



www.whpe.us

Our mission ...

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

WISCONSIN HEALTH AND PHYSICAL EDUCATION
NEWSLETTER

VOLUME 51, ISSUE 3

FALL 2022

2022 WHPE Convention ... The 2022 WHPE Convention will be held at the Kalahari Resort in Wisconsin Dells on October 26-28, 2022. Check out our website for the latest details, convention registration fee information and hotel reservation information. <http://whpe.us/whpe-annual-convention>

Jamie Sparks is the National School Health Program Manager for ETR, a national non-profit working to advance health equity. Before joining ETR in 2019, Jamie served as the Coordinated School Health Director for the Kentucky Department of Education from 2010-2018. In addition, Jamie has served on various leadership roles with the state board for the Kentucky Association for Health, Physical Education, Recreation and Dance (now Kentucky SHAPE) including the 2014 Vice President of Physical Education, the 2016 President, and is currently the Executive Director. He is a recent Past-President of SHAPE America.



Mike Doyle is currently a Physical Education/APE teacher at Cloquet Middle School and Cloquet High School. Mike was the Adapted Physical Education teacher at Wayzata High School and Wayzata East Middle School in Plymouth, MN for 13 years. He previously taught physical education at Patrick Henry High School in Minneapolis for 7 years. Mike received his Bachelor's Degree in Exercise and Sports Science-Teaching with an Adapted Physical Education emphasis from the University of Wisconsin-La Crosse in 1998 and a Master's Degree in Exercise Sports Science-Teaching with Adventure Education emphasis from the University of Wisconsin-La Crosse in 2009. Mike was awarded the MNSHAPE Adapted PE Teacher of the Year Award in 2012 and the SHAPE America Central District Adapted PE teacher of the Year in 2014.



Tacara Lovings is the Health Education and Physical Education consultant on the Student Services, Prevention and Wellness team at the Wisconsin Department of Public Instruction. She attended the University of Wisconsin-La Crosse for her bachelor's degree in Physical Education and Adapted Physical Education. She then attended the University of Utah for her master's degree in Specially Designed Physical Education. In her ten years of being a certified Physical Education, Health Education and Adapted Physical Educator, she has worked in public and private schools and with students in grades K-12 in Utah, California, Arizona, and Wisconsin. Her passions are to help people find movement that they enjoy and to increase the access to wellness for all. Equitable instruction is the central theme of her professional work. In her personal time, she enjoys being active and silly with her partner and daughter when they aren't traveling.

Adam Metcalf is the 2020 SHAPE America Midwest District Elementary Teacher of the Year. He has been teaching PreK-8 Physical Education for fourteen years and has a Masters' Degree in Pedagogy & Curriculum Design. Adam has presented on a wide range of topics including Teaching Games for Understanding, Classroom Management, Standards-Based Instruction/Assessment, Technology Integration, and Social and Emotional Learning.



Kick Off Convention Social and Exhibit Hall sneak peak ... This year's "All Convention Social" on Wednesday night, October 26th will be held in the exhibits hall. Plan on attending from 8-10 p.m. and enjoy networking with colleagues old and new along with a chance to visit the exhibits early. Exhibitors will be set up and open for business. A cash bar and light refreshments will be provided.



Erika Mundt just finished her 11th year at Iowa City West High School in Iowa City, Iowa. Before becoming a teacher, Mundt spent some time in college coaching and the business world. She grew up in Noblesville, Indiana, but now calls Iowa City home. Mundt attended and played basketball at Cleveland State University where she received a degree in sports management. Mundt has a masters degree in Sports Administration from Valparaiso University and another in Teaching from Western Illinois University. She was the 2018 Shape National High School teacher of the year. Her expertise is strength & conditioning. However, as the department chairperson, she works on curriculum development in all of their courses.

Jennifer Werner is the 2021 SHAPE America National Middle School Teacher of the Year. Werner is from Missouri, residing in a suburb outside of St Louis. Her bachelor's degree is in Education, Master's in Character Education and she has a +30 in technology. Werner is certified to teach K-12 Health and Physical Education. This is her 15th year teaching; 1 year of high school, 3 alternative school, and 11 at the middle school level. Jennifer has a true passion for cultivating a school community where students and staff have a sense of belonging feeling safe and loved. Helping each child progress in all areas of their development and recognition of the values – social, emotional, physical, challenge, self-expression, wellness, and health – is a challenge that she is honored to accept.



Patricia Zemke is a health educator at John Muir Middle School in Wausau, WI. Zemke attended UW-La Crosse and earned a degree in Health Education and also holds a Masters in Education from UW-Stevens Point. She has been teaching in Wausau for 26 years and was named Wisconsin Health Teacher of the Year in 2016. Since then, Zemke became Nationally Board Certified in Health Education and was named Wisconsin Teacher of the Year in 2022.



Electronic Voting for WHPE 2022 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 after the General Assembly at the WHPE Convention on October 27, 2022. 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 7 of this newsletter, which must be postmarked by October 15.



WHPE Convention ... October 26-28, 2022 ... Wisconsin Dells

WHPE Awards' Social

This year's Awards' Social will honor deserving colleagues in a more informal, all inclusive setting. Individuals will be receiving recognition as in the past including: Advocacy, Retirement & Longevity, Future Professional & Promising Professional, Health and Physical Education Teachers of the Year, Lifetime Achievement and other awards for Service and extended leadership for Midwest/SHAPE. Everyone is welcome to join in socializing, light refreshments and honoring our colleagues. No need for tickets or specific dress attire. Come as you are with the event beginning at 6:00 p.m. at the Kalahari (check your convention schedule). Come early for snacks/socializing/interacting with Award winners and if possible stay for the entire program to honor our award winners, followed by a bit more personal interaction among attendees. We hope to see many members attend and help WHPE recognize our 2022 award winners. A 125th Anniversary celebration with cake and dance will follow.

Convention Sponsors:



School of Education
University of Wisconsin-Stevens Point

WHPE recognizes
UW-Stevens Point as a
Platinum Sponsor of both

our Keynote speaker, Jamie Sparks, and Convention App.

Thanks to UW-SP for their dedication to WHPE and it's mission.



WHPE recognizes Goosechase as
a Platinum Sponsor of our 125th Anniversary celebration.

Goosechase is an online platform that enables schools to engage, activate, and educate their students and staff through delightful interactive experiences.

WHPE Physical Education Workshop UW-La Crosse Credit

ESS 560 Section 700 - 1 graduate credit - \$250

DEADLINE to register: October 24th, 2022

No registrations will be accepted on site!

