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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

VOLUME 47, ISSUE 3

FALL 2018

2018 WHPE Convention ...

The convention is being held this year at the Glacier Canyon Conference Center, Wilderness Hotel and Golf Resort, 511 E. Adams St., Wisconsin Dells, WI 53965. Mark your calendars for this excellent professional development opportunity, October 24-26, 2018. Convention schedule and pre-registration information are included in this special convention edition of the WHPE newsletter.



Cassie Brooks ... Cassie has been teaching middle school Health and Physical Education for 18 years in Brownsburg, Indiana, just west of Indianapolis. She is the Advocacy Committee Chair for Indiana SHAPE, and is involved in a variety of Central Indiana initiatives for youth wellness and addressing health disparities. She has served as HPE department head for several years, and has transformed her district's middle school HPE curriculum and practices to focus on Health Literacy and Physical Literacy. She also coordinates several after-school clubs including a weekly walking group and Fuel Up to Play 60, and organizes a community fitness night each year.

Cassie's school wellness efforts have earned over \$25,000 in grants and awards. In 2015, she earned a Community Leadership Award from the President's Council on Fitness, Sport, and Nutrition. In 2017 she was named Indiana Education Champion by School on Wheels and Indiana Health Teacher of the Year by INSHAPE. She went on to become the 2018 SHAPE America Midwest District Health Teacher of the Year. Her focus in Health Education has always been on preparing students for life success, and the recent emphasis on Skills-Based Health Education has allowed her to further refine her practice.



Mark Friedrich ... Mark is the 2016 NJAHPERD Secondary Physical Education Teacher of the Year and a member of the NJAHPERD Executive Board for Physical Education. Mark has 24 years of teaching experience combined between the elementary school and high school level. Mark has been a member of the Millburn High School H&PE Dept. for the past 16 years where he teaches Adventure Education & Health in Millburn, NJ. Since 2005, Mark has been instructing Adventure Education and travels the country presenting to both State and National Organizations on the topics of Team Building, Icebreaker Activities, Problem Solving, Trust Building and Cooperative Games. In 2018, Mark presented at The SHAPE America National Convention in Nashville, TN and The Eastern District Conference in Burlington, VT. FOX 5 News NY honored Mark and the Millburn High School Adventure Education Program in May of 2018 as part of their Teacher Appreciation Series on the evening news. Mark is married with 3 young children and is excited to make his first visit to the state of Wisconsin.



Stephanie A. Morris ... Stephanie serves as Chief Executive Officer at SHAPE America, the nation's largest membership organization of health and physical education professionals. Since being founded in 1885, the organization has defined excellence in physical education, and SHAPE America's National Standards for K-12 Physical Education serve as the foundation for well-designed physical education programs across the country.

Morris volunteers as a Girls on the Run Coach for Discovery Elementary School in Arlington, VA, and has served on several nonprofit organization boards, including the Lee-Fendall House and Museum in Alexandria, VA; Horizons Women's Theater in Washington, DC; and, the Young Nonprofit Professionals Network of Washington, DC.

Morris holds an MBA from the Robert H. Smith School of Business at the University of Maryland, and earned her bachelor of arts degree in Russian and Eurasian Studies from Mount Holyoke College.



Karen Petermann ... Karen is from Clintonville, Wisconsin and is in her 31st year of teaching. She uses her energy and enthusiasm to share her love for activity and her love for life. Karen uses Standards Based instruction, supports SHAPE America's 50 Million Strong Campaign, utilizes community partnerships, earns grants to expand opportunities, creates a safe learning environment where all abilities thrive, differentiates her instruction and and quietly incorporates academic language in her lessons in an effort to help students make connections and transfer learning to their lives. She has implemented several school initiatives, including a running club, that make Physical Education the heartbeat of her school and community. Karen is the 2017 National Elementary TOY and is committed to helping students gain the skills, knowledge and confidence that they need to enjoy a lifetime of activity. She is determined to build a healthier community one step at a time!



Pam Powers ... Pam is an educational consultant and founder of Physical Powers, LLC. Pam is an award-winning educator, recognized as Teacher of the Year by SHAPE America and the Golden Apple Teaching Foundation.

Pam is a Physical Activity Leader Trainer, Presidential Youth Fitness Program Trainer, National OPEN Trainer, and a Dove Cadre Member, and has presented at over 300 conferences, district in-services, and locally organized events. In 2013, Pam was selected as the National Physical Education and Physical Activity Advisor for First Lady Michelle Obama's Let's Move! Active Schools through SHAPE America.

She has developed curriculum for local schools and nationally, co-authoring "Dance in Physical Education" for NASPE. Her passion in life has been dance-teaching, musical theater performances, and competing in ballroom.

She enjoys short walks with her large dog and finding creative ways to stay fit in a busy world. Pam serves as a Child Advocate, providing a voice for children in the court system. She resides in Houston, Texas.



John Smith ... John has taught physical education on every level, Pre- K through college and coached numerous sports for 40 years. A graduate of Montclair State University, he taught in the Ridgewood Public Schools (NJ) and Ho-Ho-Kus Public Schools (NJ) for 39 years and now works as a national educational consultant for Flaghouse. In 1988 he was awarded the NJAHPERD Outstanding Teacher Award and in 1989 he

was honored with the NASPE/AAHPERD National Elementary Physical Education Teacher of the Year Award. He was the 2005 NFHS National High School Girls Basketball Coach of the Year. The NJAHPERD recently honored John with their 2012 Honor Award. John has presented at over 400 events in 40 states including 15 National AAHPERD Conventions, state and local professional organizations and camps across the country. He is one of the most requested presenters across the nation. Since retiring in 2011, he has authored the 60 Second Countdown book on activities Minute to Win It style, and created the "Play Well With Others... Be Active Against Bullying!" national activity based bullying awareness program.

New this Year ... Electronic Voting for WHPE Officers

In order to allow more members to vote for the slate of WHPE officers, this year's WHPE elections will take place electronically. On October 1st you will receive an electronic ballot link via the email address on file with the WHPE office. If you do not regularly receive emails from the WHPE office/Nicole Popowich, please call the office at 608-785-8175 ASAP to update your email address. You must vote between the dates of October 1st and October 15th. If you do not receive an electronic ballot or are not able to vote electronically for any other reason, there is a paper ballot on page 2 of this newsletter.

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WHPE Convention ... October 24-26, 2018 ... Wisconsin Dells

Larry Cain Memorial Scholarship

ACT NOW! Here's your chance to apply for a Larry Cain Memorial Scholarship to attend the 2018 WHPE Convention!

One student and one professional scholarship will be awarded in 2018. The two recipients will be recognized at the WHPE Convention. The scholarship includes a one year membership to WHPE, convention dues, banquet, and one night's lodging at convention.

Application deadline is October 1, 2018.

Please see the attached link for more details!

<http://whpe.us/the-larry-cain-memorial-scholarship/>



All Convention Social

Please join us in congratulating Patty Kestell on her last year as WHPE President. There will be an all convention social on Wednesday, October 24, 2018 from 8-10 p.m. in the Glacier Canyon Conference Center at the Wilderness Hotel and Golf Resort.

Future Professional News

Future Professionals make sure to attend the Future Professionals luncheon at the WHPE Convention on Thursday at 12:30 pm for division updates, giveaways and election of new officer positions. For position descriptions, see our Facebook Page **Future Professionals of WHPE** and frequently visit, share, and post information on it. Keep an eye out in upcoming WHPE Newsletters for the Future Professionals Corner which will include updates, interviews and tips from current professionals specifically for you!

McKenzie Kirtz, Future Professional VP
Deb Sazama, Future Professional Advisor

Earn One Graduate Credit at the 2018 WHPE Convention

Course Description: Professional Development for Physical Educators

Start Date: October 25, 2018

End Date: October 26, 2018

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

Students enrolled in this course will attend 7 WHPE sessions. Students must complete a session evaluation, including presenter signature for each session attended. Students must also complete a reflection paper (1-2) pages for each session.

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

Materials due: November 16, 2018

Send to: Deb Sazama, University of Wisconsin-La Crosse 158 Mitchell Hall, La Crosse, WI, 54601 or email materials to dsazama@uwlax.edu; questions please call 608-785-8183

No Registration will be available onsite at the Glacier Canyon/Wilderness. Please register in advance.

WHPE Election 2018 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

Member-at-Large

- Jackie Clark
- Rebekah Johnson
- (Write In) _____

Treasurer

- Penny Kroening
- Wendy Wiesjahn
- (Write In) _____

Adapted Physical Education Vice President

- Sadie Brown
- Lynda Pinnow
- Tim Swenson
- (Write In) _____

Elementary School Vice President

- Stephanie Fencil
- Katie Mulloy
- (Write In) _____

Middle School Vice President

- Kaitlyn Bloemer
- (Write In) _____

High School Vice President

- Pam Klein
- Shannon Maly
- (Write In) _____

College/University Vice President

- Dan Timm
- (Write In) _____

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

Name _____

Email Address _____

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

2018 Convention Schedule of Events

Wednesday, October 24, 2018

6:00-9:00 p.m. Registration in Wilderness Foyer

8:00-10:00 p.m. All Member Social

Thursday, October 25, 2018

7:00 a.m. - 3:00 p.m. Registration Wilderness Foyer

9:00 a.m. - 4:30 p.m. Exhibits Open Wilderness Ballroom

Session 1 > 8:30-9:30 a.m.

