WHPE

www.whpe.us

Our mission …

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

WISCONSIN HEALTH AND PHYSICAL EDUCATION
NEWSLETTER

VOLUME 42, ISSUE 3 FALL 2013

2013 WHPE Convention …

The convention is being held this year at the Country Springs Hotel – Water Park and Conference Center, 2810 Golf Road, Waukesha, WI 53187. Mark your calendars for this excellent professional development opportunity, October 23-25, 2013. Convention schedule and pre-registration information are included in this special convention edition of the WHPE newsletter. SAVE $15 by pre-registering by October 7th.

E. Paul Roetert, Ph.D. …

E. Paul Roetert, Ph.D., is the Chief Executive Officer of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). With 18,000 members, AAHPERD is the largest organization supporting and assisting professionals involved in physical education, recreation, fitness, sport and coaching, dance, and health education. He oversees an alliance of five national associations, six district associations and a research consortium. Prior to this position, he was the Managing Director of the United States Tennis Association's (USTA's) Player Development Program and Tournament Director of the US Open Junior Tennis Championships. He was also the Executive Director for the American Sport Education Program at Human Kinetics, in Champaign, Illinois.

Roetert has published extensively in the field of sports medicine and science, including four books, more than 25 book chapters, and well over 100 articles. He is a Fellow in the American College of Sports Medicine and among many other awards, he received the Editorial Excellence Award in 1999 from the National Strength and Conditioning Association for his work on the Journal of Strength and Conditioning and Research, and in 2000 the Outstanding Alumni award from the University of Connecticut. He is also the 2002 Educational Merit Award recipient from the International Tennis Hall of Fame for outstanding service to the game of tennis. Roetert holds a Ph.D. in biomechanics from the University of Connecticut.

Cindy Hess …

Cindy Hess is a retired physical educator at Highland Elementary School in Ephrata, Pennsylvania. Cindy has taught Health and Physical Education K-12 over her 35 year career. Her greatest success stories not only include the Action Based Learning Lab, but implementation of the "New PE" curriculum K-12 at Ephrata, as well as achieving daily physical education for students K-2 grade at Highland Elementary through her innovative curriculum design. Originally called the SMART program Cindy created a program to prepare the early brain for learning by filling in developmental gaps. Cindy developed and organized the SMART program in 1999 by combining physical education and brain research concepts. The program became the Action Based Learning Lab when Cindy and Jean Blaydes joined forces in 2004. Her expertise in motor development, her knowledge of curriculum and the support she received from her administration added to the success of her excellent physical education program. Cindy's program is featured on the lab's DVD as well as ABC's Good Moring America, "Getting Kids Moving in School."

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Mary Wentland …

Mary Wentland currently teaches health, physical education, and adaptive physical education at Lakeland Union High School. She has taught for over 16 years and brings creative ideas and a wealth of knowledge to her classroom. Mary has presented at Best Practices, WHPE, University of Wisconsin Stevens Point, University of Wisconsin LaCrosse, and CESA 9. Last year she was recognized as WHPE's Health Educator of the Year. Mary holds a Master's Degree in Administration and Curriculum that allows her to keep her curriculum up to date and on the cutting edge.

Joe McCarthy …

Joe McCarthy is the physical education teacher at Meadowview Elementary School in Farmington, Minnesota. He currently serves as a board member for Minnesota Association for Health, Physical Education, Recreation and Dance (MNAHPERD); is vice president of Sport and Physical Education for Central District American Association for Health, Physical Education, Recreation and Dance (CDAAHPERD); and is a member of Minnesota Healthy Kids Coalition and the District Wellness Committee. He has developed programs that increase academic success and reverse the trend in child obesity. His programs have also increased positive student behavior. He was named 2012 MNAHPERD Elementary Teacher of the Year; 2012 American Heart Association Volunteer Impact Award Winner; and 2012 Active Schools Acceleration Project Midwest Regional Winner of twenty-five thousand dollars.

NASP Advanced Instructor Class
Friday, October 25th from 2:30-4:30 p.m.
Grand Pavillion, Country Springs Hotel

NASP
NATIONAL ARCHERY IN THE SCHOOLS PROGRAM

Dan Schroeder, Wisconsin NASP state coordinator will be conducting a seminar on how to correct shooting form flaws and bad habits. If you want to learn how to better instruct your students, correct bad habits, perfect their shot, or yours, this is the seminar you'll want to be in. All participants will be shooting arrows and receive tips on how to improve their form and how to use that knowledge in their NASP programs. We will cover in-depth equipment tuning tips to help match a Genesis bow to a specific archer, how to make better use of the string bow. There will be an equipment repair portion to help you better understand how to care for and repair your NASP equipment We will also spend some time discussing fund raising opportunities to help grow your programs and fund after-school clubs. ADVANCED SIGN UP IS REQUIRED! See registration form.

WHPE Convention ... October 23-25, 2013 ... Waukesha

MIDWEST AAHPERD Dance Sport PE Feature Presentation

Effective Educator and PE Teacher

Kristi Mally - Assistant Professor and Program Director of Physical Education Teacher Education at UW-La Crosse

2013 WHPE Convention
Thursday, October 24th, 2013
10:40 - 11:40 a.m.

WHPE Registration
http://whpe.us/convention.htm

Midwest District
AAHPERD

Wisconsin School Health Award Ceremony and Social

Please join the Department of Public Instruction, Department of Health Services and other state partners as we celebrate the recipients of the 2013 Wisconsin School Health Award. The Wisconsin School Health Award program encourages and inspires schools to strengthen their efforts in creating a healthy school environment that combats childhood obesity and contributes to increased student achievement and closing the achievement gap. This is a great opportunity to network with peers and discuss what award winning schools have done to deliver a more coordinated school health program with an emphasis on nutrition and physical activity. Attendees will also learn more about how their school can participate for the 2013-2014 school year. The ceremony and social will take place on Wednesday, October 23, 2013 from 6:45-8:00 p.m. in the Somerset room of the Country Springs Hotel in Waukesha.

Earn One Graduate Credit at the 2013 WHPE Convention

Course Description: ESS 560 section (730) Clinical Forum: 2013 WHPE Physical Education Workshops

Start date: October 24, 8 AM – 5 PM

End date: October 25, 8 AM – 5 PM

Tuition: $250 (credit course registration and payment are separate from Convention registration and payment)

Students enrolled in this course will attend 8 WHPE sessions. Students must complete a reflection paper (1-2 pages) for each session and collect signatures of presenters to document attendance.