- Students enrolled in this one credit graduate course will attend a minimum of 7 sessions of the 2022 WHPE Convention, October 27th and 28th.
- Students must complete a reflection paper (1-2 pages) for each session and collect signatures of presenters to document attendance.
- Papers are due by November 18th.
- For more details check out our website:
<http://whpe.us/whpe-annual-convention>

Hotel Reservations

Kalahari Resorts & Conventions

1305 Kalahari Dr., Wisconsin Dells, WI 53965 • 877-253-5466

Book your room online at:

<https://book.passkey.com/e/50336288>

Reservation deadline Monday, September 26, 2022

Sleeping rooms are held under

"Wisconsin Health and Physical Education 2022" room block

Calling Members to 'Give Back' during 125th Convention Celebration

WHPE has historically been blessed with great leaders from the past who have provided a foundation for Wisconsin to become a leader among state associations and provide for past, present and future professional development. As we come together for our 125th Anniversary Celebration, consider the tenants of the SHAPE Health.Moves.Minds initiative (SEL and giving back) by making a donation of \$5 that WHPE will in turn give to a Wisconsin Dells area food pantry. This can be done by checking a box on your convention registration form and including the amount in your total, or by depositing cash in a drop box at convention. When coming together for our fall convention to network, renew old friendships, receive awards, and continue to learn & grow together, let us consider the needs of others while promoting the value of charity. WHPE thanks you for your support of this 125th anniversary event.



September Membership Special



WHPE will be offering a membership special during the month of September. Between September 1 and 30, any WHPE member can renew their membership for \$20 off the regular price if they recruit a new member. The new member will also receive \$20 off their membership. A new member can be a former WHPE member whose membership has expired or a person who has never been a WHPE member. This offer applies to all membership levels – professional, future professional, lifetime, retired, and associate.

Who do you know that you could recruit to be a WHPE member? Encourage the person you will recruit to include a WHPE membership and possibly convention registration into their plans for next year.

After both the current member and new/expired member have renewed their WHPE membership, email the WHPE office at whpe@uwlax.edu with both names to receive your \$20 credit back.

Renew online at:

<http://whpe.us/online-membership-application-form>

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

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, 2023. You may contact the WHPE office for more information or check out the grant guidelines on the WHPE web page at www.whpe.us.



2022 Convention Schedule of Events

Wednesday, October 26, 2022

12:00-4:00 p.m. Expo set

4:00-8:00 p.m. Exhibitor Set

6:00-9:00 p.m. Registration

8:00-10:00 p.m. All Convention Social in Exhibits Hall

Thursday, October 27, 2022

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

9:00 a.m. - 5:00 p.m. Exhibits Open - One day only!

Session 1 ► 8:30-9:30 a.m.

- 1 There's no time to SPARE, it's time to STRIKE up some fun in your BOWLING unit! – *Jackie Tenpas*
- 2 Bop it, twist it, pull it...The Daily Workout Remix – *Erika Mundt*
- 3 Get Moving with Sport Stacking Games and Activities! – *Matt Burk*
- 4 Using Adventure to Navigate a Positive Classroom Environment – *Jones/Anderson/Putnam*
- 5 Increase Moderate to Vigorous Physical Activity (MVPA) in PE while using IHT ZONE Heart Rate Monitors – *Jeff Gagstetter*
- 6 Student Centered Learning Activities in Adapted PETE programs – *Seo Hee Lee*
- 7 Advocacy in Action: Promoting Healthy Eating – *Mosley & UW-L students*
- 8 Physical Activity as an Intervention – *Ryan McKinney*
- 9 Students as Authors of their Learning: Ungrading, Choice, Trust, and Reflection – *Kristi Mally*
- 10 Starting or Running a Sports Officiating Course – *Ashley Ingish*
- 11 ANTS: How to take control of the picnic inside of your head – *Mary Wentland*
- 12 We Got Your Back: an free app to help support your Mental Health – *Teri Ellefson*
- 13 Collaboration across curriculum: Health and Biology – *Hall/Martin*
- 14 Academics in Motion – *Strenger/Taggart*

9:40 - 10:10 a.m. Coffee/Muffins break - Visit the exhibitors/Poster Session

9:40 - 10:10 a.m. Future Professionals Meet a Mentor

Session 2 ► 10:20 - 11:20 a.m.

- 1 Connection is Crucial – *Adam Metcalf*
- 2 Motivation Magic! – *Jennifer Werner*
- 3 Lifetime Physical Fitness for High School and Transition Aged Students w/Disabilities – *McMullen/Wagner*
- 4 SPARK PE Strategies, Activities, & More! – *Julie Frank*
- 5 Rolling into Social Emotional Learning – *Sazama/Rollin/Stoskopf/Mosley*
- 6 Drums Alive - PE collaborating with Music – *Marx/Sbimoyama*
- 7 Mind Control your students! – *Natalie Anderson*
- 8 Oh, the Places You'll Go with Outdoor Education! But where do you start? – *Jo Bailey*
- 9 First-Year Teaching Expectations & Improving your Pedagogy – *Devante Simmons*
- 10 PE Educators Share Their Game On! and Step It Up! Experiences – *MaryLee Flannigan*
- 11 Grading for Equity in Physical Education – *Maureen Vorwald*
- 12 Creating a Podcast as an Application Task or Authentic Assessment – *Stephenson/UW-L students*
- 13 MS Sexual Health: Beyond Puberty - A Gender Neutral Approach to Interpersonal Communication – *Patricia Zemke*
- 14 Mental Health First-Aid Kits – *Megan Mathies*
- 15 Strategies for Coping in a Post-Pandemic World – *Simenz/panel*

11:30 a.m. - 12:15 p.m. Featured Speaker/Announcements – *Jamie Sparks*

12:20 - 1:30 p.m. Past President Meeting/Luncheon

12:20-1:10 p.m. Convention Lunch on your own

12:20-1:10 p.m. Exhibitor lunch

12:20-1:10 p.m. Future Professional lunch/election

Session 3 ► 1:15 - 2:15 p.m.

- 1 Teaching and Training with Resistance Bands - TOY Showcase – *Karen Albert*
- 2 TGFU - Invasion Game Lead Up Activities - TOY Showcase – *Matt Pomeroy*
- 3 Two Dudes Dancing – *Ridou/Roberty*
- 4 Native Roots in Sports and Games with Poster display – *B Denise Christofferson*
- 5 Elevating Heart Rates in Adapted PE/Unified PE – *Mike Doyle*
- 6 #PHYSED Tips to Take Your Class to the Max – *Jeremy LaFleur*
- 7 CrossFit in PE, functional fitness for EVERYONE! – *Kuntz/Repotusch*
- 8 PE With Palos - Games, Games, Games – *Taggart/Strenger*
- 9 Heart Zones Update and Network Session – *Deb Berkey*
- 10 Supporting First and Second Year Student Success Programs – *Massey/Pietrzak*
- 11 Advocating for Quality HPE in Wisconsin...and FUNDING! – *Jamie Sparks*
- 12 Utilizing Assessment in Secondary Adventure Education and Outdoor Pursuits – *Eggerichs/Bagniewski/Lulloff/Starck*
- 13 Health Equity in Physical Education and Health Education – *Tacara Lovings*
- 14 Increasing Student Voice and Choice in the Health Classroom - TOY Showcase – *Ian Lacasse*
- 15 What's New in Motor Learning: Physical Education Teachers and Coaches as Task Architects – *Kristi Mally*

2:20-2:50 p.m. Visit the Exhibits - Snack break in the Exhibits hall

Session 4 ► 3:00-4:00 p.m.

