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Our mission ...

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

VOLUME 52, ISSUE 3

WISCONSIN HEALTH AND PHYSICAL EDUCATION
NEWSLETTER

FALL 2023

2023 WHPE Convention ... The 2023 WHPE Convention will be held at the Kalahari Resort in Wisconsin Dells on October 25-27, 2023. Check out our website for the latest details, convention registration fee information and hotel reservation information. <http://whpe.us/whpe-annual-convention>



Barb Borden ... I have been teaching K-2 for 13 years at Grand Prairie Elementary in Frankfort, IL. Our PE program was recently awarded Blue Ribbon status for exemplary quality and commitment to the learning standards in physical education. This will be my 6th year in PE. I am a passionate, creative, and highly motivated individual. I was recently awarded the 2023 Promising Teacher of the Year for IAHPERD. I enjoy creating games and making PE fun and engaging for everyone! I am currently the Grants Committee Chair for IAHPERD NED and I have presented at both state and national conferences. I am currently working on my masters degree in Physical Education Pedagogy at Illinois State University, which is where my oldest son goes to school too! I have 4 children (3 boys, and 1 girl) and a sweet "tripawd" golden retriever named Oscar.



Nicole McCluney is entering her 14th year in the classroom and is currently an Assistant Professor in the Department of Kinesiology at Missouri State University. Her research interests include mentoring, teacher/coach roles, and DEI in sport and Physical Education. She teaches several courses including Elementary Methods in PE, Perceptual and Motor Development, Social Basis of Physical Activity and Sport, and Ethics and Diversity in Sport and Physical Education. Additionally, she served as the Co-Chair of the Diversity, Equity, and Inclusion Council (DEIC) at the university and a peer reviewer for the Journal of Teaching Physical Education (JTPE).

Dr. McCluney earned a PhD in Kinesiology (Sport Pedagogy) from the University of Georgia (UGA). She has presented her work at international, national, and regional conferences including the International Council for Coaching Excellence (ICCE) Global Conference and served as an invited guest/panelist on numerous occasions. Moreover, Dr. McCluney has published five manuscripts in peer-reviewed journals; two athlete interviews; and a chapter for an edited, interdisciplinary book. Finally, Dr. McCluney is the founder of Elevate Edge LLC, which provides services to enhance leadership, mentoring, and DEI initiatives within organizations.

Christopher Pepper is an award-winning teacher and writer who helps lead health education efforts in San Francisco public schools. He writes curriculum, leads professional development sessions, coaches new teachers, and advocates for modern, inclusive health education in schools. He also helps coordinate the district's Young Men's Health Project, which brings teen boys together in small groups to discuss healthy masculinity and build positive, supportive relationships. His work has been featured in the San Francisco Chronicle, The New York Times, and on National Public Radio. He's currently writing a book with Joanna Schroeder called TALK TO YOUR BOYS, which is designed to help parents have better conversations with teen boys about issues like loneliness, consent, violence, and substance use. Christopher grew up - and attended great public schools - in Elkhorn, Wisconsin.



Jo Bailey teaches Physical Education at D.C. Everest Senior High School Weston, WI. She has also taught in the UK and Hong Kong. Jo is a National Board Certified Teacher, a Google Certified Innovator, and was the 2013 Midwest SHAPE America High School Physical Education Teacher of the Year. Jo served as President of WHPE from 2012-2014 and served on the Board of Directors for SHAPE America from 2020-23.



Jordan Manley, the 2023 SHAPE America National High School PE Teacher of the Year, is a Lexington, KY native and graduate of the University of Kentucky. He is married to Kelly and has two daughters, Olivia and Greyson. After college, Jordan was hired as STEAM Academy's first Health and PE Teacher. He is entering his 9th year at STEAM Academy as a teacher, but Jordan also works as a consultant for Magnify Learning, the University of Kentucky's College of Education, and is recently partnering with miMove to expand their reach in the United States. In 2023-24, Jordan is excited about the opportunity to represent SHAPE America and the Teacher of the Year Partner Network by traveling the country to share his practice and advocate for appropriate practices in Health and Physical Education.



Kick Off Convention Social and Exhibit Hall sneak peak ...

This year's "All Convention Social" on Wednesday night, October 25th will be held in the exhibits hall. Plan on attending from 7-9 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.



Kate Cox is a Nationally Board Certified physical educator who is passionate about physical literacy and high-quality professional development. Kate is the 2017 CAHPERD Middle School Teacher of the Year (TOY) & the 2018 SHAPE America Southwest District Middle School TOY. Along with being an OPEN National Trainer, Kate is an Instructional Coach for the Health and Physical Education Collaborative (H-PEC) and has worked with the California Subject Matter Projects for Health and Physical Education. Kate's been teaching 4th-8th grade Physical Education at Corte Madera School in Portola Valley for 19 years, and has presented at many state, national, and international conferences.



Katie Smith is an Adapted PE Teacher in Frederick, MD at Rock Creek School for students with severe cognitive and multiple disabilities from ages 3-21, where she works to adapt the Physical Education and Health curriculum to meet her students' needs. Katie was the 2022 SHAPE America Eastern District Adapted PE Teacher of the Year, the Shape Maryland 2020 Adapted PE Teacher of the Year, and was a Frederick County Maryland 2018 Teacher of the Year Semi-Finalist. Katie has a 5-year-old son named Lincoln, and she is also a Certified Personal Trainer and a Registered Yoga Teacher.

Kim Selby is currently in her 21st year teaching physical education at Wilson Elementary School in Sheboygan, WI and her 23rd year overall in the Sheboygan Area School District. She attended Xavier University in Cincinnati, OH where she earned a degree in Physical Education while also playing basketball for the Musketeers. She also holds a Masters degree in Educational Leadership from Marian University. Kim is currently serving on the WHPE Board of Directors as the Elementary Vice President. She was named the WHPE Elementary Physical Education Teacher of the Year in 2020 and, most recently, the 2023 SHAPE America Midwest District Elementary Teacher of the Year. Kim believes strongly in quality physical education programming especially at the elementary level where the seeds for the joy of movement are planted. She enjoys a variety of outdoor activities such as camping, skiing, hiking, fishing, and biking with her husband and two children.



Mark Housel is a Dad, husband, teacher, business owner, author, blogger, soccer coach, exercise enthusiast, reader, and complete quote geek. He was named the 2020 NJ Elementary PE Teacher of the Year and 2023 Shape America Eastern District Teacher of the Year. He is an adjunct professor at Monmouth University. He has been a teacher in NJ for the past 24+ years. He has a Bachelors in Health and Physical Education and a Masters in Education.

Victoria Shiver is an assistant professor of Physical Education Teacher Education at the University of New Mexico. She has nearly a decade of experience implementing social and emotional learning concepts in K-12 physical education and movement spaces. Her research is predominantly focused on the Teaching Personal and Social Responsibility model and Social and Emotional Learning in physical education and out-of-school time programming. Work focused on physical education teacher education programming and the inclusion of culturally sustaining practices serves as a secondary line and area of interest.



WHPE Convention ... October 25-27, 2023 ... Wisconsin Dells



Meaghan Schrader is the 2023 SHAPE America Western District Elementary Teacher of the Year, 2021 SHAPE Montana Elementary Teacher of the Year, 2020 Fuel Up to Play 60 Program Advisor of the Year, and 2019 Montana PTA Outstanding Educator of the Year. She received her bachelor's degree from the University of Montana and earned her Master of Education from Montana State University Billings. Meaghan's first teaching position was at Florence-Carlton School in Florence, MT where she taught health enhancement, social studies, and technology in elementary, middle school, and high school for nine years. When her family moved to Austin, TX, Meaghan was privileged to join Doris Miller Middle School for one year in San Marcos, TX. Upon returning to Missoula, MT in 2016, Meaghan was welcomed at Hawthorne Elementary where she currently teaches grades K-5. For the past 17 years of teaching, she has been able to use her passion and experience to make health enhancement the heart of the school. She is a lifetime learner who strives to be part of her school's community and to do her best for her students, colleagues, friends, and family every day.



Randy Spring is the 2023 SHAPE America National Elementary Physical Education Teacher of the Year, 2022 Central District Elementary Physical Education Teacher of the Year, 2020 MNSHAPE Elementary Physical Education Teacher of the Year, and the 2018 Woodbury Chamber of Commerce Educator of the Year. He holds bachelor degrees from Winona State University in Physical Education, Health Education, and Adapted Physical Education, and has a masters degree in Differentiated Instruction from the University of Concordia-St. Paul. Randy has been teaching K-5 Physical Education for SoWashCo Schools at Liberty Ridge Elementary School in Woodbury, Minnesota for 14 years. His educational passion and philosophies are fueled by highly engaging and consistently evolving activity models that implement up to date technology, hit multiple physical education standards, yield high levels of physical activity and fun, while most importantly reinforcing positive social and emotional interactions that help his students feel seen, heard and understood on a daily basis. Randy resides in White Bear Lake, Minnesota with his wife and three children. Social Media @MrSpringPE



Sadie Brown Sadie Brown is an Adapted Physical Education Teacher in the Sun Prairie Area School District. She is the 2022 Midwest District SHAPE Adapted PE Teacher of the Year. 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 learnings with varying abilities.