Registration: Contact Briana Meuer at bmeuer@uwlax.edu or 608-785-6513

Materials due: November 8, 2013

Send to: Jeff Steffen, Director of Graduate PETE and Adventure Programs
University of Wisconsin-La Crosse
218 Mitchell Hall • La Crosse, WI 54601
608-785-6535 • jsteffen@uwlax.edu

WHPE Convention ... October 23-25, 2013 ... Waukesha

~ Country Springs Hotel ~
Water Park and Conference Center

2810 Golf Road, PO Box 2269
Waukesha, WI 53187

– RESERVATIONS –

(800) 247-6640 or (262) 547-0201
Reservation deadline – October 7, 2013
When making reservations refer to the WHPE group

– RATES –

STANDARD DELUXE NON-SMOKING
$94 Single/Double *(without water park passes)*

STANDARD DELUXE NON-SMOKING
$114 Single/Double *(with water park passes)*

EXECUTIVE SUITE
$129 Single/Double *(without water park passes)*

EXECUTIVE SUITE
$139 Single/Double *(with water park passes)*

GOVERNORS SUITE
$179 Single/Double *(without water park passes)*

EXECUTIVE SUITE
$189 Single/Double *(with water park passes)*

Water park rate includes up to 4 passes to The Springs, our 45,000 sq ft indoor water park. Rates include Continental breakfast each morning.

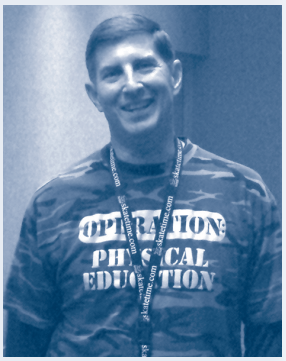
Follow us on Facebook and Twitter

WHPE Convention Dates

October 29-31, 2014
Kalahari Resort/Waterpark, Wisconsin Dells

October 28-30, 2015
Kalahari Resort/Waterpark, Wisconsin Dells

Larry Cain Memorial Scholarship



Larry Cain was a physical education teacher in Janesville, and a past-president and leader within the WHPE organization. He made a significant difference in the lives of his students and fellow colleagues and professionals.

Larry's family and colleagues have established a Memorial Scholarship to remember and honor his contribution to the lives of the people he served.

The Larry Cain Memorial will provide financial support for one student and one professional to attend the WHPE convention (registration & hotel) and one year's membership to WHPE. A committee from Janesville will represent the memorial and will help Mrs. Karen Cain choose the recipients. All WHPE members and non-members state wide are eligible to apply for this scholarship. If you would like to donate to the Larry Cain Memorial Scholarship please send your donation to:

Karen Cain
3742 Skyview Dr.
Janesville, WI 53546

If you would like to apply for this award please see the WHPE website for application information. The deadline for applications is October 1, 2013.

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, 2014. You may contact is WHPE office for more information or check out the grant guidelines on the WHPE web page at www.whpe.us .

Did You Know ... You can now renew membership and register for the WHPE Convention online at www.whpe.us

2013 Convention Schedule of Events

WEDNESDAY, OCTOBER 23, 2013

4:00-7:00 p.m. Exhibitor Set, Grand Ballroom
5:30-8:30 p.m. Registration, Grand Ballroom Foyer
6:45-8:00 p.m. Wisconsin Health Award Ceremony/Social
8:00-10:00 p.m. President Social/Reception

THURSDAY, OCTOBER 24, 2013

7:00 a.m. - 3:00 p.m. Registration, Grand Ballroom Foyer
9:00 a.m. - 4:30 p.m. Exhibits Open, Grand Ballroom

Session 1 ➤ 8:00-9:00 a.m.

1 Common Core and Standards Demystified – *Matney*
2 Child Centered Approach to teaching Physical Education – *Kroening*
3 "Other" Tobacco Products-Look Like Treats, But Filled w/ Tricks – *Staats/Jennings*
4 Action Based Learning Lab-PreK-12 and Beyond (Dbl Session) – *Cindy Hess*
5 RtI - The Time is Now – *Marquell/Erin Johnson*
6 Coordinated Approach to Fitness Assessments/Supporting Curric – *Klein*
7 App-Time – *Gorwitz/Berndt*

9:10-10:30 a.m. – General Assembly
Announcements/Elections
Paul Roetert, AAHPERD CEO

Session 2 ➤ 10:40 a.m. - 11:40 p.m.

1 Team Sports Aligned – *Allisha Blanchette*
2 Elementary Games and Strategies – *Chuck/Andrea Brehm*
3 Mental Health Prevention – *Mark Little*
4 Action Based Learning Lab-PreK-12 and Beyond (Dbl Session) – *Cindy Hess*
5 10 Steps to Safer Schools – *Peter Pochowski*
6 MW - Effective Educator and PE Teacher – *Mally/Kestell*

11:50-1:00 Convention Lunch
12:00-1:00 Future Professional Lunch
11:30-12:30 Past President's Meeting
12:30-1:30 p.m. Past President's/Retirees Luncheon

Session 3 ➤ 1:10-2:10 p.m.

1 The Benefits of Therapeutic Yoga for High School Students – *Paul Zettel*
2 Limitless: Equal Curriculum for Students w/Severe Disabilities – *Kristi Roth*
3 A Healthy Dose of Technology – *Mary Wentland*
4 Elementary Dancing - Educational and Fun! – *Brenda Erdman*
5 Action Based Learning Lab - "TEEN" – *Cindy Hess*
6 From Resume/Online Application to Teaching Job (Dbl Session) – *Mary Jane Carreno*
7 EdTPA: Countdown to full Implementation (Dbl Session) – *Mally/Petersen*

Session 4 ➤ 2:20-3:20 p.m.

1 FISH Philosophy – *Pam Connolly*
2 Texas Two Step – *Hebert/Danielson/Carlson*
3 Time to REACT to Bullying – *Lisa Strauss*
4 Eat Healthy, Get Active, Make a Difference – *Hagenbach/Clark*
5 Ropics-Rope Jumping Made Easier – *Solis/Stewart*
6 From Resume/Online Application to Teaching Job (Dbl Session) – *Mary Jane Carreno*
7 EdTPA: Countdown to full Implementation (Dbl Session) – *Mally/Petersen*
8 Good Drugs Gone Bad – *Menasha Police*

3:30-5:00 p.m. AHA 35th Anniversary JRFH Walk/Run - registration and run
3:30-9:00 p.m. ENJOY THE WATERPARK!!!!
7:00-9:00 p.m. Award's Banquet
9:00 p.m. - 12:00 a.m. All Convention Dance - DJ

FRIDAY, OCTOBER 25, 2013

7:00 - 8:30 a.m. Jo's Board at Country Springs
7:30-10:00 a.m. Registration
9:00 a.m. - 12:00 p.m. Exhibits Open

Session 5 ➤ 8:30-9:30 a.m.

1 Teaching Paddle Activities for your Curriculum – *Howie Sokol*
2 Why Not Dance? – *Christina Ratatori*
3 Jump Rope and Hoops for Heart Coordinators Breakfast Social – *Patty Kestell*
4 Super Balls, Super Games! – *Pierre-Julien Hamel*
5 Stack It, Move It, Use It: Fitness Stacking with Speed Stacks! – *Speed Stacks*
6 Coordinated School Health – *CHW-Anton*
7 PE Online: Really? – *John O'Sickey*

Session 6 ➤ 9:40-10:40 a.m.