- 1 Personalizing Student's Learning From the Top-Down – *Cory Schwartz*
- 2 Don't PACK it in...get tips on ways to update your strength programming – *Erika Mundt*
- 3 Creating a sensory pathway for students in your APE/GPE program – *Sue Tarr*
- 4 Skill Building Battles (SBB's) – *Randy Spring*
- 5 Rehydrate, Motivate, Delegate – *Emerson/Anderson*
- 6 Health. Moves. Minds – *Katie Mulloy*
- 7 OPEN trainer session – *Stephanie Dickson*
- 8 Rock Climbing: Fitness for self, Fitness for the Community, Fitness for Life – *Schulz/Gantber*
- 9 Promoting Mental Health for students, faculty and families through a Holistic Lens – *Holly Stoner*
- 10 Best Practices Curriculum Writing Workshop Part 2 – *Lovings/panel*
- 11 Introduction to SWIFT - System of Wellness Instruction for Teachers and Teens – *Simenz/panel*
- 12 Skills Based Health: Culturally Responsive Teaching Practices – *Sandee Ortiz*
- 13 5-stones "Innocence Sold" - Human/Sex Trafficking – *Kris Pierce*
- 14 University Roundtable – *Rebekah Johnson*

4:10-5:00 Visit the Exhibits/Meet the Presenters/Poster Session/Networking

5:00 - 7:00 p.m. Exhibit tear down

4:00-6:00 p.m. Award social set up

6:00-8:30 p.m. WHPE Awards Social and 125th Anniversary celebration

9:00-midnight WHPE Dance

Friday, October 28, 2022

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

Session 5 ► 8:00-9:00 a.m.

- 1 Integrating Technology into PE – *Melanie Gearhart*
- 2 Utilizing Guitar Hero to Teach the Concepts of Effort through Educational Dance in Elem PE – *Ceranski/Heins/Stephenson*
- 3 Arcade Games in PE – *Eliza Zwettler*
- 4 The WHY and HOW of non-traditional games – *Putnam/Koepf*
- 5 OPEN trainer session – *Stephanie Dickson*
- 6 How Important is Fun in PE? A Deep Dive into Teaching and Assessment of the Affective Domain – *Carthage College Students*
- 7 Ups and Downs of Unified PE – *Mike Doyle*
- 8 The successes and struggles on the road to standards/target based reporting – *Serres/Brewer/Olson*
- 9 Examining Outdoor Adventure Education Methods Courses for PETE Majors – *Stratton/Mueller*
- 10 Health and Physical Education Advocacy: How to get legislators on your side – *Haas/Hockett/King*
- 11 Decision Making for Substances: Making a Plan – *Patricia Zemke*
- 12 Making Social Emotional Learning Implementation Easy – *Chloe Allen*
- 13 One Supportive Adult – *Tacara Lovings*
- 14 Raising Healthy Teens: Talking to Adolescents about Sexually Explicit Media – *Katie Gallagher*

Session 6 ► 9:10-10:10 a.m.

- 1 Team Building Using a Parachute & Holiday Themed Fitness Games – *Mueller/Carlson*
- 2 Life of the Party Line Dance Part 2 – *Molly Dado*
- 3 Scaffolding Students' Meaningful Experiences using Teaching Dance for Understanding – *Kristi Mally*
- 4 Differentiated Learning in the Gym – *Mindy Gutzmann*
- 5 No Budget? No Problem! Phy Ed on a budget – *Don Winter*
- 6 The Guide to National Board Certification and Renewal – *Sandee Ortiz*
- 7 Orchestrate Your Chaos – *Adam Metcalf*
- 8 POWER words. POWER units. – *Jennifer Werner*
- 9 APE for ALL teachers - Tips, Tricks, Advocacy and a Casual Discussion – *Bradley/Brown/Swenson*
- 10 Grant Sharing - WHPE Grant recipients – *Brian Marx*
- 11 Helping Teens Get the Health Care They Need and Deserve – *Delanie Johnson & Teen Educators*
- 12 In-Spiraling the Skills in Your Health Curriculum – *Allisba Blanchette*
- 13 Tools and Strategies for Integration of SEL in Secondary PE – *Mosley/Starck/Stephenson/Cole/Miller/Morrin*
- 10 Creating Culture in the Classroom – *Anderson/Obm/Cooley*

Session 7 ► 10:20 -11:20 a.m.

- 1 Never Miss A Chance to DANCE! – *Mulloy/Tenpas*
- 2 Frisbee Fun – *Dustin Ambort*
- 3 Floorball - A Fun, fast, and exciting alternative to floor hockey – *Maureen Vorwald*
- 4 Cardio Fitness with Tag & CTF Progressions – *Matt Pomeroy*
- 5 Adapted Physical Education Redesigned and Streamlined – *Cory Schwartz*
- 6 SEL in PE: First Steps – *Kubrasch/Hockett*
- 7 Brain Health and Health Education – *Lovings/Smith/Felton*
- 8 Outrageous Teaching Techniques: Emotional Health Education – *Deborah Tackmann*

1:00 - 3:00 p.m. Board of Directors/Convention Wrap Up Meeting

WHPE MEMBERSHIP

You must be a current member through 11/22 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	2022 to Month	2023	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					

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

TEACHING LEVEL

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

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

Makes Checks payable to: WHPE

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

TYPE OF MEMBERSHIP	
Lifetime (\$600)	<input type="checkbox"/>
Professional (\$80)	<input type="checkbox"/>
Associate (\$80)	<input type="checkbox"/>
Student (\$35)	<input type="checkbox"/>
5yr Undergrad (\$99)	<input type="checkbox"/>
Retired (\$20)	<input type="checkbox"/>
Retired Paid for Life (\$100)	<input type="checkbox"/>

2022 WHPE CONVENTION REGISTRATION

Deadline: October 5, 2022

You must be a current member of WHPE through 11/22 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 I am interested in a Student Leadership position.

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	\$135.00	\$150.00
<input type="checkbox"/> Professional Registration including One Year's Members Dues.	\$215.00	\$230.00
<input type="checkbox"/> Student Registration for Current Members (Includes Lunch).	\$50.00	\$60.00
<input type="checkbox"/> Student Registration Including One Year's Membership Dues (Includes Lunch)	\$85.00	\$95.00
<input type="checkbox"/> Student Registration Including 5-Year/\$99 Membership Dues (Includes Lunch)	\$149.00	\$159.00
<input type="checkbox"/> Lead Presenter Registration for Current Member	\$75.00	\$75.00
<input type="checkbox"/> Lead Presenter Registration Including One Year's Membership	\$155.00	\$155.00
<input type="checkbox"/> Retired	\$0.00	\$0.00
<input type="checkbox"/> Past President	\$0.00	\$0.00
<input type="checkbox"/> Non-member Registration.	\$240.00	\$250.00
<input type="checkbox"/> Donation to Wisconsin Dells Food pantry	\$5.00	\$5.00
Total Enclosed:	\$ _____	

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.

