



MAHPERD

Maine Association of Health, Physical Education, Recreation & Dance

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A Message from The President of MAHPERD



Good morning folks. I bring you greetings from the frigid north. Since the first of the year the County has set a record breaking temperature of -50 degrees. It seemed that everything in this area was frozen or moving like the proverbial “molasses in winter”. That is everything except those of us who are engaged in teaching children or preparing the future professionals in our fields. It seems we have all adopted the phrase “No Child Left On Their Behind” and it seems no matter how cold, windy or snowy it gets we all take our responsibilities seriously as we march off to our schools and/or offices to do what we most love...teach. It is such a joy to work with so many dedicated people and know that the health and well being of Maine’s citizens is in such qualified hands.

During the first week of February I had the opportunity to attend the EDA meeting in Lancaster, Pennsylvania with Jo Dill, Stacy Hood and Michelle Danois and other than getting lost a few times we had a great time representing you at the conference. It was such a great experience for me to prepare and present the “State of Maine AHPERD” report to the EDA Representative Assembly. That project made me realize how vitally active we are here in Maine. While I was impressed with the quality of the programming and the speakers, I also realized that while I gathered great information at EDA, we here in Maine are fortunate to have the great resource of our own conference and that that is the way it should be. We are great at what we do and we are always willing to share our experiences with each other. It is that sharing that makes our association so strong statewide in the state.

The Board is working diligently to put together another outstanding conference for you in November, but we can’t do it alone. We need you to volunteer to be part of the program. Whether you believe it or not you each have something to offer and it would be great if you would share with the rest of us. I would love it if we could have some new presenters to expand our knowledge base. Please think about it and when you decide the Board will do all we can to assist your participation and contribution to our conference.

Finally, as we go through the last parts of this winter, remember that in the spring there is new growth and warmth. Let us “Think Green” and never stop growing and adding our own brand of warmth and healthy growth to the people of Maine.

Later.
Chris

MAHPERD
Newsletter Info

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A Message from the
Executive Director of MAHPERD



It's March so soon and it seems like we were just at the Samoset. It has been cold and lots of snow but it is Maine and I have heard from several of you that you have been snowshoeing and cross country skiing! It is an opportunity that many of our students wouldn't get if not for your classes. There are good things going on in Maine and we should all be proud! Each time I go to a conference either for EDA or AAHPERD I am reminded of just how great we are.

Several of the MAHPERD Executive Board members, President Chris Standerfer, Council for Services Stacy Hood and Council for Conventions Michele Danois and myself headed off to the Eastern District Conference in Lancaster, PA. Our Outstanding Future Professionals (OFP), Ryan Prescott and Alissa Theborge were honored at the Representative Assembly and the Awards Banquet. Other students from all over the Eastern District joined them. Congratulations to Ryan and Alissa as they made us proud. Each year EDA chooses a Research Scholar to deliver a lecture and this year was Dr. Stephen Butterfield. Congratulations Dr. B!

Legislative Wellness Day was on Feb. 12th and once again Wayne Martin accompanied me. Wayne's student teacher, Lauren, came along and she did an awesome job! This year's theme was "Step up to the Plate" and MAHPERD had the Wii set up with the baseball game for hand-eye coordination. We had everyone from age 20-80 try the Wii and even Governor Baldacci tried it out and got a home run. (See picture) We spread the word about MAHPERD, PE4ME and The Diploma Stakeholders Recommendation report.

We, as a profession, have trying times ahead of us with budgets being cut, staff being laid off, programs being slashed and an overall uncertainty about the future and our jobs. We must remain positive and upbeat and do all that we can. There is no better time to advocate for our profession than the present. Know that MAHPERD has a strong Advocacy Committee, and we continue to work to preserve and enhance the respect and credibility our profession deserves. The Diploma Stakeholders recommendations will go before the Legislator's Education Committee as a hearing and a work session this spring. MAHPERD will assist in leading a coordinated effort of current membership including teachers, university personnel, non-profits and those individuals with a vested interest in providing testimony at the hearing in opposition to the Diploma Stakeholders Recommendations. Specifically, we are opposed to the recommendation that a student could "partially meet the standards" in Physical Education and Health Education depending on the career pathway the student chooses. As soon as the hearing is scheduled, we will alert you of the dates with the sincere hope that as many of you as possible will attend. If you have yet to see the Diploma Stakeholders' recommendations, please visit <http://www.maine.gov/education/diploma/index.html.RD>. **Email or call your legislators and voice your opinion that health and physical education students need to meet all standards in health and physical education.** Thanks for all you do in your classrooms and offices as you do make a difference one child at a time.