1 Skillastics, A New Task at Hand – *Sherry Bell*
2 Huff & Puff Your Way to Better Behavior & Academics (Repeated at 12) – *Joe Mc Carthy*
3 Tools for Your Health Tool Box – *Mary Wentland*
4 Bringing Zumba Fitness Experience to the Schools – *Kelly Bullard*
5 Break Stereotype-PE Pgm Preparing Students Lifetime Fitness (Dbl Session) – *Don Scharbarth*
6 Brain Based Movement Revolution in Stevens Point PE – *Schroeder/Klika*
7 Adapted PE - Where do you Start? – *Lisa Strauss*
8 Fuel Up to Play 60: A Program Advisors Perspective – *Andrae/Rushkofske*

Session 7 ➤ 10:50 -11:50 a.m.

1 Hoops for Heart Middle School – *Shannon Maly*
2 Shake, Shimmy, and Chute - Part 2 – *Berndt/Baranowski*
3 Demystifying Standards based Assessment for Learning (Dbl Session) – *Kristi Mally*
4 Are You a #PE Geek? Building a Global PLN w/Twitter & PE Tech – *Kestell/Pomeroy/Bailey*
5 Break Stereotype-PE Pgm Preparing Students Lifetime Fitness (Dbl Session) – *Don Scharbarth*
6 Toxicology: The Foundation to Prevention and Wellness – *Paul Zettel*
7 Does Inner-City Teaching Interest You? – *Fuller/Schuh/Minzlaff*
8 High School Strength Training and Conditioning – *Toutenhoofd/Crowns*

Session 8 ➤ 12:00 -1:00 p.m.

1 The Best Piece of Equipment in Your PE Closet _Mind/Creativity – *Erin Johnson*
2 Huff & Puff Your Way to Better Behavior & Academics (Repeat from 9:40) – *Joe McCarthy*
3 Demystifying Standards based Assessment for Learning (Dbl Session) – *Kristi Mally*
4 Getting Them Fired Up! Motivating Middle/HS Students to Learn – *Kuhrasch/Timm*
5 Parkour: Overcoming Mental and Physical Obstacles – *Travis Tetting*
6 A New Approach to Movement Assessment & Integrated (RTI) Corrective Exercise Programming – *Schroeder/Klika*
7 Revolutionize Your Teaching w/Poloar GoFit & Your iPad – *Jeff Gagstetter*
8 Are You Teaching in a high-tech world with a no-tech budget? – *Kathy Pruchnicki*

Session 9 ➤ 1:10 -2:10 p.m.

1 Easily Integrated Class Circuits to Develop Age-Appropriate Coordination – *Schroeder/Klika*
2 Unique/Different M/HS Units that your students will enjoy – *Scharbarth/Wentland*
3 Teaching Juggling an Exercise in Assessment – *Hebert/Danielson/Carlson*
4 Teaching Tae Kwon Do in a PE Environmen – *Jeremy Hardy*
5 Fast and Frenzied Fun in Phy Ed – *Matt Fencl*
6 Personality: The Journey of the Prefontal Cortex – *Paul Zettel*
7 WHPE Grants Sharing Session – *Hans Fester*
8 Cleaning Out The PE Closet – *Erin Washkuhn*

Session 10 ➤ 2:30-4:30 p.m.

NASP Advance Instructor Class - Dan Schroeder

WHPE MEMBERSHIP

You must be a current member through 11/13 or return a new/renewal membership form with membership dues to preregister for the convention.

Wisconsin Health and Physical Education Membership Form.

PRINT ALL INFORMATION **CHECK APPROPRIATE BOX IN EACH SECTION**

Month 2013 to Month 2014 Current ❑ New ❑ Renewal of Expired Membership ❑

LAST NAME _____ FIRST NAME _____

STREET _____ HOME PHONE (____) _____

CITY _____ WORK PHONE (____) _____

COUNTY _____ STATE _____ ZIP _____

E-Mail Address: _____

*Students-School attending Year: Fr So Jr Sr Grad

AREA

- ❑ Health – H
- ❑ General – G
- ❑ Physical Education – P
- ❑ Student – S
- ❑ Sports & Athletics – A
- ❑ Recreation – R
- ❑ Dance – D

OFFICE USE ONLY

EXP. DATE _____

Date Rec'd _____

CK # _____

Amt. PD _____

- ❑ SE – Southeast District - CESA District 1 & 2
- ❑ SW – Southwest District - CESA Districts 3 & 4
- ❑ C – Central District - CESA District 5, 6 & 7
- ❑ NE – Northeast District - CESA Districts 8 & 9
- ❑ NW – Northwest District - CESA Districts 10, 11 & 12

TEACHING LEVEL

- ❑ E – Elementary
- ❑ M – Middle
- ❑ S – Secondary
- ❑ U – University/College
- ❑ O – Other _____

Mail to:
WHPE
145 Mitchell Hall • 1725 State St.
La Crosse, WI 54601-3788

Makes Checks payable to: WHPE

For further information go to our website:
www.whpe.us

TYPE OF MEMBERSHIP	
Lifetime ($500)	❑
Professional ($60)	❑
JRFH/Hoops Coord. ($30)	❑
Associate ($60)	❑
Student ($30)	❑
Retired ($20)	❑

2013 WHPE CONVENTION PRE-REGISTRATION

Deadline: October 7th, 2013

You must be a current member of WHPE through 11/13 or return a new/renewal membership form with membership dues to pre-register for the convention. COMPLETE ALL INFORMATION AND CHECK ALL APPROPRIATE FEES BELOW. You can verify your membership status by calling the WHPE office at 608-785-8175 or 800-441-4568.

COMPLETE ALL INFORMATION AND CHECK ALL APPROPRIATE FEES BELOW

Last Name: _____ First Name: _____

Street: _____ City, State, Zip: _____

Phone (Office): _____ Phone (Home): _____ E-mail Address: _____

❒ Student ❒ Teacher ❒ Other

University or School District: _____

Is this your first WHPE convention? ❒ Yes ❒ No

WHPE District (check one): ❒ NW ❒ C ❒ NE ❒ SE ❒ SW

CLASSIFICATION (Check all that apply)	PRE-REGISTRATION (must be received by 10/7)	ON-SITE
❒ Professional	$85.00	$100.00
❒ Retired	$0.00	$0.00
❒ Student (Lunch included)	$35.00	$45.00
❒ Non-member	$145.00	$155.00
❒ Past President	$0.00	$0.00
❒ Awards Banquet (Thursday evening)	_____ @ $25.00 each	n/a
❒ Sponsor a student to awards banquet	_____ @ $25.00 each	n/a

Total Enclosed: . . . . . $ _____

NASP Advanced Instructor Class

Friday, October 25th from 2:30-4:30 p.m.

