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

WISCONSIN HEALTH AND PHYSICAL EDUCATION
NEWSLETTER

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FALL 2020



***From Your WHPE President:
Maureen Vorwald***

Greetings! I hope this newsletter finds you and your family in good physical, mental, social, and emotional health. While each of our school dynamics has undoubtedly changed to begin this year, the thing I am confident that has not changed is our commitment to deliver high quality instruction to our

students. Hopefully this newsletter will provide you with valuable resources and serve as a reminder of the wonderful professional community we are all a part of. We are Better Together and let us stay connected throughout the upcoming year.

Grants. In an effort to better meet your teaching needs, WHPE has moved our grant cycle up this year. What resources/equipment would give your PE or Health program a boost? We have budgeted \$10,000 in grant money for 2020-2021. This year preference will be given to grants under \$1000 in order to impact more students and communities. Never written a grant before? No worries, WHPE will host a zoom mid-September to share information about how to write and submit your grant. Grants will need to be submitted by October 15 and will be awarded late November.

Community. Good luck on a strong start to your school year. Each and every day we make choices that impact our teaching effectiveness and our own well-being. WHPE will be hosting monthly zooms in an effort to (1) provide opportunities for you to share your expertise and success stories, (2) let us learn from one another, and (3) build a stronger sense of community within WHPE. We often use our convention to connect with one another but let's not wait until March for that. Let us be there for one another all year long. Better Together!

Equity. Diversity. Inclusion. These are key components that you will hear more of over the course of this next year and beyond. Like most organizations, WHPE has much work to do in the areas of equity, diversity, and inclusion. In the near future, you will be invited to join us in this journey of self evaluation and growth.

Membership. Thank you for being a WHPE member. There has never been a better time to belong to a strong and caring professional community that shares common goals and resources. Many of you typically renew your memberships at convention time. With

our convention being moved to March, please consider renewing your membership earlier if it is set to expire prior to convention. Your membership dues are important in WHPE's ability to award grants and to produce a state convention second to none.

Full Plate. As I am writing this, I was sent a reminder to complete 15 different online training courses covering a myriad of topics including active shooter, coronavirus awareness, sexual harassment, diversity awareness, medication administration, child abuse reporting, etc. Why bring this up? Not to whine or complain about how my job responsibilities have grown over the last 30 years, but I bring it up as a reminder. Many of our students face more challenges than ever before. This is an unprecedented time. How can we incorporate the social and emotional skills our students need and how will we build those strong relationships required for learning and living? Those need to be high priority items as we plan for our year. And how will you plan and ensure taking time to care for yourself and your own needs? Please keep self-care in mind as you navigate your way through this school year. And if you find yourself in a place of needing support, please reach out to our WHPE family. I wish you and your families all the best. Stay well. Better Together!

Warm regards, Maureen Vorwald, WHPE President

WHPE Grant Funding available early due to COVID-19

Due to the COVID-19 pandemic and the resulting changes that need to be made in order to continue to provide quality health and physical education programs to the children of Wisconsin, the WHPE Board of Directors has voted to move up the Grant application deadline up in order to provide much needed funding for WHPE members and their school districts. The updated deadline for submitting a WHPE Grant application is October 15, 2020, with funds to be distributed by late November. Grant guidelines can be found on our website at <http://whpe.us/whpe-grants>. Historically grants have been awarded up to \$2,000, however with the great need in districts for funding to supplement Health and PE programs due to social distancing precautions, preference will be given to grant requests submitted for \$1000 or less.

Electronic Voting for WHPE 2020 Board of Directors ...

This year's WHPE elections will again take place electronically. On October 1st you will receive an electronic ballot link via email. Electronic voting will open October 1st and close at midnight on October 15. If you do not regularly receive emails from the WHPE office/Nicole Popowich, please call the office at 608-785-8175 or send an email to npopowich@uwlax.edu ASAP to update your email address. If you do not receive an electronic ballot or would prefer to mail in your ballot, there is a paper ballot located on page _ of this newsletter, which must be postmarked by October 15.

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WHPE Convention planned for March of 2021

Due to the uncertain times that we find ourselves in, the WHPE Board of Directors has made the decision to postpone our Professional Development Convention until spring of 2021. Our new convention date will be March 24-26, 2021 to be held at the Wilderness Resort/Glacier Canyon Conference Center, 45 Hillman Road, Wisconsin Dells, WI 53965.

The WHPE Room rate: Double Queen with couch \$99 plus \$24.95 nightly resort fee; 2 Bedroom Glacier Canyon Deluxe room \$139 plus \$24.95 nightly resort fee.

Early Bird Registration rates will be as follows:

- Professional registration for current members \$135
- Professional registration including one year's membership \$215
- Student registration for current members \$50
- Student registration including one year's membership \$85
- Non Member registration \$240

WHPE Election 2020 Ballot

WHPE has gone to an electronic voting process for this year's election in order to give all members an opportunity to vote. If you are unable to vote electronically by following the instructions in this newsletter, you can mail this ballot to WHPE, 145 Mitchell Hall, University of Wisconsin-La Crosse, 1725 State Street, La Crosse, WI 54601 between October 1 and 15.

Please vote for one candidate for each position

Treasurer

- Katie Mulloy
- (Write In) _____

Member at Large

- Jackie Clark
- (Write In) _____

Elementary Division VP

- Kim Selby
- (Write In) _____

Middle School Division VP

- Tim Mueller
- (Write In) _____

Secondary Division VP

- Shannon Maly
- (Write In) _____

College/University Division VP

- Rebekah Johnson
- (Write In) _____

APE Division VP

- Sadie Brown
- (Write In) _____

The following information is requested to ensure voting confidentiality. The privacy of your information is guaranteed. Thank you for voting in the 2020 WHPE election.

Name _____

Email Address _____

EQUITY. DIVERSITY. INCLUSION. (EDI)

Are you interested in reading on your own or starting a book club to address social injustice, equity, diversion, and/or inclusion? Check out this great book list compiled by Mark and Becky Follmer. <https://docs.google.com/document/d/10nQzTmuvyqjRyzJLK6AqDtqyogdKmMEEK4MRABq2ZaI/edit>

And SHAPE America has put together some great resources as well: <https://blog.shapeamerica.org/category/edi/>

Leadership Opportunities in WHPE



Candidate for APE Division VP

My name Sadie Brown from Watertown, WI! I am currently starting my 12 year teaching and I have had the honor to teach Health & Physical Education at both high school and elementary in Watertown for several years and now starting my 6th year in the Sun Prairie Area School District as a full-time Adapted PE Teacher. I love working with students with special needs and I have a passion for inclusion! I also coach volleyball and softball at the high school level for the last 11 years. I was recently awarded the 2020 Wisconsin Teacher of the Year award for Adapted PE. I have been a member of WHPE for over 10 years and love attending convention, presenting with my co-workers, connecting with colleagues from around the state and learning from so many others. I would love to be a part of the WHPE board to help bring a different view on how Adapted PE can be inclusive for EVERYONE and truly benefit ALL students with and without disabilities.

Candidate for Vice President of College and University Division, Rebekah Johnson

Hello WHPE Members! I am writing to you to share why I am running for the position of Vice President to the WHPE Board of Directors for the College and University Division. I am currently serving in this position and have been since October of 2019.