Stay well and be fit,
Jo Dill
Executive Director

Eastern District Conference



Dr. Butterfield was chosen as the Research Scholar for EDA and gave a lecture on physical education research.

Outstanding Future Professionals, Ryan Prescott from St Joseph's and Alissa Thebarg from the University of Maine Farmington.



Front L to R:
Michele Danois, Chris Standefer, Alissa Thebarg

Back L to R: Jo Dill, Judy Ingram, Ryan Prescott,
Stacy Hood

Legislative Wellness Day



L to R: Wayne Martin, Jo Dill,
Lee Scott and, Jayne Chase



Governor Baldacci
winds up for Baseball Wii.



Governor Baldacci demonstrates great follow-through after hitting a "home run".

ACES DAY

All Children Exercising Simultaneously

ACES Day is Coming

The Maine Governor's Council on Physical Activity is pleased to once again be sponsoring Project ACES, All Children Exercising Simultaneously. On May 6, 2009, you are invited to join other classroom teachers, health and physical education instructors, daycare centers, YMCA's, YWCA's, and others across Maine, as well as around the globe, in a 15-45 minute session of fun physical activity with the students in your school. ACES Day highlights the benefits of being physically active for kids of all ages and encourages it as a lifelong fun habit.

There is plenty of room for flexibility about the start time of Project ACES. Many schools start at 10:00 a.m., but you can choose the best time for your school. If activities are planned for outside and it rains, you can move indoors or re-schedule on another day. The important thing is that children of all ages have a chance to see how much fun it is to be active.

To register your school for the event, go to www.maineinmotion.org/aces.asp. At our website you can also find more information on the event and download our resource manual which contains everything you need to know about holding an ACES event including a list of possible activities, ideas for contacting the media, reproducible posters and handouts, and much more.

At the conclusion of the event, please make sure to go back to the website and report your participation numbers. This helps us to keep track of the success of this event and lets us know what impact we are making to keep Maine people active. In 2008 we had over 32,000 participants – you can help us make that number grow. All those completing the online participation form by May 26 will be entered into a drawing to win incentive prizes for their school.

For more information, contact Diane Campbell at 622-7566, ext. 230 or dianec@mcd.org.

Upcoming Conventions/Conferences

AAHPERD CONFERENCE
MARCH 31-APRIL 4, 2009
TAMPA, FL

MAHPERD CONFERENCE
NOVEMBER 1-3, 2009
SAMOSET RESORT



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USM Summer Sports Nutrition Symposium

The University of Southern Maine has an annual summer Sports Nutrition Symposium. This intensive two-day program is tailored to coaches, athletic trainers, physical education teachers, school nurses, and students who work or will work with student athletes. National and regional experts, coupled with highly qualified local professionals, present the most current scientific information available. Held on USM's Portland campus, this program may be taken for 3 undergraduate credits or for Continuing Education Units (CEUs).

More information can be viewed at www.usm.maine.edu/summer/special/sports . I believe this symposium could be helpful to MAHPERD members since we do provide the program for CEU's.

Topics may include:

- Energy Metabolism, Hydration, Body Composition, Vitamin & Mineral Needs of Athletes
- Disordered Eating in Athletes, Sports Supplements, Endurance Exercise, Glycemic Index and Exercise

4th Annual Comprehensive Sexuality Education Conference

Tuesday April 14, 2009 at the Augusta Civic Center
New Location

With National Keynote Presenter – Elizabeth Schroeder, Ed.D., M.S.W

Dr. Schroeder is the executive director of Answer, a national education organization housed at Rutgers University. She is an internationally recognized trainer, consultant and author in the areas of sexuality education, youth development, curriculum and counseling. For a full bio go to: www.answer.rutgers.edu.elizabethschroeder

Cost: \$40 per person, \$30 each additional person

To Register: Easy, new online registration - go to www.mainefamilyplanning.org

For more information: contact education@mainefamilyplanning.org

Sponsored by: Family Planning Association of Maine, Maine Department of Education, Maine Center for Disease Control & Prevention, Plain Truth for Maine Youth Coalition, New Beginnings, University of Maine at Farmington

Sexually Healthy – The Way Maine Should Be!

