their own fundraising webpage and send a personalized video to share their passion for Jump Rope for Heart and for helping kids with special hearts?

**PARENTS LOVE** our online tool because it's safe and secure, and it saves time! Parents can help their children send emails to friends and family any time of the day – they don't need to wait till the evening to make phone calls or make personal visits.

**TEACHERS LOVE** our online tool because it saves them time too! At a quick glance, teachers can see how much money has been raised online and by which students. There are no checks or cash to mess with. Overall, it provides an effective way to manage their event.

**DONORS LOVE** our online tool because they get an automatic tax-receipt email upon making an online donation.

\*\*Check it out at [www.heart.org/jump](http://www.heart.org/jump) and click on the button that says 'Students Sign Up'.\*\*



American Heart Association

*Learn and Live*

### IT TAKES HEART TO BE A HERO!

Jump Rope For Heart gives students several great opportunities: helping kids with special hearts, learning the benefits of physical activity, healthy eating, avoiding tobacco, and raising funds for research and programs to fight heart disease and stroke. Join millions of kids in serving others, saving lives and supporting research — hold Jump Rope For Heart!

**Call 1-800-AHA-USA1 or visit [heart.org/jump](http://heart.org/jump) to get your school involved.**

American Alliance for Health, Physical Education, Recreation and Dance

AAHPERD is a proud program partner of Jump Rope For Heart.

©2010, American Heart Association. Also known as the Heart Fund. 6/10DS3766



# Teaching Ideas

## Waupun School District Adapted PE:

*Submitted by Jackie Clark*

I have an autistic student this year who is non-verbal and low muscle tone and have used the Exer-gaming idea with him and it has been very successful. I tried Wii, but too difficult for him, but use Eyetoy and he has found lots of success with this. This is compatible with PS2. It is called Play 2 and has a ton of fun games on it (i.e. Boxing, Mr. Chef, Tennis, Baseball, etc.). The Boxing is my favorite because it is very aerobic but also works on the cross-lateral movements. Cost is approx. \$50 which comes with the Eye and game. Good deal for the money.

## Top Dog

Set up 12 lanes across the gym and put floor tape down so they know where to put the pins. 1 person is the bowler and the other person is down by the pins. The bowler gets 1 chance to knock down all 3 pins. If they knock down all 3 they get 3 points, 2 down gets 2 points, 1 down gets 1 point and if they miss, they get 0. Once the bowler bowls, the other person simply retrieves the ball and goes to the foul line to get ready to bowl as the bowler must reset all the pins they knock down. The other person then bowls. After 3 minutes, the person with the most points wins and then stands in the middle of the lane while the person with the least amount of pins stands on the foul line with the ball. The winner moves on to the next lane to bowl. As you get to the top dog (lane #1) that person gets to stay as the Top Dog and the person who loses, goes all the way back down to lane #12 to start over. The kids love this game. If there is a tie, we do RPS one time to determine the winner.

## Progressive Bowling

Start with 1 pin in the head pin position. They are in teams of 2. They get 1 chance to knock down that pin. If they knock it down, the person who knocked it down, goes to get another pin and puts it in the #2 position. Then the other person bowls. This time, the new bowler must knock down both pins in 1 try to earn another pin. If they only knock down 1 of the 2 pins, they just reset those 2 pins and switch. Progress until they get to 10 pins. Once they get to 10 pins, they keep bowling with 10 until your time expires. I usually give them 10 minutes to get to 10 pins. After 10 minutes, we clear the lane and start over at 1 pin again.

## D. C. Everest Senior High

*Submitted by Jo Bailey*

### Snowshoe basketball

#### Equipment needed:

- Two hoops/ pvc tubes to make goals
- Cones to stand the goals in and for the perimeter around the goal.
- Ball - I use a light playground ball, not a basketball when outside.

You can adapt almost any activity to be played out in the snow! Snowshoe basketball is played using disc golf hoops - a small hula-hoop attached to a pvc tube which is stuck in a cone to make it stand up (think of a lollipop!). Make a circle of cones

around the goal, approximately 10ft away from the goal - this is the no-go zone.