WHPE Convention Dates

October 25-27, 2023 Kalahari Resort, Wisconsin Dells	October 23-25, 2024 Kalahari Resort, Wisconsin Dells
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From your President . . . Dan Timm

All of us have joined an organization and attended a meeting for the first time. How did that first meeting feel? I attended my first WHPE Convention in 1997. Although I traveled with a colleague from UW-Madison, attending for the first time was difficult because I basically knew no one at convention.

I tell my students attending a meeting for the first time will be the hardest because they may not know anyone. Each successive meeting gets easier as they get to know others, become more comfortable with the organization, and start to get involved in activities. But how does someone who wants to be involved, get involved?

Put Yourself Out There

Many years ago at an AAHPERD National Convention, I heard a Future Professional reiterate words their advisor told them regarding how to advance themselves professionally. "Put yourself out there" was what the person said. These words have stayed with me all these years. If you want to be involved, get involved.

How does a member get more involved in WHPE? Submit something for a newsletter... submit a convention presentation proposal...volunteer at convention...attend professional development events...submit professional development ideas...volunteer for a committee...run for a position on the Board of Directors. WHPE officers take note of members who do these things.

Shape the Future

As my time as WHPE President nears its end, I wondered what inspiring words I could say in the last President's Message I write. The last words I want to leave with people is just as I said, "Put yourself out there." WHPE consistently needs new members

rotating into leadership positions. The future of the organization depends on it. This is your opportunity to shape the organization and the future.

Summary of Board of Directors Meetings

After each Board of Directors Meeting, a short summary of items from the meeting will be included in the next newsletter.

July

- Membership has increased by over 300 in the past year to a current total membership of 978.
- Several sponsorships have been obtained for this year's convention.
- Voted to give final approval of the 2022 Convention Budget and 2022-2023 Operating Budget.
- Decided to identify a member who can speak to politicians in the state capital to promote the necessity of quality physical education in schools.
- Will renew our Teacher-of-the-Year Partnership with U.S. Games.
- Decided to show video shorts on a number of back-to-school topics for August Professional Development.
- Voted to make changes in the operating codes for the Awards Committee, President, Past-President, and President-Elect.
- Discussed the future of WHPE's webmaster position and website software.
- The Association Manager evaluation was presented.
- Decided to give a Special Recognition Award at this year's convention.
- The next Board of Directors meeting will be Friday, October 28, 1:00 at the Kalahari Resorts and Conventions

ACCOLADES . . . Well Done!

Fall 2022

A pat on the back and a hearty "well done" to the following WHPE members for their contributions to the health and physical education profession...

Dr. Matthew J. Fencl, associate professor in the Department of Health and Human Performance at the University of Wisconsin-Platteville Baraboo Sauk County, is one of four recipients across the UW System receiving the 2022 James R. Underkofler Excellence in Teaching Award. The \$5,000 award, funded by Alliant Energy, recognizes extraordinary teachers at UW institutions within Alliant's service area. Fencl will be recognized at the university's convocation and in a ceremony in Madison in October.

Deb Sazama, UW-La Crosse, received Faculty Favos recognition at UW-La Crosse for her work as a teacher and administrator.

Taylor Olson, UW-Madison, was appointed to the Future Professional position on the SHAPE America Midwest District Leadership Council.

Sandy Hagenbach is the 2022 recipient of the Don Hellison Teaching Personal and Social Responsibility (TPSR) Award award. She has been using the TPSR model in her gym for 20 years and developed the Modified Elementary Levels. She is the author of the book "Teaching Children Responsible Behavior-A Complete Toolkit" (Human Kinetics 2011) Sandy has presented on the topic of TPSR at the State, District and National levels.

Mary Jane Carreno, WHPE lifetime member is a distinguished educator who received the 2022-2023 "Who's Who in America" award.

College/University Division News



The WHPE Convention is a wonderful opportunity for higher education members to network, share, and learn. Whether bringing PETE/HETE students or attending for the first time, the WHPE Convention can be a valuable professional development opportunity. Below, I have outlined some important events for members of this division.

- **Poster Session:** check out the research and programs that are happening on campuses around the state
- **Higher Education Roundtable Discussion:** network with other higher education members as you discuss issues relevant to higher education
- **University Sessions:** attend sessions designed for WHPE members who are working in higher education
- **K-12 PE, Adapted PE, and Health Sessions:** stay up-to-date on the trends and strategies from current teachers in the field
- **Health.Moves.Minds Exhibit:** discuss opportunities to incorporate HMM into the PETE/HETE curriculum or how to partner with a local school to support their HMM events

If you're interested in learning more about the WHPE convention and how it might connect or support your goals in higher education, please contact me at rjohnson17@carthage.edu.

– *Rebekah Johnson, College/University Division Vice President*

Leadership Opportunities in WHPE

Adapted PE Division VP

Sadie Brown is an Adapted Physical Education Teacher in the Sun Prairie Area School District. This is her 14th year teaching, 8th in Sun Prairie. Prior to teaching APE Sadie taught both elementary PE and secondary health education. When not teaching Sadie is also involved in her district's Autism Team where she collaborates with other educators on how to best support our learners with autism in our district. Her goal is to continue to work to increase acceptance and inclusion practices regardless of a student's abilities. Sadie will be sharing two break sessions with us to help us learn more about APE and supporting our learners with varying abilities



Health Division VP

Well hello! My name is **Sandee Ortiz** and I am a Nationally Board Certified Teacher. Entering my 25th year of teaching Health and Physical Education at the secondary level, I am thrilled to be serving in an organization that supports and advocates for our profession. Currently, I teach at Sun Prairie West High School. I believe we owe it to our students to continue to advocate for their future in order to help them become healthy adults. As the WHPE Health Vice-President, I hope to continue to support social emotional learning and best practices in culturally responsive teaching and providing professional learning opportunities for educators across the state. In addition, I am the Midwest Shape America President at large with hopes to continue to shape our profession. I enjoy tennis, biking, kayaking, reading and cooking.



Elementary VP Kim Selby

Hello fellow WHPE members!

My name is **Kim Selby** and I would be honored to continue to serve you as the Elementary Division Vice President. This is my 20th 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 was also humbled and honored to be recognized in 2020

as the WHPE Elementary Teacher of the Year. I am married and have 2 children - Drew (9) and Reagan (7). I enjoy spending time with my family, camping during the summer months, skiing 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 and elementary report card committee, coordinating in-school programs such as Health.Moves.Minds and Step It Up/Game On, and implementing an active recess program.

I am looking to form a network of elementary physical education teachers to connect and share resources with in order to help us all grow as educators and professionals. It has been a pleasure to be involved in WHPE and 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 you, my fellow educators, because we are always #BetterTogether.