Physical Education News

By Rick Kramer

GREAT NEWS - In the January 2008 edition of the journal, [Archives of Pediatrics & Adolescent Medicine](#), researchers from the Johns Hopkins School of Public Health reported that the odds of being an overweight adult dropped by 5%, when adolescents receive physical education weekly, and by 28%, when adolescents receive daily physical education. "These findings underscore the important role that school-based and extracurricular physical activities play in reducing the likelihood of becoming an overweight adult," said [Robert Wm. Blum](#), MD, MPH, PhD, the study's senior author.

Physical Educators- You Make A Difference. Now is the time to let your colleagues know what you are doing in efforts to battle obesity in your school or setting. Please forward your original ideas and activities that aims to battle obesity. Please feel free to contact any physical education vice presidents or representatives with requests or ideas you may have in regards to the 2009 conference.

VP for Physical Education: **Rick Kramer** rkramer@poland-hs.u29.k12.me.us

VP Elect Physical Education: **Lisa Beaulieu** lbeaulieu@sad22.us

Elementary PE Rep: **Jamie Simpson** jamie@whitefield.us

HS PE Rep: **Wayne Martin** physed6@yahoo.com

HS PE Rep: **Matt Umphrey** mumphrey@u98.k12.me.us

College PE Rep: **Alan Gordon** Alan.gordon@umpi.edu

2009 MAHPERD Teacher of the Year/ Recreation Professional

ELEMENTARY, MIDDLE AND HIGH SCHOOL PHYSICAL EDUCATION HEALTH EDUCATION DANCE EDUCATION RECREATION PROFESSIONAL

Some of this information is included in this newsletter. All of the necessary information in on the MAHPERD website

1. General Background
2. Eligibility Requirements
3. Teaching Levels
4. Award Criteria and Essay Questions
5. Selection and Recognition Process
6. Directions for Completing Application
7. Official Application Form

Submit an electronic completed application packet
(application form, 3 recommendations and 7 one page essays)

to **Linda Cote**,

MAHPERD Awards Chairperson,
at Linda.Cote@yarmouth.k12.me.us.

Maine Association For Health, Physical Education, Recreation And Dance

Jo Dill, Executive Director
PO Box 32 Kennebunk, ME 04043

Christine Standefer, President

MAHPERD

2009 Teacher of the Year/Recreation Award Nomination Form

The educator/specialist must submit a completed application form, three recommendation letters (one must be from your principal/supervisor, attach separate sheets (one sheet for each criteria) to address each of the five award criteria and two essay questions found below. Please also include an attached photo of yourself.

Eligibility requirements include:

Award Criteria: Has a minimum of five years teaching in discipline for which he/she is applying, devoting 50 percent of their time to teaching in that discipline or working experience in the recreation field.

CRITERION 1: Conducts a quality program as reflected in the NASPE Standards and the Maine Learning Results and reflects an understanding of children's growth and development or conducts a quality recreational program.

CRITERION 2: Utilizes various teaching methodologies and plans innovative learning experiences to meet individual student's needs or meets the demands of the community through recreational opportunities.

CRITERION 3: Serves as a positive role model epitomizing personal health and fitness, enjoyment of activity, sportsmanship and sensitivity to students/community.

CRITERION 4: Participates in professional development opportunities.

CRITERION 5: Provides service to the profession through leadership, presentations, and/or writing.

Name of Nominee:

Professional Address:

School/Work Phone Number:

School/Work e-mail:

Home-Summer Address:

Home Phone Number:

Home e-mail:

Teaching Responsibilities: Physical Educator: K 1 2 3 4 5 6 7 8 9 10 11 12

(Circle all that apply) Health Educator: K 1 2 3 4 5 6 7 8 9 10 11 12

Dance Educator: K 1 2 3 4 5 6 7 8 9 10 11 12

Recreation Specialist

Principal's/Supervisor's Name:

Principal's/Supervisor's Address:

Superintendent's/Recreation Department Name:

Superintendent's/Recreation Department Address:

Recommendation Made By:

Address (if different from above):

Due Date: May 29, 2009

Please e-mail your letter of recommendation along with this form to:

Linda Cote, MAHPERD Awards Committee Chair

Harrison Middle School Yarmouth, Maine 04096

Phone: 207-846-2499

E-Mail: Linda_Cote@yarmouth.k12.me.us

Dance Update

By Erma Colvin

I am busy gathering presenters for the 2009 MAHPERD conference. Hip Hop teacher Kea Tessyman will return. I am excited to have Helena Melone on board to teach Flamenco. She is very experienced in teaching Flamenco dance from Spain. Flamenco originated with the Gypsies who migrated from India to Spain. I hope teachers will come to her workshop to learn about an exciting dance form that can be integrated into school Spanish curriculum.