- 1 Pursuing the National Boards: Every Kid Deserves a Great Teacher! – *Ortiz*
- 2 School of Rock ... Climbing: How to 'Rock' your Traverse Wall – *Scherb*
- 3 Technology Use in PE - When All Students Have iPads – *Kubtz/Florentine*
- 4 Modeling 21st Century skills in a standards-based curriculum – *Vang*
- 5 Fitness Lessons Infused with Student and Teacher Assessments – *Johnson*
- 6 Choices and Challenges - Everyone has an IEP with Mrs. P! – *Petermann*
- 7 Aha Moments in Health – *Blanchette*
- 8 Modified Games – *Zwettler/Brown*

9:30-10:00 a.m. – Coffee/Tea/Muffins Break

Visit the Exhibitors – *Wilderness Ballroom*

Poster Session – *Sandstone Hallway*

Meet a WHPE Mentor/Leader - Survive Your First Year of Teaching! How? – *for Future Professionals – Sazama*

10:10-11:10 a.m. – General Assembly

Announcements/Elections/Award Recipients

Pam Powers - Keynote presentation

Special Guest - Stephanie Morris, SHAPE CEO

Session 2 > 11:20 a.m. - 12:20 p.m.

- 1 Sensory Friendly Pe - Take 2! – *Brown*
- 2 PE & the Athletic Strength Coach - Leadership and Programming within PE – *Krepline*
- 3 Extend the Health Classroom - Teaching Ideas to Break the Four Walls – *Todnem*
- 4 Brain Breaks & More - Developing an Active Classroom to improve Learning – *Mueller/Heinritz*
- 5 Adventure Education - Ice Breakers, Team Builders and More – *Freidrich*
- 6 Fast, Furious, Fun Fitness – *Smith*
- 7 Using Seesaw in PE – *Mulloy*

11:00-1:30 p.m. Past President meeting and PP and Retiree lunch

12:30-1:30 p.m. Convention Lunch on your own

12:30-1:30 p.m. JRFH Coordinators Lunch

12:30-1:30 p.m. Exhibitor lunch

12:30-1:30 p.m. Future Professional lunch/election

Session 3 > 1:40-2:40 p.m.

- 1 Increasing Skill Competencies in Health Ed. Helping Kids Show What They Know! – *Stewart*
- 2 APE Think Tank – *Goodness*
- 3 Science of Spin. Yo-Yos and Physical Education – *Schulte*
- 4 Activities with Limited Equipment? No Problem! We've got you covered! – *Maly*
- 5 Lacrosse basics; Modern Day Indian Stickball – *Powers*
- 6 From the Sidelines to Engagement: How to move students Forward! – *Van Amber/Rasmus*
- 7 Putting the "WHY" into Physical Education – *Swenson/Ringgenberg*
- 8 SEL Social Emotional Learning and Cooperative Activities – *Smith*
- 9 Disc Activities for Physical Education – *Johnson*

Session 4 > 2:50-3:50 p.m.

- 1 Implementing a School-Sponsored Adapted Sport Program at your High School – *Tymeson/Meyers/Slusser*
- 2 College/University Roundtable - Dbl – *Timm*
- 3 Tchoukball: A Team Sport with a Social Conscience – *Keating*
- 4 Building Your Health Classroom as a Team – *Todnem*
- 5 Feel Burn - Tabata Training Secondary Style – *Gorwitz*
- 6 Kinball: An Innovative Non-Traditional Action-Packed Sport – *Omnikin*
- 7 An Individualized (PSI) 6th grade Basketball Unit Taught On-line – *Sazama/Head*
- 8 What's that Even Mean? Putting Research into Practice - Part 1 – *Westphal/Mally*
- 9 Never Miss a Chance to Dance - Dbl – *Mulloy/Clark*
- 10 The Road to a lifetime of Movement – *Kollross/Tofferi/Wegge*

Session 5 > 4:00-5:00 p.m.

- 1 Designing & Implementing a Middle School PE Strength & Conditioning Program – *Fizel/McKinney*
- 2 College/University Roundtable - Dbl – *Timm*
- 3 How to Relax & increase Productivity in the Process – *Kubtz/Florentine*
- 4 Student Engagement in Health Class – *Brooks*
- 5 Teach Self Control, not violence – *Kubrasch*
- 6 Elem PE TOY Favorites - Instant Activities, Games and Lesson ideas! – *Petermann/Mueller*
- 7 Playful Yoga that is fun to teach all ages! – *Michel*
- 8 What's that Even Mean? Putting Research into Practice - Part 2 – *Westphal/Mally*
- 9 Never Miss a Chance to Dance - Dbl – *Mulloy/Clark*
- 10 Evidence Based Teaching Practices w/Students on the Autism Spectrum – *Lee/Tymeson*

5:10-5:40 p.m. Demo Slam

7:00 - 9:00 p.m. WHPE Awards Ceremony

9:00 p.m. - 12:00 a.m. All Convention Dance - DJ

Friday, October 26, 2018

7:30-10:00 a.m. Registration Wilderness Foyer

9:00 a.m. - 12:00 p.m. Exhibits Open Wilderness Ballroom

Session 6 > 8:00-9:00 a.m.

- 1 Dream Big and Tell Your Story - Grants and Advocacy – *Fritz*
- 2 How to Properly Fuel Your Athlete: Sports Nutrition 101 – *Kelk*
- 3 Make It and Take It – *Westby*
- 4 Got Skills! A Teaching Transition Skill Based Health Curriculum – *Maly/Young*
- 5 Cards and dice; fitness with a twist – *Pam Powers*
- 6 Two Dudes Dancing – *Ridout/Roberty*
- 7 Adventure Education - Trustbuilders that Work – *Freidrich*
- 8 The First Tee Golf Program – *Molitor/Erdman/Fellere*
- 9 Games! Games! Games! – *Taggart/Jodlowski*

Session 7 > 9:10 a.m. -10:10 a.m.

- 1 Google Drawing - Create stunning visuals for your classroom – *Vang*
- 2 Building Relationships to Teach All Students – *Timm/Anderson/Landergott*
- 3 Instructional Strategies for Inclusion of Students w/Disabilities in General PE – *Tymeson/Lee*
- 4 Transitioning from Content to Skills in Middle School Health – *Brooks*
- 5 Dance Choreography in PE: Simple Steps for Your Student's Success! – *Martinez/Mally*
- 6 Students Leading Students - Ideas to Get Active w/Fuel Up to Play 60 – *Doster/Edge*
- 7 Maximizing Moderate to Vigorous Physical Activity in PE – *Berkey*
- 8 Creating Own Personalized Learning – *Schwartz*
- 9 Experience Speed Stacks - Skillastics - NEW Movement Based Activity – *Burk*

Session 8 > 10:20 a.m. -11:20 a.m.

- 1 Experience-Based health Ed Practices – *Korth*
- 2 Active Bodies. It's Not Just a PE Thing – *Anderson*
- 3 Role Play Redefined – *Blanchette*
- 4 About Time-Time Management Tricks for incorporating fitness into Instant Activities – *Gorwitz*
- 5 Advanced Archery – *Stratton/Mueller/Tipps*
- 6 Student Dance Creation: Guiding the Way – *Mick*
- 7 Let's Get It Started – *Smith*
- 8 PE for everyBODY: Participating in a Different Pair of Shoes – *Buchman/Resch*
- 9 Coding and Movement for All Ages – *Erdman*

Session 9 > 11:30 a.m. -12:30 p.m.

- 1 Supporting Mental health & Safety of Every Student – *Spiess*
- 2 Team Up w/iMovie and Explain Everything – *Hagenbach*
- 3 Using Movement to anchor learning in Health – *Allen/Jobston*
- 4 All for One - One for All. Cooperative Learning in Physical Education – *Bailey*
- 5 Let's Paddle! Pickleinton and Badminton Activities for Everyone! – *Maly*
- 6 Adapted Backyard Games and Activities for Home and School! – *Westby*
- 7 Cross Curricular PE: ELA and Math Games for Elementary Students – *Zerby*
- 8 WHPE Grants Sharing – *Fester/Marx*

1:00-3:30 p.m. – Maureen's Board/Convention Wrap up Meeting

WHPE MEMBERSHIP

You must be a current member through 11/18 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 _____	2018 to Month _____	2019	Current <input type="checkbox"/>	New <input type="checkbox"/>	Renewal of Expired Membership <input type="checkbox"/>
LAST NAME _____	FIRST NAME _____	AREA		OFFICE USE ONLY	
STREET _____	HOME PHONE (____) _____	<input type="checkbox"/> Health – H <input type="checkbox"/> General – G <input type="checkbox"/> Physical Education – P <input type="checkbox"/> Student – S <input type="checkbox"/> Sports & Athletics – A <input type="checkbox"/> Recreation – R <input type="checkbox"/> Dance – D		EXP. DATE _____	
CITY _____	WORK PHONE (____) _____			Date Rec'd _____	
COUNTY _____	STATE _____ ZIP _____			CK # _____	
E-Mail Address: _____	Year: Fr So Jr Sr Grad			Amt. PD _____	
*Students-School attending					
<input type="checkbox"/> SE – <u>Southeast District</u> - CESA District 1 & 2 <input type="checkbox"/> SW – <u>Southwest District</u> - CESA Districts 3 & 4 <input type="checkbox"/> C – <u>Central District</u> - CESA District 5, 6 & 7 <input type="checkbox"/> NE – <u>Northeast District</u> - CESA Districts 8 & 9 <input type="checkbox"/> NW – <u>Northwest District</u> - CESA Districts 10, 11 & 12		TEACHING LEVEL <input type="checkbox"/> E – <u>Elementary</u> <input type="checkbox"/> M – <u>Middle</u> <input type="checkbox"/> S – <u>Secondary</u> <input type="checkbox"/> U – <u>University/College</u> <input type="checkbox"/> O – <u>Other</u>		<div style="border: 1px solid black; padding: 5px; text-align: center;"> Mail to: WHPE 145 Mitchell Hall • 1725 State St. La Crosse, WI 54601-3788 </div> <p style="text-align: center;">Makes Checks payable to: WHPE</p> <p style="text-align: center;">For further information go to our website: www.whpe.us</p>	
		TYPE OF MEMBERSHIP Lifetime (\$600) <input type="checkbox"/> Professional (\$80) <input type="checkbox"/> JRFH/Hoops Coord. (\$40) <input type="checkbox"/> Associate (\$80) <input type="checkbox"/> Student (\$35) <input type="checkbox"/> 5yr Undergrad (\$99) <input type="checkbox"/> Retired (\$20) <input type="checkbox"/>			