The game starts with a tip off as in regular basketball. To dribble, students throw and catch the ball as they move and teams score by shooting the ball through the hoop at their end of the playing area. Players can shoot from anywhere around the coned area containing the goal. You can vary the rules to facilitate a successful game for everyone - a team must pass given number of times before they can score, or if a student has scored they cannot score the next goal and so on. For safety reasons, students need to be at least 3 feet away from the person with the ball at all times - make sure your students are competent at, and understand how to, change direction when using snowshoes.

You can also encourage your students to try this at home or at a park - use two buckets for the scoring baskets instead of a hoop and draw boundaries in the snow around the buckets.

## Take a Chance - Balanced Nutrition

This is a great activity, picked up at the 2010 AAHPERD convention, which reinforces the need for balanced nutrition while keeping student's physically active.

**Equipment** - colored Flow cones (48), gator foam balls, nutrition cards, hoops for nutrition cards

**Skills** - Inside of foot kick, dribbling, and defense

Each color of the flow cones represents a food group from the food pyramid (Blue- milk; Red- fruits; Green-vegetables; Orange- grains; Purple- meat and beans; Yellow- oils). Divide group into 6 teams (approximately 4-5 per team). Each team is assigned a food group and each member of the team is given a colored cone to place somewhere in the playing area. Their goal is to try to protect their cones from being knocked over by other teams (no puppy guarding or stepping on the cone!). Balls are placed throughout area. The object is to try to knock down other teams cones and protect your own. Each person has their own cone to defend. If their cone gets knocked down by another team member, that team member gets to take their cone and gets a card from that team's food group. The object is to get a cone from each of the other food groups to make a balanced diet.

**Variations** - Throwing skills instead of kicking

Add up the calories on the cards at the end and have each group put together the best meal they can.

## There's an app for that!

The world of apps for your iphone, itouch, and ipad is helping bring a whole new dimension to teaching physical education and health. Here are some apps you may find useful in your classroom:

**\*Tabata Pro - tabata timer cost \$2.99 from itunes**

I often do circuit's or activity stations in my classes and this great app allows me to pick how long I want my students to work at a station, how long I want them to "rest" for between each station, and it also allows me to select the number of stations I want. Better still, I can add songs to my class session



- as soon as I press “start” my students get a signal from the app, the music starts and off they go! A different signal sounds to indicate the end of the work period. All I need to do is hook my itouch/pad/phone up to an anchor or speaker system and the session is loud enough for the whole class to hear. Much cheaper than a \$100+ timing machine and it frees you up from constantly watching a clock or stopwatch!

**\*Tesla Toy - \$1.99 from itunes**

This is a visual app that I use with some of my students in adapted physical education. The students touch the ipad screen to make a visual and colorful electrical field appear. Students can create their own patterns and see how their touch makes the electrical field change and move around the screen. This is one of the only things I have seen one of my student’s, who is very low functioning, initiate touch and react to in the 4 years I have been teaching him. Another student enjoys balancing on an exercise ball while creating patterns with this app.

**\*GymGoal ABC \$0.99 from itunes**

This app includes a body map which allows you to select a muscle and then view different weight training exercises which work out that muscle. It includes numerous calculators – target heart rate zone, body mass index, basal metabolic rate, and one rep max, all of which could be valuable discussion tools to use in your class. It is possible to hook your ipad up to project on a screen so that all of your class can see the content displayed on your ipad.

*Please let us know of any other apps that you have found useful to use in physical education and health.*

## **Reedsburg School District**

***Submitted by Brenda Erdman***

### **Sleigh Riding!**

This activity is for all age levels. Equipment needed: Old sheets and blankets.

Students are in groups of 3. Each group has a sheet. Each member of the group will take turns riding and pulling. Each sheet/blanket will have 2 pullers and one rider. The rider should sit, kneel, or lay down on the middle of the blanket. The pullers will grab the front corners of the sheet/blanket. Make sure the rider is ready and hanging on. The pullers then start running forward while pulling the blanket. I have a certain line that the groups can pull to and then turn around and pull back.

This activity uses upper and lower body strength for pulling and running. We always have a discussion about what muscles are being utilized the most and where they are found. After several pulls certain muscles are going to “feel it”, so a great thinking question is, “How can you change your body position to have a stronger pull, so you don’t tire out too quickly?” I have used this activity as a winter activity and for a muscle strength and endurance station.



