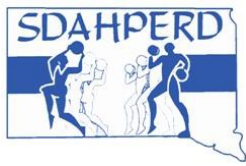


INSIGHT

September
2011

State Convention Issue!



Wyoming Association
For Health, Physical Education,
Recreation and Dance



The Fall issue of **INSIGHT** focuses on state conventions. Information on conventions in 8 of the 9 Central District states can be found in this issue (North Dakota holds a state convention in alternate years and is not hosting a state convention this year). See the details on each state's convention in the pages that follow. Plan NOW to attend!

CALENDAR OF EVENTS

- October 1-3 Iowa AHPERD, Cedar Rapids
- October 7-8 Minnesota AHPERD, Minneapolis
- October 22 Colorado AHPERD, Metropolitan State Univ.
- November 2-4 Kansas AHPERD, Fort Hays State Univ.
- November 2-4 Wyoming AHPERD, Cheyenne
- November 2-4 South Dakota AHPERD, Sioux Falls
- November 7-8 Nebraska AHPERD, Lincoln
- November 11-13 Missouri AHPERD, Lake Ozark



2012 Central District Convention

Also plan to travel to beautiful Colorado Springs, Colorado on February 2-4, 2012 to join your colleagues at the Central District Convention. Central District President Joyce Ellis has chosen 'Moving Mountains ... One Step at a Time' as her convention theme as has been working closely with the CDA Board, Colorado President Sue Barnd, Colorado Executive Director Patricia Morrison Hughes and convention Manager Cori Kassib to make this one of the best conventions ever! We hope to see you there!

AAHPERD—2012—Boston

Also plan to join fellow Alliance members at the 2012 AAHPERD National Convention and Exposition in Boston, MA March 13-17, 2012. Alliance President Brad Strand (North Dakota) and the Alliance staff are developing



For more information, go to:
<http://www.aahperd.org/whatwedo/convention/>

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PRESIDENT-ELECT

Scott Strohmeyer

PAST PRESIDENT

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Danielle Schlecht

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The Central District **INSIGHT** newsletter is published quarterly. Submissions should be sent to Gale Wiedow (gale.wiedow@dsu.edu) prior to the end of the regular workday on the first Friday of February, May, August and November. Target distribution dates are March 1, June 1, September 1 and December 1.

Letters to the Editor:

Editorial correspondence and comments are welcome. Central District **INSIGHT** reserves the right to publish, in whole or part, all letters received. All letters received will be considered the property of CDAAHPERD. Please address editorial correspondence to the Editor.

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Editor:

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President's Message

Welcome back to another exciting school year! My mother always told me time would go faster as you aged... and of course mom was always right! I have no idea where the summer has gone, but I am excited about the new school year and the opportunities to share the profession we love with others.



I want to take this opportunity to share with you a few of the exciting Central District highlights. Your Central District leaders and state representatives participated in a very successful Leadership Summit at Mahoney State Park, Ashland Nebraska during the last week of July. The theme of the summit was "Vision Quest" and our very own Sally Scherrer led attendees through the process of developing their vision as a leader. Dennis Docheff and Gale Wiedow shared strategies for applied strategic planning and efficient meeting management. Meggin DeMoss and Blake Taylor provided an overview of the updated Advocacy PowerPoint that is available on the web site. Participants had the opportunity to share with CDA leaders as well as to work together as states to strengthen leadership skills within member states. Summit participants are invited to attend the Summit Reunion held during the 2012 CDA convention to share their success stories. I want to say a huge thanks to Nancy Christenson for all of her hard work in organizing the 2011 Leadership Summit!

I am sure each of you are already aware of the [Let's Move In School](#) (LMIS) initiative started by NASPE and expanded as an Alliance-wide effort. Central District's Dennis Docheff, the current NASPE President, encourages each state to participate in the LMIS activities. We are currently asking each state to provide a representative to serve on the Central District LMIS committee. This committee will work to develop projects at the district level in support of LMIS, as well as work to develop ideas within their own states. If you are interested in assisting with this initiative please contact your state Executive Director or President to volunteer for this position. Central District President-Elect Scott Strohmeyer is also working to develop workshops focused on the LMIS initiative. We would love to work with your state to provide professional development opportunities supporting physical activity throughout the school day. Contact Scott if you have any ideas you would like to see developed. There is limited grant money available for workshop funding.

Deb Stephenson is currently chairing the CDA Collaboration Committee. This group is working to develop collaborative efforts with organizations that share like missions with CDA. If you have any ideas I am sure the committee would love to hear from you. You can contact Deb at dstephenson@cbcsd.org.