2018 WHPE CONVENTION REGISTRATION

Deadline: October 3rd, 2018

You must be a current member of WHPE through 11/18 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)	EARLY BIRD-REGISTRATION (must be received by 10/3)	REGISTRATION (After 10/3)
<input type="checkbox"/> Professional Registration for Current Members	\$110.00	\$120.00
<input type="checkbox"/> Professional Registration including One Year's Members Dues	\$190.00	\$200.00
<input type="checkbox"/> Professional Registration Including One Year's Dues for JRFH/HFH Coordinators	\$150.00	\$160.00
<input type="checkbox"/> Retired	\$0.00	\$0.00
<input type="checkbox"/> Student Registration for Current Members (Includes Lunch)	\$40.00	\$50.00
<input type="checkbox"/> Student Registration Including One Year's Membership Dues (Includes Lunch)	\$75.00	\$85.00
<input type="checkbox"/> Student Registration Including 5-Year/\$99 Membership Dues (Includes Lunch)	\$139.00	\$149.00
<input type="checkbox"/> Non-member Registration	\$200.00	\$210.00
<input type="checkbox"/> Past President	\$0.00	\$0.00
<input type="checkbox"/> Awards Banquet (Thursday evening)	_____ @ \$30.00 each	n/a
Total Enclosed: _____ \$ _____		

Early Bird 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): Grilled Salmon Sliced Roast Beef Squash Stuffed Pasta

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

WILDERNESS HOTEL AND GOLF RESORT / GLACIER CANYON LODGE

511 E. Adams St. • Wisconsin Dells, WI 53965 • Ph: (800) 867-9453 (use Group Name: WHPE 2018 Conference @ Glacier Canyon Lodge)

RESERVATION DEADLINE IS OCTOBER 3, 2018

RATES: \$99 – (1-4 persons) Double Queen with Couch (includes water park passes)

\$139 – 2 Bdrm Deluxe Glacier Canyon (includes water park passes) • \$12.95 – Nightly Resort Fee



From your President . . . Patty Kestell



Welcome to the 2018-2019 School Year!

Welcome back to a new school year, with all the new and updated goals and aspirations you have for the upcoming year. I wish you all the best as you help shape your students' growth through innovative, developmentally appropriate, and engaging learning experiences. Enjoy the opportunity to learn from your students, and to grow together throughout this school year!

Mark Your Calendars for the WHPE Convention! October 24-26th

One of my favorite and most highly anticipated professional development opportunities every year is the WHPE Convention. This year's WHPE Convention will be held this fall at the **Wilderness Lodge Convention Center**. We hope all of you will join us Wednesday evening, October 24th, for the **All Member's Social** from 8-10pm, and for our convention **General Assembly** at 10:10 am on Thursday, Oct, 25th. We would also love to see you at our **WHPE Awards Ceremony** at 7pm on Thursday night, to help us recognize various WHPE award recipients for their accomplishments in our profession! Be sure to purchase a banquet ticket with your registration to help celebrate this special night! Invite an administrator to attend the WHPE convention, and you will receive your WHPE convention registration for free!

I cannot wait for you to meet our dynamic **Keynote Speaker, Pam Powers**, who is an educational consultant and founder of Physical Powers, LLC. Pam is an award-winning educator, recognized as Teacher of the Year by SHAPE America and the Golden Apple Teaching Foundation. I would like to personally thank US Games for sponsoring Pam Powers for this year's WHPE convention! We are also truly fortunate to have **Stephanie Morris, the CEO of SHAPE America**, attending our convention this year as well, and sharing a few words at our WHPE General Assembly on Thursday. We are honored to have her join us!

We are extremely excited to have four outstanding **Featured Presenters, Karen Petermann (2017 National Elementary PE TOY), John Smith (1989 National Elementary PE TOY), Cassie Brooks (2018 Midwest District Health TOY), and Mark Friedrich (2016 NJAHPERD Secondary PE TOY)**, ready to share their expertise, innovative ideas, and passion for education with you at our convention. WHPE has many other fabulous health, physical education and adapted PE sessions planned for you as well! We look forward to seeing you at the WHPE Convention!

WHPE Strategic Plan/Building Strong Connections: Educate. Engage. Advocate

One of the best resources we have as educators throughout the year is each other. On behalf of the Board of Directors of WHPE, we thank you for your membership in WHPE! We know that the connections and engagements we have with each other throughout the year gives us all the strongest potential as educators to make a difference in the lives of our students and families we work with, and for our health and physical education profession as a whole.

Thank you for all that you do to make a difference for your students, and for being a valuable part of our WHPE team of educators and leaders! We value your membership, your leadership, and your contributions to our association, because TOGETHER we will continue to "Build Strong Connections" in our schools, our communities and throughout our profession!

The WHPE Board of Directors has some targeted strategic goals that has guided our work throughout the year. The Strategic Goals center on professional development opportunities; advocacy of health, physical education, and APE; WHPE membership and benefits; financial stability of our association; and building partnerships with various HPE organizations and leaders. We also have a standing Technology Committee within our Board that helps to communicate and facilitate various professional development news or advocacy updates, as well as professional development opportunities.

We would like to thank all of the WHPE members who took the time to complete the WHPE membership survey this past summer. Your feedback and comments were truly appreciated and will guide the WHPE Board of Directors with our future strategic planning, and to help WHPE continue to grow and be the best organization for our members.

Thank You, WHPE, and Welcome to 2018-2020 WHPE President, Maureen Vorwald!

At the conclusion of the 2018 WHPE Convention, my term as WHPE President will come to an end. I have been truly honored and humbled to have had this opportunity to serve as your leader in WHPE. WHPE is one of the best associations in the US, and I am grateful to have been a part of building a strong organization for you, as HPE professionals, to be a part of. Thank you to the WHPE Board of Directors, liaisons, and chairs who served WHPE throughout my term. Your leadership and contributions to WHPE were invaluable and truly appreciated! I look forward to passing the torch on next to Maureen Vorwald, as she serves her term as our next WHPE President from 2018-2020. Welcome, Maureen! We look forward to your leadership, guidance, and innovative ideas in WHPE in the years ahead!



WHPE 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 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, 2019. You may contact is WHPE office for more information or check out the grant guidelines on the WHPE web page at www.whpe.us.

Leadership Opportunities in WHPE

Candidate for Member at Large

My name is Jackie Clark.

I teach elementary physical education at Rock River Intermediate School in Waupun. 25 years ago, I began teaching elementary physical education and I'm as passionate about our profession today as I was when I started teaching back in 1994. I love my job and believe that I make a difference in the lives of my students every day, teaching best practices in health and physical education. I was very active in WHPE early in my teaching career and served as the WHPE Elementary V.P. In 2006, I was chosen as the WHPE Elementary Teacher of the Year. I stepped back a bit from the board when my child was young but was still very active in WHPE continuing to present and attend workshops and conventions. Now that I will be an empty nester this fall, I decided it was time again to give back to the profession that has given me so much over my 25 years of teaching and become more active with WHPE and pursue being a board member again. I would be honored and humbled to be chosen as the WHPE Member at Large and be the voice for my fellow WHPE members and change agent to continue to move WHPE and our profession forward.



Candidate for Member at Large

My name is Rebekah Johnson

I am excited for the opportunity to run for WHPE Member at Large! I find nothing more rewarding than contributing towards the goal of promoting health enhancing lifestyles for youth in the state of Wisconsin. I believe that my multifaceted perspective and commitment to professional development make me a strong candidate for this position.

Teaching health, physical education, and adapted physical education is how I began my career. During that time, I pursued a master's in curriculum and instruction and began teaching courses as an adjunct professor for UW-Whitewater. Currently, I teach full-time at Carthage College (Kenosha) preparing future professionals for careers in health and physical education. This variety of experiences provides me with perspective on how an organization can work to benefit its membership, from future professionals to experienced teachers. I would love to bring new ideas in an effort to continue the work toward actively engaging members in an organization in which youth all across the state benefit.

Professional Development is something I treasure for my own growth as well as the opportunity to share ideas with others. In the past year, I have presented at the WHPE convention, Southeastern District workshop, and a led webinar for SHAPE America. This upcoming year, I am presenting at the Colorado and Illinois state conventions as well as this year's WHPE convention. I look forward to the opportunity to continue to grow as an educator and share what I have learned with my students and the members of this organization.

If elected to the WHPE Board, I would dedicate my time, energy, and creativity to supporting the mission of WHPE – to provide members with professional development opportunities and to be advocates for our profession.