Scott Rasmussen is in his 5th year at D.C. Everest serving as the Supervisor of Strength and Conditioning. In this role, he is responsible for developing and administering a comprehensive Strength and Conditioning Program for students focused on improving athletic performance, reducing injuries, and teaching lifelong fitness skills. He does this through before/after school workouts, as well as assisting with Strength and Conditioning classes in the Phys. Ed. Department.

Scott has his Master's Degree in Leadership in Physical Education and Sport from North Dakota State University, and a Bachelor's Degree in Exercise and Sport Science from the University of Wisconsin-La Crosse. He is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association and serves on the Wisconsin State Advisory Board for the National High School Strength and Conditioning Association.

Scott Williams is the founder/owner of Camp4Real and taught elementary physical education for 15 years and high school summer PE for 6 years. He was a winner of the 2011 Golden Apple Award, the 2013 VAHPERD Elementary PE Teacher of the Year, and the 2015-16 VAHPERD and SHAPE Southern District Dance Teacher of the Year. Scott was also honored as a National Healthy School Hero by Action for Healthy Kids in 2017. He is a presenter and keynote speaker at physical education conferences across the nation and is the US Coordinator for Omnikin!



Toni Bader is a CAPE-certified Adapted Physical Education Specialist for Seattle Public Schools. She is currently developing and implementing systems and procedures to serve the Adapted PE needs of over 7,300 students with special needs in the district. Previously, she taught PE in Seattle for 18 years where she received the Symetra Hero in the Classroom award in 2008 and the SHAPE America 2019 National Adapted Physical Education Teacher Of the Year. Toni received her Bachelor's degree in Adapted Physical Education from SUNY Cortland in 2000 and her Masters in Adapted PE with a concentration in Adventure Education from University of Wisconsin-La Crosse in 2001. Throughout the last 15 years Toni has been on the SHAPE WA board, on the SHAPE Western District Board, the SHAPE America PE Council, participated in SPEAK OUT days, advocating for a development of an Adapted Physical Education endorsement in WA State, SHAPE WA President, and more. Toni has given hundreds of presentations and workshops and enjoys supporting teacher growth, student growth, community engagement, and collaboration.



Convention Sponsor: WHPE recognizes UW-Stevens Point as a Platinum Sponsor of both our Keynote speaker, Jo Bailey, and our Convention App. Thanks to UW-SP for their dedication to WHPE and it's mission.



School of Education
University of Wisconsin-Stevens Point

Hotel Reservations

Kalahari Resorts & Conventions

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

Room Rate – \$109 Wed-Thurs/\$139 Fri-Sat (single-quad occupancy)

Nightly Kalahari Resort fee is waived

Deadline to receive WHPE convention rate: September 25, 2023

To receive the discounted WHPE Convention room rate,

make reservations with this link:

<https://book.passkey.com/event/50547776/owner/49796246/home>

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, 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 6:30 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 2023 award winners. A dance will follow.

Kalahari Updates ... This fall the Kalahari Waterpark will be replacing the "new side" tower in the waterpark, including the Master Blaster and Victoria Falls, Tiko's, Crocodile Cove activity pool and the family indoor outdoor hot tub. If construction is still ongoing at the time of our WHPE convention, guests will receive complimentary Tom Foolery passes in their guest rooms.

Concession Lunch ... New this year, there will be a concession lunch offered by the Kalahari immediately following the General Assembly.

Exhibit Hall ... The Exhibit Hall will be open one day only on Thursday, October 26th. There will be a morning coffee/muffins break and afternoon snack breaks in the exhibits hall. Make time to visit the exhibits on Thursday!

Electronic Voting for WHPE 2023 Board of Directors
This year's WHPE elections will again take place electronically. On October 2nd you will receive an electronic ballot link via email. Electronic voting will open October 2nd and close after the General Assembly at the WHPE Convention on October 26, 2023. 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.

2023 Convention Schedule of Events

Wednesday, October 25, 2023

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

7:00-9:00 p.m. Future Professionals Spikeball Tournament

7:00-9:00 p.m. All Convention Social in Exhibits Hall

Thursday, October 26, 2023

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 Play it Forward: Social Skill Development in PE – *Kuehmichel/Marsden/Kubrasch*
- 2 Adventure for All: Universal Adventure Activities for all Abilities – *Anderson/Jones*
- 3 What the Hack?!? – *Barb Borden*
- 4 Dance: Your Ultimate PE Game Changer! – *Scotty Williams*
- 5 The only time you get to sit in PE - Sitting Volleyball for ALL! – *Michael Norris/Students*
- 6 Design Thinking Comes ALIVE in Physical Education – *Jordan Manley*
- 7 Finding the ABILITY in DisABILITY - MW APE TOY – *Sadie Brown*
- 8 Skill Based Health: Self-Management - Spotlight TOY – *Sandee Ortiz*
- 9 Foundational Movement Patterns for Health and Performance – *John Rusin*
- 10 What's New in Motor Learning and How Can Teachers Apply It? - Part 1 – *Kristi Mally*
- 11 Challenge Accepted – *Dustin Ambort*
- 12 Heart Zones Network Session: Updates, Extensions and News! – *Deb Berkey*
- 13 Essential Components of Sex Education: Consent, Boundaries and Communication – *Katie Gallagher*
- 14 Exciting Cross-Curricular Games – *Trina Burr*

9:35 - 10:00 a.m. Coffee/Muffins break - Visit the exhibitors/Poster Session

Session 2 > 10:05 a.m. - 11:05 a.m.

- 1 Student Centered Strength Training – *Matt Pomeroy*
- 2 Take Your Fun Seriously – Creating Connection and Culture through Play – *Selby/Spring/Housel/Schrader*
- 3 Students Take the Wheel: The Power of Student-Centered Teaching Styles in PE – *Johnson/students*
- 4 How to Measure Health Enhancing Levels of Movement – *Bev Brown*
- 5 Engaging the Masses in PE Class – *Kera Williams*
- 6 Ex-SEL-ant Adventures in Physical Education – *Kate Cox*
- 7 Unpacking your activities to be Inclusive have an SEL focus – *Toni Bader*
- 8 P-O-R-N: How Can Schools Teach About It? – *Chris Pepper*
- 9 Transitioning from Abstract to Practice: Guiding Teacher Candidates in Affective Strategies – *Victoria Shiver*
- 10 Core PE Curriculum – *Barnd/Riddle*
- 11 What's New in Motor Learning and How Can Teachers Apply It? - Part 2 – *Kristi Mally*
- 12 What's your adventure? – *Stratton/Mueller*
- 13 The Successes and Struggles of Standards Based Reporting – *Brewer/Olson/Serres*
- 14 Dream Team – *David Strauss*

11:15 a.m. - 12:00 p.m. Featured Speaker/Announcements - Sowing the Seeds in Health and PE – *Jo Bailey*

12:00 - 1:00 p.m. Concessions lunch

12:05 - 12:30 p.m. Past President Meeting

12:30 - 1:15 p.m. Past President/Retiree Luncheon

12:00-1:10 p.m. Exhibitor lunch

12:00-1:10 p.m. Future Professional lunch/election

Session 3 > 1:15 - 2:15 p.m.

- 1 Badminton - A Games Based Approach – *Matt Pomeroy*
- 2 Rockin' with Rhythm Sticks! – *Randy Spring*
- 3 APE/UPE Greatest Hits – *Mike Doyle*
- 4 Health. Moves. Minds – *Katie Mulloy*
- 5 Activities and more with Speed Stacks! – *Matt Burk*
- 6 Volleyball for All on OPEN's Court – *Kate Cox*
- 7 Get FAST and FURIOUS with Omnikin! – *Scotty Williams*
- 8 Project-based Learning Simplified: From Idea to Action – *Jordan Manley*
- 9 Native Roots in Sports and Games – *Denise Christofferson*
- 10 Refresh Stages of Adventure Notebook – *Csiacsek/Mueller/Students*
- 11 Biking Program in Physical Education – *Ryan McKinney*
- 12 Using your daily practices to Include Social and Emotional Learning – *Kubrasch/Hockett*
- 13 Tired of a Small Budget? Make a BIG Difference with this free resource from Gopher! – *Brett Fuller*
- 14 System of Wellness Instruction for Teachers and Teens (SWIFTT) HPEW Teacher Support Platform: Reduce Burnout, Increase Wellness – *Simenz/Nelson/Group*

Session 4 > 2:25 - 3:25 p.m.