I want to congratulate Lois Boeyink, Sheri Keck, and all of the Rapid City convention staff for hosting one of the most profitable Central District conventions ever! They have set the bar high...but I am confident the 2012 Convention staff is up to the challenge! Plans are currently underway for the 2012 CDA convention scheduled for February 2-4 in beautiful Colorado Springs, Colorado. Pre-convention sessions will offer the opportunity to become certified with the [National Archery in the Schools](#) program or the [Fishing in the Schools](#) program. Other pre-convention sessions feature Cindy Combs, a former national Adapted Physical Educator of the Year and the United States Tennis Association. We are currently working with the [Olympic Training Center](#) to schedule tours of the training facility. We have a full schedule of exciting presentations. Please make plans to join us and help us achieve our goal of "Moving Mountains One Step at a Time"!

I would encourage each of you to take a look at the recognition section of the [Central District web page](#) as well as the [AAHPERD web site](#) and nominate some of our great Central District folks for well-deserved awards. At the Central District level each division gives a Division Merit award. Nominees are welcome for the Central District Honor Award, Kathleen Kinderfather Award, and Mark Harvey Legacy Award. Please check the criteria and deadlines on the CDA web page. There are a number of AAHPERD recognition awards and I am certain Central District has deserving individuals. Please take a few minutes to check out the AAHPERD awards and begin the process of nominating fellow Central District folks!

Finally, I urge each of you to consider stepping up to a leadership position within your state or in Central District. Although I understand that not everyone feels comfortable serving in these positions, I encourage you to step out of your comfort zone a bit and offer to serve on or chair a committee, to consider being a nominee for an association office, or just to submit a presentation to your state or district convention. We are often not aware of our capabilities until we challenge ourselves to grow.

I look forward to meeting many new leaders throughout the remainder of my term. Good luck with your year and remember to "Love the journey...not the destination".

Dr. Joyce Ellis
CDA President, 2011-2012

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President-Elect's Message

"Hi-Ho, Hi-Ho, It's Off to Work We Go..."

(7 Dwarfs)

Dr. Scott Strohmeyer

I don't exactly know what it is about the beginning of the school year that gets me excited. Could it be the students, the promise of a new beginning, the people we work with, the vision we are all pursuing or maybe all of these? At any rate - welcome to the beginning of a new school year. Summer was productive and relaxing. I got to visit Colorado, Wyoming, South Dakota, Nebraska, Kansas and Iowa. We sure do live in some beautiful country. Now I'm ready for the school year. I'm making plans to attend state AAHPERD's, CDAAHPERD in Colorado Springs and AAHPERD in Boston - all very exciting times! I hope you are planning the same.



I was pleased to see all your representatives at the Leadership Summit in Nebraska this summer. What a terrific crop of leaders for the present and the future. Next year the Leadership Summit will focus on advocacy. We will be bringing in someone from the AAHPERD Headquarters to help us, as well as, bringing in folks who can help us on a more local level. An agenda is still in its infancy, but it should prove to be a very informative and helpful opportunity for your advocacy efforts.

The preliminary schedule for CDAAHPERD's *Moving Mountains One Step at a Time* conference in February is packed with exciting presentations from all over the district. I encourage you all to try to join us in Colorado Springs. We look forward to seeing you, renewing ties, networking and generally being around such fine people.

For now, it's time to get exams made, papers graded, prepare for the Fighting Mule football games, meet new students, attend plays and concerts,, etc.! Hi-Ho, Hi-Ho, it's off to work I go!

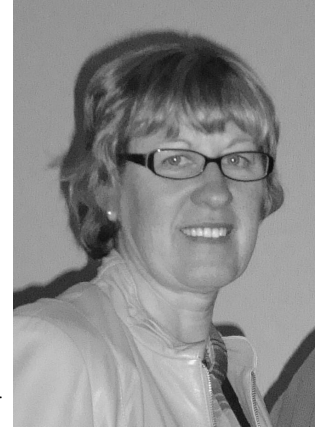


Reflections and Moving Forward

Lois A. Boeyink: Past President

As I sit back as past president, I seem to focus on what an amazing organization Central District is to all of us. Let me share with you three points.

One: A chance to get outside of the box. You may think your state is top in presenting programs and disseminating information to you, but Central District gives you a chance to meet someone with a different point of view or background. Many times I was able to gain information from colleagues in other states. It has been a good learning experience to meet, connect, and share ideas with elementary, secondary, and college professors. I can't think of a better group that is so willing to be open and caring.