Candidate for Treasurer

My name is Penny Kroening and I am running for the office of WHPE Treasurer. I am a long time WHPE Member, and former elementary physical education teacher in Waukesha. This past June I retired from teaching. During my past 33 years have had the honor to serve on the WHPE Board of Directors as Elementary Vice President and most recently as JRFH/HFH State Coordinator. My time on the Board has provided me an in depth understanding of the budget and how the new landscape WHPE is facing will require an innovative strategic plan to maintain financial vitality.

As the WI State JRFH/HFH Coordinator I worked to facilitate creative, informative, and engaging opportunities to on-board our membership in supporting the initiatives of our Memorandum of Agreement with SHAPE America. I had control of the JRFH budget, using those funds to inform, recruit, support, recognize, and honor coordinators on a statewide basis. I guided our own Wisconsin Task Force to help facilitate the goals and objects of the MOA. I have worked with SHAPE America National Joint Project leaders to help empower our association in generating a stronger and viable fund raising program. If elected I look to use my prior knowledge, background, partnerships and connections to help WHPE identify and initiate new creative alternative funding to support the mission, intentions and objectives of WHPE.



Candidate for Treasurer

Hello fellow WHPE members!

I'm Wendy Wiesjahn and I'm running for Treasurer. I have been a member of WHPE since I was in college in the late 80's, early 90's. Go La Crosse Indians, I mean Eagles (they were the Indians for part of the time when I went there)! I have been very involved in our organization over the years. I have been the SE coordinator at least 3 times, where I put on workshops in the Milwaukee area. I have been the VP for High School PE at least 2 times in which I helped decide which sessions would be at the convention. I have been on board of directors as the Member at Large position. I have co-presented at a few WHPE conventions. Back in the day before Nicole Popowich took over putting the program together, I typed up the program and put it all together. It was very time consuming, so kudos to Nicole for the terrific job she does with it. I am currently on the convention committee as the convention manager.

I have a lot of experience with the organization, and I have many more ideas that I feel can improve our organization as well. Even though my position would be keeping track of the accounts and paying some bills, I will always be there to listen to your ideas and bring them to the board. Please vote for me as treasurer and I look forward to seeing all of you in the Dells at the convention.

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



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.

Leadership Opportunities in WHPE

Candidate for Adapted Physical Education VP



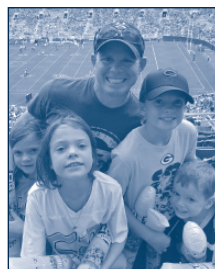
Hey Everyone! **My name is Sadie Brown** and I currently am starting my 4th year in the Sun Prairie Area School District as a full-time Adapted PE teacher. Prior to coming to Sun Prairie I taught for 6 years in Watertown both elementary and high school PE. Working with kids with special needs has always been a passion for me and I feel very fortunate to work everyday helping my students grow both physically and socially with their peers. Alongside my awesome APE team I feel we work really hard to make sure all our students are included in physical education class and we continue to work on initiatives to support our students being part of the community and learning to be physically active outside of their time in school. Since I have been in SP we have streamlined our APE evaluations, started a unified PE class and are currently doing professional development around adapted sports leagues and summer camps for students with disabilities. I feel my passion and drive to continue to advocate for best practices in Adapted Physical Education would help continue to spread the importance of inclusiveness within our WHPE community. I know that being a part of WHPE has made me a better educator and I want to continue to help the work in growing more great educators who support all students regardless of their abilities!

Candidate for Adapted Physical Education VP



My name is Lynda Pinnow and I would be honored to be the new WHPE Adapted VP board member. I have a unique background that I believe encompasses the whole Adaptive Physical Education setting. I graduated from Valparaiso University with a degree in Physical Education/Health. I began substitute teaching in Special Education and immediately returned to school while I was hired to teach Special Education. I received my Special Education degree from Upper Iowa University and taught in various classrooms for 11 years before moving to the current position of APE teacher at Lakeland School in Elkhorn, WI. Lakeland is a school where each student has an IEP, and we service Pk thru age 21. I have been teaching APE for 4 years here at Lakeland. I absolutely love my job and I am eager to learn and share ideas about APE with other teachers around Wisconsin! I coach Special Olympics swimming and assist with the basketball team at Lakeland School. I have worked with many children with different disabilities. The one thing that I have learned in working with children with special needs is that the teacher has to make the student successful. If a student is successful in what they are doing, they have fun and continue to want to learn, or engage in that activity! I hope to share and learn from everyone, so that we can all be the best APE teachers possible, and our students can be successful!

Candidate for Adapted Physical Education VP



Hello, **my name is Tim Swenson** and I am seeking the nomination of Vice President of Adapted Physical Education for Wisconsin Health and Physical Education. I am an assistant professor in the Health and Human Performance Department at UW-Platteville and will be beginning my 18th year overall in education. Prior to UW-Platteville, I taught K-12 APE for the School District of Black River Falls for seven years. I received my undergraduate degree from UW-Platteville and my graduate degree from UW-LaCrosse. I am currently pursuing my doctorate from Edgewood College. My family resides in Mineral Point where my wife teaches special education at the Mineral Point Elementary. We have four kids, Bree (10), Brynn (8), Kinley (6), and Jacoby (4). I also help coach youth softball, tennis, and wrestling. I currently serve on the WHPE Board of Directors as the VP of APE and have also served as the SW District Representative. I am passionate about providing physical activity and educational opportunities to students with disabilities, as well as teaching others how to do so. Just like many of you, one of my highlights each year is connecting with and learning from fellow educators at the WHPE convention. I hope to keep this connection growing with your vote.

Candidate for Elementary Division VP



My name is Stephanie Fencel. Thank you so much for considering me for the WHPE Elementary Level Vice President position. I have taught Elementary Physical Education for 10 years and am a 14-year member of WHPE, since my undergraduate education at UW-La Crosse. Without a doubt, I owe much of my success in teaching Physical Education to the collaboration that happens within WHPE every day. I am eager to assist in leading our organization and serving its members in the upcoming term.

In my career, I have had the opportunity to serve in four different school districts on my journey to return to the area where I grew up, near Westby, WI. This experience has allowed me to gain tremendous insight and a greater understanding of the needs of school districts and physical education programs across Wisconsin. Also, as part of the Fuel Up to Play 60 program, I served as Fitnessgram Champion for the Minnesota Vikings for two years (but, let's be clear, I am NOT a Vikings fan!). In this role, I was able to collaborate with physical education teachers representing FUTP60 across the nation to continue advocating in the fight against obesity.

As your Elementary Level Vice President, I hope to support WHPE's mission in a greater role by helping to promote opportunities for collaboration and idea-sharing; as well as support best practices, and program advocacy for teachers and physical education professionals across the state and beyond.

Candidate for Elementary Division VP



My name is Katie Mulloy and I am running for WHPE Elementary Vice President. I have been teaching elementary physical education for 12 years and, as you can probably guess, physical education and fitness are my true passion in life. I have experience in teaching and assessing standards based physical education, teaching students of all abilities in an inclusion setting, and I love exploring new ideas and lessons with my students. I am also skilled at incorporating various uses of technology into my classroom, creating monthly fitness challenges for my students/families to participate in, sharing and participating in many different PE related social media outlets, advocating for physical education within my district, presenting at various conferences/professional development in Wisconsin, and loving what I do. Up until now, I have served on the JRFH/HFH Taskforce and am currently serving on the WHPE Advocacy Committee. I am interested in serving all of my elementary colleagues the best way I can by continuing to learn and grow my leadership skills through WHPE. I believe I would make a great Elementary VP 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. Please consider supporting me as your WHPE Elementary Vice President!

Leadership Opportunities in WHPE



Candidate for Middle School VP

Hello! **My name is Kaitlyn Bloemer** and I am running for the WHPE Middle School VP position. I currently teach at Bay View Middle School in the Howard Suamico School District. I have been teaching Physical Education and Health Education for 8 years. I have been a member of WHPE for over 10 years and have strived to promote quality physical education and health education. At Bay View, I started our student organization SWAG, Student Wellness Awareness Group, that partners with FUTP60. This group is a passion of mine that promotes student physical activity events and school wide presentations. I am looking forward to becoming more active in our state organization and if elected I will continue to advocate for quality Physical Education and Health Education.



Candidate for High School VP

My name is Pam Klein and I am excited to once again be running for WHPE HS-VP. I am asking for your vote this October as I want to build on the experience I've gained and the comradery I've built with our Board of Directors and Membership. I want to continue to collaborate with the BOD and WHPE members to make this the best professional organization it can be. I am passionate about using my 21 years of experience, creativity and problem solving skills to think outside the box when it comes to getting kids excited about PE/Health. For two years, I have brought these strengths and my "What if?" and "Why not?" approach to this position.

My number one goal as HS-VP was to make personal connections and genuine friendships with as many members, new and old, as possible. Simply put; you all matter to me. I have enjoyed being a resource and advocate for you and our organization and believe 'The Best is Yet to Come!'

HS VP Representative: Recruited/Vetted Convention Presenters; Newsletter Submissions; Convention/Workshop Presenter; Advocated for Electronic Voting; Proposed/Led 2017 WHPE Lunch and Learn; Initiated 'Thank-You Gift Bag' program for WHPE Presenters; Future Professional WHPE Panel Participant

Membership Chair: Created Member at Large Appreciation Postcard Campaign; Expired Membership Initiative; Membership Renewal Thank-You Project; Administrator Advocacy Outreach

Professional/Personal Growth: Emerge WI Training Program - Emerge-WI trains women who are interested in becoming elected leaders in their community/professional organizations. 10-Day Mission trip to Guatemala July-2018 building homes.