Grand Pavillion, Country Springs Hotel

❒ Yes

I will be attending the NASP Advanced Instructor Class.

NASP NATIONAL ARCHERY IN THE SCHOOLS PROGRAM

Pre-registration fees do not include awards banquet tickets. Awards banquet tickets must be purchased separately. No awards banquet tickets will be available for purchase on-site.

Banquet Preference (check one): ❒ Chicken Marsala ❒ Pecan Crusted Tilapia ❒ Wild Mushroom Ravioli

Complete and send this form along with a check for WHPE Convention Pre-Registration Fees to:
WHPE, 145 Mitchell Hall, UW-La Crosse, La Crosse, WI 54601. Call 800-441-4568 or 608-785-8175 for more information.

From your President . . .

Jo Bailey

Welcome to the 2013-14 school year! I hope you all had an enjoyable, relaxing, and reinvigorating summer. I was lucky enough to attend the Google Teacher Academy in Chicago this summer – one of the first things we heard was "you don't know what you don't know". This really made me think about physical education and health. Our students, parents, administrators, school board, community, and ourselves: We don't know what we don't know!!

Perhaps we don't know the organizational tips and tricks that could make our lives (and our storage facilities) more manageable and accessible. Maybe it's a resource or activity that is the perfect fit for teaching a concept in health. Our community members may not be aware why physical education and health education are so important for our students. School board members may hold long outdated views of what constitutes a quality PE or health program.

The question is what are we going to do about it?

For ourselves as professionals it's fairly simple: Ask. Ask each other for help, resources, ideas and share. More often than not it's the simplest ideas that are most effective and most helpful. For example, one of the first things we learned at the Google Teacher Academy was how to tie our shoelaces. Yes, a skill I had mastered at around age 5 or 6 was retaught in a way that was easier and saved time! 5 seconds a day x 188 days a school year x the number of students in your class who need help tying shoelaces adds up!

For our students, community, and all other stakeholders, any change starts with us. We have the power to educate, to communicate, to model, to share, and to impact the future of our profession. It may be through a parent newsletter, a brief 2 minute trip to a school board meeting to give them an overview of what's happening in your classroom. It could be inviting parents into your classroom or holding a wellness evening or event. Local media are always looking for stories and I am sure we all have successes that could be showcased and shared in our communities.

I will leave you with this thought:

"Never underestimate the ability of a small group of dedicated people to change the world It is the only thing that has ever has"

– Eleanor Roosevelt

I hope to see you at our convention at the Country Springs Hotel and Waterpark in Waukesha on October 23-25th, where we will be celebrating the 35th anniversary of Jump Rope for Heart. Remember to extend an invitation to your school board and administrators – your convention attendance will be refunded if you bring an administrator with you.

Have a great school year!
Jo Bailey

Candidate for President-Elect

Brett Fuller

I am Brett Fuller and I am running for WHPE President. I am currently the Curriculum Specialist for Health and Physical Education for Milwaukee Public Schools. I have been in this role for seven years and prior to that I was a high school physical education teacher for 14 years at John Marshall High School in Milwaukee. I am involved in Cub Scouting as the Cubmaster of my sons pack and I try to live up to the role of servant leader. It would be my honor to serve you as president of WHPE.

I graduated from UW-Whitewater in 1990 and my first teaching job was as an elementary physical education teacher in the Silver Valley Unified School District in California. I taught there for a year, I just didn't like living in the Mojave Dessert. I came back to Wisconsin and subbed for about a year and a half before I started working in Milwaukee Public Schools in January of 1993. I have been fortunate enough to have worked with some absolutely fantastic teachers (who are of course WHPE members) and worked with incredible kids.

My role as Curriculum Specialist for Health and Physical Education has been very fulfilling but I am the first one to say, I do miss working with the kids. Yet, this position has given me the unique perspective of being the one fighting for health and physical education positions at the district level. I see the budgets, I have the tough conversations with the administration and I provide them with the evidence. Sometimes we are successful, sometimes not, but we need to continue to not only educate our students but also their parents, the administration and the community.

Many people say that where Milwaukee goes, so follows the rest of the state. I am not one of those people but if that is true I think that there is hope for the future. In the last 10 years we have seen research study, after research study support the work that health and physical educators do every day. We are making progress, but have a long way to go and we cannot give up the fight. The best vehicle for this education is WHPE. We are the experts, we need to continue to show our expertise in the classroom, at school board meetings and in the community.

We need to continue to strengthen our membership by providing quality professional learning opportunities at more than just the annual convention. We need to bring new people into WHPE and grow. We need to continue our advocacy efforts and explore additional partnerships that will support the mission of quality health and physical education, professional development and advocacy. I would like to ask you to help move us forward. Instead of just asking "What is WHPE doing for us?", we should ask, "What can we all do for WHPE?", which in turn supports our greatest national resource, our children. Again, it would be my honor to serve you as WHPE president, thank you for all you do to support children.

Members we will miss…

Carol Dobrunz *passed away on Tuesday, July 30th. Carol had been a member of WHPE since 1957, serving as Secretary, Parliamentarian, Division Vice President, and on several committees. She served as President from 1981-82. Carol was awarded the Life membership award in 1994.*

Carol began her professional career as a teacher, teaching algebra, and physical education in high school in Seymour, WI and then at Homestead High in Mequon, WI. Like so many other teachers, she was an extra-curricular activities advisor. In 1965, she took her career in a different direction of education when she began at the University of Wisconsin-Stout in Menomonie. Beginning as an instructor, she eventually became professor of physical education, chairperson of Health and Physical Education, associate dean of the school of Liberal Studies, and eventually Assistant Vice-Chancellor.

Gordon Jensen *passed away on April 14, 2013. Gordy had been a member of WHPE since 1959, serving on many committees and receiving the Life membership award in 1989. Gordy is best known for his work at the DPI, as the Physical Education Consultant for over 25 years.*

Rollo Taylor *passed away on August 23, 2013. Rollo had been a member of WHPE for several years, while teaching at UW-La Crosse. He served on the Centennial Convention committee in 1997 as Convention Manager.*

Patty Kestell, State Jump Rope and Hoops for Heart Coordinator

Hello WHPE members and educators,

Welcome to the 2013-2014 school year, and the **35th Anniversary of Jump Rope for Heart!** Did you know that JRFH began here in Wisconsin? In the late 1970s, Jean Barkow, of Milwaukee Riverside High School, held the first "rope-a-thon" with her local AHA chapter. Following the event, Jean attended an AAHPERD Public Relations Conference in Chicago where she talked about her event with Faye Biles, chair of the NASPE PEPI Projects. They discussed the potential of that project as a national fund raising event and in 1977 Illinois held the first event as a pilot program. In 1978 the program went national and AHA and AAHPERD launched Jump Rope for Heart!

It Takes Heart to be a Hero! Become a Jump Rope or Hoops for Heart Coordinator!