Two: Advocacy is at your fingertips. The advocacy grant gave states information for each individual to use at the local level. It is so important to educate your community, schools, and policy makers. This material is available to all of you via your state's website. If you want the grass roots information contact Blake Taylor: btaylor@usdf259.net

Three: Workshops in your town. Central District has developed a grant program to help individuals bring a workshop home. Pick your topic or evaluate the needs of your community. The application is on line and we invite you to apply.

So what is next? Central District is the connector between states and national. It is our mission to help promote and provide programs that encourage a healthy active lifestyle. I hope to see you in Colorado in February. That is next for me.



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WAHPERD - We Know What Moves You!

November 2-4, 2011

Cheyenne, WY

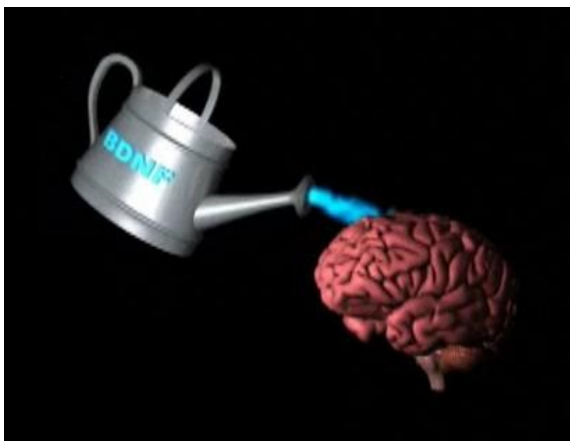
Little America Hotel and Resort and
Laramie County Community College

Wyoming AHPERD will be having our annual convention in Cheyenne, on November 2-4, 2011. We are excited to welcome our special presenters, Robyn Bretzing, Paul Zientarski, Lana Peterson-Pressler, Jason Wood and Megan Carey.

Robyn was the Southwest District High School TOY and presents some of the most inspirational sessions I've ever seen. You may remember her from Central District in Rapid City. Paul is from Naperville, Illinois and worked with Phil Lawler to develop their award winning physical education program and learning readiness program. Lana was also a TOY and will be presenting a pre-session on The First Tee School Program. Jason and Megan are personal trainers from the Denver area and will be presenting sessions on kettle bell training and vision training to improve student learning.

We will also have many of Wyoming's best and brightest physical educators leading exciting sessions. Please make plans to join us if you are in the area.

Randy Siltzer
President, WAHPERD



"Our Time is Now!!!"

Fall Conference

Nebraska Association for Health, Physical Education,
Recreation and Dance
November 7 & 8, 2011
Embassy Suites Hotel
Lincoln, Nebraska



The Nebraska Fall Conference, November 7-8 will feature guest speaker Jean Blaydes Madigan.

November 7, 2011

Pre-Conference Workshop - 10:00 a.m. – 12:00 p.m.
Building Better Brains Through Physical Education

Breakout Session - 1:30-2:15 p.m.

"Know" Brainers: Easy Academic Activities That Move Kids to Learn

Workshop for Classroom Teachers and Administrators - 6:30-8:30 p.m.

Teaching the Brain in Poverty

November 8, 2011

Opening General Session - 8:00-9:15 a.m.

Breakout Session 9:30-10:15 a.m.

Teaching the Teenage Brain

AAHPERD President, Brad Strand; Central District Executive Director, Gale Wiedow; and NAHPERD Executive Director, Vicki Highstreet will be addressing the students in a student development workshop about practical tips and strategies needed as they enter their professional career.

Registration forms and exhibitor applications are on the NAHPERD website at www.unomaha.edu/nahperd