Candidate for High School VP

My name is Shannon Maly and I am excited to be running for the WHPE High School Vice-Presidency position. For the past 16 years, I have taught both physical education and health in grades 7-12. I am passionate about exploring, developing and enhancing curriculum so students have the knowledge to lead active lives in college and beyond. Over the past four years, I have had the opportunity to travel, present and learn from many outstanding educators with a wealth of knowledge. As your High School Vice President, I would like to share my experiences learning from others and create more professional development opportunities specific to high school educators.



Candidate for College/University Division VP

Greetings everyone! **My name is Dan Timm** and I am a candidate for College/University Division Vice President. The Department of Kinesiology at the University of Wisconsin-Madison is my professional home, where I teach courses to all Kinesiology students. I also teach courses specifically for, and advise, students in the physical education major.

Professional involvement is important to further WHPE and the health and physical education professions. I have been a WHPE member for over 20 years and the individuals who served on the Board of Directors during that time moved the organization forward. I believe it is important to do my part to continue advancing WHPE for current and future members.

As a member of the Board of Directors, I serve on the Membership Committee and am the Acting Parliamentarian.

During the past two years as College/University Division Vice President, I attempted to make the division a more prominent part of WHPE. The number of college/university members increased during that time. Programs at two-year institutions received more visibility within the organization. The division began offering a poster session at the WHPE Convention to showcase new program initiatives at colleges and universities.

In the future, the College/University Division needs to continue moving forward. It needs to continue those initiatives that have been successful and must also look to new ways of serving college/university members and all members of WHPE. I plan to continue increasing the visibility and influence of the College/University Division within WHPE.

Not Just Another Book Study!

This year our staff was given the *OPTION* to partake in a book study; that right there hooked my interest. The part where we had ownership in whether or not we wanted to partake was intriguing and made me wonder if this was going to be one that actually fit for the solo P.E. teacher in the school. *Teach Like A Pirate*, by Dave Burgess, is an inspirational book for all educators that allows one to take a deep look inside to figure out how to increase your own level of creativity, as well as, boosting student engagement within your classes. This book gets its title based off of the main focus points of part I : Passion, Immersion, Rapport, Ask and Analyze, Transformation, and Enthusiasm. Other areas that really sparked my interest are easily summed up by the following quote from the book, "Pirates are daring, adventurous, and willing to set forth into uncharted territories with no guarantee for success". Burgess asks readers to really figure out where their passion lies especially in the following three areas: content, professional, and personal. In my eyes this is a great read to kick off your school year and not just another book study. ~Khyi Berndt (WHPE Treasurer)

TEACHING IDEAS ...

Elementary Teaching Ideas

Are you excited about trying something new this school year? I know I am and I hope to provide you with some ideas of what you can organize too. Each year I try to add something new that I have learned into my elementary PE classes. Some years this is something very small and it takes very little planning and organizing...other years it takes more time and effort.

This year I am going to attempt to add active movement into my hallway transitions from the gym to the music room. I am going to teach my students different movements that they can use as we travel in the hallway. I plan to share these movements with other school staff members so they can use them as they choose. This adventure will take more time and effort than others, but I am up for this challenge!

Here are some other ideas that you might like to try in your classroom this school year:

- Put up a fun bulletin board
- Organize a parent event
- Add PE into a family night at your school
- Create a new lesson or update an old lesson
- Breakdown one standard and update content
- Add some dance or rhythm into your curriculum
- Make a goal to make more positive contacts with families
- Start an after school activity club
- Join WHPE and/or SHAPE America
- Reach out to a colleague to collaborate
- Join twitter as a professional resource
- Add some nutrition education into your class
- Start an electronic newsletter or add to your school newsletter each month

Whatever it is that you decide to do, do it well. I hope that you will be an advocate for your program and you students' health! Have a great start to 2018-2019!

– Submitted by Darci Mick-Beversdorf

New Golf Program for K- 5

– Submitted by Tim Mueller

Erin School partnered with Erin Hills Golf Course to help start The First Tee Golf Program this year. This program provides the SHAPE-designed golf curriculum and specialized golf equipment for kindergarten through fifth grade.

Use the link below to see the story from Spectrum Sports and learn more about the program!

<http://www.myspectrumsports.com/videos/2018/05/30/erin-hills-makes-donation>



New this Year ... Electronic Voting for WHPE Officers

In order to allow more members to vote for the slate of WHPE officers, this year's WHPE elections will take place electronically. On October 1st you will receive an electronic ballot link via the email address on file with the WHPE office. If you do not regularly receive emails from the WHPE office/Nicole Popowich, please call the office at 608-785-8175 ASAP to update your email address. You must vote between the dates of October 1st and October 15th. If you do not receive an electronic ballot or are not able to vote electronically for any other reason, there is a paper ballot on page 2 of this newsletter.

Paper Plate Slide and Glide Workout

Stationary Activities:

1. Upper and lower plank jumping jacks with feet (feet on plates)
2. Mountain Climbers – (both feet on a plate)
3. Sit-ups with arms out to side and slide (hands on plates)
4. Plank – one arm wax on and off circles (only one hand on a plate – then switch hands, also try feet)
5. Standing alternating sliding side to side in one spot (feet on plates)
6. Knee Push-ups and hands out and in after each one (hands on plates)
7. Ab Roller motion to slide plates out and in while on knees (hands on plates)
8. Sitting and slide feet in and out from body and sideways in and out (feet on plates)
9. Standing and move feet forward, forward, back, back (feet on plates)
10. Upper plank position: opposite foot & hand meet (foot and opposite hand on plate)
11. Burpes - feet slide back (feet on plates)
12. Lunges – Forward, Back, and Side (only one foot on a plate)
13. Lay on Back and lift seat and slide feet like running (feet on plates)
14. Spiderman from push-up position – bring foot to hand and switch (feet on plates)
15. Standing scissors run in place – alternate feet forward and back (feet on plates)
16. Push-up position – bring both feet to one hand and then to other (feet on plates)
17. Crab walk position and slide feet in and out separately like running (feet on plates), also side to side
18. Push-up position – slide feet in to go into inverted V position and back out (feet on plates)
19. On hip - do side crunches with hand sliding out and in (one hand on plate)
20. Standing Jumping Jack motion (both feet on plate)
21. Lay on stomach in superman position – make big circles with arms, change direction (hands on plates)



Traveling Fitness Activities:

1. Standing Skating (feet on plates)
2. Sled Push (hands on plates)
3. Crab walk while dragging feet (feet on plates)
4. Standing slide sideways (feet on plates)
5. Dog walk dragging feet (feet on plates)
6. Twisting moving across gym (feet on plates)
7. Sitting with legs out – slide feet in and use hands to lift seat and move back, repeat (feet on plates)



Skating Noodle Tag Game:

All students skate around (feet on plates) and 3 – 4 students with a noodle attempt to tag skaters. If tagged, player must hold up plates and run in place until freed. Frozen students freed by another skater tagging them and saying free. If a skater loses a skate, they are also frozen.



– Submitted by Tim Mueller, Erin School District

TEACHING IDEAS ...

How to Teach Standard 5

– Submitted by Sandy Hagenbach

I attended a Best Practices session on Unpacking the Standards a year ago with Kristi Mally. She helped me better understand how to teach Standard 5 on value. Last year I created and used this poster as an exit touch poster. This year I created a video to explain how students use the poster.

If you are viewing the newsletter digitally you can copy the poster picture. It is made to fit on two 8.5 X 11 pieces of paper. Expand the picture to fit the first 3 letters on one piece of paper and print. Then move the picture up so the bottom half is on one piece of paper and print. Tape together and laminate. You can email me at shagenbach@depere.k12.wi.us if you want the picture sent to you.

The YouTube video <https://m.youtube.com/watch?v=WP4tDmdGVY8>



HOT DEALS ON DICE

These foam dry erase dice can be found at the Dollar Store. I have used them to write locomotor skills, speeds, pathways, and levels for elementary students. Students roll the dice, read, and perform the skills.

This sports dice can be found at Five Below for \$4.00. They could be used as a warm-up, relays, and circuits.

– Submitted by: Tammie Fick



Everfi - Character Playbook (Grades 7-9)

This is a free course offered by everfi.com. This course is intended to educate middle school students on healthy relationships, character



education, and social-emotional learning. There are six sections; analyzing influences, understanding and managing emotions, communicating effectively, resolving conflict, stepping in, and making decision. You can use all six or pick and choose which ones work for you. I use this as supplemental curriculum for middle school health. This can be downloaded as an app for students and it also has a teacher view to see student progress.

– Submitted by Kaitlyn Bloemer

CALCULATOR – Team Building Activity

Place objects numbered 1-25 to make your calculator on the floor. Create a boundary around the calculator using cones or a big rope. Establish a base outside the boundary where the team will start.

Have the group stand “on base” in a different area 15-20 feet away from the calculator.

Objective is to see how quickly the following task can be done: To work as a team to see how fast the group can touch the numbers sequentially from 1-25.

Explain to the group that they must start and finish on base. Once you say, “Go,” the group must run to the calculator and take turns pressing and saying aloud numbers 1-20 in order. Once they’ve reached 20, they must return to base. The timer starts when they leave base, and stops when the whole group has returned.

The group must work together to create an initial plan, and continue to refine their plan to improve their time.

Specific Rules:

- The group must start and finish on base.
- Everyone in the group must touch a number.
- Only one person can touch each number at a time.
- Only one person can be inside the boundary line.