"Jump" on board and share a JRFH or HFH event with your students this year! Participating in a Jump Rope and Hoops for Heart event is a tremendous opportunity for you to bridge quality physical education lessons about heart health and the importance of living healthy lifestyles with your students to meaningful, real-life connections that foster enduring health habits and personal responsibility. Jump Rope and Hoops for Heart is a great way to raise community awareness for heart disease and stroke related issues, and educate students and families how to be pro-active in their approach to healthy living! Check out the American Heart Association resource page to contact a Youth Market Director in your area or come to the AHA booth at convention to learn more! P.S. **"It Takes Heart to be a Hero"** is a great song that should be added to your JRFH/HFH playlist. Check it out on iTunes!

35th Anniversary of JRFH: AHA Ducks Go Nationwide This Year!

Woo hoo! Just in time for the 35thcelebration of JRFH, the infamous AHA Ducks that WI and several other states piloted over the past two years will be going nationwide this year! The all-new JRFH/HFH Teacher Kits will include special new ducks, including the PE Teacher duck! Come check them out at the WHPE convention or learn more about the AHA Teacher Kit from Youth Market Director!

2013-2014 AAHPERD Jump Rope and Hoops for Heart Grant Application

Applications are now being accepted for the 2013-2014 AAHPERD Jump Rope for Heart and Hoops for Heart Grant! The AAHPERD Jump Rope and Hoops for Heart grant provides a one year AAHPERD membership, a trip to the AAHPERD National Convention & Exposition, and a $1,200 US Games gift certificate to purchase equipment to enhance your physical education program. All applications are due to the AAHPERD JRFH & HFH office by October 18, 2013. Don't miss out on this great opportunity! For more information, visit this link: http://www.aahperd.org/jump/awards/grants/

Congratulation to Kori's Krew 2013 National AHA Youth Market Team of the Year!

Kori's Krew finished at 103.4% of goal, doubled their past year online dollars, and raised an incredible $389,000 more than last year, for a grand total of $3,031,000 raised for lifesaving heart and stroke research! Congratulations to MaryLee Flannigan for being recognized as the National Youth Market Director of the Year as well!

Kori Coffeen with her Youth Market Team Korren Jewitt, Jackie Weir, Kelly Wick-Bartesch, Mary Lee Flannigan, Justine Warner, Shayla McBride, Kristine Lange, Christine Taylor, and Tim Nikolai and Kevin Harker EVP MWA AHA and Bill Repke SVP YM MWA AHA.

2013 WHPE Convention JRFH/HFH Highlights

(Country Springs Hotel/Water Park Conference Center, Waukesha- October 23-25)

JRFH/HFH Sessions and New Teacher Kit Sneak Preview!

Come check out the great Jump Rope and Hoops for Heart sessions that will be offered at the WHPE convention this year! Don't miss out on **Dr. Ken Solis'** session, **Ropics-Rope Jumping Made Easier,** or **Shannon Mally's** session, **Hoops for Heart-Middle School!** At the end of each session, the new JRFH/HFH Teacher tool kits will be shared!

Thurs, Oct 24, 2:20-3:20pm: Dr. Ken Solis - *Ropics-Rope Jumping Made Easier/JRFH Teacher Tool Kit*
Fri, Oct 25, 10:50-11:50am: Shannon Maly - *Hoops for Heart-Middle School/HFH Teacher Tool Kit*

35th JRFH Celebration 5K Fun Run/Walk! Thurs, Oct 24, 3:30pm

Meet out at the back running track. Jackie Clark and Cindy Forsythe will help kick off the 5K Fun Run/Walk with a few fun dances and some warm-up stretches! Kori Coffeen and Kori's Krew from AHA will be on hand to help start the run! Feel free to wear some fun birthday celebration bling at the 5K Fun Run/Walk!

Jump Rope and Hoops for Heart Coordinators Recognition Breakfast Party!

All JRFH/HFH Coordinators are invited to attend the JRFH/HFH Breakfast Social on Friday, October 25th! Please contact me by Monday, October 14th if you are interested in attending! We look forward to recognizing you for your efforts and years of service!

Join the 35th JRFH Birthday Celebration!
Jump Rope and Hoops for Heart Coordinators' Recognition Breakfast Party

Wisconsin Health and Physical Education Convention
Country Springs Hotel, Waukesha
Friday, October 25th, 2013 (8:30–9:30 am)

_____ **YES, I plan to attend the Breakfast Social**

Name _____

School _____

Please check one: Jump Coordinator _____ Hoops Coordinator _____
Jump/Hoops Coordinator _____

How many years have you been a JRFH/HFH Coordinator? _____ years

Who is your Youth Market Director? _____

Please RSVP to Patty Kestell by Monday, October 14th.

Responses can be returned via fax (262-376-6710) or email pkestell@cedarburg.k12.wi.us

Meet Your American Heart Association

Happy 2012-14 School Year! My name is **Kori Coffeen** and I am the Vice President of Youth Market at the American Heart Association. I lead the BEST team of Youth Market Directors who cover much of WI, Eastern Iowa, the U.P. of Michigan, and Northern Illinois. This year I'll celebrate my 10th Anniversary with the AHA. My team and I are excited to work with all of you this year. If you are a Jump or Hoops Coordinator, THANK YOU!! You are truly helping us save lives. If you do not currently do an event, come to our booth at convention and we'll be glad to get you started. We'd love to have EVERY WHPE member help us celebrate JRFH's 35th Birthday. Jump and Hoops not only fund our lifesaving research, but also provides nearly half of WHPE's operating income. By participating in Jump and Hoops, your school supports two Amazing organizations!

Hi! My name is **Jackie Weir** and I am a Youth Market Director covering Calumet County, the Waupun Area School District in Dodge County, northwestern Sheboygan County, Washington County, Northeast Waukesha County and Winnebago County.

I would like to thank all of you who participate in Jump Rope For Heart and/or Hoops For Heart as together we make a difference and save lives. If you have not ever participated in an event, or if it has been a while, feel free to contact me at jackie.weir@heart.org or 920.539.0458 for more information. This is an incredibly exciting year as it is the 35th Birthday of Jump Rope For Heart and we have many fun things planned for both Jump and Hoops so I hope you will join us!

These community service programs not only provide wonderful service learning opportunities that benefit students, school communities and the American Heart Association, the programs also benefit WHPE. Thanks again for all you do to build a healthier future and I look forward to working with you this year.

Hello! My name is **Lisa Schweitzer** and I am your local American Heart Association school representative. My job is to act as a resource to you in regards to educational programs related to heart-health. I work with over 175 schools throughout Southeast Wi who participate in our Jump Rope For Heart, Hoops For Heart and Red Out Service Learning Projects. We have many exciting initiatives going on here at the American Heart Association right now and I can't wait to meet with you to share all of the free materials and resources that we have to offer.