- 1 That was easy! Simple PE Adaptations with materials you probably already have – *Brown/Smith*
- 2 Share the Wealth – *Sandy Hagenbach*
- 3 In An Instant – *Barb Borden*
- 4 Future Professionals: Fill Your Toolbox - Action, Answers, and Instant Activities – *Hockett/King*
- 5 Games, Games, Games – *Kelly Zerby*
- 6 Not all classrooms have 4 walls: Teaching Outdoor Education in PE – *Jo Bailey*
- 7 Don't be late, come and Skate – *Justin Dusso*

- 8 The Impact of Inclusivity: Sociocultural Responsive Physical Education – *Nicole McCluney*
- 9 Screenagers Under the Influence: Addressing Vaping, Drugs, and Alcohol in the Digital Age – *Chris Pepper*
- 10 Technology Use in Health and Physical Education – *Oh/Jones/Anderson/Koplien*
- 11 A Positive Approach to Abstinence Education – *Scott Phelps*
- 12 Integrating Strength & Conditioning into a PE Curriculum – *Scott Rasmussen*
- 13 Top Picks from Twitter – *Jeremy LaFleur*
- 14 Game On! Listen to Teacher's Experience

3:30-3:50 p.m. Visit the Exhibits - Snack break in the Exhibits hall

3:30 - 3:50 p.m. Future Professionals Meet a Mentor

Session 5 > 3:55 - 4:55 p.m.

- 1 PhysEd Faves: Minds BLOWN in 60 Minutes! – *Mueller/Williams*
- 2 Trauma informed creative movement through a culturally responsive-sustaining lens – *Chell Parkins*
- 3 Planning a Field Day from Start to Finish – *Meaghan Schrader*
- 4 Fitness Decks of Fun – *Koplien/DeJager/Sweere*
- 5 Rugby: A meaningful and cooperative approach to teaching a world game – *Jo Bailey*
- 6 Changing the World Through PE: The Future of our Profession – *Kubrasch/UW Madison*
- 7 Inclusive Partner Physical Education class – *Toni Bader*
- 8 The Social Dilemma – *Allisha Blanchette*
- 9 University-Community Partnerships Centered on Social and Emotional Learning – *Victoria Shiver*
- 10 Raising the Relevance: Bringing Environmental Literature into Outdoor Education - HS TOY Spotlight – *Jones/Jenson*
- 11 Engaging Students, Engaging Parents in Health Education Skill-Building – *Pat Stewart*
- 12 Do ANYTHING Without Limits – *Wilkins/Carlson*
- 13 National Boards for Professional Teaching Standards – *Sandee Ortiz*
- 14 You Accepted a Student Teacher--Now what? – *Gunderson/Haas/Hockett*

6:30-8:00 p.m. WHPE Awards Social

8:00-11:00 p.m. WHPE Dance

Friday, October 27, 2023

7:45-10:00 a.m. Registration

Session 6 > 8:30-9:30 a.m.

- 1 Not All Who Wander Are Lost....MW Elem TOY – *Kim Selby*
- 2 Cross-Cuurricular Activities in PE - Spotlight Elem PE TOY – *Melanie Gearhart*
- 3 Get Your Daily Dose of Dance with the danSIRS! – *Scotty Williams*
- 4 Teaching Dance to Your Own Beat! – *Kelly Zerby*
- 5 Two models of instructions to support PE teachers - Sport Education & Teaching Sports Concepts – *Michael Norris*
- 6 Designing Meaningful PE with Student-Created Games – *Jordan Manley*
- 7 Using Adventure Education to Teach Concepts of Social-Emotional Learning in Adapted PE – *McMullen/Wagner/Students*
- 8 Leaders Like Me – *Nicole McCluney*
- 9 Fistball: Best Sport you never heard of! – *Ron Jesswein*
- 10 Mind(Fulness) and Body - A Newfangled Look at Meaningful Physical Education – *Molly Dado*
- 11 H2 Oh! An Aquatics in Physical Education Roundtable – *Nathali Jones*
- 12 Backyard Advocacy! What SHAPE America's SPEAK OUT! Day has to Offer! – *Haas/King/Shulfer*
- 13 Choose your own adventure units! An easy way to differentiate & engage in health education! – *Chloe Allen*
- 14 Teaching Hope in the Health Classroom – *Patty Zemke*

Session 7 > 9:35-10:35 a.m.

- 1 Elementary Soccer Unit - Skills & Lead-up games – *Keast/Godfrey*
- 2 How to bring the kid in your high school students – *Katie Shulfer*
- 3 Keeping it Young at Heart – *Mark Housel*
- 4 Totally Awesome Tag Games for All Ages – *Kate Cox*
- 5 Introducing Flag Rugby before the 2024 Olympics – *Gleason/Stenerson*
- 6 Breaking the Boy Box - Nurturing Healthier Versions of Masculinity – *Chris Pepper*
- 7 Integrating concepts of standards based grading into MS and HS PE – *Braunschweig/Sirny*
- 8 Strength Progressions for Middle & High School Athletes – *Scott Rasmussen*
- 9 Enhance Students' Learning by Connecting Content to Their Lives – *Dan Timm*
- 10 How do we interest new people in officiating careers? – *Gail Hoffman/students*
- 11 Teaching Manipulative PE Skills to Students with Diverse Physical Needs – *Katie Smith*
- 12 No gym and it is raining, now what? Classroom friendly activities – *Laura Gunderson*
- 13 Not So Routine ... Secondary PE – *Brett Fuller*
- 14 Maximize Movement and Learning through Innovative Games and Activities – *Kelly Zerby*

Session 8 > 10:40 - 11:40 a.m.

- 1 Games With A Purpose – *Heinritz/Mueller*
- 2 We are a TEAM! – *Katie Mulloy*
- 3 Volleyball Tactical Lead Up Activities – *Matt Pomeroy*
- 4 Assessment in Action – *Allisha Blanchette*
- 5 How to Support Special Education Assistants in PE – *Sadie Brown*
- 6 Initial HPEW Teacher Impressions of System for Wellness Instruction for Teachers and Teens – *Stollenberg/Simenz/Group*

12:15 - 3:00 p.m. Board of Directors/Convention Wrap Up Meeting

WHPE MEMBERSHIP

You must be a current member through 11/23 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	2023 to Month	2024	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
 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"/>

2023 WHPE CONVENTION REGISTRATION

Deadline: October 5, 2023

You must be a current member of WHPE through 11/23 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
Total Enclosed:	\$ _____	

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

WHPE Convention Dates

October 23–25, 2024 Kalahari Resort, Wisconsin Dells	October 29–31, 2025 Kalahari Resort, Wisconsin Dells
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From your President . . . Mary Wentland

Hello awesome WHPE Members!

As the summer sun starts to play hide-and-seek, it's that time of year when we trade in our flip-flops for fabulous footwear and get ready to conquer a new school year like the superheroes we truly are!

I hope you've had an epic summer break, filled with plenty of rest, relaxation, and maybe a little too much ice cream (no judgment here!). But now, it's time to dust off those capes and channel your inner superhero spirit because the school year is about to blast off with a bang!

As you step into your classrooms, remember that laughter is your secret weapon! A smile is like a magic spell that can turn a gloomy day into a sunlit adventure. So, don't forget to sprinkle joy and laughter all around like confetti!

Here's to a school year filled with extraordinary adventures and endless possibilities. You are the real superheroes, and we're honored to have you on our team!



Here's what your WHPE Board of Directors has been up to:

- Found speakers and finalized the 2023 WHPE October Convention. I am proud to say your Board has put together a phenomenal professional learning opportunity.
- Health Moves Minds and Game On updates were given. We need you to consider helping your school and community in the future.
- The Board has been busy putting the Strategic Plan into action. Advocacy letters, PD, and a membership drive just to name a few things.
- WHPE is looking into a Legislative Advisor to help us stay connected with policies going on within the state.
- New for this coming fall... WHPE will recognize all WHPE members who have achieved National Board Certification.

*Wishing you the best this coming school year,
Mary Wentland, WHPE President*



Hello,

As the **WHPE NBCT liaison**, I am thrilled to announce that all current NBCTs will be recognized this October at the 2023 WHPE Convention during the awards ceremony. We believe your accomplishment should be recognized by our organization as you demonstrated one

of the most prestigious national credentials in the teaching profession. We hope you can join us! An invite letter will be emailed/mailed to you early September.

For those of you who are still considering pursuing the National Boards for Professional Teaching Standards, you can register online. As an NBCT, this certification allowed me to dissect my teaching practices to better serve my students. Additionally, it has built my leadership capacity to serve in many professional learning communities including writing state standards to serving as the SHAPE America Midwest President. My journey continues as I work towards encouraging others to pursue the boards. It has made the biggest impact in my classroom and in the health and physical education profession. Please contact me at sortiz@sunprairieschools.org if you have any questions regarding the National Boards for Professional Teaching Standards.

Kind Regards, Sandee Ortiz, NBCT

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

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

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Exercise Travel Tip

Submitted by Karen Albert, WHPE Member at Large

Hopefully you have been able to get away for a while this summer and enjoy a vacation or a long weekend to get some rest and relaxation. Sometimes the trips away from home can make your normal exercise routine a bit difficult. Hotels often have fitness rooms with a variety of machines and weights to work out, but a campground or house rental may not have such amenities. One simple solution to getting in some resistance training while traveling is to pack a resistance band. It is a fast, efficient way to get a variety of workouts while taking up very little space.