Variation: Everyone must remain on the outside of the calculator, and can only reach in to touch their number (ie, no stepping across, or standing inside)

Debriefing Questions:

- Was the challenge more or less difficult than you originally thought?
- How did refining your plan help you improve your time?
- Who took a leadership role?
- What things did you do as a team to accomplish this task?

– Source: ultimatecampresource.com

– Submitted by: Maureen Vorwald

Book Recommendations -

Summer is my time for reading! This summer I finished up two books I really enjoyed: *Conscious Coaching* by Brett Bartholomew and *Leaders Eat Last* by Simon Sinek

Conscious Coaching put people we teach/coach into different personality types based on his experiences and how to work with those types of people. A fun part to me was for each personality type he would have a different colleague give a real life example to better describe it. I figured this was worth sharing because we all have so many different people to work with and teach, and we know one way doesn’t fit all of them. Conscious Coaching will be a nice reference for me to come back to for all the different types of people in my teaching and coaching.

Leaders Eat Last, I again believe fits nicely for all of us as educators and coaches. Essentially Sinek discusses what truly successful groups look like, and how the people or person who leads them makes that happen. We all have to establish a culture, and his book is a nice reminder of the right way to do it. He also does a great job of tying in how hormones interact with this process (dopamine & cortisol vs. serotonin & oxytocin).

With every passing year, I become more concerned with how to establish a culture that empowers people around me, and we all know that’s not easy. If that’s something you are all about too. I think these are books for you.

*Have a great start to the school year,
Will Westphal, Central District Coordinator*

TEACHING IDEAS ...

Health Classroom Makeover

'Back to School' may sometimes be the 3 scariest words for students and teachers, but one way to get motivated for the new school year is by giving your Health Classroom a makeover! On a daily basis, I strive to create a classroom environment where students are inspired to learn Health Related Skills as well as foster a space where students feel comfortable and safe to have class discussions and share. Late last August, I was feeling a little blue about my sweet days of summer coming to an end, but with the help of my husbands surprise classroom makeover gift, I was able to transform my Health Classroom into a more inviting and cozy space.

Here are my Top 4 Tips for a Creating a Health Classroom Makeover

1. You don't need a huge budget to achieve a new look! Some of my favorite places to shop for inexpensive items include thrift stores, sale aisles, Facebook Marketplace and of course, garage sales. You can find great deals while staying within a small budget.
2. Prioritize your wishlist. Focus on what changes you want to make in your classroom and how you want your space to look and feel. Choose 3-5 words to describe the environment you are hoping to create. For example: comfortable, calm, spacious, uncluttered, low-key, etc. Then, decide where you can make these changes! Can you remove unnecessary books, bookshelves and tables? Possibly design a different seating arrangement, reading nooks, or flexible seating area? Maybe it's as simple as giving your bulletin boards new life with fresh colors and themes or spreading positivity, encouragement and cheer, with unique signage and posters.
3. Take some time to search for ideas online. Pinterest has 1000's of Classroom Makeover ideas as well as specific Bulletin Board themes. This will help you create a vision for your new space.
4. Just go for it! I promise you....any changes you make will not only be noticed by your students, but greatly appreciated as well. I don't think I can put into words how much my classroom makeover changed my teaching environment for students and in the end, it changed me. As a 20+ year veteran, keeping things current and fresh is important to me and what better way to do this than make some changes in the room where I spend most of my days.

Lastly, I'd love to see some of your makeover photos! Whether it be new bulletin boards, classroom arrangements, or even a new personal workspace, feel free to post pictures on our WHPE Facebook webpage or email me at kleinp@deerfield.k12.wi.us.

I hope you all have a wonderful school year filled with good health and much happiness.

– Pam Klein, WHPE HS-Vice President



Health Ideas -

- ◆ Free Health related posters to hang in your room via Andy Milne. Health rooms should be full of positive messages. https://drive.google.com/file/d/1W8Kwbo9nisHbE1XrmX1EGbbV_JAAMLE1/view
- ◆ AMAZE takes the awkward out of human growth and development Real info in fun, animated videos that give you all the answers you actually want to know about puberty, your body, and relationships. amaze.org
- ◆ Trouble getting started with skills based health? Check out this amazing resource. <http://rhc.org/health-education-skills-models/>

Health Education Skills Models

RMC Health and a team of educators have created skill models for seven key health skills aligned with the National Health Education Standards and their indicators. Models for grade spans PK-2, 3-5, 6-8, and 9-12 focusing on the skills of analyzing influences (INF), accessing information (AI), interpersonal communication (IC), decision making (DM), goal setting (GS), self management (SM) and advocacy (AV) are available. Through consistent practice of these skills student will be better able to implement these skills in a variety of settings beyond the classroom. These skill models can be used in health education and across the curriculum in various content areas. Below you will find the models, student handouts, and classroom posters. Through the use of these models across various school settings students can be provided a wide range of opportunities to use and practice these skills. Consider sharing with your school counselors, school librarian, reading or writing teachers, administrators.

Please click on a skill model below to view supporting documents.

– Submitted by: Mary Wentland

Understanding the basics of HAPPY HORMONES

Dopamine: The Reward Hormone CONSIDERED THE "FEEL GOOD" HORMONE
Oxytocin: The Love Hormone KNOWN TO INCREASE TRUST
Serotonin: The Calm Hormone WELL BEING & HAPPINESS
Endorphins: The Will Power Hormone HELPS CREATE GOOD HABITS

OXYTOCIN
Triggers the bond between a mother and an infant and it may also play a role in recognition, sexual arousal, trust, and anxiety. Some research shows that the hormone may affect addiction and stress as well.

SEROTONIN
It is believed to help regulate mood and social behavior, appetite and gastrointestinal function, sleep, memory, sexual desire and function.

DOPAMINE
Hormone associated with feelings of exhilaration, bliss, motivation and concentration. Plays a key role in a range of body systems as well as functions, including movement, sleep, learning, mood, memory and attention.

ENDORPHINS
Chemicals produced by the body to relieve stress and pain. Endorphins can produce a feeling of euphoria that is both healthy and safe, without the risk of addiction or overdose.

DOPAMINE is a pleasure hormone & is stimulated when we strive towards a goal. **MOTIVATION**

OXYTOCIN Acts as a Chemical **MESSANGER** in reproductive system and some human behaviour. **RELATIONSHIPS**

SERATONIN boosts our **MOOD** and makes us more **AGREABLE** and **SOCIAL**. **Appetite Regulator** **WELL BEING**

ENDORPHINS produced by the body to **relieve stress** & block **DISCOMFORT**. **anti-anxiety hormone** **EXCITEMENT**

www.TheGraphicManny.com

Do you know a teacher that deserves the spotlight? We are looking to feature teachers that go above and beyond their call of duty. Below is a list of criteria we feel would meet that mark. If you would like to nominate someone, provide examples of the criteria and send to tfick@shullsburg.k12.wi.us

Name: _____
 School: _____
 Level taught: _____

- | | |
|---|-----------------------------------|
| A. Innovative/Creative | D. Promotes advocacy |
| B. Contributes to MVPA/
50 Million Strong goal | E. Illustrates leadership/service |
| C. Uses standards/assessments | F. Infuses technology |



Feature a Teacher / Peter Toutenhoofd, Sheboygan South High

Greetings from the Lakeshore! Peter Toutenhoofd is a sixteen year veteran Physical Education teacher who holds a BS from



and Adventure Ed PE. He has served as a Coach for swimming and works with youth developmental swimming year round.

Toutenhoofd also serves on the PEP Advisory Committee for the PEP Grant acquired for the District in 2016 that he initiated, culminating in a \$1.4 M award. Resultant of this grant, Peter has written/implemented new curriculum for Strength Training and Adventure Ed.

Most recently, Peter has helped, ELC teacher, Kris Fritz, coordinate high school volunteers for her Year 2 successful "50 Million" – 'Stronger Together' project pairing the high school students with 4 yr. olds in an instructional setting. Last fall, he coordinated

UW- LaCrosse and a Master's in C & I from National Louis University. Mr. T. is responsible for teaching Strength Training 1,2 and honors level, Senior PE, Wellness Components 1



with the SEAS, (Sailing Education Assn. of Sheboygan) to conduct a sailing activity for his students as an outdoor learning physical experience where they were engaged 'on the water'. During the spring semester, Mr. T.'s Adventure class applied what they had learned over the semester during a weekend field trip involving camping, hiking; climbing at Devil's Lake State Park. These same students, then became the 'teachers' for two half – day mini adventures for a District 3rd / 5th grade class. It culminated in a student lead wall climb. In addition, his class conducted a similarly designed event, open to the community for an evening. They charged a nominal fee,

used to sustain the climbing equipment, and ushered about 75 participants through a mini Adventure lesson allowing all to climb 'on belay' at the end. Comments from parents, students and administrators have been positive and some were seeking a 'replay' of this event.

When asked about what he does, Peter, indicated, " I have a passion for building relationships with students, and for helping them discover their best!" He is truly making the connections that will impact producing a path toward reaching "50 Million Strong."



College/University News ... Vice President Dan Timm

The calendar keeps turning pages and the next WHPE Convention is less than two months away. The College/ University Division will be well represented in the convention schedule, helping Build Strong Connections by Educating others. This year there will be 12 presentations by 10 different college/university presenters intended for adapted physical education, future professionals, health, dance, elementary, or secondary audiences. Additionally, 11 posters, representing 10 institutions, will be presented during the poster session. The poster session is scheduled for Thursday, October 25, 9:30-10:00, in the Sandstone Hallway. Poster presenters are invited to leave their posters up during the entire convention.