The College and University Division has members from institutions all across the state. And although all of our situations are different, our core purpose is the same. We want to send out qualified teachers that are ready to take on the challenges of physical education, health education, and adapted physical education. Through WHPE, we are able to gather and collaborate.

In my first year, my mission has been to get to know the members of this division and the needs that our organization can meet. Most recently, I organized a Zoom meeting to discuss the issues of remote learning as it relates to higher education. This conversation allowed us to share strategies, technology tools, and ultimately create a plan for a cross-divisional collaboration between higher education members and K-12 PE teachers in the state.

In the past year, I have enjoyed the opportunity to serve on the board with a talented and dedicated group of professionals. I find the board meetings to be a place for valuable discussion on how this organization can best serve its members and in turn, effect positive changes on the health and wellness of students across the state. I hope to continue to serve you all for the next two years.

- Rebekah Johnson, Carthage College

Leadership Opportunities in WHPE

Candidate for Elementary Division Vice President



Hello fellow WHPE members! My name is Kim Selby and I would be honored to serve you as the Elementary Division Vice President. This is my 18th year teaching elementary physical education at Wilson Elementary School in the Sheboygan Area School District and I have been a WHPE and SHAPE member for the majority of those years. I received my undergraduate degree from Xavier University where I was a member of the women's basketball team for all 4 years and then received my master's degree in Educational Leadership from Marian University in 2005. I am married and have 2 children - Drew (7) and Reagan (5) - with a 4-legged baby due in December! I enjoy spending time with my family, camping during the summer months, snowboarding and snowshoeing in the winter, and scrapbooking.

I believe strongly in quality physical education programming especially at the elementary level where the seeds for the joy of movement and lifelong learning are planted. And now more than ever is the time for us to advocate for our profession! I have been a strong advocate for physical education within my district serving on our PEP grant leadership team, coordinating in-school programs such as Health.Moves.Minds and Step It Up/Game On, and implementing an active recess program. I have experience using different forms of technology to enhance my lessons and student learning/assessment and I am always on the lookout for ways to learn, tweek, and improve my teaching.

I am looking to continue growing as an educator and professional by improving my leadership skills through involvement in WHPE. It has been a pleasure to be part of a community of professionals who are eager to share their passion, learning, and resources with others. In this position, I hope to bring that same passion, energy, and resources to our students and my fellow educators because we will always be #BetterTogether.

Candidate for Middle School VP



I am Tim Mueller and I've been teaching K-8 physical education at Erin School for 28 years. I have served on the WHPE board as the FUTP60 liaison for the past 3 years. I was chosen to represent Wisconsin in 2016 and SHAPE Midwest District in 2017 as the Middle School PE Teacher of the Year. I am also an adjunct professor at Concordia University, teaching the Methods of Teaching PE courses. I enjoy

presenting on quality physical education at the state and national level, and I am passionate about promoting our profession. I look forward to continuing to serve WHPE to promote quality physical education for every student!

Tim Mueller, Erin School Physical Education

Candidate for High School VP



Hello everyone, my name is Shannon Maly and I am excited to be running for the WHPE High School Vice-Presidency position for my second term. I am currently your WHPE High School VP and would love the opportunity to continue. I am passionate about exploring, developing and enhancing curriculum so students have the knowledge to lead active lives in college and beyond. As many of us begin the school year in hybrid, virtual, or in person, I would like to continue to share my experiences learning from others and create more professional development opportunities specific to high school educators.

Candidate for WHPE Treasurer



My name is Katie Mulloy and I am running for WHPE Treasurer and Fundraising Coordinator. I have been teaching physical education for 15 years and, as you can probably guess, physical education and fitness are my true passion in life. As a long time WHPE member, I am often sharing and participating in many different PE related social media outlets, advocating for physical education within my district and State, and presenting at various conferences/professional developments either in person or virtually. Up until now, I have served on the JRFH/HFH Taskforce, the WHPE Advocacy Committee, and, up until this spring, I was the WHPE Elementary Vice President. I am interested in serving all of my HPE colleagues the best way I can by continuing to learn and grow my leadership skills through WHPE. I believe I would make a great Treasurer and Fundraising Coordinator because I am a passionate and determined educator, I love collaborating and sharing new ideas to benefit our students, and I am eager to take on the responsibilities for this position.

Candidate for Member at Large



My name is Jackie Clark. I have been teaching physical education in the Waupun Area School District for the past 26 years. As I begin my 27th year, I am blessed to be part of the best professional learning community ever! My PE colleagues across the state and country have helped me be the passionate physical educator that I am. Back in 2006, I was chosen as the Wisconsin State Elementary

Teacher of the Year! What a humbling honor! I am blessed to be connected with so many fellow passionate educators and believe in WHPE President Maureen Vorwald's WHPE presidency theme "Better Together". I would not be who I am today without my PLN! Staying connected is also very important. WHPE has been my go to over the last 27 years! I have served on the board a number of times and each experience of being connected has made me grow as a physical educator to that next level. I encourage you to stay connected with WHPE and get involved with our organization. I would be honored to continue to serve as your Members at Large representative!

Larry Cain Memorial Scholarship

WHPE would like to thank Karen Cain for having established the Larry Cain Memorial Scholarship in honor of her late husband, Larry Cain, WHPE (WAHPERD) President from 2000-01. The scholarship provided many years of support to both WHPE Professionals and Future Professionals to assist them in attending the WHPE Convention and banquet, along with providing a year's membership. We wish Karen well as she begins a new endeavor in supporting children in need in Larry's former school district of Janesville.



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



2020 WHPE Awards Spotlight...

Despite having to postpone our WHPE annual Convention and Awards Social, WHPE wishes to recognize the 2020 Award recipients. It is our hope that we will be able to recognize these deserving individuals in person at our convention in March 2021. However, until then, WHPE offers congratulations to the following people who are receiving 2020 Awards.

ADVOCACY is an often talked about word among professionals. The word 'advocate' comes from a Greek word meaning: 'to stand beside; to help'. 'Advocate' translates into the legal sense as 'helping to plead the cause of another'. No matter how one views 'Advocacy' by definition, it is imperative that our HPE profession has those individuals who support, council, comfort, and help (advocate) for both the profession and those of us who work within it. WHPE proudly recognizes three of the most prominent advocates our Association has known:

Doug Kane

Doug Kane, retired MPS, has taught, subbed in over 160 schools and worked in Recreation badminton and basketball programs at Whitefish Bay for over 50 years. He is a Lifetime WAHPERD/WHPE member who served as WAHPERD President in 1999 and on numerous committees and BOD positions over his career. Doug has been recognized as an Elementary PE TOY, JRFH Award, and with a Presidential Service Award. He received National recognition for his involvement in Hoops for Heart and was recently (July 2020) honored by the National Recreation and Park Association for his continued engagement in and dedication to our allied professional field of Recreation. WHPE salutes Doug Kane's lifetime Advocacy endeavors and the Association 'thanks' him for his continued service on behalf of the profession and we recognize him with this Advocacy Award.