## **What’s In a Logo?**

The WHPE logo is a working symbol. When the logo committee was formed, more than a year ago, many objective were defined, but of course, the ultimate goal was to find and create a logo that worked for the wide membership of WHPE. This symbol is highly functional. It serves as a mark of your professional unity and represents your dedication to the advancement of wellness education; inviting both young and old to participate in the mission and vision of WHPE. You are an organization of passionate, vibrant professionals and the logo had to reflect and signify this unique spirit. Professionalism, wellness, education and movement are all elements that the logo committee sought to illustrate, aesthetically. At times, it was difficult! Yet, pressing-on, we built a beautiful solution! A solid, yet not-too-stiff font was chosen to represent WHPE’s long history and honorable reputation. Blue was chosen as a vibrant, yet highly professional color that would reproduce well in a variety of printing environments. One initial and very basic goal was simply this: “When someone sees our logo, we want them to know we are a WISCONSIN organization.” Well, that was no problem! The silhouette of our fine state serves as a reminder of the memberships home and “gathers” us, as well. Three moving figures stretch over the states geography. A committee member mentioned that it reminded him of elementary, middle and high school education, but most importantly, the strength of the forms are in their simplicity. This clean, solid, and energetic logo pulls us together, yet leaves plenty of space for us to imagine the possibility of the future!”

***Bethany Moyer, design contractor***

## *A Member We Will Miss...*

Lifetime member, Eileen Muth, 78, died October 23, 2010. Muth was a faculty member in UW-La Crosse’s Exercise and Sport Science Department from 1968 until her retirement in 1996. She served WAHPERD as the VP of the Dance Division, on the Awards Committee, Centennial Steering Committee and Convention Committee. Muth was awarded the Lifetime Membership award in 1997. After her retirement, she moved to Fort Myers, Florida, where she enjoyed many years of golf, tennis and traveling.

# Recipe's from WHPE Members ... Enjoy!

## Beef Tips

Submitted by Patti Abraham

2 lbs beef tips  
1 can beefy mushroom soup  
1 pkg dry onion soup mix  
1 c. mountain dew  
8 oz. fresh mushrooms, sliced  
1/3 c. hot water

Mix together. Cover and bake at 300 degrees for 3 hours.  
Serve over cooked noodles, rice or mashed potatoes.  
Easy and tastes great!

## Hot Cranberry Punch

Submitted by Crystal Gorwitz

1 1/2 quarts cranberry juice  
1-quart apple cider  
1/4 cup brown sugar  
3 cinnamon sticks  
1-teaspoon whole cloves

Put spices in a basket of a percolator.  
Put the entire mixture through the full cycle.

## Cobb Salad Sandwich

Submitted by Marcia Schmidt

1 c. romaine lettuce            1/2 avocado, thinly sliced  
4 multigrain sandwich        1/4 c. thinly sliced red onion  
  thins, toasted                1/4 c. light ranch dressing  
8 oz deli chicken breast      2 T. blue cheese crumbles  
1 T. real bacon bits

Place lettuce on the bottom of each sandwich thin. Top with chicken, avocado slices and onion. Combine blue cheese with ranch dressing and spoon dressing over top of sandwich. Cover dressing with a sprinkle of bacon bits and place top slice of sandwich thin on sandwich. Serves 4.

## Homemade "Strausskraut"

Submitted by Lisa Strauss

Layer 5 pounds shredded cabbage at bottom of stone crock. Sprinkle with 2 1/2 tablespoons of canning salt. Repeat layers but leave 3 inches at the top of crock. Place a wooden or stainless steel cover over the cabbage with a rock on top to hold it down. Place crock in a dark cool place for 8 weeks to ferment. About every 5-7 days, check on the progress and skim off any residue that forms. After about 8 weeks, place kraut into quart sized freezer bags and freeze. If you are a sauerkraut fan, you will never buy it in the store again after eating it homemade, just ask Jon Hisgen!