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2011
COAHPERD
COLORADO



Excellence in Motion

Colorado AHPERD Update

- Colorado AHPERD has been busy putting finishing touches on the October 22, 2011 Conference at Metropolitan State College of Denver. The “Excellence in Motion” conference will have over 40 sessions to choose from ranging from dance, outdoor education, fitness, health, integration, to implementing the new state standards. The keynote speaker, Nancy Blackwell from Longevity of Success is sure to excite us with her passion and belief that teachers make the difference! Conference and registration details can be found at www.coahperd.org. This one day conference will take the place of our annual state convention as Colorado is proud to host “Moving Mountains ...One Step at a Time”, the Central District convention February 2-4, 2012 at the Crowne Plaza Hotel in Colorado Springs, CO. Details for the central district convention will be posted at <http://www.aahperd.org/about/districts/central/convention.cfm>
- Earlier this year, Colorado Governor Hickenlooper signed HB11-1069, legislation that requires all Colorado public elementary schools to provide their students the opportunity for 600 minutes of physical activity per month (approximately 30 minutes a day) starting with the 2011-2012 school year. Materials are being made to help schools comply with this new state mandate including hosting webinars and an implementation toolbox. This work is being done in conjunction with Live Well Colorado.
- August 16th - A Physical Activity in Schools Webinar was presented to support the recently passed HB11-1069: Resources and Case Studies.
- Numerous COAHPERD board members participated at the Central District Leadership Summit this summer in Omaha. President Elect Donna Carey, Incoming President Elect Aaron Ford and Past President Clayton Ellis attended the meeting.
- President-Elect Donna Carey and Executive Director Patricia Morrison Hughes attended the Leadership Development Conference in Green Bay, Wisconsin in June.

- This summer Elaine Rosquist, Kris Ayers and Andi McCarthy traveled to Reston, VA July 16-19 as the 2011 Central District Teachers of the Year. They were able to enjoy some sight seeing in Washington D.C. which included a beautiful night tour of the monuments. After participating in meetings and collaborating with the other TOYS from throughout the United States, they traveled to Harrisburg, VA to present at James Madison University. It was an excellent summer convention and a wonderful learning experience. They came back with new ideas and refreshed enthusiasm for the 2011-2012 school year.
- Elaine Rosquist traveled to San Marcos, Texas in July and presented two sessions during the TAHPERD summer convention. The people in Texas are fun and energetic! They had close to 900 teachers attending the different sessions. Elaine had a chance to attend some outstanding sessions and was thankful for the experience.
- COAHPERD members can now order customized apparel including shirts, jackets, caps, blankets and bags through the COAHPERD website. The variety of products and colors allows everyone to find something. The prices listed include the cost of the embroidery.
- The Denver Public School Physical Education 9th annual Summer Institute, sponsored by School Specialty Physical Education was held at Metropolitan State College of Denver. Numerous national and district teachers of the year presented.
- The Colorado Department of Education and COAHPERD sponsored a Middle and High School Physical Education Institute in Breckenridge June 16th-17th. Andi McCarthy, Jo Dixon, Clay Ellis, Steve Brittenham and Sue Brittenham were the institute presenters.

Submitted by Sue Barnd, COAHPERD President



Its GO-time!
Be ON for a Healthy South Dakota

The 2011 SDAHPERD Convention will be held November 2-4 at the Holiday Inn City Center in Sioux Falls

Dr. JoAnne Owens-Nausler will be the keynoter at this year’s SDAHPERD convention. Find out more by visiting the [SDAHPERD website](http://www.sdahperd.org).

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2011 KAHPERD State Convention

Pre-Convention - November 2, 2011

KAHPERD Convention - November 3-4, 2011

Fort Hays State University in Hays, Kansas will be hosting the annual KAHPERD convention from November 2-4, 2011. Joyce Ellis, Central District President, and John Zody, AAHPERD Board of Governor's Representative and Central District Parliamentarian, are co-convention managers. Our pre-convention begins on November 2 with a session by Clayton Ellis, NASPE Secondary TOY and COAHPERD's Past President. There will also be a session on K-Fit training (Kansas Fitness Information Tracking) which is a statewide project funded by the Kansas Health Foundation. Over the next 3 years, K-FIT will provide 900 Kansas schools with the Fitnessgram 9 program and license along with training in the collection of individual fitness data. The National Archery in the Schools basic archery instruction training will also be offered. Following the pre-convention, there will be an exhibits gala and social run by Sue Stinson. The Executive Committee will have a meeting that evening followed by the Pre-Convention Council meeting.

Dennis Docheff, NASPE President, will be the presenter at our general session. Sessions for the convention include: rhythms and dance, elementary activities, middle school activities, high school activities, university activities including young professionals, Pilates, health, cooperative activities, Let's Move in School sessions, health, cognitive integration, bicycle program, martial arts, technology, Joint Projects including the new Joint Projects Collegiate Partnership program, self-defense, cup stacking, adaptive aquatics, rowing, cooperative learning (Kagan), fly fishing, knot tying for outdoor adventures, quality coaching and activities without a gym.

A convention highlight for this year is the inaugural Appreciation Awards ceremony that will be held during the President's social beginning at 5:30 p.m. on November 3. Members can purchase a framed certificate that will have the donor's words of appreciation for someone they think is deserving of the award. The person purchasing the Appreciation Award to be given to another member has the option of reading it themselves. The KAHPERD awards banquet will be held after the President's social and will then be followed with a dance. We will have an exciting Deal or No Deal beginning at 11:30 a.m. on November 4, followed by our post-convention Council meeting.