Keith Bakken, WHPE retired CEO

Keith has guided WAHPERD/WHPE to having become one of the primary state affiliates of AAHPERD/SHAPE over his 25 years of service in Wisconsin. Because of his leadership and knowledge related to finance and association management, WHPE is fiscally sound and on the cutting edge of new theory and practice and our Association has provided continuously engaging professional development opportunities for members during his tenure. Prior to coming to WHPE, Keith was affiliated with teaching in the US Army at West Point and was promoting the concept of 'physical literacy' long before our profession evolved into using that term. Keith resides with his wife Karen and extended family in Mt. Horeb and although 'retired', he is and will continue to be WHPE's #1 Advocate. WHPE recognizes Keith's extended service and we wish him well in retirement.



Nicole Popowich, WHPE Association Manager



Nicole has been with WAHPERD/WHPE for 28 years, being initially hired by then Executive Director, A. B. Culver. Nicole was 'just a kid' out of high school and her position of 'clerk/typist' was to be temporary. WHPE is fortunate that the position evolved into that of Association Manager and that Nicole has literally 'grown up' with WHPE and into her current role of managing and providing for all of us members. Over many years, she has managed the budget and convention process, assisted some 25 Presidents to transition into their roles and worked with three Executive Directors. She truly can and has done it all! As WHPE transitions now to another new President and Executive Director, we are extremely fortunate to have Nicole to be the guide on the side to help us all stay viable and continue to be the thriving proactive Association we have become. Nicole, we recognize your efforts devoted to us over many years. WHPE looks forward to the continued high level of proficiency you have previously demonstrated on our behalf as we all move forward into the future together.

FUTURE PROFESSIONAL LEADERSHIP Zachary Falk

Zach is a UW-L graduate who has certifications in Physical Education and APE. While at La Crosse, he earned Dean's list honors and was a contributing member of UWL PEM Club having worked as an age group leader for the Winter Youth/Fitness Camp. He enjoys teaching swimming lessons and working as a golf instructor. A highlight to his student teaching, prior to having to adapt to distance online teaching/learning resultant of COVID19 crisis, was that one of his and cooperating teacher, Nick O'Keefe's ice fishing classes were able to catch a 40 inch Northern Pike while they could still be all together for that in class experience. WHPE thanks Zach for serving in the role of Future Professional VP on the BOD, and we wish him well in his continued future HPE experiences within the profession.



APE TEACHER of the YEAR Sadie Brown



Sadie teaches APE in the Sun Prairie School District for grades K-12. She works to establish and build relationships with her assigned students and staff. Sadie's emphasis is upon meeting individual IEP goals and fostering active lifestyle programs for her students that extend beyond the classroom. Sadie works collaboratively with regular PE staff to establish adaptations into which her students can engage alongside of their regular PE peers. She has secured bike modifications for her 4th & 5th graders to ride with peers, blended APE/Regular PE in Unified PE for 8th grade/high school students while bringing wheelchair basketball/sit volleyball to others. Ms. Brown is creative and has increased inclusion raising awareness of Paralympics to Sun Prairie schools. In her spare time, she presents for both the district and WHPE, coaches district volleyball/softball, and continues to engage in personal professional development as a lifelong learner. WHPE thanks Sadie for her involvement and recognizes it with this award.

PHYSICAL EDUCATION TEACHER of the YEAR Kim Selby – Elementary



Kim is a Physical Educator at Wilson elementary in Sheboygan, having taught there seventeen years. She holds a BS in PE and an MS with Principal licensure and certification in ATODA and coaching. Mrs. Selby has served as SASD ATODA coordinator, PEP Grant head Advisor-elementary, conducted JRFH and now HMM's events in addition to helping community fundraise for the recently completed SHAW Family All-Inclusive Playground Park. Most comfortable in the elementary PE classroom, she centers her lessons around SHAPE Standards, emphasizing a multiplicity of activities to promote physical literacy and social emotional interaction. She not only allows students to answer the proverbial 'what are we doing today', but also stresses 'why, how, assessment' and provides for student success via 'I Can' ... opportunities. Kim attends both WHPE/SHAPE Convention, and realizing behavior/discipline to be her biggest challenge, has collaborated with other staff/parents to find ways to motivate positive student behavior. She has a passion for moving and learning that is contagious to her students, their families and staff. Kim most recently joined the WHPE BOD as Elementary PE VP using her talents to continue to serve others within the profession. WHPE recognizes her knowledge and enthusiasm imparted to others with this award.

PHYSICAL EDUCATION TEACHER of the YEAR

Shannon Maly – Secondary

Shannon teaches at Sun Prairie High School, having previously taught in Stoughton and Marshall. She is a seventeen year WHPE member and has served on the BOD. She is always looking to develop, improve, build upon and provide the best PE experience for the students. While at Sun Prairie, Shannon has contributed to all four essential component (policy/environment, curriculum, appropriate instruction; assessment) areas to help foster better program experiences for the students. She uses technology, challenge by choice, Sport ED, social media, Games for Understanding and other innovative methods in addition to traditional best practices when presenting lessons. Her teaching is linked to research and supported by assessment. During a pilot Sports Officiating class she developed, she realized . . . 'it wasn't working' and more adaptations to immerse students more fully to allow for higher quality of learning were necessary. Shannon has presented at WHPE, SHAPE and through her affiliation with OPEN, at numerous other state conferences. Likewise, she has written and received grants and developed curriculum. Ms. Maly truly fits into SHAPE Past President, Jamie Sparks' R.O.C. She is 'Redefining Our Community' and WHPE recognizes the contributions she has made to the profession thus far with this award.



OUTSTANDING SERVICE AWARDS



Katie Mulloy

I must say every time I run into Katie she is a breath of fresh air. Her energy, knowledge, enthusiasm, and commitment are second to none and she is doing great things to move WHPE in a forward direction. This past year she took a leap of faith and hosted a health.moves.mind event in its inaugural year to better her students social and emotional health and to strengthen a bond between WHPE and SHAPE America. She recently agreed to take on a greater role as the WHPE Treasurer and to serve on the WHPE executive board. In conclusion, I truly appreciate Katie's commitment to WHPE and look forward to her growth as a leader. It is with great gratitude that I award Katie Mulloy with the WHPE Outstanding Service Award.

Jackie Clark

Whenever WHPE has needed Jackie to do anything, her answer has always been "YES". Jackie is one of the most selfless people I have ever met. She is so giving, personable, passionate, and professional. She is a great role model for all in our professional community. Jackie has been a major contributor on our executive board during my presidency and volunteered to be on the search and screen committee in charge of hiring our new executive director as well. Before schools shut down, Jackie ran a Step it Up/Game On fundraiser and helped raise over \$50,000 to benefit her school and community and WHPE. It is with great gratitude that I award Jackie Clark with the WHPE Outstanding Service Award.



Retirement Recognition

Deb Grundahl

Robert Petermann

20 Year Membership Recognition

Jackie Clark

Andrea Ingvanson

Peter Rintelman

Jennifer Day-Nelson

Todd Jahns

Marcia Schmidt

Crystal Gorwitz

Erika Molitor

Peter Toutenhoofd

Kamie Gritt

Todd Pozarski

Wade Wentland

Sherry Hintz

30 Year Membership Recognition

Roxann Barrow

Stephanie Rowe

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:

Nicole Popowich

**145 Mitchell Hall • UW-La Crosse
1725 State St. • La Crosse, WI 54601
800-441-4568; 608-785-8175
npopowich@uwlax.edu**

Deadlines for publication are: December 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.