Resistance bands are lightweight and easily packable. No heavy dumbbells or kettlebells to get that "weighted effect". Some easy resistance band exercises that can be done while on vacation (or at home) include squats, lunges, push-ups, planks, curls, presses and many more. Having a partner hold the end of the band can also add some resistance for a second person. Resistance bands can easily be attached to something stable such as a door handle, however, to do many of the exercises by oneself. No excuses for not working out on vacation – pack a resistance band.

Necrologist Report



If you become aware of the death of a WHPE member, please contact: Necrologist
c/o WHPE • Mitchell Hall • 1725 State St. • La Crosse, WI 54601
800-441-4568 • 608-785-8175 • whpe@uwlax.edu

ACCOLADES *Well & One!* Recognizing the Accomplishments of WHPE members

Congratulations to Rebekah Johnson for being selected to the UW-Whitewater Division of Intercollegiate Athletics 58th Hall of Fame Class. Johnson was an All-American volleyball player and recipient of the Wisconsin Intercollegiate Athletic Conference's Judy Kruckman Scholar Athlete Award. She will be recognized for her accomplishments as part of UWW's Homecoming festivities on October 28.



Leadership Opportunities in WHPE

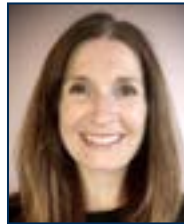


Central District Coordinator

Hello WHPE members. My name is **Nathali Jones** and I am running for a second term as Central District Coordinator. I have spent the last 8 years teaching at Lincoln High School in Wisconsin Rapids and was awarded the 2022 Secondary Physical Education TOY award. I completed my National Boards this past December, and was invited to teach in the Physical Education Teacher Education Program at UW-Eau Claire for the 2023-2024 academic year. I will be presenting and assisting with five sessions at this year's convention ranging from Aquatics to Adventure and Outdoor Education. My goal for the next two years is to create a free workshop for Central District and other WHPE members to attend. I have learned a lot during my first term as Central District Coordinator and it would be an honor to continue to serve.

Northeast District Coordinator

Hi! I'm **Allisha Blanchette** and am excited to be running for a final term as the WHPE Northeast District Coordinator. I have taught PK-12 PE & APE, middle school & high school Health, and coached cross country in the D.C. Everest School District for 16 years. I became a WHPE member as a student at UW-Eau Claire in 2003 and have enjoyed growing in this incredible organization ever since. I have had the opportunity to learn from so many of you and hopefully given back by presenting, mentoring, sharing resources, answering questions, and reviewing & curriculum writing for WI organizations as well as representing WHPE as a presenter at KY SHAPE, INSHAPE, MAPHERD and the National SHAPE convention. I believe wellness is a way of life and foundation for a person's purpose and contributions to society. Through cultivating and facilitating meaningful Health and PE experiences we have an amazing opportunity to help our students build that foundation. I am grateful to be a part of this organization and hope to continue working with all of you!



Northeast District Coordinator

Hi, I'm **Trina Burr** and I am running for the NE District Coordinator position. Being a member of WHPE has been the greatest connection for me professionally. The relationships and knowledge that I have gotten from WHPE have made an impact with remaining current in physical education. I am a National Board Certified Teacher and am entering my 27th year of teaching. I have taught 4K - 12 physical education and 10th grade health, currently teaching 4K - 6th grades. I am married and we have one son. He will be a sophomore and loves being on the swim, golf, and bass fishing teams. Constantly looking for ways to refine my approaches to teaching takes dedication and it is one of my passions for the profession. Teaching PE is a chance to make a lasting impact on the lives of the students, equipping them with the tools to lead healthy and fulfilling lives now and in the future. In addition to teaching, I coach middle school track and referee volleyball. I have been a strong advocate within my district for PE by being the lead role for our PEP grant, applying and receiving grants for archery equipment, heart rate monitors, technology, and snowshoes. Most recently, I applied and received the money for a program called All Kids Bike. This fall we will be putting that into our school's curriculum. In addition, I have been asked to mentor several new teachers within our district. I would be honored to receive your vote. If elected I will be the voice for the NE District and communicate with you on what is being discussed and share valuable resources.



Northwest District Coordinator

Hello my fellow WHPE members, my name is **Dr. Tara Putnam**. I'm excited to be running for the Northwest district coordinator position. I have been teaching in the public-school sector at both the k-12 level and the University level in California, Utah, and Wisconsin for the last 20 years. I truly believe all of my previous experiences have prepared me and qualified me for this position. I have thoroughly enjoyed being a part of this organization for the last 5 years since I've lived in Eau Claire, Wisconsin. I stand with every ounce of the advocacy, support, development, and innovative teaching techniques WHPE offers to anyone who's willing and encourages providing equitable physical education, health, and adapted physical education for all students. I feel very fortunate to be given this opportunity. I can't wait to continue to advocate for our profession, students, and our teachers while being fully committed in all the duties and roles this position will hold.



President-Elect

Greetings WHPE Members, Allow me to formally introduce myself. My name is **Sandee Ortiz** and I currently serve as the SHAPE America Midwest President and the WHPE NBCT liaison. As a candidate running as your future president it is important to provide a glimpse of who I am as a person and professional. I can be best described as a passionate, driven and a dedicated professional whose mission is to serve students and advocate for the health and physical education profession on a state and national level.

My journey began at Delavan-Darien High School where I taught health, PE and coached varsity boys and girls tennis for 21 years. In 2009 our PE department landed a \$1.2 million PEP grant which transformed our entire PE program district wide. In 2017 I became a Nationally Board Certified Teacher which transformed my teaching practices. In 2019 I made a difficult decision to leave Delavan-Darien and signed a contract to work at Sun Prairie High School to teach Health. I welcomed the opportunity to transform the current health curriculum into skills based health with two first year teachers during a pandemic. Shortly after, I was named as the 2022 WHPE Health Teacher of the Year. It was certainly a humbling experience! When I am not with students or athletes, I find healthy ways to recharge myself by meditating, kayaking, biking, practicing French, daydreaming, reading, making sourdough bread and cooking new recipes.

If elected, I bring to you 26 years of teaching experience, leadership and commitment to the field of education. It would be an honor to serve as the WHPE future president and to continue to serve our members.



Southeast District Coordinator

Hi there, my name is **Justin Dusso** and I am running for the WHPE Southeast Wisconsin Coordinator. I have been teaching health, adaptive, and physical education for the past 9 years. I was able to gain my Undergraduate Degree from UW-Oshkosh in 2013. I am about to embark on my 4th year of teaching in the Merton Community School District. Since gaining my degree I have been able to work with amazing students, colleagues, and gained valuable professional development that makes me the teacher that I am today. I have been an avid member of WHPE since 2015. I have used my knowledge from WHPE to make an impact in my classrooms and the communities. I was honored to receive a WHPE grant for a program that I helped create called, "Workout on Wheels." This grant allowed the students in my district the opportunity to experience physical activities outdoors while enhancing their cardio, balance, and overall health mindsets. I was also able to share my teaching knowledge professionally at a WHPE Mini Conference in March of 2023. I am honored to be considered for this position and I look forward to listening, learning, and sharing ideas about how we can continue to make an impact and empower all of our students in physical 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

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

Leadership Opportunities in WHPE



Secretary

Hi! My name is **Jan Kunert**! It has been an honor serving as your WHPE Board of Directors and Executive Committee Secretary. I would like to continue my service and these are the reasons why:

Professional Education: Degrees in Physical Education and Educational, Administration (UW-Eau Claire, UW-Madison).

Professional Experience: Physical Education and Health Educator, Coach, Athletic; Director/Assistant and Principal. Retired, and currently, a Substitute Educator in four Eau Claire area school districts.

WHPE Membership/Service: I have come up the ranks from my initial membership to being elected to the Board of Director and then as the Executive Committee Secretary.

My WHPE Goal: I believe that Wisconsin has the BEST Physical Education and Health Educators in the USA! I have worked hard to advocate for quality physical education and health educators and programs in the following venues:

Local: In area school districts by financially supporting their WHPE fundraisers and when hired as a substitute educator. **State:** At WHPE events - meetings, workshops and Conventions. Spearheaded the program for the WASB (School Board Convention) booth and interactive presentations by WHPE educators. Originated "Feature A Teacher" item for WHPE Newsletter highlighting WHPE Physical Education and Health Educators. **National:** Attended, represented and presented at the National Convention. I would like to continue serving WHPE and YOU! Thank you for your vote!