I am very excited about getting to know you and building a stronger partnership between your school and the American Heart Association. I will be stopping into your school this fall with some great materials however, if you would like to contact me before then I can be reached at (414) 731-8686 or via email at Lisa.Schweitzer@heart.org. It is a true honor and joy for me to work with teachers and students. Thank you for all that you do! Best wishes for a great school year!

Hi, My name is **Tim Nikolai**. I grew up an army brat but returned to Wisconsin for school. I have two children and a wonderful wife and am a huge Packer fan. I studied education at Ripon College and have been with the American Heart Association for 5+ years. I am passionate about bringing the entire mission of the American Heart Association to a school and community –seeking to build healthier lives among staff and families as well as students during Jump Rope For Heart and year round. My territory includes Milwaukee, Northern Ozaukee County, City of Sheboygan, and Manitowoc County among others. Looking forward to working with all of my volunteers this year! Please contact me at tim.nikolai@heart.org.

Hi! My name is **Carrie Nevins** and I am very excited to be starting my tenth school year with the American Heart Association. I am the Youth Market Director for Columbia, Crawford, Dane, Grant, Green, Iowa, Jefferson, Lafayette, Rock, Sauk and Vernon Counties. I'd like to thank everyone that made the 2012-2013 school year so successful! I look forward to working with all of you again this year! If you have not participated in Jump Rope for Heart, Hoops for Heart or Red Out Events in the past and would like to learn more about these programs you can contact me on my cell at 608-628-1065 or by email carrieann.nevins@heart.org

Hello! My name is **Kristine Lange** and I am looking forward to starting another school year as the Youth Market Director for North Central & Central Wisconsin. I work with schools in 24 counties from Dodge to Iron.

Thank you to everyone who participated in Jump Rope/Hoops For Heart and Red Out last year! I look forward to working with you again this school year. Your dedicated volunteerism truly makes a difference and your support of the American Heart Association is greatly appreciated!

This year is the 35th Birthday of Jump Rope For Heart and you are invited to join the party! If you have not coordinated an event in the past and would like more information, please contact me at 920-410-9656 or kristine.lange@heart.org. Thanks again for making a difference in the lives of your students and communities!

Youth Market Team

Korren Jewitt

This is my 3rd school year with the AHA. I cover the following counties in Wisconsin: Brown, Door, Kewaunee, Marinette, Oconto, Outagamie, Waupaca

I am excited and anxious for each of you to experience the American Heart Association's new "duck" incentive program. Thank you to all my testing schools last year, we couldn't have done it without you!

Rockledge Elementary of Seymour, WI continues to be top school within the state of Wisconsin! Thank you Lisa Cornette, Jim Palubicki and Dave Bauer for all your hard work and dedication!

My name is **Renee Davis** and I am the Youth Market Director for the majority of West Central Wisconsin counties. The 2013-2014 school year will mark the 35th Anniversary of Jump Rope for Heart and I will begin my 11th year with the American Heart Association. Wow….how time has flown by! Jump Rope for Heart and Hoops for Heart are amazing service learning projects, and just all around GREAT programs. If you have done an event in the past, THANK YOU!! If not, it's never too late to get involved. Please contact me at Renee.mdavis@heart.org or 715-829-2841 for more information. L

Hi! My name is **MaryLee Flannigan** and I am the Youth Market Director for Waukesha County and parts of Milwaukee County. This year will be the beginning of my 3rd year at the American Heart Association. It will be a great year as we will be celebrating the 35th Birthday of Jump Rope for Heart!

I look forward to working with you and helping make your events a success this special year. Thank you for your continued support and for making a difference in your community. If you would like more information about these service learning projects, please contact me at 414-510-3771 or marylee.flannigan@heart.org.

I look forward to meeting you and working together with you to help raise heart health awareness in your student's lives.

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 • 145 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; April 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.

Book Reviews

Drive – Daniel Pink

Understanding motivation has been well researched for decades – and as educators we are continually looking for ways to keep our students motivated to learn! Daniel Pink explores three elements of motivation – autonomy, mastery, and purpose – and turns a lot of what we may think motivates an individual on its head. By allowing students some autonomy over what they do to demonstrate learning (no, not total freedom!), we are more likely to intrinsically motivate them to learn because they want to learn, and not for a grade. Isn't that what we all want for our students?

The Power of Habit – Charles Duhigg

This book examines habits – how they form, how we recognize the patterns we follow in our lives, and how we can change them. It's a fascinating read into the human psyche, exploring the habits of individuals, successful organizations, and societies. The case studies presented are captivating – from how Target knows how individualize mailings and why we use toothpaste, to how Tony Dungee used habits reinvent the Tampa Bay Buncaneers and the Indianapolis Colts. The book also highlights cases where ingrained habits ultimately led to catastrophe.

Teach like a PIRATE – Dave Burgess

This book starts by asking two questions: 1. Would students still come to your class if they didn't have to? and 2. Could you sell tickets to your class? Using the PIRATE acronym, Dave Burgess shows you ways to make your teaching (and your content!) more creative and engaging. There is also a Teach Like a Pirate (#TLAP) twitter chat held weekly where educators from all over the world discuss how they are implementing strategies from this book in their schools.

LESSON PLAN IDEAS

Show Me the Money

Submitted by Michael Beringer, Fairview Elementary, MPS

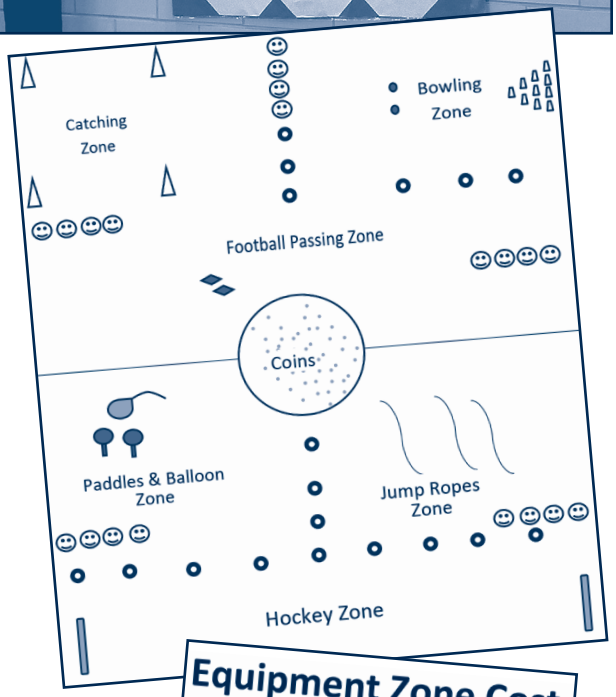
Equipment: Plastic coins, plastic or paper cups, dice, poly-spots, hula hoop, low profile cones to divide the court into zones, different pieces of equipment for 6 or 7 zones, upbeat music (optional)

Set-up: Place the plastic coins inside the hula hoop in the middle of the gym. Divide the students into teams of 4-5 students. Place each group at a poly-spot around the perimeter of the gym. Each team will have a die, a cup for the coins, and an Equipment Zone Chart.