The following WHPE were recognized for achievements to have been celebrated during the cancelled SHAPE Spring convention:

Allisha Blanchette was MW District health TOY

Keith Bakken was acknowledged for 25 years of service to HPE and for his retirement

Penny Kroening assumed her new HPE professional role as WHPE Executive Director

WHPE members receiving MW / SHAPE recognition are:

Kris Fritz is a WHPE Past President, MW TOY; SHAPE North American Society inductee who has served for fifty years in a multiple of leadership roles. She was recognized for completing her role as Midwest District President.

Jo Bailey is a WHPE Past President, MW TOY and has served in a variety of leadership roles with emphasis on infusing technology into teaching. She is acknowledged for having been elected to SHAPE Board of Governors to continue to offer leadership to the profession.

Brett Fuller serves MPS as a PE administrator and is a Past WHPE President. He is acknowledged as becoming the SHAPE America President.

The following WHPE members have received Recognition for significant contributions to the Midwest District and SHAPE America:

Patty Kestell is a lifelong WHPE member, Past President and 2013 SHAPE National Elementary PE TOY who has received a Midwest Presidential Citation for her "Commitment/Effort Devoted toward the SHAPE Chicago PLI". Patty should also be recognized for her willingness to serve by assuming leadership for the Midwest District in becoming the 2020 District President.

Dr. Deb Sazama teaches PETE at UW- L and advises both UW- L and Midwest Future Professionals. Dr. Sazama has received a MW Presidential Citation for her "Service/Engagement into the Development of the Mentor/ FP program."

McKenzie Kirtz is a former UW- L Future Professional who worked with Dr. Sazama and is also receiving a MW Presidential Citation for her effort devoted to this endeavor.

Matt Pomeroy is a WHPE member and past Chair of the Midwest District Professional Development Committee and has received a MW Presidential citation for his dedication and commitment to the development of the August 2019 teacher Fest event held in Michigan.

Great Reads...



It's Will Westphal with another book recommendation. Right now I'm working my way through "The Language of Coaching" by Nick Winkelman. As a practitioner it can connect as a coach or teacher. I mainly dug into it because I've heard him present and demonstrate how he goes about things. He's phenomenal. The 1st part of his book dives into how we learn. We're all going to have different learning scenarios as teachers this year. His examples on how to make information salient or relevant, and how we consolidate memories is going to be a nice guiding compass for me this year and in the future.

My summary of these may seem like no brainers but here they are:

1. Salience/Relevance.
2. Give them context
3. Suddenness of information can gain attention
4. Frequency--Give it to them often enough and the salience increases
5. Novelty--Don't forget to change things up
6. Previous Experience-- Distinctly positive or negative emotions will be salient (where do you want to fall with your students on this?)
7. Physical State-- Recognize where they're at and how much stimuli they can handle
8. Goals--If your stimulus doesn't match theirs, they will make their own. Analogy and metaphor makes things more relevant
9. Name Game--We're all conditioned to hear better than anything else. Use that.

Memory Consolidation:

1. Chemical--Emotionally charged presentation gets preferential treatment in the brain due to it's connection with the amygdala. The more amygdala activation you have with encoding is directly correlated to how much information is remembered.
2. Structural-- The more we activate a memory the better our brain will become with using, and adjusting it when new information is presented to us.

– Will Westphal

Physical Education Teacher, Brillion Elementary – WHPE Central District Coordinator



A Message from your President-Elect ... Dan Timm, UW-Madison

Reach Everyone

Former University of Wisconsin-Madison President Charles Van Hise stated in 1905, "I shall never be content until the beneficial influence of the University reaches every family of the state." Known today as the Wisconsin Idea, Van

Hise believed education should influence people's lives beyond the classroom and should reach to the boundaries of the state. With the Wisconsin Idea serving as the foundation and the importance of serving people inside and outside WHPE, **Reach Everyone** will be the WHPE theme during the next two years.

Students. Reach Everyone begins with reaching students during our teaching. Regardless if instruction is socially distanced face-to-face, online, or some form of hybrid teaching, teachers need to reach all students and meet their needs.

Members. As an organization, WHPE needs to reach its members in various ways. Led by **President Maureen Vorwald** and **Executive Director Penny Kroening**, the organization has aggressively reached out to members with professional development to assist in their preparation for the school year. WHPE also reached out to members with advocacy efforts they could use as schools made plans for the fall semester. These two initiatives add to reaching current members with the value of membership. As I wrote in my candidate statement for President-Elect, "Members need to believe WHPE is their organization and the benefits of membership are too valued to lose."

Outside WHPE. WHPE's efforts should not stop at the boundaries of the organization. It should proactively reach out to the public sector and promote quality health and physical education throughout the state. Those of us in the organization need to reach out to individuals who are not members and promote the value of a WHPE membership. Reaching Everyone also goes beyond the boundaries of the state. I have been connecting with Presidents-Elect in the other Midwest District states, plus Iowa and Minnesota, building a network for the coming years.

SAM Leadership Development Conference

In June, Executive Director Penny Kroening and I attended the Society for Administration Management's Leadership Development Conference (SAM LDC). SAM is comprised of the Executive Directors of the SHAPE America districts and state associations. As with any conference, numerous presenters spoke on a variety of topics. Certain topics were at the forefront this year such as how state organizations can operate in the new norm of a COVID-19 society. Tied to

that, Social-Emotional Learning is being emphasized by SHAPE America because of the effect COVID-19 had on schools and students in spring and likely will again in fall. A focus of every state has been providing assistance to teachers in preparation for the new school year.

One other topic that is being emphasized by SHAPE America is Equity, Diversity, and Inclusion (EDI). The George Floyd tragedy in May jolted American society into realizing certain groups of people in the United States have been mistreated for too long and a change is needed. The Jacob Blake shooting in August reiterated a need for respect for all people. EDI needs to be infused into everything we do at WHPE. It needs to be how we do business, not because SHAPE America thinks it is important but because it is the right thing to do. More about EDI is discussed in the Culturally Responsive Health and Physical Education article.

Strategic Plan

The current strategic plan for WHPE runs through 2020. It can be found on the web site under About Us – Strategic Plan or at <http://whpe.us/strategic-plan>. Please review the plan and send any thoughts to me; what parts of the current plan should be continued? What should be added to the next strategic plan? I will be specifically reaching out to past-presidents in fall for their thoughts.

Accolades Column

Some new things will be coming down the road in the future. One I will introduce here is an Accolades column in the newsletter. This was an idea of Central District Coordinator Will Westphal and with his approval, we will begin the column in the Winter, 2021 Newsletter. The column is intended to give a well-deserved pat-on-the-back and a rousing "Congratulations!" to members for their professional accomplishments. The plan is to recognize deserving members for their achievements in every newsletter. More information and a call for submissions will come out later in fall.

When the World Gives You Lemons...

By the time you read this newsletter, you will have a number of weeks of teaching completed in the new school year. Now that you know what your situation is, go with it! You have likely taken inventory of the constraints and challenges, resources available to you, assistance from WHPE, and of yourself, and taken charge of the situation. Rise above those limitations and show your principal or department chair what kind of teacher you are. We all need to make the best lemonade we can from the lemons we were given by our respective situation.