Southeast District Coordinator

Hello WHPE Members! I'm **Ian Lacasse** and I am running for the position of Southeast District Coordinator. I am married and have two children Ava (9) and Vinnie (7). I enjoy walking, and biking with my family and spend most of my weekends watching my kids play soccer, hockey, softball, and baseball! I am entering my 15th year of teaching Health and Physical Education. I am a graduate of the University of Wisconsin

- La Crosse and I started my career as a middle school teacher in Racine and have spent the last six years teaching Health and PE at Madison West High School where I have been involved in curriculum development for both high school health and physical education. In 2021 I was named the WHPE Health Teacher of the Year and currently serve on the SHAPE Midwest Leadership Council. I am also a member of the grants committee for WHPE. I recently helped plan the Best Practices in Health Equity for Health and Physical Education Conference that was held at UW-Stevens Point. I believe strongly in quality health and physical education programming for our students and in providing opportunities for teachers to connect, interact, and learn with each other. If selected to be the southeast district coordinator, I want to be able to advocate for your needs and I hope to offer more avenues for teachers to get support and professional development throughout the school year through mini-conferences for our district and building a network for teachers to connect with throughout the school year. It would be a privilege to serve WHPE as the Southeast District Coordinator!



Southeast District Coordinator

Hello, I'm **Melanie Gearhart** and I'm excited to be running for Southeast District Coordinator. 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 was recently named the 2022 WHPE Elementary Teacher of the Year. I enjoy sharing and connecting with other physical education teachers through various social media platforms, presenting at the WHPE and Best Practices conventions, and most recently attending the national SHAPE convention the past 2 years. As a long time WHPE member, I am honored and excited to be running for Southeast District Coordinator. If elected, I look forward to continuing to connect with other passionate educators, sharing resources, and advocating for physical education.



Southwest District Coordinator

My name is **Dustin Ambort** and I am the elementary physical education teacher for the Alma Center-Humbird-Merrillan School District. I am running for the Southwest District Coordinator position. I have been a member of WHPE for over 15 years. I have taught in the Southwest district for my entire career. I had the opportunity to teach at the elementary and middle levels. As a teacher, the resources and connections

I made through WHPE have been so vital to my development as a teacher. Being a member has given me the confidence to be a presenter at the convention and be involved with the 125 year committee. If elected as the Southwest District coordinator, I would like to build relationships and be a resource for all teachers in the physical education and health community.

When I am not teaching, I love to do fun activities such as board games, trivia, and crossword puzzles. I am a huge baseball fan and I love to watch games of all kinds during the summer. I am also a football and wrestling coach for Lincoln. I appreciate your vote and will do my best to serve the needs of the district.

WHPE Election 2023 Ballot

WHPE will once again have 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 on page 1, you can mail this ballot to WHPE, Mitchell Hall, University of Wisconsin-La Crosse, 1725 State Street, La Crosse, WI 54601 between October 2 and 15.

Please vote for one candidate for each position

President-Elect

- Sandee Ortiz
 (Write In) _____

Secretary

- Jan Kunert
 (Write In) _____

Central District Coordinator

- Nathali Jones
 (Write In) _____

Northeast District Coordinator

- Allisha Blanchette
 Trina Burr
 (Write In) _____

Northwest District Coordinator

- Tara Putnam
 (Write In) _____

Southeast District Coordinator

- Justin Dusso
 Melanie Gearhart
 Ian Lacasse
 (Write In) _____

Southwest District Coordinator

- Dustin Ambort
 (Write In) _____

The following information is requested to ensure voting confidentiality. The privacy of your information is guaranteed. Thank you for voting in the 2023 WHPE election.

Name _____

Email Address _____



Back To School Ideas

Start of School Team Building Ideas

– Written By: Katie Shulfer, DC Everest Senior High, High School VP

At the beginning of each school year, many start with a new group of students or have the same group, but one year older. Every year we work to build new relationships or add on to those already created. Attending the 2023 Best Practices conference this past summer in Stevens Point, I was able to gain some new activities or nuggets to help me kick off my school year. A few I learned and will take into my classroom this year are:

1. My Work Critter: Students will look at a group of animal pictures and pick which one relates most to their personality or character. Students can also pick an animal which shows their strengths as a student or weaknesses. There are many different ways this activity can go but it allows the students to work and communicate with each other.



2. Conversation Wheels: For this activity, students will be given a card which has a question on it. Cards used were from a site called “Training Wheels.” Located at this website to purchase <https://training-wheels.com/> or you could make your own. It involves students asking the question on their card to another student to learn more about each other and once again communicate. It does a great job allowing many students to work together and gives the teacher a chance to learn more and see how they work together.

Gaining Rapport With Students

As teachers and students are gearing up to start another school year there are a lot of items to get ready including attending meetings and getting rooms and equipment organized. There are many teachers that have better ideas for bulletin boards and newsletters than I do. However, I am intentional about gaining rapport with students from the moment they enter the building and I feel that helps me with my teaching and discipline as the year progresses.

Before we have our back to school open house, I review our yearbook photos including the incoming elementary students to our middle school. That way when I see them in the hallway I can be quick to address them by their first name and ask open ended questions about their summer and their feelings about the upcoming year.

I make sure my lesson plans are well laid out for the first couple weeks so that I can use some lunch and prep time to be in the cafeteria and on the playground getting to know students in a more relaxed setting without a lesson going on. I greet the students as they get off the bus with a highfive or a fistbump and a smile.

I believe the more you can spend intentional time showing students you genuinely care about them, the harder they will work for you and the smoother the lessons tend to go. Be especially mindful of students who can be challenging behaviorally, so you can have some goodwill banked up and a relationship to fall back on when discipline and corrective feedback is needed.

– Submitted by Ryan McKinney,
Spoooner Area School District WHPE Middle School Division VP

GAME ON!!!

With the new school year on the horizon, we are getting excited to welcome our students back to school. And many of us have probably found some new activities, ideas, or tricks that we are excited to try out and implement. Some are changes or tweaks that don't really cost anything, but others have a price tag attached....and who has money in their budget for that? Do you have an idea for a new unit, piece of recess equipment, or field trip that seems out of reach? If so, **GAME ON!** is for you!

GAME ON! is a fitness-based fundraiser that is super easy to run and implement, which was developed to fit the needs of school health and physical education departments! Focusing on all the awesome things students can do with a healthy mind and body, **GAME ON!** helps strengthen the connection between fitness and fun! Plus, it allows health and physical education teachers to raise funds not only for equipment and supplies, but also to continue to fund the causes and charities that matter the most to their school and community.

Other fundraisers just don't give back like **GAME ON!** The breakdown is simple...

- 40% of the money raised goes directly to you and your school in the form of a check in which YOU choose what to do with that money (equipment, charity, etc)
- 10% comes to you in the form of a US Games gift certificate
- 10% goes to WHPE to support you and other HPE teachers around the state in the way of grants
- 25% goes to students for incentives
- 10% goes to GAME ON!
- 5% goes toward the insurance and online fundraising platform credit card fees

So what are you waiting for? Watch this short **video** on what **GAME ON!** has meant to me and my school and feel free to contact me with any questions.

<https://youtu.be/4yEQmzB-IIE>

It's time to get your GAME ON!

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





Back To School Ideas

What's on your Back to School Checklist?

– Shannon Maly

Summer is in full swing and the thought of preparing for the new school year can feel overwhelming even to veteran teachers. There is much to do in a short amount of time and some of it is easy to forget. Staying organized and on top of essential tasks can help alleviate some of this stress and ensure that you are prepared when your students walk into the gym on the first day.

Over the past few years, I have worked to create a checklist to help me prepare for the start of the school year. Below is a general outline of things to consider. Under each of the heading I put more detailed items that are needed to complete.

Back to School Checklist

<p>Communicating with Families</p> <ul style="list-style-type: none"> • Send a welcome letter to families. This can either be paper or electronic. • Create the first newsletter to send home, if you plan to write weekly newsletters. • Google Classroom to keep announcements, deadlines, and learning goals all in one place. Update regularly as the year progresses. • Prepare planning sheets to give to families before parent-teacher conferences with discussion points such as student academic strengths and areas for growth, personality traits, goals for the year, and so on. • individual progress reports Keep families in the loop about academic goals, learning developments, and behavior. 	<p>Class Preparation</p> <ul style="list-style-type: none"> • Class Rosters (Student IEPs, Medical concerns) • Class Syllabus update from previous year • Google Classrooms Set up with QR Codes • Share Google Classrooms with Special Education/Case Managers • Locker room check out Google Form ready • Locks ready (combination binders updated) • Open House night Presentation. • Sub folder with Student Health Needs <p>Technology;</p> <ul style="list-style-type: none"> • Smart Boards set up in gyms spaces • Extension cords • Ipads assigned to teachers and charged • Heart Rate monitors set up and ready to use
<p>First Week</p> <ul style="list-style-type: none"> • Advisory Lessons and team locations • Lock Combinations and Locker Assignment Google Form • Community Building Lessons for Day 2-3. • Make copies of all Unit assessments send to district copy. 	<p>Supplies/Equipment</p> <ul style="list-style-type: none"> • Tissues, band-aids, cleaning supplies. • Pencils for weight room • Folders for students portfolios • Prepare a folder for information from faculty meetings and professional development. • Check in all new equipment
<p>Decorations/Bulletin Boards</p> <ul style="list-style-type: none"> • Decorate bulletin boards (locker rooms) • Set up Whiteboard in hallway • Set up a classroom calendar. 	<p>Curriculum & Department Planning</p> <ul style="list-style-type: none"> • Create a 23-24 Folders to share with department • Semester outlines & calendar ready • Budget needs 23-24
<p>Organization</p> <ul style="list-style-type: none"> • Organize the equipment room.. • Check equipment for repairs in weight room • Determine desk arrangement and preliminary seating chart. Consider implementing flexible seating.(sports officiating, lifeguarding class) • Organize all curriculum materials based on when you will need them. (FOLDERS IN DRIVE) 	<p>Emergencies</p> <ul style="list-style-type: none"> • Update emergency evacuation procedures • Stock and place your class first aid kit. It should be easy for you to grab in times of emergency. • Plan ahead for last-minute changes by developing a substitute folder. • Print emergency contact forms. • Print medical plans

“English Learners and a New School Year” Culturally Responsive Health and Physical Education

Dan Timm



A new school year means new students and students new to the school and to you. Being a new student in a school can be challenging, as they may feel anxiety and stress about being in a new environment.