I am busy this winter teaching an after school dance program integrating dance into Physics' Newton's Three Laws of Motion. I am also choreographing stage movement for my high school's production of "The Little Prince".

VP Dance: **Erma Colvin:** erma3_04574@yahoo.com

VP Elect: **Lee Scott:** lscott@mainelung.org



Benefits for Your School

By Gary Spinney



Jump Rope For Heart...

- is a great service learning project that offers students a terrific way to learn about volunteering.
- integrates physical activity and critical thinking skills as students help plan, organize and participate in the event.
- encourages cross-age cooperative activity.
- provides a fun way to meet physical education standards.
- gives your school gift certificates for physical education equipment based on dollars raised.
- Extend heart-healthy lessons into the classroom.

Jump Rope For Heart helps fund research and educational programs that impact your community - an important reason to participate. But the best reason of all to join this event is that kids love it!

The Jump Rope For Heart program owes its existence to Jean Barkow, a physical education teacher at Milwaukee Riverside High School. Jean held her first rope-a-thon with her local American Heart Association chapter in the late 1970s. In 1978 the national fund-raising event was launched with the support of the American Heart Association and American Alliance of Health, Physical Education, Recreation and Dance.

This year, Jump Rope For Heart celebrates its 30th Anniversary! Since 1978, Jump Rope For Heart has raised over \$703 million for the fight against heart disease and stroke. Millions of students have jumped rope and learned about heart health and how nutrition and physical activity can help prevent heart disease and stroke.

News from the D.O.E. Health Consultant

Pete Spears

Comprehensive School Health Education Spring Workshop

Thursday May 7th

The Maine Department of Education is pleased to welcome back Dr. Susan Telljohann of the University of Toledo as our keynote speaker for this years Comprehensive School Health Education Spring Workshop. This workshop provides educators an exciting opportunity to expand their knowledge and skills in health education. Roundtable sessions will cover a variety of health related topics while concurrent sessions will focus on health education strategies for elementary school, middle school and high school as well as using technology in the classroom. This workshop will be held on Thursday May 7th and is anticipated to be held at Central Maine Community College. More information about the workshop and a “save the date” will be coming soon.

News from the D.O.E. Health Consultant

Susan Berry

24th Annual Maine Schoolsite Health Promotion Conference

Tuesday June 23 – Thursday June 25, 2009

The Maine Schoolsite Health Promotion Conference is a unique professional development experience that provides a forum for representatives of a school or school administrative unit to expand their knowledge and skills related to employee wellness, health promotion, health education and the maintenance of a healthy learning environment as part of a coordinated school health program. Participants attend presentations and workshops that provide information for enhancing school climate, school environment, improving the health of students and staff, and contributing to personal well-being.

The 2009 Maine Schoolsite Health Promotion Conference will be held Tuesday June 23rd – Thursday June 25th at Sugarloaf USA. It will feature nationally renowned keynote speakers including Mark Fenton and John Perricone along with over forty workshops and roundtable sessions. Topics this year include Nutrition Rich Foods, Improving our school culture, Sound Therapy, Zumba, Swing Line Dancing, Loss and grieving, Mindless eating, Going Green, Game On, Women’s and Men’s Health Issues, Healthier school settings, Wellness policies, and many more. Participating teams consisting of 5-10 people will experience three days of wellness while developing a yearlong action plan to encourage staff and student wellness, improve the school climate and promote health education at the local level. The registration fee is \$200 per person which provides participants with lodging in deluxe accommodations at Sugarloaf USA, delicious and nutritionally sound meals, plus a wealth of resources and materials.

For more information or an application contact Donna Collins at the Maine Department of Education, donna.collins@maine.gov or 624-6693.

Maine Fitness Awards

Nominate Someone You Know Who Is Making a Difference

The Maine Governor's Council on Physical Activity is currently accepting nominations for its 11th annual Maine Fitness Awards (formerly known as Contest for Communities). These awards recognize Maine people who are involved in promoting physical activity and offers the opportunity for organizations, businesses, schools, civic groups, and individuals to feature their accomplishments in physical activity. Nominations will be accepted in the following categories: youth, adult, special populations, community organizations, healthy workplace, and program longevity.