Something You Can Use: The Pediatric Inactivity Triad

Matt Fencel

Associate Professor – Department of Health & Human Performance University of Wisconsin Platteville Baraboo/Sauk County

Introduction

Currently, only 24% of children and adolescents in the U.S. accumulate the recommended 60 minutes of moderate to vigorous physical activity (MVPA) per day. Though we as physical educators certainly don't have the time or resources to completely remedy this problem on our own, we serve as some of the most influential people to promote daily physical activity in the lives of our students. Therefore, it may be of relevance to learn of the pediatric inactivity triad (PIT), a novel construct of three primary determinants that drive physical inactivity in youth. The distinct, yet interrelated components of the PIT are exercise deficit disorder, pediatric dynapenia, and physical illiteracy.

Exercise deficit disorder (EDD) is a condition of reduced levels of physical activity, specifically <60 minutes of MVPA for children and adolescents. Pediatric dynapenia is a condition characterized by low levels of muscular strength and power that is not caused by neurologic or muscular disease. Physical illiteracy refers to a lack of confidence, competence, and motivation to engage in meaningful physical activities with interest and enthusiasm. These three conditions are greatly influenced by socioecological factors: for instance, EDD may be a result of a lack of physical activity programs and resources in the school or community; pediatric dynapenia may result from a peer/social group who is also inactive; and physical illiteracy may result from a poorly designed and implemented physical education program. While each component itself can negatively affect a child's participation and competence in play, exercise, and sport, their interrelation often impacts each other and may cause a downward spiral of a child who is increasingly less active, fit, and competent compared to her peers. Without intervention, this downward spiral will quite often will progress through adolescence and into adulthood.

References: Faigenbaum, A.D., MacDonald, J.P., Carvalho, C., & Rial Rebullido, T. (2020). The pediatric inactivity triad: A triple jeopardy for modern day youth. *ACSM's Health & Fitness Journal*, 24(4): 10-17. Wisconsin Department of Public Instruction (2020). Wisconsin Standards for Physical Education. Retrieved July 8, 2020 from <https://dpi.wi.gov/sites/default/files/imce/standards/New%20pdfs/PhysicalEducationStandards2020.pdf>.

What Can I Do?

Because many of us may only see each of our students for 1-2 hours per week or less (a dilemma that is increasingly difficult with the current COVID restrictions of in-person PE instruction and possible mandatory virtual instruction), we must utilize the little time we do have with our students to provide the most efficient and influential learning experiences as possible. One method of doing so is to facilitate curriculum and instruction that is driven by our current Wisconsin Standards for Physical Education. A quick review of the definitions of the three PIT conditions may enable you to identify that each is grounded in one of the three domains of learning: cognitive (physical illiteracy), affective (exercise deficit disorder), and psychomotor (pediatric dynapenia), and that one or more of the Wisconsin Standards for PE target – directly or indirectly – each of these learning domains and PIT conditions. Each of the five current standards contains grade-level performance indicators that outline an appropriate progression between each grade. Paying careful attention to the performance indicators and verifying with quality assessments can help one to determine if an individual student or group of students may be currently experiencing or at-risk of experiencing one of the three PIT conditions.

There are many factors that lead to a child's potential to fall into the PIT, including – but not limited to – parental involvement, opportunities for physical activity opportunities in the community, and peer social constructs. However, a student's experience in physical education is also a factor and one that we do have the ability to control. Therefore, through an elaborate, developmentally appropriate curriculum and carefully designed and implemented units and lessons based on the Wisconsin PE Standards, physical educators can make the most of their limited time with their students to be influential in combatting the PIT and developing active, strong, and physically competent individuals.

TEACHING IDEAS ...

App and Resource Favorites in PE ... Molly Dado



ImgPlay1 - GIF creator on Ipad or Iphone. Creating a gif makes it a photo and continues to replay your clip as long as you ant.



iMovie - Make quick movies with audio on Iphone or Ipad



Tempo Magic - Import songs that you own rights to and change the speed of delivery. It does NOT change the voice, just the speed.



Voice Recorder - Great app for recording your voice and adding quick voice descriptions to individual slides rather than screen casting the entire presentation.



Streamable.com - Great way to edit YouTube videos to make them your own example. Once edited, you save them to your drive and keep them forever. Use the free version. They won't stay in streamable forever so be sure to download to your computer and upload to your drive.



Great Flipgrid Setup Tutorial

<https://info.flipgrid.com/>

Flipgrid tutorial for students



Screencastify

- First you will need to add screencastify to chrome
- Once that is complete you will end up with a little red arrow on your top toolbar
- Open the tab that you want to talk about - Open in browser view
- Click the little red arrow on your URL address toolbar
- You will hear a countdown and then you will be recording with or without your image in the bottom corner.
- It will automatically save to your google drive in your screencastify folder.
- GREAT TOOL FOR ONLINE LEARNING AND PLANNING FOR A SUB

Health Resources

This is a digital version of the "Dimensions of Wellness" activity created by Andy Milne (@carmelhealth) and Andy Horne (@MrHorne101) as posted on SlowHealthChat (<https://slowchathealth.com/2019/10/01/dimensions-of-wellness/>)

The ABC's of self care downloadable for your health classroom, bulletin boards or simple share one a week with your students. Don't forget to Ted's practice the self care methods yourself <https://www.positivelypresent.com/pandemic-positivity.html>

The TALK Puberty app by Wisconsin's very own Lori Reichel is now available on iOS products! <https://apps.apple.com/us/app/talk-puberty-app/id1518896929> The app serves as a "cue to action" for families to talk about puberty and adolescence. There are four sections of questions with simple answers and one section of open-ended questions.

Check out the new "mask on" rap from Illinois health educator Andy Horne. <https://youtu.be/CoRzEx2hdV8>

– Submitted by Mary Wentland, Lakeland Union High School Northeast District Coordinator

#HealthEd Students Love Activities Resource Document – shared by Sarah G-H on Twitter

Health Skills Handbook

– shared by Holly Cunningham on Health Teacher Central

Personal Wellness Assessment:

10 Dimensions of Wellness Here is a 10 Dimensions of Wellness Self Assessment. I compiled the regular 8 dimensions from 2 other tools listed below but had to create sexual & multicultural myself. The resources I used are also listed. This is a great tool to create more awareness of equality, diversity & inclusion as well.

Who Am I/What is my Why/ikigai This is the evidence I will be asking for from my first semester unit: Wellness. DC Everest will be starting out hybrid so these pieces will be supported with more instruction & practice in class. Within the project there are pieces of both Western & Eastern wellness practices, the project is personalized and has a lot of choice to be inclusive.

– Submitted by Allisha Blanchette, DC Everest

Creative Lesson Ideas

Submitted by Crystal Gorwitz, Past President

The first idea is from Kate Cox who teaches in California. Her Twitter handle is @KateCoxPE. Her idea is titled, "Masked Self Portrait". You can go to either her Twitter account or her YouTube channel and search for the "Masked Self Portrait". What the idea entails is the students (and the teacher can also do one) folds a piece of paper in half and on the paper they draw a self portrait with a mask covering their nose and mouth. Next step, they open up the fold and write at least four words that describe them. The teacher asks them to hold up their self portrait by their face and then "reveal" what lies behind the mask.

The next idea comes from Victoria Otto. She is a high school physical education teacher at Highland Park High School in Highland Park, IL. Her Twitter handle is @yogaforpe.