Experiencing anxiety and stress is especially true for a student who is an English Learner, regardless of their level of English proficiency. English Learners may fear classmates will not accept them because of not being able to clearly express themselves and their inability to understand what is being said.

Teachers can do several things to help English Learners feel safe and comfortable at the beginning of a new school year...

...If your school doesn't already do this, assign a buddy to

new English Learners in your class. The buddy can help English Learners navigate the school, follow classroom procedures, and understand instructions.

...Use "get acquainted" activities to help new English Learners get to know their classmates and for returning students to get to know their new classmates.

...Take time to get to know your new English Learners and see how they are similar to and different from your returning students.

...Connect the content you are teaching to the lives of your new English Learners early in the semester to help them feel connected to the class.

The more you do for your new English Learners early in a new school year, the more they will enjoy health and physical education, and the more successful they will be in class.



Back To School Ideas

Back to school YOU!

– Submitted by Jo Bailey, DC Everest

We spend a lot of time focusing on getting our classrooms and curriculums ready each year, aiming to get the school year off to the best possible start for our students. We spend time building relationships, learning about our students to create the environment for them. But what about you? How much time do you spend planning for and working on back-to-school you?

Summer is a great time to relax and recharge but we also need to make sure that we make time for this to happen during school when you may be coaching and spending lots of time taking your own children from one activity to the next in addition to your teaching. Here are a few tips to help look after your back-to-school self:

1. Create your own distress list or happy list: Identify things you like to do, that relax you or invigorate you. If you need something to lift your mood but aren't sure in the moment what to choose, having a happy list can make it easy to make a choice. This could be as simple as going for a walk (did you know a post meal walk is incredibly good for you, helping to regulate blood sugar?), putting on a playlist, reading, phoning a friend, taking a bath, doing a puzzle, exercise etc.

2. Reduce decision fatigue: Spend 10-15 minutes sorting out your clothes for the week and get workout gear set aside so it's easy to grab each day. Anything that reduces the number of decisions you have to make on a daily basis will save you both time and a little sanity.

3. Meal planning: One of the questions I used to dread the most on arriving home was "what's for dinner?". Taking time to plan out lunches and dinners, sometimes making 2-3 meals on the weekend that could be stored/ frozen for later use will save you time and mental bandwidth. Better still, if you have older children involve them in the planning or delegate a dinner for them to be in charge of.

4. Make sure you have at least 1 thing each day that you are looking forward to that benefits you. This could be making sure you have time for a quiet cup of coffee or tea in the morning, taking 10 minutes at lunch to get outside and get some fresh air. Starting your day off by identifying an upcoming highlight adds a positive frame to days you know will have challenges in them.

Reach out to others if you need help: I am sure there are many more tips I could add to this so please share them to the WHPE facebook page or other social media pages.

Social Awareness

– Submitted by Nikki Hollett, UW Whitewater WHPE College/University Division Vice President

Understanding and appreciating students for their intelligence and social capital is a task too big for each teacher to tackle- but one that can mean the difference between a student participating or not. Here, I'll describe a phenomenon that I thoroughly enjoy learning, researching, and seeing in the classroom. Each individual in a school environment ends up interacting with others in the world, one way or another. An important role we can play as teachers and influential people is one that provides opportunities for students to learn skills that will allow them to develop strong relationships with peers and family. Skills include listening carefully to others, considering what others want, and planning to communicate with them in a way that is intended to meet that need.

Here are some activities that can promote that social awareness in your gym or classroom:

1. Encourage your students to talk about friendship and the strengths they value in a friend. This heightened awareness will help students make good decisions about friendships, while also building an appreciation of differences.

2. Have your students listen carefully to one another by practicing "active listening." This is the practice of hearing and responding not only to the content of what a person is saying, but also to the meaning behind the message. This skill can help reduce conflict in the classroom as there are fewer misunderstandings.

3. Have students try active listening while sitting back-to-back with a classmate: is it easier or harder to capture the meaning of the message if you can't see body language?

4. Ask students to share how they know someone is upset with them – even if that person doesn't say a word. What cues do they pick up that leads them to this knowledge?

Try some of these exercises right off the bat for your class- they may help construct a safe communicative community and help students practice skills they need to compassionately explore relationships outside the classroom.

Adapted Physical Education

How to prepare for your Adapted PE Caseload

– By Sadie Brown

If you are like me, you are already thinking about the upcoming school year thanks to all the school supplies out in the stores. However, as someone who teaches Adapted PE the planning for the year is a little different. If you know what students you might have on your caseload now is a great time to start looking through IEPs. Find their goals (if you don't already know them), minutes, strengths, and any information that might help you work with them. I like to create short synopsis on each student to help me start the year off on the right foot. For example, if I know they do well with schedules and timers because I read about it in their IEP then I want to have those in place as soon as I can for them.

Another way I like to prepare is to connect with the special education teachers of those students as soon as I can going into the school year. Find out what they know about the student and what goals I can work on with them in PE besides their gross motor goal. I also love to connect with their previous PE and APE teacher to find out what strategies worked well for the student. I always want to make sure I am setting them up for success right away. It's better to be proactive than reactive with our learners with special needs.

I would love to hear how you prepare for your caseload as well! Please share your ideas with me at smbrown@sunpriarieschools.org and I will make sure to share with other APE teachers in the state!

Health Teaching Ideas . . .

Mental-Wellness Resource for Self, Class and Coaching

– Submitted by *Patty Zemke*

Looking for a resource for mental wellness? [Mental Health America](#) is a great site that seems to have just about everything in its resources.

- Podcasts
- DIY Activity Sheets
- Screenings
- Article



- I feel out of control!*
- Is mental illness genetic?*
- Is bipolar genetic?*
- My life is over*
- Who can I talk to about my mental health?*
- I'm feeling lonely.*
- I miss my friends.*
- I can't get motivated!*
- I can't deal with pressure and expectations! Nobody likes me*
- What is trauma?*
- What is abuse?*
- How can I set boundaries with my family?*
- How to talk to your parents about mental health*



Sexual Health Unit Tic-Tac-Toe Review

– Submitted by *Mary Wentland*
Credit to *@GHSaysRockChalk*

Directions:

- One player is X's and the other is O's
- Take turns to answer the question/statement and then write an X or O over it
- The first player to create a line of 3 is the winner!

The only method that is 100% effective in preventing pregnancy is...	Name a barrier contraceptive.	Which contraceptive method prevents STIs?	What is one way to prevent STIs?	Which STI is associated with a vaccine?	In your own words, define abstinence.
Name a reason to use contraception other than to prevent pregnancy and STIs.	What is one way to prevent STIs?	List all three types of sexual intercourse.	Think of a reason to get tested for STIs.	Name a barrier contraceptive.	Name one STI that is not curable.
Name a highly reliable contraceptive method.	Think of a contraceptive method that has a daily regimen.	Share one common STI symptom.	Name one possible outcome of adolescent sexual activity.	What is the name of the newest contraceptive?	What should you do if you get an STI?
Which contraceptive method is non-hormonal, but acts like it is?	How does someone get an STI?	In your own words, define dual use.	Name a hormonal contraceptive.	List one organism that causes STIs.	Name a highly reliable contraceptive method.
What is one way to prevent STIs?	Can you name at least one STI test?	Why might someone choose not to be sexually active?	Think of a contraceptive method with a low level of effectiveness.	What is the only way to make sure you won't get an STI?	Name one STI that is curable.
Name one STI that is not curable.	Name a hormonal contraceptive.	Name one STI that is curable.	Think of a contraceptive method that has a monthly regimen.	Share one common STI symptom.	Can you think of a contraceptive method that is long-acting and private?