## Chobani Ranch Dip and Crackers

Submitted by Natalie Teich

1 (16 oz.) carton fat-free plain Chobani  
  (or any kind of Greek) yogurt  
2-3 tablespoons of Dry Ranch Seasoning  
Mix it up and serve with veggies,  
  Special K Tomato/Basil Crackers, or pretzels

## Crescent Chicken Newburg

Submitted by Brenda Erdman

This is a family favorite! Enjoy!  
From Pillsbury: One-Dish Meals Cookbook  
Prep time: 25 minutes (ready in 55 minutes)

### Ingredients

1 (1 pound) pkg. frozen broccoli florets, carrots, and water chestnuts (We use fresh vegetables.)  
2 Tablespoons margarine or butter (We use olive oil.)  
6 boneless, skinless chicken breast halves, cut into 1/2 in pieces.  
1/3 cup chopped red bell pepper  
1/4 cup all purpose flour  
1/4 to 1/2 teaspoon salt  
1/4 teaspoon white pepper  
1 1/2 cups half-and-half (We use regular milk.)  
3 tablespoons dry sherry (We use cooking sherry.)  
2 tablespoons grated Parmesan cheese  
1 (8 oz.) can refrigerated crescent dinner rolls (We use 2 cans.)  
1 tablespoon margarine or butter, melted  
1 tablespoon grated Parmesan cheese  
1/4 teaspoon paprika

### Directions

1. Cook frozen vegetables as directed on package. Drain. (If using fresh vegetables cut into small pieces and steam.)
2. Meanwhile, heat oven to 350 degrees F. Melt 2 tablespoons margarine (substitute olive oil) in large skillet over medium-high heat. Add Chicken; cook and stir until chicken is browned and no longer pink. Reduce heat to medium; stir in flour, salt, pepper, half-and-half and sherry. Cook until mixture boils and thickens, stirring constantly.
3. Stir in cooked vegetables and 2 tablespoons Parmesan cheese. Cook an additional 4-6 minutes or until thoroughly heated. Spoon hot mixture into ungreased 12x8-inch (2 quart) baking dish.
4. Remove crescent roll dough from can in rolled section; do not unroll. Cut roll into 12 slices; cut each slice in half. Arrange half-slices, curved side up, around outside of chicken mixture (we use another container and fill in all the space on top of the mixture with cut bread slices.) Brush with 1 tablespoon melted margarine; sprinkle with 1 tablespoon Parmesan cheese. Sprinkle entire casserole with paprika.
5. Bake at 350 degrees F. for 23-27 minutes or until rolls are a deep golden brown.



# Waves of Opportunity

***President Brian Marx is encouraging us to “Ride a Wave of Opportunity” this year. What special opportunity have you done, or plan to do, with your students this year?***

## **Kitty Erdman, Madison Schools**

I gave my students the gift of a stunting and tumbling unit at Emerson Elementary School in Madison, WI. Students learned motions, jumps, tumbling sequences, and stunts in which they put into a cooperative sequence. It was the first time I tried low level stunts and my students loved the challenge. I plan on definitely doing this unit in the future and more than likely trying additional stunts in the middle of next semester.

## **Peggy Alf, Portage Community Schools**

The opportunity I plan to give my students came from the WHPE convention. I attended the session on Hip Hop Tininkiling. It was very active and informative. Eventually I was able to complete the basic steps myself. It's a good reminder of the struggles your students go through when you have to learn something new before you teach it.

I was able to contact 3 of the 4 Parent Clubs at my elementary schools. ALL 3 agreed to give me \$100 each to purchase PVC pipe for the poles and decorative duct tape for the kids to use on the poles. The poles can then stay at their school--no transporting them for me!

Sooo...not only am I going to be able to teach tininkiling rhythms and use it in the future as part of a multicultural/Olympics unit to the kids, the parents provided this opportunity for me to get some equipment. How neat is that!!?

## **Natalie Anderson, Whitehall High School**

This year, I provided my health 10 students with the opportunity to use Ipods and cell phones to plan a meal, go to the grocery store and “buy” a

day's worth of foods. It was a great activity for them to see how easy or difficult it is to reach recommendations when on a budget and using technology at the same time.