Victoria is starting her school year with the acronym P.A.C.K. (ing) for a giant adventure. The acronym stands for P (Patience) A (Positive) Attitude C Courageous and K Kindness. She has a video on her Twitter feed describing how she is going to use this in her classes. An idea I had from watching her video would be to have the students list what they will need to P.A.C.K. for this school year. I know you will be able to come up with a lot of great ideas!

A Member We Will Miss...

Bob Schneider, age 91, passed away on June 10, 2020. He was lovingly cared for by his wife of 69 years, Gail Ann Schneider. Bob was born in Eau Claire, Wisconsin. His strong values of education and service to others were the guiding force in his life, and he worked to make this world a better place through living those values.



He graduated from UW Eau Claire with a teaching degree and taught English for several years before finding his life's work mentoring youth in physical development as a General Secretary of the YMCA in Red Wing, Minnesota. He moved on to teach physical education and coach in the Wauwatosa School System for 25 years. As a member of the Wisconsin Association of Physical Education, Health and Dance, he put his English degree to work editing the WAPHRD Journal. Bob was awarded the WAHPERD (WHPE) Lifetime Achievement award in 1989.

TEACHING IDEAS ...

Partner 1 to 5 Fitness Challenge

– Submitted by Tim Mueller, Erin School District

(Ideal activity for limited space and social distancing)

Objective:

To engage students in a physical activity that helps them learn to focus, follow directions and work cooperatively with a partner.

Starting Position:

Students line up facing partner with approximately six feet spacing between each student.

Directions:

Students will perform the activities in-sync with their partner as the number is called out by the teacher. Teach each activity first and gradually add more, speeding up the transition. The activities to be performed for each number are listed below.

- 1 = Jump**
- 2 = Squat**
- 3 = Turn Around**
- 4 = Jog Around Partner**
(like Do-Si-Do, remember to keep spacing)
- 5 = Thumbs Up Shake** (squat down and do thumbs up shake while smiling at partner)

Variations:

***Assign a different sport to each number, and students do a specific skill from the sport.**

Example:

- 1 = Basketball (pretend to do a jump shot)
- 2 = Hockey (pretend to pass to partner with a hockey stick)
- 3 = Volleyball (squat down and pretend to pass/bump to partner)
- 4 = Baseball (pretend to swing to hit a home run)
- 5 = Dance (do favorite type of dance until next number is called, i.e. floss, tap dance, ballet, twist)

***Tennis/Badminton Drill – assign a different tennis type skill to each number. Use poly spot for starting position so students can run to new spot when #5 called.**

Example:

- 1 = Forehand Swing
- 2 = Backhand Swing
- 3 = High Five with racket to partner
- 4 = Overhand Serve
- 5 = Run to new spot (not spot next to you, jumping jacks when find new spot)

*Have students create their own activities for each number.

Establishing a Positive Classroom Climate ... In Person or Virtually

School re-entry plans vary from district to district and even level to level within a school district. However, whether you are returning to full face-to-face instruction, hybrid, or virtually we ALL need to build relationships and establish a classroom climate that is positive and welcoming to our students. So how can we do this online or in a face-to-face instructional model that limits student to student and student to teacher interactions amid the COVID-19 pandemic? I encourage you to watch a presentation on Establishing a Positive Climate by Kate Cox (CAHPERD member, NBCT, and California MS TOY). She talks about why establishing that climate is important and gives countless items that easily transition to all content areas to put in your toolbox to develop and build relationships - virtually or in-person.

Link to video - <https://tinyurl.com/y4jy8cqa>

Link to Kate's presentation slides - <https://tinyurl.com/y3unt4wn>

Other resources for virtual learning - <https://www.facebook.com/MrCPhysEd/>

– Kim Selby, Elementary Division VP,
Wilson Elementary School, Sheboygan,
kselby@sasd.net

Resources ...

Building a "Mask Culture" <https://bit.ly/3471Dob>

Prioritizing High School Physical Education Outcomes <https://bit.ly/3h8KgHI>

2020 WI Academic Physical Education Standards
<https://dpi.wi.gov/sites/default/files/imce/standards/New%20pdfs/PhysicalEducationStandards2020.pdf>

– Submitted by Penny Kroening

How about creating a Bitmoji classroom



A tutorial teaching how to create a personalized bitmoji classroom with interactive elements and links. Please like and subscribe! :)

Facebook group: Bitmoji Craze for Educators

Youtube: <https://chrome.google.com/webstore/detail/bitmoji/bfgdeiadkckfbkeigkoncpdieiefpig?hl=en>

– Submitted by Deb Szama,
UW-La Crosse Assistant Professor/Physical Education
Teaching Program Director

TEACHING IDEAS ...

Teaching Lifeguarding / Water Safety Instruction in an Asynchronous Setting

– Submitted by Nathali Jones, Lincoln High School, Wisconsin Rapids nathali.jones@wrps.net

How we're set up: Students are virtual 3 days a week and in person 2 days a week. So students are either physically in school Monday/Tuesday or Thursday/Friday. Wednesday serves as a resource/prep day as well as online tutoring day for students to set up virtual appointments with staff. All of the pool and skill practices are scheduled out in pairs, so whatever skills I do with the Monday/Tuesday group, I will repeat with the Thursday/Friday group.

LMS Used: Canvas

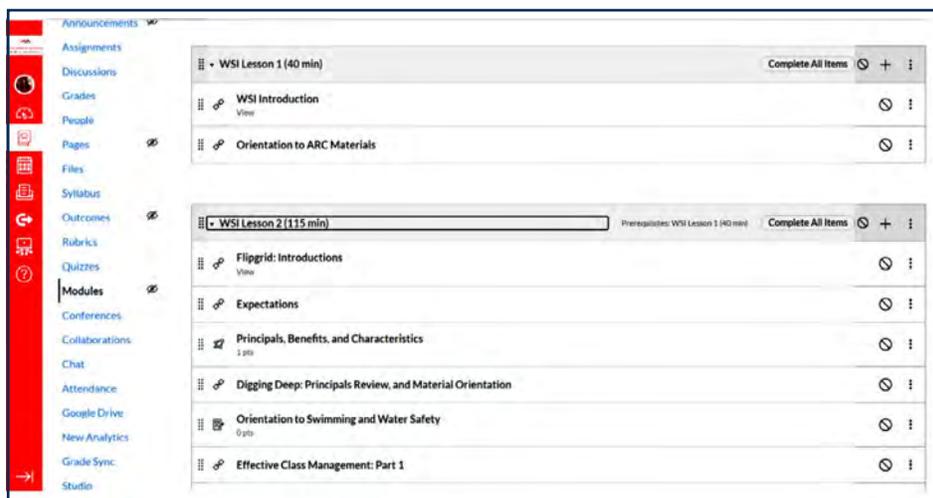
The seemingly impossible goal: Cover all curriculum content within our designated term

What I'm doing about it:

For those of you familiar with American Red Cross, they offer a number of blended learning options, where students complete work online, then they typically have a classroom portion as well as in water skills. Because we are on a Trimester Schedule my curricular content is condensed into a 12 week period (not counting any "special" days).