Elementary Division VP

Hello, I'm **Melanie Gearhart** and I'm excited to be running for Elementary Division Vice President. I realized my passion for teaching physical education in high school and got my undergraduate degree at UW- La Crosse. For the past 10 years, I have been teaching K-6 physical education at Elmwood Elementary in New Berlin, WI. In addition to teaching, I serve as the coach for Girls on the Run and speed stacks as well as

lead our social emotional learning team. I advocate for physical education and have written and received several grants, most recently a grant to bring golf to Elmwood. I enjoy sharing and connecting with other physical education teachers through various social media platforms, presenting at the WHPE conventions, and most recently attending the national SHAPE convention. As a long time WHPE member, I am honored and excited to be running for Elementary Division Vice President. If elected, I look forward to continuing to connect with other passionate educators, sharing resources, and advocating for physical education.

Health Division VP

Hi! I am **Chloe Allen** and am running for Health Education Vice President. I am in my second year teaching and in my first in the Fond du Lac school district. I went to college at UW- Platteville where I won the Health and Human Performance Honor Student my senior year. I am finishing my master's degree in education at UW- Stevens Point. Health education has been a passion of mine since I was 15. My high school health teacher would let me brainstorm ideas for different units and projects. I think health education is one of the most important classes a student will take in their K-12 journey because they will be in their body every day. My goal is to incorporate more social-emotional learning and culturally responsive teaching into our health education setting to make it even more applicable to our students. I will be presenting at WHPE this year about SEL in health education. If you elect me, I will help advocate for more health education in our schools and provide everyone with engaging resources. Please vote for me and tell your colleague to as well!



Health Division VP

My name is **Patricia Zemke** and I am living my dream as a school health educator. I began teaching in Wausau 26 years ago after attending UW-LaCrosse to earn a degree in Health Education. While teaching, I took classes to earn a Masters in Education from UW- Stevens Point. In 2016, I was named Wisconsin Health Teacher of the Year. In 2018, I became Nationally Board Certified in Health Education. In 2022, I was named Wisconsin Teacher of the Year. Throughout the years, I have guided numerous student teachers and have been an active advocate for the importance of health education. As health educators and supporters of health education, we need to speak up and show the community what health education is all about through community engagement. I have done this through writing and receiving many community grants. I currently work with the Wisconsin Medical College-Wausau that supports project based "Physicians in the Community." I am an active member of WHPE, SHAPE and WEAC and have presented at local and national conferences. I have been told that I teach from the heart; that has driven my passion to develop a quality health curriculum that builds student connections with each other, the classroom and the community. I would love the opportunity to serve WHPE as the Vice President of Health Education.



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



High School Division VP

Hello WHPE members, my name is **Katie Shulfer**, and I am running for the position of High School Division Vice President. I have started my 5th year as an educator and currently teach physical education at DC Everest High School as well as elementary physical education at Hatley Elementary School. During my short time in the profession, I have had many opportunities to help myself grow, which has also helped my students grow. Starting as an undergraduate student at UW-Stevens Point, I was able to attend Shape America's SPEAK Out day 4 of the last 6 years to advocate on behalf of my students. I have also attended multiple state and national conventions as well as other conventions offered through our profession to learn. I am constantly looking for ways to grow as an educator and must thank those who have been willing to help and share in the process. Like those who have helped me, I want to do the same. I want to help others in our state and be able to listen to their ideas, develop different opportunities for them which can help advance high school instruction. I would be honored to serve WHPE in this position and continue to help our profession move forward in a positive way.



WHPE Board Member-at-Large

Hello, my name is **Karen Albert** and I am running for the WHPE Board Member-at-Large position. I have been a member of WHPE since I was a college student, and I can honestly say it was the best decision that I have made in my professional career. Staying active and engaged in our education world is a life-long process and WHPE has helped tremendously. The connections and relationships that I have made throughout the years have been invaluable! I would be honored to have your vote this fall. I have been teaching elementary physical education in the Oakfield School District for 20 years and was recently honored as the WHPE Elementary PE Teacher of the Year. I also am a track coach at Oakfield High School. In my free time, I enjoy spending time with my family, biking, water sports, gardening, reading and hiking. Our family has an exciting fall this year as our son is getting married in September. I look forward to the challenge of finding innovative ways to help teachers reach students more effectively and to continue to inspire them to be active. I feel that mental health is very important for teachers as well as students, now more than ever. I appreciate your vote and will do my best to serve the needs of the WHPE membership.



Middle School Division VP

Hello. My name is **Ryan McKinney** and I am honored to be considered for the Middle School Division, Vice President role. I have been teaching physical education for 16 years. The last 7 years have been at Spooner Middle School up here in the Northwoods. My passion is helping kids have positive experiences with outdoor physical activities. To that end, I have raised money through grant writing to provide our school with mountain bikes, cross country skis, snowshoes, canoeing, trail building, a bike park and more. Currently, I am giving presentations on a successful applied research study using outdoor physical activity as an academic intervention to help students increase their focus and make academic gains. As your middle school representative, I would help advocate for quality physical education at this integral time in a student's life. I will work hard to listen, learn, and share innovative ideas and best practices to spread physical literacy.



WHPE Treasurer

My name is **Katie Mulloy** and I have been the WHPE Treasurer and Fundraising Coordinator for the past term and I would like to continue serving WHPE in this same position. I have been teaching physical education for 17 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. 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 continue my work and responsibilities in this position.

University/College Division VP

My name is **Nikki Hollett** and I'm an assistant professor of PETE at UW-Whitewater. I'm very passionate about getting pre-service teachers involved with the community and networking with fantastic professionals in our field! I would love to advocate for schools, teachers and your physical education programs. Elect me so I can help impact our profession in the best way I can!

WHPE Election 2022 Ballot

WHPE has gone to an electronic voting process for this years' 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

- Karen Albert
- (Write In) _____

Treasurer

- Katie Mulloy
- (Write In) _____

Elementary Division VP

- Melanie Gearhart
- Kim Selby
- (Write In) _____

Middle School Division VP

- Ryan McKinney
- (Write In) _____

Secondary Division VP

- Katie Shulfer
- (Write In) _____

University/College Division VP

- Nikki Hollett
- (Write In) _____

Adapted PE Division VP

- Sadie Brown
- (Write In) _____

Health Division VP

- Chloe Allen
- Sandee Ortiz
- Patricia Zemke
- (Write In) _____

The following information is requested to ensure voting confidentiality. The privacy of your information is guaranteed. Thank you for voting in the 2022 WHPE election.

Name _____

Email Address _____

TEACHING IDEAS ...

This or That? - An Easy and Versatile Energizer!

Doug Bradley, SW District Coordinator

Some of the best advice I've ever been given and taught throughout while I was in college was "Work smarter, not harder". Yes, I've heard that used throughout my entire life for many different situations, occupations and situations. However, for THIS profession, it's been a lifeline, especially for warm-ups and energizers. "This or That?" activities became extremely popular at the onset of the pandemic and virtual learning. They are simple, easily adaptable and present your students with a sense of autonomy by allowing them to make decisions and state their preferences while still moving!