The College/University Roundtable is scheduled as a double-session this year. Prior to the convention, I will send out a call for items to be included on the Roundtable agenda. The agenda, which will include a few business items, will be sent to college/university members prior to the convention so they can give thought to the items up for discussion.

Kudos to Rebekah Johnson from Carthage College who Educated others by presenting a SHAPE America webinar in June. Rebekah and Carthage Alum, Nicholas Brummitt, presented, What You Really Need to Know About edTPA. Thank you Rebekah, for keeping Wisconsin in the national spotlight.

Lastly, remember WHPE is going to electronic voting for the fall election. Please take note of the instructions in this newsletter for the new voting process.

See you in October at the convention!

Paraprofessional Use in Physical Education for Students with Disabilities



Effective instruction in physical education for students with disabilities (SWD) can occur in a variety of ways. Adapting the equipment, instruction, and/or the environment need to be considered when looking to provide meaningful physical engagement in the least restrictive environment. The use of paraprofessionals can be one method employed to help ensure this happens. Whether it be a paraeducators, peers, or adult volunteers, well-trained (and motivated) support personnel are key to any successful PE program. What follow are tips on how to incorporate support personnel for SWD in physical education.

Job Responsibilities: There are many ways that support personnel can contribute to your classroom. These include administering screening tests and informal diagnostic instruments (if trained and provided guidance by the APE or GPE), suggest logistics of learning activities (i.e. groupings, length of activities), provide one-on-one instruction, modify instruction/equipment with guidance, and assist the APE or GPE instructor with clerical duties or movement of students throughout the building. As a word of caution, paraprofessionals should avoid some responsibilities. These include assigning final grades, act as a substitute teacher, administer or interpret formal assessments, work unsupervised with students, and decide on discipline methods. Above all, the students' age, behavioral needs, and severity of disability must always be considered when considering the appropriate use of personnel support.

Training: In order for support personnel to be highly effective, training may be involved to help explain and demonstrate their role. This will allow for everyone to be on the same page and take away any question as to how best to work with the assigned students. Training should take place in the following areas: behavior management techniques, proper cueing and feedback, record keeping, disability information, assistive technology, and special instructional procedures. Allowing your support personnel to be as informed by providing detailed instructions will allow them to perform their job in an efficient manner. It is important that the level of training provided (and needed) will depend on the level of personal support being utilized. A paraeducators should receive the most specific and highest level of training, whereas a peer tutor should not be expected to hold the same job responsibilities.

Motivation: There is a high rate of burnout among support personnel in special education. Making your staff feel valued and appreciated can help them stay motivated when working within the classroom, as well as feel a sense that they work they do is noticed and highly respected. A few ways to recognize the work of your support personnel include sending them a letter of commendation as well as to the principal, have the students send thank you notes, place announcements in the school newspaper or PA about the work of the support personnel, or provide small tokens of appreciation during holidays or teacher appreciation week. A little bit of attention can go a long way!

Physical education classes that provide maximal opportunities for engagement to allow SWD become physically literate should be goal of all APE teachers. Although we like to think of ourselves as super-human, there are times we need help. This is where support personnel play a big role. Their work is vitally important to a strong physical education program. For a more in-depth reading on the use of support personnel in physical education, check out the "Physical Educator's Guide for Working with Paraprofessionals" at https://www.pyfp.org/doc/pyfp-guide-paraprofessionals_archive_20160405.pdf.

Thanks for all your hard work and dedication in keeping all our students fit and happy!!

*Tim Swenson, CAPE
UW-Platteville*

Fuel Up to Play 60



Over 125 Wisconsin schools have been awarded funds for Fuel Up to Play 60 (a total of \$95,000). Funds are still available for schools, contact Wisconsin Dairy Council for a Funds Mini-Camp Application.

Fuel Up to Play 60 materials are available for Program Advisors to activate the program at their school. Materials will be shipped the week of August 27th and include games and activities for classroom brain breaks, small items for student incentives and a life size poster of Green Bay Packers Kicker Mason Crosby.



Enter any of the three FUTP60 Contests to win Green Bay Packers Game Day tickets and prize packages for your school. Information posted online at <http://www.wisconsin dairy council.com/fuel-up-to-play60>

Wisconsin Dairy Council can help with Fuel Up to Play 60. Contact us at wdc@wisconsin dairy.org for information, funding applications and materials.



Hello WHPE Members! As Membership Chairperson, I am asking for your help this fall with our "Just One" Campaign. YOU are the heart of our organization and in order to keep WHPE going strong, we all need to be mindful of Membership. Retaining current members, inviting former members to rejoin and attracting new members, will help continue to make WHPE the best it can be.

Did you know that a personal direct ask will increase the chances of someone saying yes to you? This can be done with a handwritten note, a personal email or even a phone call. This fall, I'm asking you to help WHPE grow our membership. This can be done through our "**Just One**" Campaign. It's simple:

- Think of a person who you believe would benefit from becoming a WHPE Member.
- A new PE, Health, or APE teacher in your building or district.
- A former colleague.
- A colleague from your department who used to be a member.
- Lastly....How about a former college classmate or roommate? What better way to reconnect than through membership and convention!

Need talking points on why they should join? Here are a few:

- Professional Development Opportunities
- Increased Networking, Personal Connections and Friendship Opportunities
- Leadership Skills (Board and Committee Opportunities, Convention Session Presenters, Workshop Instructors, etc.)
- Advocacy Resources

Research shows the best way to see professional membership grow is through a personal invitation. Can I count on you to ask "Just One" person to join WHPE this upcoming year?

With Much Thanks, Pam Klein

p.s. If your "Just One" person joins, please find me at the convention and introduce yourself and our new member! Or, feel free to send me an email at: kleinp@deerfield.k12.wi.us

“Societal and Symbolic Curricula” Culturally Responsive Health and Physical Education

Dan Timm

Happy new school year! Hopefully, the year is off to a good start. Last time we talked about formal curriculum. Today, we will continue our curricula discussion, focusing on two other types – societal curriculum and symbolic curriculum (Gay, 2010). Although not as well known as formal curriculum, these two forms of curricula also have the potential to positively or negatively influence students.



Societal curriculum includes information, ideas, and impressions of cultural groups that are portrayed in the media or observed from family, friends, or others. Whatever students see or hear has the potential to reinforce positive messages teachers have communicated.

Likewise, societal curriculum can influence students with messages that overtly or covertly promote negative attitudes or actions toward other people. Inaccurate information, stereotypes, or biases communicated through societal curriculum provide an opportunity for health and physical education teachers to Build Strong Connections through Engaging students in discussion about what they saw/heard. Not correcting negative messages can cause students to believe people of certain cultures are “not as good,” impeding the building of a cultural learning community. If some students do not feel part of the class community, they may lose interest in health or physical education.

An example of societal curriculum is the logo of a snowmobile club from a small town in Wisconsin. The logo is a cartoon headshot of an Indigenous person. The person has a large red nose, a fat chin, and a feather stuck in their hair. When I first saw this image,

I wondered what the connection was between Indigenous people and snowmobiling. Considering the image further, it does not accurately portray Indigenous people today. This logo could lead others to believe it is acceptable to ridicule Indigenous people and young students may think the appearance of this cartoon character is how Indigenous people look today.

Symbolic curriculum refers to the images, symbols, and icons used by teachers to decorate walls and bulletin boards. Considered an extension of formal curriculum, posted materials are a way to Build Strong Connections by Educating students regarding health and physical education and should be culturally diverse and accurate. Materials should show an array of races/ethnicities, ages, genders, religions, and abilities involved in healthy lifestyles. And, that involvement should take place in a variety of places, such as urban, suburban, and rural. Symbolic curriculum should communicate all people participate in health and physical education.

Besides the aspects of diversity mentioned above, symbolic curriculum also pertains to the messages a secondary school communicates to its community. A gymnasium and swimming pool are teaching spaces for physical education and competition spaces for the school's interscholastic teams. What symbolic curriculum is posted in those spaces? Do the messages pertain solely to athletics or is physical education represented, as well? This is an opportunity to Build Strong Connections with the community by Advocating for physical education.

See you at the convention in Wisconsin Dells!

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

Carreno named Wisconsin “Master Educator” Assessor

Dr. Tony Evers, Superintendent of the State of Wisconsin Department of Public Instruction, has appointed Mary Jane Carreno for a three-year term as Wisconsin Master Educator Assessment Assessor. The appointment involves evaluating educators who want to pursue an advanced license in teaching called “Master Educator.” An educator who selects the “Master Educator” license must demonstrate an advanced level of proficiency on challenging and rigorous portfolio entries built on the framework of the Wisconsin Teaching, Pupil Services and Administrative Standards. In addition, some school districts in Wisconsin recognize the “Master Educator” license with additional pay to the educator. The state of Wisconsin has been the first state in the United States to offer the “Master Educator” license.

This fall, Mary Jane will be entering her forty ninth consecutive rewarding years in education along with being a life time member of Wisconsin Health and Physical Education (WHPE) since 1970. Also, she is a member of the Society of Health and Physical Educators (SHAPE) since 1971. Currently, she is employed by the Racine Unified School District.

WISCONSIN “MASTER EDUCATOR” LICENSE

What a way to advance oneself with the “Master Educator” license in the field of Education. The title for the teaching license is for “Adapted Physical Education.”