Object of the Game: To "earn" money and count it correctly in order to play in a Zone.

Procedure:

1. On your signal, the first student on each team rolls the die, runs one lap, and tags the hand of the next student. The second student rolls the die and runs. The first student goes to the hula hoop to collect coins to bring back to the cup. Students continue to take turns rolling the die, running, and collecting coins.
2. The number that shows on the die is the number of coins the student is allowed to pick-up. For a roll of 1-4 students must pick up different coins. (e.g. for a roll of 4 the student can pick up a quarter, dime, nickel, and penny.) For a roll of 5 or 6, they can get additional coins, but never more than two of the same coin. (e.g. for a 5 a student could get an additional quarter. For a 6 a student could get two quarters and two dimes.)
3. Teams continue to play until you stop the music. This is normally one song.
4. Students count their money as a team to determine if they have enough to "pay" to play in a Zone. If they do, they bring the teacher the exact amount. All coins must be represented (Example: there must be pennies, nickels, dimes, and quarters.). If the money is correct, the team may then play in the paid Zone for a designed time.
5. Extra money can be kept in the cup (bank) to put towards the next rental.
6. Anytime a team needs money to play, they continue running laps to earn the money until they earn the necessary amount.
7. Students play at a Zone for 5 min. and then must earn more money to move to another Zone. Teams must stay together, and may not have some students running while others are playing a game.



Variations:

The understanding of portions and decimals can be applied in an activity that works with money.

Warm-up Activity

"Rock, Paper, Scissors, Run" Warm-up Activity

Submitted by Andrea Brehm, West DePere School District

Set up four cones in a square around the playing area. All students will begin at one cone (home base) and will find a partner. Students will begin by playing rock, paper, scissors. Every time a student wins rock, paper, scissors, they advance to the next base and find another student to play rock, paper, scissors with again. The students who do not win stay put and find another student who lost and play rock, paper, scissors again with the winner advancing. Once a student has made it back to home base, they earn a point and continue playing to see how many points they can get in the allotted time.

The Wisconsin Future Professionals were well represented at the 2013 AAHPERD convention in Charlotte, North Carolina. Our state had students from the following universities – La Crosse, Stevens Point, River Falls and Oshkosh. The students enjoyed the nice weather but also furthered their knowledge about their major. There were presentations they attended that you sat and absorbed information from other nationally known speakers, but they also enjoyed the ACTIVE presentations as well as the exhibit hall. Not only will this experience help our WHPE students be better prepared for their profession but they also saw the importance of being active in their professional organizations.

The following students received the 2013 Outstanding Majors of the Year Award at AAHPERD

University of Wisconsin – Oshkosh	Sam Engelland
Madison	Holly Feldman
Stevens Point	Matt Jurasewicz
River Falls	Jesse Rose
	John Schimenz
La Crosse	Samantha Ruedy

MPS at Best Practices

Donna Sturycz 8th grade teacher,
Marylou Eggert H.S. PE,
Brett Fuller Curriculum & Instruction,
Dale Garmon H.S. PE, William Ewert Elem. PE,
Paul Zetel H.S PE/Health, Gail Milbrath K8 PE

"UW-River Falls PE Workshop, April 12-13th - a Success!"

Necrologist Report

If you become aware of the death of a WHPE member, please contact: Necrologist
c/o WHPE
145 Mitchell Hall • 1725 State Street • La Crosse, WI 54601

800-441-4568;
608-785-8175;
whpe@uwlax.edu

WHPE

"Participation Structures" Culturally Responsive Health and Physical Education

–Dan Timm

Happy fall, everyone! I hope the school year has gotten off to a good start and you are on your way to having a productive year. In past articles, I wrote about the importance of performing a cultural self-mapping and knowing yourself as a person as the first steps to becoming a culturally responsive teacher.

As described by Geneva Gay (2010), culturally responsive teaching is comprised of five aspects: developing a cultural knowledge base, building a cultural learning community, cultural curricula, cross-cultural communications, and developing cultural connections. Although all aspects are important to connecting with students and developing physically active and healthy individuals, we'll begin our discussion by talking about cross-cultural communications.

When considering cross-cultural communications, two types of communication need to be examined: verbal and non-verbal. We'll talk about verbal communication today and more specifically, participation structures, or how students participate in class conversation.

A passive-receptive participation structure is prominent in many schools because it maintains discipline and order. In this style, the teacher plays the active speaking role and students passively listen. While the teacher talks, students are expected to listen quietly and speak only when permitted by the teacher. Student participation usually occurs when the teacher asks a question, often having a specific "right answer."

Contrasting this style, some students of color, particularly African Americans, Hispanics, and Native Hawaiians, tend to have a participatory-interactive participation structure. In this structure, students actively engage the teacher in discussion as (s)he is speaking. The roles of teacher (speaker) and student (listener) are fluid and interchangeable with one responding to the other.

Differences in participation structures between teacher and students can present a problem when a lack of understanding exists. An uninformed teacher may consider participatory-interactive participation to be rude and inappropriate and penalize students for conducting themselves in this manner or try to change them to a passive-receptive participation structure. When students are not able to verbally participate in the manner that is natural for them, their thinking is diminished and they are put at a disadvantage academically compared to their classmates. Trying to change students' participation structure is also a rejection of who they are as individuals. It is important to realize that if students are being participatory-interactive, they are not being rude but are being themselves.

How does a teacher blend together participation from students who have different participation structures? There is no "quick-fix" answer to this question. As we will discuss in the future, a teacher needs to develop a caring community in the classroom in which students understand and respect each other's cultural background and communication styles. As part of this community of learners, a teacher could set guidelines for participation that are fair and address the participatory characteristics of all students.

Next time, we'll talk about other aspects of verbal communication.

Gay, G. (2010). Culturally responsive teaching: Theory, research, and practice (2nd ed.). New York, NY: Teachers College Press.

Congratulations to WHPE Past President Joanne Suomi for her selection to participate in a U.S. Department of State sponsored Professional Fellows EMPOWER Program, administered by Mobility International USA (MIUSA). This two-way international exchange program aims to expand the capacity of organizations in the U.S. and abroad to promote inclusive communities and advance the rights of persons with disabilities around the world.

UWSP-SNAP partnered with two China-based organizations, Guangzhou Sport University and Guangzhou English Training Center for Handicapped (GETCH), to implement a long-term project on the development of inclusive aquatic programs for persons with disabilities.

In August 2013, UWSP sent Dr. Joanne Suomi, SNAP aquatic instructor, to the Guangzhou Sport University in Guangzhou, China, for a preliminary exchange visit with the partnering organizations to gain an understanding of disability issues and inclusion in their communities, as well as to lay the foundation for a collaborative project and an effective ongoing professional relationship.