If you don't know what "This or That?" is, it's a simple warm-up activity in which a screen, of some sort, is needed. I've always projected mine onto a large wall in my gym because bigger is always more fun! You simply provide two choices of similar things and the students run to the side/area of the gym that their picture choice is on. Then, after having 10 seconds to choose and run a new slide will display 2 exercises to perform, according to the side of the gym you chose. Examples could include "Basketball or Soccer", "Summer or Winter", "Country or Rap" and so much more. These can be especially useful for holidays and special events.

There are already MANY of these on Youtube to choose from. However, I often like to personalize mine to be unique to my students, the town, the community or the school. So, I created a template (Google Slides or Powerpoint) with 10 and 30 second timer GIFs and simply insert new/different pictures for a different themed warm-up I'd like to create. The best part about utilizing these activities is that the "buy in" is great for all ages because they can be personalized and I've found that students, especially middle/secondary, really love any activity in which they get to state or share their opinion with their peers. It gives them a sense of autonomy and control while still getting exercise and having fun!

I've used these energizers for teaching ALL student ages of kindergarten through college and have always found success. So, I encourage you to take a few minutes to create your own template and google a bunch of exercise GIFs and timers to insert. These activities can be used on a whim or planned out for special events/activities and your students will be excited to see what the new CHOICES are, every time! Have fun!



Using Visuals to support learners in PE

By Sadie Brown

A simple way to support students with various disabilities is to use visuals. Visuals can look different for every student. They can be picture cards, videos on your iPad or phone, post-it notes, or written schedules. Just using spoken words is not the best strategy. If you can add visuals to your words the probability of it sticking with the student is much greater. As you prepare for the upcoming school year, think about the students you might have or the units you might teach. You can start preparing simple visual supports that you can use throughout the unit or even during the year. If you set up a routine established early on in the school year you will set your students up for success for the remainder.

R-E-L-A-X

Last summer I saw a lot of posts on social media about Calm Down Corners and I decided to create one in my gym. I started with deciding on a location and chose a small nook right next to my office. I gathered various visuals from my guidance counselor and worked with our school to create a visual where students can pull a card attached with velcro from a sign on the gym wall indicating that they "Need a Break". Finally, I added a beanbag chair, a fidget box, and a 2-minute sand timer.

Students were introduced to the Calm Down Corner and the expectations were discussed at the beginning of the school year. When a student feels they need a break, they take a velcro card off a sign from the gym wall and hand it to me before going to the Calm Down Corner. Once there, the student chooses what they need to do and then starts the 2-minute sand timer. Some students just need to sit and take some deep breaths while others need something from the fidget box (i.e. stress ball, pop it, Legos, doodle pad, etc.). The students are encouraged to return to the class activity after the sand timer expires, but may stay longer if it is needed. I found that many students are ready to return after 2 minutes and the timer is just a friendly reminder for them to rejoin the class activity.

It's definitely still a work in progress, but I saw how it benefited many of my students throughout the school year and allowed them to regulate their emotions.

- Kim Selby, Elementary Division VP, kselby@sasd.net



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



TEACHING IDEAS ...

Using Human Bingo for Inclusion

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

As we all set class norms at the beginning of the year, while establishing behavior and conversational norms, we are responsible for the tone and conduct we allow under our supervision.

As instructors, we are responsible for the tone and conduct we allow under our supervision - using Human Bingo is an easy way to help students practice the norms established for behavior and conversation in our classroom. Using some simple rules such as you can only use 1 person once on your entire sheet will force students to branch out from their established friend groups and interact with their other peers in class. Having students answer the follow up questions, allows them to begin to understand their peers and how the world they navigate in may differ from their own.

While students are filling out the Bingo Card, circle around your students and listen to the language they are using as they share their experiences. Are students laughing with each other or at each other? Are students talking to one another and engaging in a deeper conversation than what is on the sheet? It is our job to intervene when an inappropriate comment is made, even if it appears to be in jest.

After students have completed their sheets, debrief with them. For example, using a Think, Pair, Share model, have students think about what was fun or exciting about this experience. Students first think about their response, then turn to a partner and share their thoughts with this student. The teacher then asks 2-3 students to share their thoughts out loud. Other debrief questions are: What did you find challenging about this experience? What fact surprised you the most? Who was someone new that you talked to?

As the instructor, collect all of the responses. Ask students to write their full name and answer to the follow up question in the space provided. At the end of the hour, collect the sheets. You now have a plethora of data on each student. While some students may only fill out one square (Only child) some may have a few squares they identify with (plays an instrument, takes foreign language, hasn't been on a plane). This gives your greater insight into who your students are and you are able to use these prompts as ways to engage students in one-on-one conversations to build a better relationship with them.

HUMAN BINGO

Never been on an airplane. If you flew where would you go?	Has ridden a horse. Where?	Is left eye dominate. How do you know?	Hates pizza. Why?	Plays a musical instrument. Which one?
Has milked a cow. Where?	Has a pet cat. What's its name?	Loves to dance	Has a younger brother	Has made a TikTok
Has an older sister	Plays a sport. Which one?	FREE	Takes a foreign language class, which one?	Love to play video games
Traveled to another country. Which one?	Is an only child	Worked a job this summer. What was it?	Has the same birthday month as you. What is it?	Enjoys reading. What was the last book they read?
Likes the same type of music as you. What kind?	Has watched 2 movies in the last 2 weeks. Which ones?	Has been in a drama production?	Is part of a school club. Which one?	Likes Spicy Food. Favorite kind?

Hopping and One Foot Challenge Activities

- Submitted by Tim Mueller

Follow the leader mirror activity on one foot -

If touch foot to ground = owe 3 jumping jacks.

If fall and touch legs, arms, or body to ground = 5 push-ups

1. Switch jobs
2. Switch feet

Hopping Challenge

If touch foot to ground = owe 3 jumping jacks.

If fall and touch legs, arms, or body to ground = 5 push-ups

1. Hop on one foot and stop and balance when music stops (do 3 times)
2. Hop as you move forward and stop and balance when music stops
3. Hop as you move backward and stop and balance when music stops
4. Close eyes and hop until music stops, then balance for around 8-10 seconds
5. Repeat #1-4 on other leg

Get to Know You Activities

- Submitted by Jackie Tenpas - Waupun

The first couple weeks of school I spent my time in PE class getting to know my class. Classroom dynamics and personalities and how ready they are to work cooperatively with each other. I put together this resource a couple years ago of some cooperative/adventure education activities. This is by far not a complete list but some of my go to activities as we begin the school year and get to know each other. It is amazing how two classes can be so different in their readiness skills but until you build that foundation of working together, it makes it difficult to move forward with your yearly curriculum. I am always changing things up but doing cooperative challenges at the beginning of the year is a must! Here's to a great school year!

PE Lesson Plans Week 1

Health Teaching Ideas . . .

Remember to stay hydrated this school year. Here is a great reminder for everyone.