Natalie Anderson, Whitehall High School

## **Tara M. Kielblock, Brookfield East High School**

I would like to add that my PE- Lifeguarding class at Brookfield East and Brookfield Central had the opportunity to go on a field trip to the Country Springs Indoor Waterpark and practice skills of a lifeguard in order to get certified in Waterpark Lifeguarding. They had a great time and got certified to add to their regular Lifeguard, CPR-AED, and First Aid certification.

## **Brenda Erdman, Westside Elementary School, Reedsburg**

I applied for and won an ING Running Grant. WOW! What an incredible opportunity for me, and 43 students (grades 4-6)! We became the Magnificent Movers Running Club and met 12 times (Tuesday's and Thursday's) at the beginning of the school year. We participated in a lot of fun runs, adventure runs, and even did two Biathlons! Our culminating event brought over 20 families for a Magnificent Mile run/walk and map challenge. The running club ran over 200 miles. It was a great experience for the children and for me!

## **Neil Seering, Luxemburg**

I am lucky to have created a wave of opportunities for my students by raising \$3,000 to purchase archery equipment through the National Archery in Schools Program. I also recently took a NASP class to be nationally certified and learned some useful skills I can relay to my students. I think this equipment will give my students an opportunity they may not have received and will provide them with another skill they can use if they choose to for a life-time of wellness.

## Book Reviews

### Teaching Children Responsible Behavior A Complete Toolkit

by Sandy Hagenbach

This book is a guide to implementing the 3 modified elementary levels of Respect, Challenge, and Teamwork which are based on Don Hellison's work. The book is standards based and includes three children's stories, activities, dances and assessments to help you implement the levels. By implementing the levels you will be less stressed, students will have more time to be active and students will learn what responsible behavior is.

### Pilates Illustrated

by Portia Page

This book is a guide to lengthening and strengthening muscles while improving posture flexibility, and balance. This book provides detailed instructions and hundreds of full-color photos. The author shows you how to perform the essential movements, exercises, and mat work routines. She also shows you how to incorporate equipment, such as a stability ball, stretch band, and Pilates ring, to isolate muscles for targeted results. Illustrations are easy to read and follow and great for all age levels and skill abilities.

### Triathlon 101

by John Mora

Have you ever participated in a triathlon? Would you like to but do not know how to get started? The following is what Mark Allen, a 6-time Ironman Triathlon World Champion had to say about this book, "Triathlon 101 covers all the essentials of triathlon – from training to race-day strategy. It's an ideal resource for anyone new to the sport as well as experienced triathletes looking to improve performance." Triathlon 101 is a guide to multisport success.

### Brain Rules, 12 Principles for Surviving and Thriving at Work, Home, and School

by John Medina

In Brain Rules, molecular biologist John Medina shares his lifelong interest in how the brain sciences might influence the way we teach our children and the way we work. In each chapter, he describes a Brain Rule. He provides transformative ideas for our daily lives. (And a great resource to support health and physical education.)



## Enjoy these "QUOTES of WISDOM."

*Below is a wonderful poem Audrey Hepburn wrote when asked to share her 'beauty tips.' And this is not just for our beautiful women teachers, read on men!*

*For attractive lips, speak words of kindness. For lovely eyes, seek out the good in people. For a slim figure, share your food with the hungry. For beautiful hair; let a child run his/her fingers through it once a day. For poise, walk with the knowledge that you never walk alone. People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone. Remember, if you ever need a helping hand, you will find one at the end of each of your arms. As you grow older, you will discover that you have two hands, one for helping yourself, and the other for helping others.*

*In April, Maya Angelou was interviewed by Oprah on her 70+ birthday. Oprah asked her what she thought of growing older. And, there on television, she said it was 'exciting...'*

*Maya Angelou said this:*

*'I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.'*

*'I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.'*

*'I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.'*

*'I've learned that making a 'living' is not the same thing as making a life.'*

*'I've learned that life sometimes gives you a second chance.'*

*'I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw some things back...'*

*'I've learned that whenever I decide something with an open heart, I usually make the right decision.'*

*'I've learned that even when I have pains, I don't have to be one.'*

*'I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back....'*

*'I've learned that I still have a lot to learn.'*

*'I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.'*

# CHECK THIS OUT!!!

**Grant Opportunities Updated Monthly: Visit the [NASPE Grant Opportunities webpage](#) for a full listing of Physical Education, Health, Physical Activity, and related grants.**