Happiness Chemicals and How to Hack Them

– Submitted by *Mary Wentland*

DOPAMINE THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

OXYTOCIN THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hands
- Hugging your family
- Giving compliments

SEROTONIN THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling

ENDORPHIN THE PAIN KILLER

- Laughter
- Essential oils
- Watch a comedy
- Dark Chocolate
- Exercising

“Exploring Mondays” – Doug Bradley (Southwest District)

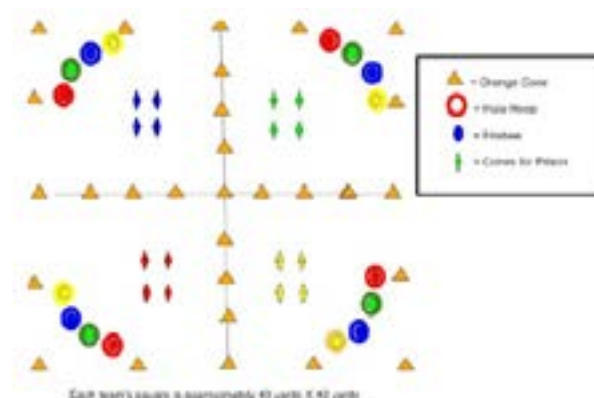
I'm teaching summer school (in the classroom) for the first time, and it's pretty eye-opening how much pressure is put on the students at my school and in general. With the increased desire to be a “5-star school” or compete with other local schools in test scores, our students have strong demands placed upon them. With a heavy emphasis on academics can come more opportunities for undesirable behaviors due to burnout or stress (staff included). One thing I've learned with my K-3 students is they don't have enough time in their day to simply explore. We have so many amazing opportunities for our students in school but more often than not, it's all prompted, instructed, or directed to achieve specific standards and objectives, and rightfully so. However, I've found it so important to allow the kids to be their own PE teacher for the day on Mondays. My students have PE either every day or 4/6 days, which is awesome. So, your

“Mondays” might be different than mine. With that, my “Exploring Mondays” are set aside for students to simply play with equipment and see what they can do. I typically split my gym into 2 halves and provide 1-3 equipment choices on each side. In my directions, I explain the safety precautions with each piece of equipment but rarely provide information on what you can do with each item, that is for the kids to discover. Mondays are often the most difficult day of the week and my students live for Mondays when it comes to my class. They're not told what to do or how to do it, just simply given some tools and told to “play”. I encourage them to come up with cool tricks or games that I could teach the whole class someday. I've gotten some really great ideas from all ages! So, relieve some stress on you and your students and find a consistent time in which your kids can EXPLORE and take control of their learning for once. You'll love the result!

Capture the Frisbee – 4 Corner Game – Submitted by Tim Mueller

Equipment

- * 20-30 big orange cones (used to divide playing area)
- * pinnies for each student (need 4 colors for 4 teams)
- * 4 Frisbees of 4 different colors matching jersey colors (16 total)
- * 12 hula-hoops (4 colors matching Frisbee colors)
- * 4 small cones x 4 colors (matching jersey colors – used to make jail for each team)



Set-Up

- * Divide playing field into 4 sections with cones
- * Place 4 hula hoops (each color) spread out at the back of each team's section
- * Put 1 of each color Frisbee in each hoop
- * Make a jail in the middle of each team's area using four small cones that match team's color (8' X 8')

Game Objective

- * Acquire all 4 Frisbees of any color in your hula-hoop

Game Rules

- * Players are safe in their own territory, but not in the other 3 team's territories.
- * If a player is tagged in another team's territory, he/she must be escorted to jail by the tagger.
- * Players must tag with their hand, tagging gently on the back or shoulders.
- * To rescue a tagged player in jail, someone from his or her team must get to them and tag them without being tagged. They then get a 'free pass' back to their territory (both players must raise hands and jog back together to their own territory).
- * All players in jail get a free pass to their territory if the teacher yells "jail break."
- * If a player is able to get into another team's hula-hoop they are safe (cannot be tagged in hoop) and they can pick up only 1 Frisbee. Once they leave the hula-hoop they must try to get back to their territory without getting tagged. If tagged, the Frisbee goes back into that team's hula-hoop and the player is escorted to jail. Players must leave the hula-hoop for at least 10 seconds before picking up a second Frisbee in the same hula-hoop.
- * If a player is able to successfully retrieve a Frisbee and bring it back to their territory, they must put it in their hula-hoop of matching color. Once a team is able to retrieve all 4 Frisbees of one color the game is over and the equipment is reset for a new game to start.
- * Frisbee Guards - teams can have players guard their Frisbees but no guards are allowed to stand inside a hula-hoop.
- * Frisbee Throwing – players may throw the Frisbee to a teammate to help get it into their own territory. If a Frisbee hits the ground, it must be put back into the hula-hoop it came from. Frisbees can be intercepted and the intercepting team can then run with it, if they are not tagged.

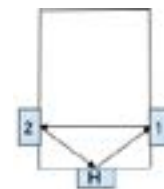
Nat in the Natatorium: Pt 2 – Submitted by Nathali Jones jonesnb@uwec.edu, Central District Coordinator

Welcome back! As we gear up for the school year here are a few aquatic activities to add to your repertoire:

Elementary: Have students struggling to put their face in the water during a swim unit? Send an email to their parents with the following suggestion. Start by turning on the shower to a desired temperature. Safely get in (parents, should try this first before instructing their children) and stand so the water is spraying onto the forehead/top of your head. With your eyes closed, tilt your head in a way so the water is allowed to run down your face, but not get into your nose. Very slowly part your lips and inhale SLOWLY through your mouth. Exhale through your nose. This will take a little bit of time to find the perfect head position, however, this will help acclimate non-swimmers to learn how to breathe while swimming with water on their face.

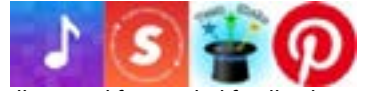
Middle/High School: Looking to spice-up a team sports or fielding unit? Try Aquatic baseball! Equipment needed 3 kickboards for bases (or mats), a frisbee, and water jogging belts (optional). Split your teams up so they have even strength when it comes to swimming competency. Home Base is H, 1st base is 1 and 2nd base is 2. Have the batting team line up along home base (in the shallow end) off to the left of the base. The 1st “batter” will start with the frisbee and throw it. The frisbee must land in the water for it to be inbounds. The thrower swims/runs/walks etc to first base. The thrower is out if the frisbee is caught before it touches the water, a force out at the base, or an outfield member tags the swimmer while holding the frisbee. When the 2nd thrower is up, the 1st thrower then progresses from first to 2nd base. When the 3rd thrower is up, the 1st thrower can progress from 2nd base to home base. Yes, the distance between 1st and 2nd base will be longer if played in a traditional 6 or 8 lane pool. This is where strategy comes in!

Non-swimmers have the opportunity to be throwers because the bases are located entirely in the shallow end. Non-swimmers have the opportunity to play in the infield or weaker swimmers can use a jogging belt to help minimize fatigue while treading water in the deeper end of the pool. There are many ways to modify and change up this activity to fit your class' needs. Make it your own!



Physical Education Favorites – Submitted by Molly Dado, NW District Coordinator

As a veteran teacher, I often reflect on favorite apps and activities that are worthy of sharing with others. The apps I use often are tempo magic, seconds pro, and team shake. Tempo magic is fabulous for changing the speed of music for different learners without changing the voice of the song. Seconds pro is an app where I can create timed interval workouts- or activities while adding in my own music. I then project the app on the screen and am able to walk around for needed feedback. Team shake is a daily app for organizing equal ability teams or just mixing up the students to meet a lot of new friends. My favorite activities come from anything using a pool noodle. I use them for drumming routines, team building activities, and any tag activity. The ideas are endless. Lastly, I utilize pinterst as a great resource for best practice ideas. Create a folder for yourself and save all of the shared ideas in one place.



Hula Spin Tag – Submitted by Allisha Blanchette, NE District Coordinator

I saw this [game](#) on Kyle Bragg's (@ElemPE1) Twitter feed and thought it would be great for my high school Team Sports class.

The Game

Two students face each other across a hula hoop. One student is a tagger who spins the hula hoop. When the hoop is in motion, the tagger tries to tag the other student. Both students must stay close to the hoop and go around it rather than over. When the hoop lays flat, the round is over and the second student becomes the tagger.

High School Adaptation

I will use this as a lead up activity for Team Handball because I use a bowling pin and hoop for a goal rather than a net. Poly spots outside the hoop create a crease to give the goalie space and give players the opportunity to shoot at the pin from any angle rather than straight on–this requires more strategy and creates a higher level of team engagement. Similar to the tag game the goalie travels around the hoop rather than over to defend the pin–this also creates more movement for my goalie.

The Connection

Playing the tag game first would be an excellent way to introduce the hoop and defensive movement concept before layering in the crease, pin, and offense.