- Submitted by Mary Wentland, WHPE President-Elect Lakeland Union High School

10 WARNING SIGNS THAT YOUR BODY IS LACKING WATER

- HEADACHES**
Feeling lightheaded and having headaches are signs that your body needs water. When your body's hydration levels drop, it struggles to absorb nutrients from foods, resulting in poor mood, which results in more headaches and discomfort.
- POOR CONCENTRATION**
Lack of hydration can also cause difficulty in focusing, forgetting things easily and trouble in communication.
- DRY MOUTH AND BAD BREATH**
Having a bad breath is another sign that your body needs water. Because of the absence of water, your body creates bacteria, which causes and bacterial properties. This prompts for bad breath in the mouth, leading about dehydration.
- CONSTIPATION**
When you have a lot of stools because of constipation or diarrhea, the stool can become harder and you can be constipated. The absence of water in the body can even bring about acid reflux and heartburn.
- FOOD CRAVINGS**
Whenever you have sudden cravings, drink a glass of water before eating something. Whenever you eat, your body sends false signals that you are hungry, when really you are thirsty.
- REDUCED URINATION**
When you are not urinating often enough at regular intervals, your body is likely liquid deficient. A normal amount of water absorption results in urinating 6-7 times each day. An your body's hydration system, through you, and urinating at normal intervals can be dangerous.
- LETHARGY AND FATIGUE**
When you are feeling lethargic and exhausted, it can be because of dehydration. The absence of water causes low energy to your brain and insufficient oxygen supply all through the body. The absence of oxygen causes lethargy and a heavy feeling.
- MUSCLE AND JOINT PAIN**
Water is an important component of joints and ligaments between them contain around 80% of it. As the joint water your body needs water, your bones begin producing against each other, causing constant to the joints.
- DRY SKIN AND LIPS**
Another sign that your body needs water is dry skin. The skin in the body is fragile, and dry and it requires a normal amount of water to stay in great condition. Another indicator of dehydration is lack of hydration is cracked dry lips.
- TRAINING CLUB**
Being dehydrated will cause breathing to become shallow. This shallow breathing causes and causes your heart rate, especially. Remember that the heart rate changes a normal of three activities every movement for each 2% change in body weight coming from dehydration.

Culturally Responsive Teaching

Building a Culture of Community!

Creating a classroom culture that inspires learning and a sense of belonging is the foundation to building community in your classroom. Although content is important, it is essential that as educators we focus heavily on building relationships within our classrooms right from the start to help develop trust, encourage risk taking and provide students a safe environment to learn. So, what is classroom culture? Classroom culture is "the set of shared attitudes, values, goals and practices that characterize an institution or organization." Zaretta Hammond, author of Culturally Responsive Teaching and the Brain, states if we want to help dependent learners do higher order thinking and problem solving, then we have to access their brain's cognitive structures to deliver culturally responsive instruction." Beginning with relationship building through community building is critical in fostering an environment that encourages risk taking is important. Here are a few activities that I found useful at the start of the school year.

Activity #1 What are you bringing to the picnic?

In this activity, students will get into one big circle. Students will:

- Introduce themselves to the group and preferred pronouns.
- Next they will state what they are bringing to the picnic which has to start with the first initial of their first name.
- The next person will state "Thank you _____, for bringin _____" and will then introduce themselves and what they plan on bring to the picnic.

Example: Hello! My name is Sandee and my pronouns are she/her/hers. I am bringing sushi to the picnic.

Well hello Sandee thank you for bringing sushi to our picnic. My name is Jo and my pronouns are they/them and I am bringing juice to the picnic.

Activity #2: Classroom Social Contracts:

This activity helps establish a safe learning environment while providing student voice in the process.

Step 1: Explain the rationale in creating a social contract. Stress the following:

- The importance of the contract
- The benefits

- The responsibilities of all stakeholders

Step 2: All students assemble themselves in groups of 3 and will be provided with a sheet poster paper.

- In that paper, they will draw a person in the center.

Step 3: Provide the question, "What does a healthy classroom look like, sound like and feel like?"

- Students then come up with ideas and brainstorm together.

Step 4: Students will share their ideas with the class.

Step 5: The class as a whole will do a gallery walk and will place a post it on the rules they feel are important.

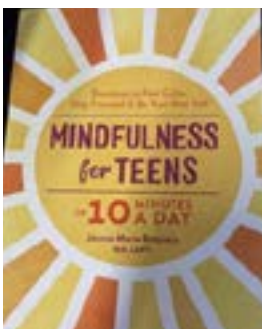
Step 6: Teacher will then ask students to reflect individually on how they will follow the guidelines established by the class.

Step 7: Students will then get into inside/outside circles and share their response.



Best resource I've found for teaching mindfulness.

- Submitted by Mary Wentland, WHPE President-Elect Lakeland Union High School



Scan this QR code to see the excitement a **GameOn!** event can bring to your school community!

To learn more about hosting a community give-back event, join MaryLee Flannigan and WHPE for a **GameOn! Back to School Zoom** August 30th @ 3:00pm

*** Be sure to check your email for a zoom link! ***

ACTIVITY #3 Two Truths and a Dream

This game is similar to Two Truths and a Lie but instead you will replace the "Lie" to a Dream.

Rules:

- You must choose the same sense for all three phrases. Past or future tense.

1. I played against the USA Olympic Softball team and got a base hit off a gold medalist.
2. I became a nationally board Certified Teacher.
3. I scored an open goal as a soccer player in the 1988 Olympic games.

The 2022-2023 #healthmovesminds kick-off is just around the corner!

Keep your eyes peeled for more information on how to register for great social-emotional learning curriculum/resources and the ability to host a community give-back event at your school!

Any questions please contact Katie Mulloy - katie.mulloy@nbexcellence.org


Recognition of What You Control

There is no doubt that the last few years have worn teachers down. Even the best teachers have reported teacher burnout at an alarming rate and some have left their passion in search of something else to finish their career. Those of us still here need to put things into perspective before we enter the new school year. We need to realize what we have control over and what we don't. For the gray area in between, we can be great advocates but ultimately we don't have control over the outcome and never forget that. When teachers focus too much on the things that are out of their control, it can cause a lot of stress and anxiety. I have come to recognize that the things I have most control over are the things that happen inside the walls of my classroom. I am in control of my environment, my student expectations, and disciplinary procedures for classroom management. I am also in control of the professional goals that I hope to achieve. Lastly, I am in control of my own mental health. As we approach the new school year, remind yourself what is in your control and what is not so that you can have the most stress-free year as possible!

– Molly Dado, NW District Coordinator



The “Morning Mile” program

 is a national exercise program that encourages students to run, jog, or walk before class. After the first five miles, students get a necklace with a shoe charm, and they get another charm every additional five miles until they reach 100. Once they get 100 miles, they get a special 100 mile charm for their necklace as well. I've noticed that when students exercise before school, their learning is better and discipline has gone down for students who participate in the Morning Mile. It is a voluntary program. Students can come and go as they please.