One representative from Guangzhou English Training Center for Handicapped (GETCH) will then be hosted by UWSP-SNAP in Stevens Point, WI, Oct. 19 - 29, 2013, where they will work alongside American counterparts to gain first-hand experience on how issues in their field are addressed in the United States.

Recipes from you friends at WHPE … some old and some new!

Healthy Recipe

Fruit and Nut Chewy Bars - *Submitted by Andrea Brehm*

Ingredients:

- 1/3 cup chopped almonds
- 1/3 cup chopped pecans
- 1/2 cup honey
- 3/4 cup dates, pitted
- 1 tsp cinnamon
- 2 ½ cups regular rolled oats
- 1/2 cup dried cranberries
- ½ cup chopped dried apples

Directions:

Preheat oven to 325 degrees. Spread nuts on a rimmed baking sheet and bake until light golden, 10 to 12 minutes. Warm honey in a microwave until the consistency of thin syrup. In a food processor, pulse honey, dates, cinnamon, and oats until oats are coarsely chopped. Scrape oat mixture into a medium bowl. Break up any clumps of dates and, if needed, chop any large date chunks. Stir in nuts, cranberries, and apples. Squeeze mixture into a ball. Line baking sheet with foil and oil foil. Using damp hands, firmly pat mixture onto foil into a compact 6- by 12-in. rectangle. Freeze until rectangle is firm enough to cut, about 20 minutes. Lift rectangle from foil to a work surface and cut into 16 bars. Wrap bars individually.

Orange Syrup Cake - *submitted by Marcia M. Schmidt*

Ingredients

- Dairy free margarine for greasing the pan
- 6 eggs, separated
- 1 c. granulated sugar
- grated rind of 3 oranges
- 1 1/2 cups ground almonds

Topping

juice of 3 oranges
3 T honey

Preheat oven to 350 degrees. Grease the 8" pan and line the bottom. Beat the egg yolks with sugar, orange rind and almonds in large bowl. Whisk egg whites in separate bowl until large stiff peaks form. Fold a spoonful of egg whites into almond mixture, then fold in remainder. Carefully pour batter into pan.
Bake in oven for 45-50 minutes until toothpick inserted comes out clean.
To make topping, put orange juice and honey in pan and bring to boil, stir once then cook until reduced thickened and syrupy. Do not stir. Using a fork pierce the cake all over, then pour syrup over cake.

- gluten free and dairy free
- calories 282
- fat (of which saturated fat) 14g (2)
- carbs (of which sugar) 30g (30g)
- salt .2g

Spinach Salad - *Submitted by Dan Timm*

Ingredients

- 20 oz. spinach
- 1/2 lb. bacon (crisped)
- 1 small onion (chopped)
- 3 hard boiled eggs

Dressing

- 1 cup oil
- 1/2 cup sugar
- 1/3 cup ketchup
- 1/4 cup vinegar
- 1 tbs. worchestershire sauce

Mix bacon and onion with the spinach
Slice hard boiled eggs on top of spinach
Serve dressing on the side

Dreamsicle - *submitted by Mandi Hendricks*

1 pkg sugar free orange jello
1 pkg. sugar free instant vanilla pudding
1 small can mandarin oranges drained
1 (8oz) fat free cool whip

Mix Jello with one cup hot water. Use the ice method on the box to thicken. Let stand 10 minutes. add the powder only of the vanilla pudding to jello mixture. Add drained oranges and fold in Cool Whip.

LET-TUCE EAT SALAD - *Submitted by Heather DeLuka*

Salad/Lettuce:

½ Bag Fresh Spinach, Wash and Dry
2 heads Boston Bibb, Use salad spinner if available
1 lb. Fresh Strawberries, Clean and slice in half
1 cup Pecan Halves, Toasted (Brown in butter for 10 min in 350 degree oven)

Dressing:

- 1/3 cup Raspberry Vinegar
- 1 tsp. Salt
- ½ cup Sugar
- 1 tsp. Dry Mustard
- 1 cup Oil (canola or olive)
- 1 ½ Tbs. Poppyseeds

Combine all dressing ingredients and shake well.
Toss with lettuce, pecans, and strawberries at serving time.

Baked Kale Chips

Ingredients

1 bunch kale
1 tablespoon olive oil
1 teaspoon seasoned salt

Directions

1. Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Makes 6 servings.
found at Allrecipes.com

Kale and Quinoa Salad

Ingredients

- 2 cups water
- 1 cup quinoa
- 10 leaves kale, cut into small pieces
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- 1 large garlic clove, minced
- 1 teaspoon fresh cracked black pepper
- 1/2 teaspoon ground sea salt
- 1 cup pecans
- 1 cup currants
- 3/4 cup crumbled feta cheese

Directions

1. Bring water to a boil in a saucepan. Stir quinoa into the boiling water, reduce heat to medium-low, place cover on the saucepan, and cook until water absorbs into the quinoa, about 12 minutes. Remove saucepan from heat and let rest covered for 5 minutes. Remove cover and allow quinoa to cool completely.
2. Put kale in a large mixing bowl.
3. Whisk olive oil, lemon juice, Dijon mustard, garlic, pepper, and salt together in a bowl until oil emulsifies into the mixture; drizzle over kale. Add cooled quinoa, pecans, currants, and feta cheese to the dressed kale and toss to incorporate.

Makes 6 servings.
found at Allrecipes.com

Wisconsin Health and Physical Education
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Executive Directors Report

I cannot think of a more fitting substitute for my regular report than the introduction of Eileen Hare, our new Health and Physical Education consultant at DPI. With a special thanks to Jon Hisgen and his legacy, let us give a great WHPE welcome to Eileen.

Keith

Eileen Hare is the newly appointed DPI Health Education & Physical Education Consultant.

Prior to joining the DPI team, she taught for 23 years for the Neenah Joint School District in Physical Education and served as the K-12 Department Chair for the last 15 years. Since 2008, she has also been an adjunct professor for UW-Oshkosh, a state host site for 21st Century PE programs, a Polar Showcase district host, and received NJSD teacher of the year accolades. Eileen holds a B.S. in Physical Education and health Education from UW-Oshkosh and a M.S. in Physical Education from UW-La Crosse.

Eileen has championed numerous efforts in her own district and across the state to progress student wellness both in and out of the classroom. She is a pioneer of blending health education standards with physical education standards into new curriculum. NJSD has been very successful at implementing several school coordinated health programs in the areas of active classrooms, active recess and nutritional guidelines. Neenah has received four Governor's School Health awards and MVP Play 60 status. Her leadership has gone beyond her district through her Physical Education and PEP Grant consulting across the state.

In her new role, Eileen will be focused on continuing to move Wisconsin forward as a leader in the nation for student wellness by collaborating with the state's school districts, local education agencies, and WHPE. Additionally, she will share some department responsibilities, including preventing the negative impact of teen tobacco use. Eileen believes that enabling and empowering a child's personal wellness development is a critical building block to maximizing their academic potential.