Sport Education - Energize, Engage, & Empower your Curriculum

– Submitted by Matt Pomeroy, SE District Coordinator

Looking for a way to add a fun twist to your secondary physical education curriculum? Look no further than the sport education model. We all know that physical education plays a vital role in nurturing students' physical, social, and emotional well-being. To ensure that students actively participate and develop a lasting passion for fitness, educators are increasingly adopting innovative teaching methods. Among these, the Sport Education Model has emerged as a powerful approach to energize, engage, and empower students in PE class. This article delves into the benefits of implementing the Sport Education Model and how it transforms the traditional PE experience into a dynamic and motivating journey for students.

Energizing learning through real-world experiences. The Sport Education Model promotes a holistic learning environment that goes beyond the typical PE class routines. By organizing students into teams and assigning them various roles such as players, coaches, referees, administrators, fitness instructors, media specialists, rally starters, and any job you can think of, this model simulates a real-world sports experience. Through this approach, students are not merely passive participants but active contributors in the learning process. As they assume different responsibilities, they gain a deeper understanding of the sports' dynamics, rules, and strategies, leading to a higher level of engagement and enthusiasm.

The sport education model fosters inclusivity and collaboration. One of the key advantages of the Sport Education Model is its emphasis on teamwork and collaboration. Every student has a role to play and contributes to the team's success, fostering a sense of belonging and promoting inclusivity. By working together towards a common goal, students learn the value of cooperation, communication, and mutual support, which are essential life skills that extend beyond the classroom setting.

In the Sport Education Model, students take on roles as team captains, coaches, and administrators, providing opportunities for developing leadership skills. Being responsible for guiding their teammates, strategizing, and managing game logistics, students gain valuable leadership experience that can positively impact other areas of their lives. This sense of responsibility empowers students to become more accountable and self-confident, attributes that are instrumental in both academic and personal pursuits.

Traditional PE classes often focus on short-term fitness goals, but the Sport Education Model seeks to instill a love for physical activity that lasts a lifetime. By immersing students in a diverse range of sports, while competing in a sports season with a team, they have the chance to discover their interests and passions. As students develop their skills and knowledge in various sports, they become more likely to engage in physical activities outside of school, leading to a healthier and more active lifestyle.

The Sport Education Model challenges students to think critically and make decisions in real-time game situations. As players and coaches, they must strategize, adapt, and problem-solve to overcome opponents and achieve success. This active engagement fosters cognitive skills, including decision-making, analytical thinking, and creativity, all of which are crucial for academic success and personal development.

The Sport Education Model in Physical Education Class presents a transformative approach that goes beyond the traditional PE curriculum. By energizing the learning process through real-world experiences, fostering collaboration, nurturing leadership, encouraging lifelong physical activity, and enhancing critical thinking, it empowers students to become well-rounded individuals. Through this model, physical education becomes a dynamic, engaging, and motivating experience, shaping students' lives not only in sports but also in their academic and personal pursuits. As educators embrace this innovative teaching method, they can create a lasting impact on the physical, social, and emotional development of their students. Give it a try by starting with one or two of your most popular sports in your area, let students be leaders, let go of the reigns and give student some control over their teams and activities, and find yourself being able to facilitate their learning throughout the unit, instead of leading it every step of the way.

[Check out how I ran a football sport education unit here](#)

[View my sport education resources here to find a unit that you might be interested in starting](#)

Future Professional News ...

As the future professional board, we are so excited for another year of attending WHPE. This year, we will be having our annual FP luncheon with raffles, door prizes, and pizza! In addition to the luncheon, we will be presenting a breakout session filled with fun tips, tricks, and instant activities for incoming teachers, as well as a NEW spike ball social Wednesday night. While this year has been wonderful with our board, we are now looking for new board members for the upcoming year; vice president-elect, secretary, and human relations coordinator (social media). If you as a future professional are interested in any of these positions, please be on the lookout for more information coming your way!

Abby King, WHPE Future Professional Secretary

5 August "Back-to-School" Tips for Future Professionals

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose." – Dr. Seuss

Future professionals - summer's not over, yet...but, the start of August does signal school is rapidly approaching. To shake off the summer rust follow these 5 Back to School tips (from a professor) to steer yourself in the direction of a rewarding and productive semester.

1. CHECK YOUR EMAIL!!!!

Be honest, some have left their school email untouched this entire summer. To unplug for a time is great, but now is the time to get back in the habit of **REGULARLY** checking your school email. Sorting through the messages to determine...

- i. Level of importance?
- ii. Is a response required/needed?
- iii. Will this information be needed/useful later?

2. Reach out to Cooperating Teachers (student teaching)

If you are student teaching this Fall, Congratulations!!!! This is an exciting, motivating, anxious time in your educational experience. If you have not yet contacted your cooperating teacher, now is the time!

- i. Introduce yourself.
- ii. Set up a meeting (zoom, phone call, face-to-face) to talk through the logistics of the start of the school year. (Tour the school)
- iii. Communicate about expectations required of a Health/PE future professional at that school;
 1. beginning and end of the day procedures, arrival and dismissal times for teachers, parking, name badge requirements, entrance door, lesson plan requirements, the culture of the school, other duties throughout the day, lunch/prep time, class schedule, etc.
- iv. Remember, you are a guest.
 1. Not everything you learned through your teacher education program may be on display in every experience. Use this as an opportunity to continue to grow, learn, and apply acquired skills, and to determine your own teaching style. Continued communication is Key!

3. Check your Course Schedule

Things change over the summer. Log-in and actually review your schedule through the University/College. Get any required books or materials. Check to see where the class is being held, the instructor, and their learning management system (LMS) course page.

4. Get Organized

Be diligent to stay "ahead" as long as you can. Track down a study space conducive to your needs. Stay on top of readings, assignments, projects, and required hours.

Communicate with your instructors/professors...BEFORE an assignment is due or you need to miss class, and when you have questions or need clarification.

Use your time wisely!

5. Find Healthy Ways to Manage Your Stress

Identify opportunities, experiences, and strategies to fill your bucket and destress. Look for ways to connect with others, be involved in the college/local community, and join a club/organization (local, state, and/or national level).

Recognize, we ALL react to stress differently. Find what works for YOU. Intentionally plan ways to destress into your day and don't be afraid to Ask for HELP! Stress can become more than we are able to effectively handle on our own. Reach out, tell someone what/how you are feeling or experiencing and know it is ok.

Finally, Summer's NOT OVER. You can still soak up the sun (while wearing sunscreen of course) and enjoy everything summer has to offer. Enjoy August, but be proactive so the transition into September is as smooth as possible!

– Ann Hockett

WHPE Grants Available

Each year thousands of dollars are awarded to individuals in public and private schools and agencies through WHPE Grants to help pay for equipment, research, or programs consistent with the WHPE mission. 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, 2024. You may contact the WHPE office for more information or check out the grant guidelines on the WHPE web page at www.whpe.us.



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From your Executive Director

Bright Sunny Greeting to All;

Whoosh, summer vacation is quickly slipping past. Perhaps you have found minutes, hours, and days to recharge our inner souls in preparation for the task of pouring the best of yourself into your 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, SEL, University level and Advocacy topics. We will kick off the convention with a social in our Exhibitor Hall Wednesday evening. In 2022, we moved this social into our Exhibit hall to create an informal relaxed atmosphere to bring attendees and exhibitors together. It was a huge success. This opening 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 are packed with gems! With all of the incredible presenters it will be difficult to decide which session to see. This is our goal! To WOW you with amazing presenters and sessions. You will find yourself wanting to go to several sessions within the same time slot. Here's a thought: bring a friend or co-worker along in order to each attend a session and then share the knowledge...

Need more info on dates, times, schedule or a bio of our Presenters? <https://whpe.us/whpe-annual-convention>

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 the collective effects of a worldwide pandemic and the redefining of what education is and should look like. During this time, we need to surround ourselves with other professionals who can provide a professional collaborative network of support. WHPE is that network! WHPE Board is continually at work 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. Meet new people, bounce new ideas around, be an active participant in growing your knowledge during this face to face PD. With this idea in mind be sure to be a participant in our year-round professional collaborative opportunities. Surround yourself with greatness.

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 work in real-time to facilitate professional learning opportunities and create a supportive network for our members.

My email contact information is: pkroeningWHPE@gmail.com

We have read your comments and questions regarding thoughts you had about the fall Convention.

There is not enough time in the schedule to go out to lunch: Regarding finding lunch during the Thursday of Convention. The Kalahari is working with WHPE this year to pilot a concession lunch. The concession lunch will follow the General Assembly.

I'm busy all day going to sessions and do not get enough time with my family: Did you know that you can bring your family to the Kalahari and tack on an extra night at a reduced rate? It will not be as low as the rate during the WHPE Convention...But it will be substantially reduced from the hotel's regular rate.

Why are there two long breaks in the Thursday Schedule? There is one Wednesday night social and two snack breaks specifically created and placed in the exhibitor hall. WHPE values our exhibitors' support of our members and profession. We purposely schedule these times to focus our members' attention to the importance of visiting our exhibitors. Please take the time to have a conversation with an exhibitor that meets your needs, your situation, and community.