The Master Educator license is a voluntary life time license and to qualify for the license, the following is required:

- Documentation of a related Master's degree
- Verification (from school district) of at least 5 years of successful professional experience in licensure areas at the Professional Educator license level
- Candidates must have held a Professional Educator license for at least 5 years
- Evidence of contributions to the profession
- Evidence of improved pupil learning

Also, teacher who earned National Board Certification are eligible to apply for a Master Educator License. The Master Educator license process information can be found on the Wisconsin Department of Public Instruction website.

The Wisconsin “Master Educator” license is a great way to continue your own ultimate professional development journey. . . .

– Mary Jane Carreno

Tech Corner ...

Do you use your iPad during PE? Ever wonder how to project your iPad screen? Well for starters, think about practicability. Even if your district's technician sets up a hanging projector, how would mirror what is on your screen to the projector without a direct connection, especially if it is hanging up on the ceiling? Lucky for us, this process is getting easier and more affordable. Most new projectors, especially small and portable ones, come with wifi and Bluetooth features built in. This means that we can use the projector brand's native app to mirror the content on our screen right to the portable projector. Try some of these reviews to see what's best for your need. Enjoy.



Amazon: <https://goo.gl/qP5ehR>



Wirelife: <https://goo.gl/C2u7bL>



PCMag: <https://goo.gl/JffGJr>

Have you been looking for new apps to assist your teaching this year but do not have the time to explore them all. Below are some websites that already did the work for you. Try them out and have an tech-excellent school year.



Gopher: <https://goo.gl/9UjBMD>



SparkPE: <https://goo.gl/2aP5Kg>



The PE Geek: <https://goo.gl/6ZRJnW>

WHPE Symbaloo Webmix

Need a one place stop for all your online physical education resources? WHPE has created a Symbaloo webmix just for you. Enjoy these resources and if you have ideas please message us on Facebook or Twitter s we can continue to add it to the webmix. Not familiar with Symbaloo or need to set one up. Type the short URL link below to access the tutorial guide. Enjoy.

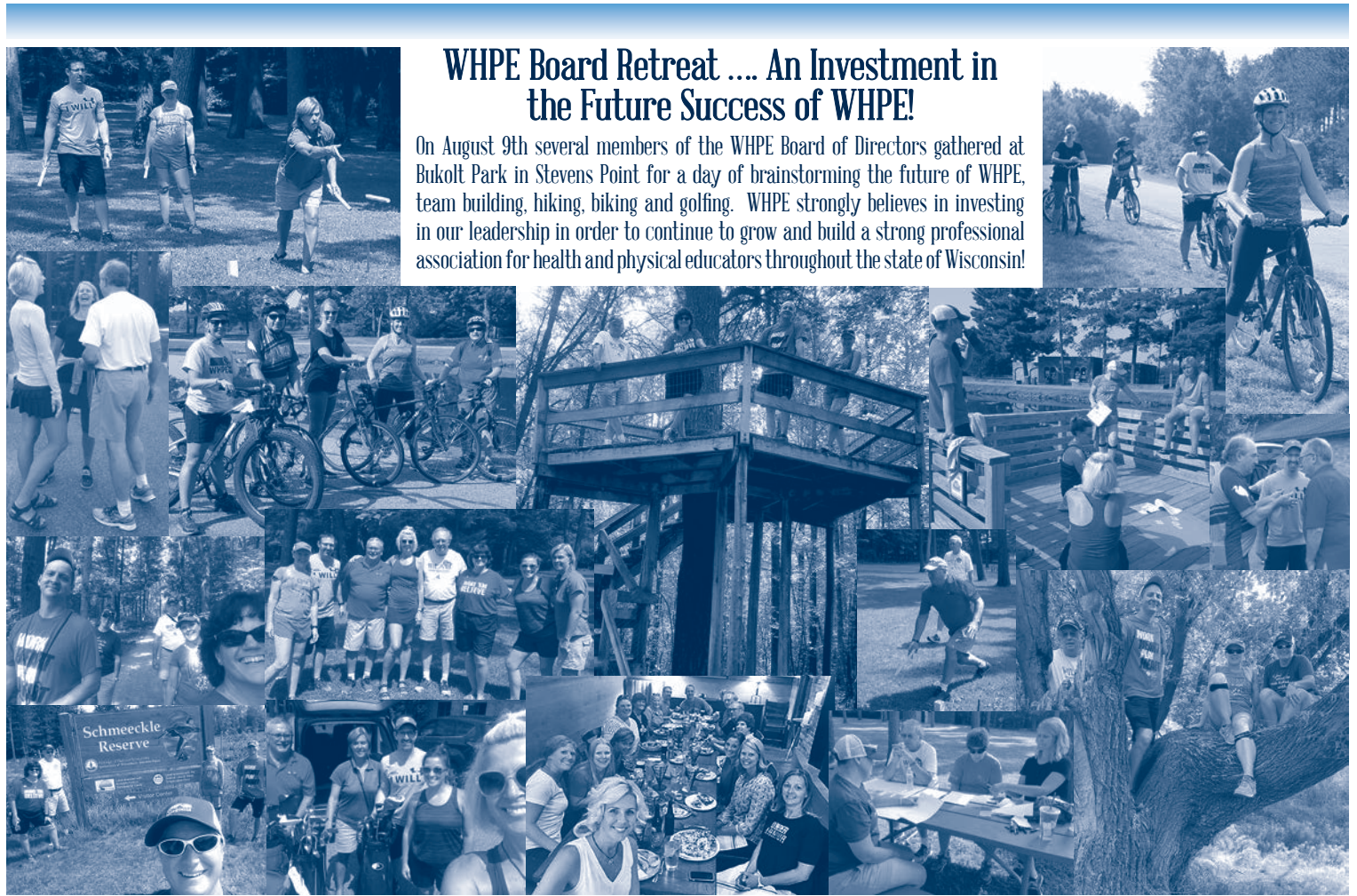
Symbaloo tutorial guide: <https://goo.gl/iejyD2>

Facebook: <https://goo.gl/RSQqrq>

Twitter: @WHPEoffice

WHPE Symbaloo Webmix: <https://www.symbaloo.com/mix/whpe>

– Submitted by True Vang



WHPE Board Retreat An Investment in the Future Success of WHPE!

On August 9th several members of the WHPE Board of Directors gathered at Bukolt Park in Stevens Point for a day of brainstorming the future of WHPE, team building, hiking, biking and golfing. WHPE strongly believes in investing in our leadership in order to continue to grow and build a strong professional association for health and physical educators throughout the state of Wisconsin!

Welcome To A New And Exciting Year

On behalf of WHPE, thank you for your amazing support of our 39-year Joint Projects partnership with the American Heart Association. Wisconsin is so proud to have been the birthplace of JRFH. We celebrate the impact the JRFH/HFH programs have made for our community and are truly grateful for the tireless dedication of our coordinators who have made a big difference with their service.

Looking Ahead to the Future

As we look ahead to the 2018-2019 school year, WHPE and SHAPE America are excited about identifying new programs and partnerships that will build more choices for educational fundraising activities that support strong health and physical education programs. Please stay tuned for information regarding identified programs and partnerships.

Jump Rope and Hoops for Heart Coordinators' Recognition Luncheon Celebration Event Coordinators 2017-2018 Campaign

WHPE Convention - Wilderness Hotel and Golf Resort, Wisconsin Dells
Thursday, 10/25/2018 12:30-1:30 pm
RSVP for lunch required by OCTOBER 3, 2018

Coordinators see URL below for a google form sign-up sheet. You will be directed to a sign up google form where you will select your box lunch meal choice as well as put in your information for your years of service. This is your celebration of your hard work and efforts, be sure to join us, be sure to sign up. We will recognize all JRFH/HFH coordinators and celebrate a job well done! Time together will also feature some collaboration time with fellow coordinators. Again this luncheon is provided for you, FREE! Please plan on attending to celebrate in our success. When you use the google sign up form you will be asked to enter your first/last name, how many years you have run either a JRFH or HFH event, and make your lunch selection.

Box lunch options are: Ham and cheese; Roast Beef and Cheese; Turkey and cheese. All box lunches include chips, pickle, and cookie.

<https://goo.gl/forms/4vnhT6j4rAhLVxAT2>

[Direct link to the google sign up form](#)

Please join us!

Finally, I just want to thank all JRFH/HFH event coordinators past and present for a job well done! The community service, physical literacy, healthy heart knowledge, and countless smiles are a priceless gift you provide to your School, your District, and your Community. Thank you for giving of your time so willingly and graciously! I look forward to the great work we can all accomplish together as we look towards new and exciting programs and partnerships.

Please note my new email address and if you have any questions please contact me: kroeningpenny@gmail.com

Penny Kroening, WI JRFH/HFH State Coordinator



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PERMIT NO. 175

CEO's Report

Greetings from Mt. Horeb. I have some exciting news to share that includes all members. In previous years, you had to be present at our annual convention to cast a vote for our elected officers. Your Board of Directors recognized that many of our members are not given release time to attend our convention. To ensure that each member does not lose the right to vote, we are moving to an electronic format. You will receive a Google form from the WHPE office asking you to vote for the candidates of your choice. Voting will be open for all current members from October 1st through October 15th. Note: If you have not been receiving e-mails from Nicole Popowich on a recurring basis, we do not have the correct address for you or your school is blocking our emails. If this applies to you, please send your preferred e-mail address to npopowich@uwlax.edu to receive your Google ballot in time to vote. If you still have trouble voting, a paper ballot is included in this Newsletter. We are trusting you to vote only once.



WHPE Convention Dates

October 23-25, 2019

Wilderness Resort & Waterpark, Wisconsin Dells

October 28-30, 2020

Kalahari Resort and Convention Center