To help keep everything on 1 platform, I am using the traditional models for both Lifeguarding (LG) and Water Safety Instruction (WSI). For WSI & LG, I have pre-recorded each classroom lecture with the power point displayed and myself talking in the corner. Most of these lectures average 5 minutes long, and I create a new lecture for each sub-topic listed in the manuals. This allows students to move through at their own pace without feeling overwhelmed with the content. To help with organization, I put an approximation of how long each lesson should take in the title of each module. I have turned group discussions into discussions on Canvas or FlipGrid, the critical thinking questions I have turned into Checking For Understanding as a formative Canvas Quiz, and I have synced the American Red Cross Videos as their own components within each Module.

As part of my syllabus, there will be the outline for all of the in-person classes and which modules need to be completed in-order to be successful in class.



Virtual APE Eligibility Assessment Tips

As we begin the next school year under circumstances never seen before, APE teachers face many barriers or restrictions brought on by virtual learning. Adapted physical education, by the nature of the subject, a hands-on professional that thrives on teacher to student interaction and contact. One major component to delivering high-quality adapted physical education is assessment. Whether assessment is used to review progress towards yearly IEP goals, to re-evaluate for eligibility every three years, or to provide parental updates on student progress, it drives the instruction for students receiving adapted physical education services. One question that has come up lately is how can assessment be performed effectively when contact to students is limited to a virtual setting? Although there is not one correct answer to this important question, following are some tips and recommendations to keep in mind.

Follow the guidance of your local school district or educational agency. Some districts have added addendums stating that assessment cannot take place that this time due to COVID-19 restrictions.

Use of a standardized assessment is not advised as the results of the assessment would be reliable nor valid.

Gather as much informal information as possible through interviews with parents, past observations of the students prior to virtual learning, and criterion assessments of skills and/or behaviors.

When writing up the IEP, clearly indicate the results of the assessment may not be entirely accurate but that multiple sources were used to verify the student's performance. You may also want to indicate that reassessment of the student's performance is needed once face to face learning can occur.

In cases of APE eligibility, make a recommendation for services only if you feel you have enough information to do so. We want to make sure students are provided appropriate educational services. If you do not have enough evidence to decide, then indicate that the student will be reassessed once face to face learning occurs. Of most concern would be to not qualify a student who truly needs the service or removing the a students from the general education setting if it is not needed.

Thanks for making physical education for all students a wonderful experience! Whether we teach face to face, in a hybrid model, or 100% virtual, we all have the awesome opportunity to make a positive impact on the health and wellness of our students' lives. Never take for the granted your ability to connect with students and be an affirming influence in their lives. Please don't hesitate to contact me if you have any questions.

– **Tim Swenson, VP of WHPE APE Division**
UW-Platteville

"What Do I Do? Where Do I Start?"

Culturally Responsive Health and Physical Education

Dan Timm

As I wrote in the President-Elect message in this newsletter, the theme chosen for the next two years is Reach Everyone. First and foremost, teachers need to reach their students. The importance of reaching students is magnified in circumstances like this fall that produce teaching situations outside of what is considered to be the norm. Teachers have to be sure they are reaching all their students using students' cultural backgrounds as a strength.

During the summer, I attended a variety of conferences, webinars, and presentations regarding equity, diversity, inclusion (EDI), and social justice. One thing that was consistent through the various events was teachers asking, "What do I do? Where do I start?" EDI needs to be infused into people's teaching, blended into what teachers are already doing. Following are some resources individuals can use in their EDI professional development.

Culturally Responsive Health and Physical Education Articles

All of the Culturally Responsive Health and Physical Education articles from the past years are now available on the WHPE web site. A link to the articles is on the right side of first page of the web site. Teachers need to begin with an examination of themselves and how their cultural background influences their teaching. The first three articles walk individuals through the process of examining themselves. Following that, Gay's (2010) five aspects of culturally responsive teaching are discussed with applications to health and physical education.



Resources Directly Related to Teaching

The April and May/June issues of the Journal of Physical Education, Recreation, and Dance had articles discussing ways teachers can incorporate social justice education into their teaching and classroom.

<https://www.shapeamerica.org/uploads/pdfs/2020/publications/joperd/The-A%E2%80%93of-Social%20Justice-Physical-Education-P1.pdf>

<https://www.shapeamerica.org/uploads/pdfs/2020/publications/joperd/The-A%E2%80%93of-Social%20Justice-Physical-Education-P2.pdf>

College/University Division News

The fall 2020 semester will look a lot different this year on college campuses. The college and university members have been utilizing professional development opportunities and taking time to re-format courses to be taught using alternate methods.

The members of the college and university division met in August to have a round table discussion. The members in our division often gather in this format and value the opportunity to celebrate success or to share strategies for facing challenges in the teacher preparation process. This round table covered topics such as how to teach in-person classes safely, virtual field experiences, and student teaching during a pandemic. One idea that came out of the discussion was to collaborate with members from the areas of K-12 PE/Health. We hope to establish a partnership during this time that is mutually beneficial in the sharing of videos to enhance both Future Professionals as well as the K-12 students. If you would like to get involved, please reach out to me.

As we continue to navigate these uncharted waters, we will continue to gather (via Zoom) to have round table discussions to learn from each other. I am confident that across this state, we have a talented group of faculty that will rise to the moment to meet the needs of teacher candidates in the best ways that we can.

Rebekah Johnson, Division Vice President
Rjohnson17@carthage.edu

Additionally, A Guide to Equity and Antiracism for Educators contains numerous links to resources for teachers. <https://www.edutopia.org/article/guide-equity-and-antiracism-educators>

Resources for a Deeper Understanding

ASCD has organized a list of resources focused on building racial justice and equity in schools. Links to numerous articles written by outstanding authors are available at http://www.ascd.org/research-a-topic/building-racial-justice-and-equity-resources.aspx?utm_source=SmartBrief&utm_medium=email&utm_campaign=Racial_Justice_Equity_Page I have used works written by Beverly Daniel Tatum and Julie Landsman in my Health and Physical Education in a Multicultural Society course.

An additional resource comes from PBS Wisconsin. 10 Tips on Talking to Kids About Race and Racism examines an issue many adults and teachers are reluctant to approach, but need to discuss. Kids as young as three years old start to form racist thoughts based on what they hear and see.

<https://www.pbs.org/education/blog/10-tips-on-talking-to-kids-about-race-and-racism?elqTrackId=E78E828F5CE2857C90C50E4E2376374B&elq=5c51aa8c63ac4bd49ac21fbe65a604e8&elqaid=4253&elqat=1&elqCampaignId=2380>

I would be remiss if I did not include the video, Lighting the 7th Fire as a resource <https://archive.org/details/LightingThe7thFire> The video examines the spearfishing controversy in northern Wisconsin during the 1980s and 1990s, illustrating the importance of spearfishing to the Chippewa (Ojibwe) Tribe and why others were so opposed to it. It provides a greater understanding of Chippewa culture and treaty rights.

Lastly...

This article is the last Culturally Responsive Health and Physical Education article I will write for some time. Beginning in winter, time will be needed for other aspects of the newsletter. Although this will be the last article, please know that anyone can contact me at any time with questions regarding equity, diversity, inclusion, and their application to teaching.