An award celebration will be held on Wednesday, May 20, 2009, at 11:00 am at the Kennebec Valley YMCA in Augusta (in conjunction with National Employee Health and Fitness Day). Two cash prizes of \$250 will also be awarded to the top two scoring winners.

Nominations will be scored on the following criteria: physical activity/fitness component, creativity, affordability, number of participants reached, and health education (stress management, cholesterol screening, weight control, nutrition, etc.). Programs/individuals who won this award last year are not eligible to be nominated again this year. Local health fairs and programs containing only a nutrition component are also not eligible.

To download a copy of the nomination form or for more information, go to www.maineinmotion.org/contest_communities.asp. If you have questions regarding criteria or the application, please contact Lynn Lavorgna-Landry (lynn.lavorgna@nsc.com) or Jeanine Chesley (Jeanine.chesley@healthsouth.com). **Nominations are due April 9, 2009.**

The Maine Fitness Awards are co-sponsored by National Semiconductor and the New England Rehabilitation Hospital of Portland.

Recreation News

By Kurt Mathies

VP Recreation: **Kurt Mathies:** hampdenrecreation@yahoo.com

VP Recreation: **Kate Harris:** kharris@town.falmouth.me.us

Rec Rep: **Tim Baude:** tim.baude@bangormaine.gov

Rec Rep: **Greg Friel:** mtnman11@verizon.net

Health Education News

As spring approaches and the 124th state of Maine Legislature regular session is in full swing as legislators work to review and act on hundreds of bills. Many of these bills have the potential to impact our lives as health educators, both professionally and personally. Hundreds of Legislative Documents (LDs) will be sent to numerous committees which have been formed with expressed interest in the potential outcome of each bill. The task will be enormous and we as health educators probably have an interest in bills assigned to several, perhaps all committees. However for the sake of this article, consider the number of bills that will end being heard by the committee for health and human services. At this writing there are already 53 in that committee alone.

Think of what our legislature accomplished in years passed,. They helped us to minimize bad vending in schools, and helped us make all school property free from tobacco smoke. I don't think they would have done these things without support and guidance from individuals like yourselves and organizations like MAHPERD. But as the new list of LDs show there are plenty of issues we can still put our shoulders behind. I think of LD 17, "An act to prohibit the sale of energy drinks to minors," or LD 155, "An act to ban smoking on public beaches and in public parks". Both bills are controversial and marvelous testimonies to the diligence of people in Maine who want to secure a healthier environment for ourselves and our children.

There's an act to prevent teen suicide and substance abuse (LD 228), an act to protect the safety of Maine children by requiring the express consent of a legal guardian to dispense prescription medication to a minor (LD 251), and an act to track the prevalence of childhood obesity in Maine (LD 319). The LD's I've selected to mention represent a slightly biased sample of those that I personally have a particular interest in. Surely I can't be involved in every bill on the docket and you may not select the same ones or agree with me even if you did!

However whether we plan to support or oppose any one bill matters very little if we don't let our feelings on each be heard, so thank God there are so many of us. The important thing is that we know they are being heard, and we know that we can have some impact on the way the committee treats each bill by providing testimony either in writing or in person, and in many case both.

As Health Educators we often think of ourselves as agents of change. Well change is in the air, and it is really up to us and our duty to leverage as much support, opposition or collaboration as we can to ensure a healthier environment. Be pro active, get involved where you can.

Newsletter Editor Deb Smith has new contact information:

207-272-4290

n2ldeb@yahoo.com

(this is the letter l, not the number 1)

New Summer Class Offering at Brewer High School

Your Outdoor Classroom

This course is for educators and others with an interest in the outdoors. The five-day course will explore ways to use the outdoors in any classroom setting. Many skills will be taught as well as concepts discussed and explored. The main objective of this course is that participants come away equipped to use the outdoors in their classroom situation. The course will be offered June 25-29, 2009. A maximum of 4.5 C.E.U. will be offered for the course. The cost of the course is \$500.00 per person.

Please make checks payable to Brewer High School. If you have questions, or to register, please contact Mark Savage or Cindy McLaughlin at Brewer High School.

Phone: (207) 989-4140

Email: msavage@breweredu.org

cmclaughlin@breweredu.org

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