– Submitted by Brian Marx, West Allis/West Milwaukee School District, WHPE Past President

Take the Plunge into Nonfiction

– Submitted by Allisha Blanchette, NE District Coordinator

I have often held reading separate from my professional life as a means to escape or do something just for the joy of it. What does that mean? I usually refuse to read nonfiction books! In recent months while toiling over some home improvement project, listening to podcasts has sparked an interest in deeper philosophical ideas about education, social interactions, mental health, wisdom and really just all around life.



My favorite podcaster is Rich Roll who is happy to dig into all things health-related and interview some phenomenal people. Rich has talked me into combining my love for reading, health, and education. Here are some books and authors Rich has introduced me to that I think you will like! *Atomic Habits* by James Clear; *The High 5 Habit* by Mel Robbins; *From Strength to Strength* by Arthur C. Brooks; *Atlas of the Heart* by Brene Brown; *Can't Hurt Me* by David Goggins; *Bravey* by Alexi Pappas



INDIAN COMMUNITY SCHOOL

Native Roots in Sports and Games - Team Sports from Turtle Island



YouTube CHANNEL

Posoh (Menominee), Boozhoo (Ojibwe), Sheko'li (Oneida) Haho (Hoocak)! Greetings! Denise Christofferson, Mrs. C. aneq aeswihiyan - My name is ___ - (Menominee). I am from Milwaukee. I am Irish, Italian, Polish and German and the proud grandmother teacher of two generations of students at the Indian Community School. I love teaching Physical Education, especially teaching about the Native roots in sports and games! Did you know most team sports and games we know today have Native American roots? It's true! Basketball, Volleyball, Soccer, Baseball, Hockey, Badminton, and Football to name a few, all have an Indigenous ancestor. Lacrosse too, it's an Indigenous original! One way Physical Education professionals can practice cultural responsiveness towards Indigenous people is to learn, acknowledge and share Indigenous stories, amazing contributions and teachings respectfully. What better way to learn than to play a game!

Games have a significant role in Indigenous communities. They can help to settle disputes or offer healing while also being for recreation, social gatherings and entertainment. Most importantly, they teach: values, ways of being, listening skills, safety, life sustenance skills (hunting, gathering, farming, building homes, etc.), physical fitness, health and community responsibilities. The people are taught to play with the “we” in their heart and mind instead of the “me”. Oren Lyons, in the lacrosse movie *The Game of Life: Heart and Spirit of the Onondaga* says, “You play hard and without anger or revenge; You play in a manner that shows respect for the other player and their gifts.” Players use respect and humility, recognizing without the other team, you can not have a game at all. “We” not “me” plays team games.

According to Abnaki author Joseph Bruchac, playing games in Native North America is an important part of everyday life for everyone, and it teaches people how to work together. In fact, he states, and I agree, team sports appear to be more common among the people of Turtle Island more than anywhere in the world. Turtle Island is the name Algonquian and Iroquoian speaking people call North America.

The Indigenous people of Turtle Island are sovereign nations and have their own native languages and cultures. There are 574 federally recognized Indian Nations in the United States. They were the first to play the game of lacrosse and consider it a gift. Most tribes in North America have variations of the game using a ball and racket. Each tribe has its own name for the game as well. In Wisconsin, Lacrosse is known as: Pakahatuan (Menominee), Baaga'adowewin (Ojibwe), Ka':lahse' Tehutshikwa''eks (Oneida), and Caabn ' kiisk (Hoocak). Teaching stories, including lacrosse stories, are passed down from family to family, generation to generation in the oral tradition. These libraries of stories that are passed down are ancient, pre-dating the United States itself. In the *Ball Game Between the Animals and the Birds* (Bruchac), EVERYONE has a place on the team and learns to honor each other's strengths and gifts.

An easy way to begin incorporating First Nations teachings, stories and language, and Native roots in Sports and Games is by integrating Bruchac's story into a game I created called 4-Legged vs. Winged Tag. It is a chasing and fleeing game that can be played as a warm-up, a stand alone fitness game or a lead into a Lacrosse or Northern Indigenous Games Unit. After hearing or having read the *Ball Game Between the Animals and the Birds* story (please refrain from legend, myth or folktale), half of the class will start as “4 legged” and half of the class will start as “winged”. The “winged” fly by flapping their arms. The “4 legged” move by running. The “winged” are the taggers or chasers. Use a short tagging noodle to tag. The “4 legged” flee. When a “winged” player tags a “4 legged” the roles reverse. Drop the noodle on the ground by the “4 legged”. The tagged “4 legged” player becomes a new tagging “winged” player and the “winged” player becomes a fleeing “4 legged” No tag backs, have fun and be well!

Waewaenen (Menominee)! Miigwech (Ojibwe)! Yaw'ko' (Oneida)! Wa'jninginap šąną (Hoocak)! Thank you!



Wisconsin Health and Physical Education
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From your Executive Director

A Hearty Greeting to All;

Whoosh, summer vacation is quickly slipping past. We have found minutes, hours, and days to recharge our inner souls in preparation for the task of pouring the best of ourselves into our chosen work of education. As educators, we also need to continue to grow our skills and craft. The WHPE Board of Directors has been working very hard to develop a powerful professional development opportunity for you at our fall convention. We are bringing in National featured speakers to address

the specific levels/areas of High School, Middle School, Elementary, Health, Adapted PE, EDI, SEL, and Advocacy. We will kick off the convention with a social in our Exhibitor Hall Wednesday evening. This social time will allow all members to mingle with other members as well as provide time to make connections with our many Exhibitors. We continually work to identify opportunities to support our valued members and Exhibitors. We look forward to sharing this dedicated time together. The Thursday and Friday schedule of sessions looks packed with gems! The sessions are filled with incredible presenters and it will be wondrously difficult to decide which session to see. Here's a thought, bring a friend or co-worker along so you can each attend a session and share the knowledge..

As Teachers and Educators, we continue to define ourselves, our profession, and our future through daily boots-on-the-ground interaction. We are difference makers. This is an unprecedented time of change in Education. There will continue to be growing pains in the wake of recovering from a worldwide pandemic. During this time, we need to surround ourselves with other professionals who can provide a professional collaborative network of support. WHPE is that network! We are working to provide timely, reflexive, targeted resources and professional development and advocacy in response to your needs. Make plans now to join us at the fall convention, but be sure to be a participant in our year-round professional collaborative opportunities.

Before I close I want to invite you to contact me or a WHPE Board member if you have a need, wonder, question, or resource to share. We are working in real-time to facilitate professional learning and a supportive network for our members.

My email contact information is: pkroeningWHPE@gmail.com

Kind Regards, Penny Kroening



A Member We Will Miss

Dr. Scott W. Ringgenberg, age 53, of Verona, passed away on Thursday, July 21, 2022, from a long battle with colon cancer. Scott was a member of WHPE since 1997 and a lifetime member beginning in 2009. He received his B.S. and M.S. from UW-La Crosse in Physical Education and Health. He earned his Doctorate in Administration and Educational Leadership from Edgewood College. Scott was a professor at UW-Platteville in the Health and Human Performance Department. He also served as Department chair, Ropes Course Director, teaching and serving on various committees.