## Here is a sample of a few:

**Coca Cola Community Grants.** Coca Cola is committed to improving the quality of life in the communities where they do business. One of the focus areas for their global giving campaign is active healthy living and education. For information, click here: [http://www.thecoca-colacompany.com/citizenship/application\\_guidelines.html](http://www.thecoca-colacompany.com/citizenship/application_guidelines.html)  
**Deadline: Rolling**

**Bush Foundation Awards Additional Grants for Teacher Preparation.** To help support its recently announced \$40 million teacher effectiveness initiative, the foundation has awarded three additional grants to develop new coaching and measurement tools. More information: <http://foundationcenter.org/pnd/news/story.jhtml?id=284300008>  
**Deadline: Ongoing funding available.**

**Finish Line Youth Foundation.** The Finish Line Youth Foundation supports youth programs that are effective and inclusive, funding opportunities for participation in youth programs that place an importance on youth development and an active lifestyle. Grants generally range from \$1,000 to \$5,000 and applications are accepted throughout the year. For information: <http://www.finishline.com/store/youthfoundation/guidelines.jsp>  
**Deadline: Rolling**

**General Mills 2010 Champions for Healthy Kids Grant.** The General Mills Foundation, in partnership with the American Dietetic Association and the President's Council on Fitness, Sports and Nutrition is proud to announce its ninth year of awarding 50, \$10,000 grants to not-for-profit organizations with innovative programs that help youth develop good nutrition and fitness habits. **[Learn More.](#)**

**Unsung Heroes 2011 Awards (National)** The ING Unsung Heroes program annually provides grants

to K-12 educators utilizing new teaching methods and techniques that improve learning. Each year, educators submit applications for an ING Unsung Heroes grant by describing projects they have initiated or would like to pursue. Each project is judged on its innovative method, creativity, and ability to positively influence students. 100 educators will be selected to receive \$2,000 to help fund their innovative class project.

<http://ing.us/about-ing/citizenship/childrens-education/ing-unsung-heroes> to learn more about this grant. **Deadline: April 30, 2011**

**Movin' and Munchin' Grant.** Don't forget to check out our very own WISCONSIN Movin' and Munchin' Grant. [www.movinandmunchin.com/](http://www.movinandmunchin.com/)

**WHPE Grant.** Check out the opportunities of a WHPE Grant at the WHPE website. *A great benefit of being a member!* [www.whpe.us](http://www.whpe.us)



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## ***Executive Directors Report***

### *Winter Greetings from the basement of Mitchell Hall*

After another excellent convention and a holiday break, it's time to get ready for the rewards and challenges of the second semester. Several months ago, a good friend of mine suggested that public education is recession proof. While I value his opinion, there is plenty of evidence to the contrary. Starting in 2011, our new legislature and local school boards will go about the difficult tasks of balancing budgets and paying bills. Without additional funding, valuable programs will be cut or reduced. Elected leaders who believe that athletics can be substituted for physical education will be heard from soon and some will suggest that increasing class size is a good way to save money.

Past President Brenda Erdman had monthly challenges to help keep us all professionally sharp. I would like to borrow that idea with a challenge of my own to each WHPE member. Before another week passes, contact two elected officials and remind them of the great value of our health and physical education classes. Explain that class size is an important part of maintaining quality instruction and offer to share our new Model Academic Standards for Physical Education. There is an icon on the right side of our web page, [www.whpe.us](http://www.whpe.us) that makes it easy to contact a legislator. If you are serious about proactive advocacy, (Thanks, Manny) invite a school board member to meet you for coffee to discuss next year's budget. Wisconsin has long been a local control state and there is no better ally than a member of your own school board.

I believe the constant reminders that we have an obesity epidemic in America can support our argument that we can ill afford any cuts in health and physical education. In addition to your curriculum, we have Movin' and Munchin' Schools, Jump/Hoops for Heart, Lets Move in Schools, Play 60, and the Active Schools initiative to name a few of the tools at our disposal. Please invest some of your time to keep the decisions makers informed. We owe it to our students and ourselves.

Thanks for another great year.

*Keith*