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



Northwest District News

Molly Dado, Coordinator

As we approach the school year with entirely different district instructions and structure, the best thing we can do for our students and sanity is to just breathe and be flexible. I teach at the high school level and am going back face to face with my students five days a week. There is a very good chance that in each class I will have several students who chose to do distance learning instead of face to face. This means that I will essentially be teaching both. Our school plans to live stream each hour for most classes. Physical Education could be very difficult based on the amount of moving around. While organizing for the school year, I made sure my students were getting the same information. Although my face to face students might take a different path at getting to the unit assessment, the end product should be the same. I have made a google slide presentation for each unit which includes links, demonstrations, articles, activities, and more. These presentations will guide my teaching in the classroom, in the virtual world, and substitute use if needed. The year is bound to be unpredictable with absences and closures. I am definitely not a technology wizard but have found several apps and links helpful when creating my presentations. Don't hesitate to reach out for collaboration or questions. dadoml@hudsonraiders.org

Fuel Up to Play 60



Introducing the Fuel Up to Play 60 Homeroom!

Fuel up to Play 60 is excited to share a new digital resource that supports engagement with the Fuel up to Play 60 program – from anywhere!

Fuel up to Play 60 Homeroom has been created using Google Slides and is populated with fun and engaging “edu-tainment”-style content for your students to complement existing lessons and curriculum. This new resource is full of fun videos and learning activities to help your students discover more about things that matter to them like staying healthy, being mindful and pitching in to make the planet a greener place. Plus, it stars NFL players, dairy farmers and students just like them in new and exciting content that is featured each week. Go to www.FuelUptoPlay60.com/educator-corner to see for yourself!

Fuel up to Play 60 Banner/Poster Kits featuring Green Bay Packer Mason Crosby were sent to many Wisconsin schools this September to remind students to eat healthy and get active “Everyday!” If your school would like a kit too or if you would like more information about the Fuel Up to Play 60 program in Wisconsin, please contact us at FUTP60@WisconsinDairy.org. Limited supplies of kits available.

GAME ON! for 2020-2021

GAME ON! is our fitness-based fundraiser, developed to fit the needs of school physical education departments! Focusing on all the awesome things students can do with a healthy mind and body, GAME ON! helps strengthen the



connection between fitness and fun! Plus, it allows P.E. departments to raise funds not only for equipment and supplies, but also to fund the causes and charities that matter the most to their school and community. GAME ON! includes health and wellness materials, fun incentives, and tons of official American Ninja Warrior and PE equipment.

We are helping teachers and parents navigate this uncertain time. We have in-person and virtual Launch Parties. All events can be held during regular PE classes. ALL funds are raised online. ALL prizes are pre-packed by student and teacher name for easy distribution.

Think about adding a Spring 2021 event to your calendar. Kids need some fun and normalcy in their life. Together, let's bring them the FUN and raise FUNDS for PE and great causes.

JOIN Game On! representative, MaryLee Flannigan, and WHPE Coordinator, Katie Mulloy, on **Tuesday, September 22nd at 7:00pm** to learn more about the Game On! program. Great prize drawing opportunity for attendees.

Contact MaryLee Flannigan for more information: marylee.flannigan@pop4kids.com



Are you looking for a way to connect with your students and school community as you start the year? Health.Moves.Minds is the perfect program to address the social-emotional needs of your students and start the year off on a positive note no matter if you are in-person or virtual. Register your school today at www.healthmovesminds.org to take advantage of the free instructional resources that are available. Once you register, you have the option to just use the materials with your students or to use the materials AND fundraise for your school. Keep in mind, fundraising not only helps to support your school, but also benefits WHPE and SHAPE America so we can keep providing professional development and support to all HPE professionals.

HMM offers complete flexibility in how you choose to run your program/fundraising event. You can follow the lessons provided by SHAPE America or you can adapt and change the lessons to fit your school's needs. Take a look at the different HMM resources that are located in the WHPE Zoom folder (www.whpe.us).

If you have any questions or need some assistance with getting a Health.Moves.Minds program started in your school please contact me at Katie.Mulloy@nbexcellence.org

Be well!

Katie Mulloy
WI State HMM/Game On Coordinator
WHPE Treasurer



Wisconsin Health and Physical Education
145 Mitchell Hall
1725 State Street
La Crosse, WI 54601

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Executive Director News



It is so amazing how our daily teaching practice has changed since mid-March. Educators have been dropped into a new reality that morphs and changes daily, if not hourly. Some of you may have created a back to school plan for face to face no gym space, face to face only classroom, face to face no equipment, hybrid variations, and of course virtual. Maybe there are some half versions of any of the previously mentioned pairings. During the July and early August Zoom gatherings the uncertainty and concern on faces and voices of attendees was very apparent. The time spent together was “good medicine”. We heard and felt others having the same fears, joys, wonders, and expectations in this endeavor. As an WHPE team we can look to those around us for emotional support, curricular support, creative support, and resource support. We are teammates and fellow collaborators all working for the benefit of students.

WHPE is here to help you.

Together we can build a pathway to help you find resources and conversation to guide you through this new reality. We will continue to come together to collaborate and scaffold knowledge of what is working in our daily “practice” to reach our health and physical education students.

WHPE will continue to put out zoom collaborative round tables to learn and discuss topics that you need and have identified. If you have a specific topic you would like to cover, I am more than happy to help put it together. We are gathering resources for you to quickly access without having to spend time sifting and searching. Please head to our website WHPE.us We have been collecting our various zoom roundtables and putting the recording/chats in a folder for you to access. Please go to the website, look on the right hand side for an icon of a folder with WHPE ZOOM Roundtable. Click on it, and you will find folders from our various topics. Click on the Resource link for helpful sites. If you have a suggestion of a resource link that should be added, please let us know.

No amount of words can adequately thank our WHPE community of members who have given so generously of their time and expertise to bring this organization to life. Together we are stronger as we continue to meet (virtually) to collaborate, and create meaning for our concerns and questions. Please share with your HPE co-workers the benefits of your WHPE membership. Continue to watch your email for upcoming Zoom collaboration meetings.

If you have any questions, comments, concerns, ideas of topics you would like to know more about, please feel free to contact me.

Kind Regards,
~Penny

WHPE Membership Benefits: The Value of Belonging

As a member, you are a part of over 700 professional members who value this vital professional association. The officers of the Board of Directors and committee members are dedicated volunteers who care deeply about our Association and its members. We are committed to addressing the needs, concerns and joys of our membership. To renew WHPE membership follow this link <http://whpe.us/online-membership-application-form>

- ◆ Opportunity to network and collaborate with professional members across our state and country.
- ◆ Advocacy for Health and Physical Education programs locally and statewide.
- ◆ Access to meaningful and timely professional development focussing on the professional development needs of our HPE community.
- ◆ Provide a platform for members to showcase professional development leadership responsibilities by attending or presenting important and timely topics at conventions, workshops, conferences and virtual sessions.
- ◆ Access to expert keynote speakers who are authorities in their fields and are recognized nationally.
- ◆ Eligibility to serve in a variety of leadership roles -- elected and appointed. Included are positions pertaining to specific interest areas, and numerous committees that assist in carrying out the business of the Association.
- ◆ Eligibility to vote in annual elections, selecting those members who will lead us into the future!
- ◆ Receive all official publications of the Association, including hard copy Newsletter and e-Newsletter, monthly S'more updates from the association President, as well as all official communications from the association. Each communication contains timely articles and notices of professional interests.
- ◆ State award recognition program and ability to progress to regional and national award programs.
- ◆ Apply for “Member Only” grants to support your health and physical education programs.
- ◆ Fundraising programs to raise money for schools and local charities while supporting WHPE.