Rick Pappas, KAHPERD President



"MOVE ON MINNESOTA"

Friday & Saturday, October 7 & 8, 2011

Doubletree Hotel Minneapolis-Park Place

1500 Park Place Boulevard

Minneapolis, MN 55416

GREETINGS FROM MINNESOTA!

Minnesota Association of Health, Physical Education, Recreation and Dance (MNAHPERD) will hold its state convention on October 7th and 8th, 2011 in Minneapolis at the Doubletree Hotel-Park Place.

The theme of the convention is "Move On Minnesota" and will feature Dr. Joanne Owens-Nausler with Geo Motion, Dr. Lori Head-National Dance Teacher of the Year, Robyn Bretzig-National High School Teacher of the Year and many other wonderful teachers from Minnesota and beyond. The participants will be able to take sessions that will fulfill their requirements for Minnesota teacher re-licensure in the areas of reading preparation, early onset mental illness, positive behavior strategies and accommodation, modification and adaptation. The structure for the convention is a little different this year, with the convention being held on a Friday and Saturday to accommodate teachers that have difficulty getting out of school during the week. Friday will feature 6 in-depth sessions that include: 2 health, adapted physical education, Fitstix, wake up the brain activities and reading enhancement activities. Saturday will feature 45 sessions in the areas of physical education (elementary, middle school, high school), health, dance, recreation/aquatics. Friday night we will be honoring the state award winners at an evening celebration at the Doubletree.

The registration fee is \$90.00 for 1 day and \$125.00 for both days and of course membership to MNAHPERD. Please go to the MNAHPERD website for a full schedule of events.

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Kay Oling, Minnesota President



MOAHPERD 75: Building on the past, shaping the future

2011 Convention

November 11-13, 2011
 The Lodge of Four Seasons
 315 Four Seasons Drive
 Lake Ozark, MO 65049

Missouri AHPERD is 75 years old this year! Our convention theme is "MOAHPERD 75: Building on the Past, Shaping the Future." Come join a thousand other people who are passionate about their teaching like you are. Our convention manager and President Elect Bill Russell and his convention planning committee have an outstanding line up planned for November 11-13, at the Lodge of Four Seasons in Lake Ozark, MO. Some Missouri favorites that are presenting include Aaron Moser and Mark Sissom on fitness concepts, Marilyn Grechus on teaching health to the GLE's (Grade Level Expectations) and Rheba Vetter on teaching dance to all ages. Check out our website www.moahperd.org for more information on the convention.

Melanie Zerr



Iowa's convention, "Got 20/20 Vision: Looking to the Future" is set for October 1-3. Dr. Lieberman will be doing a 6 hour pre-conference titled, "Physical Activity for Children with Visual Impairments". National, District and State teachers of the year and other successful teachers will complete the following two days of presentations. Dr. David Walsh will explain how nutrition, exercise and sleep are not only essential for physical health, but are critical for "brain fitness" during his keynote on Sunday. For the annual banquet, we have invited motivational speaker, Karen MaCaa. The conference will also focus on educating our attendees about the importance of IAHPERD and the role of the American Heart Association has within our organization.



MOVING MOUNTAINS
 ONE STEP AT A TIME
 February 2-4, 2012
 Colorado Springs, CO

Don't Forget!!!

Mark you calendars for February 204 for the Central District convention to be held in Colorado Springs! Watch the web for details—coming soon to:
<http://www.aahperd.org/about/districts/central/index.cfm>

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Iowa AHPERD Convention

October 1- 3, 2011
At the Marriott in Cedar Rapids



Physical Activity for Children with Visual Impairments

Pre-Conference

Dr. Lauren Lieberman has authored numerous books and articles and has presented all over the world! She has started camps for students with visual impairments both here and abroad. Check out the website at www.campabilities.org. Lauren is knowledgeable and TONS of fun! Come learn and play! Lauren's presentation will focus on program planning and resources for teaching physical education to students with visual impairments. The workshop will include information on assessment, eligibility for adapted physical education services, equipment and modifications. The American Printing House for the blind will be supplying a variety of equipment that has been designed to assist students with visual impairments participate in physical education, sport, fitness and leisure activities. The afternoon session will include students with visual impairments using adaptive equipment and techniques.



Sound Mind, Sound Body

Brain science is revealing how wise

the advice of "Sound Mind, Sound Body" really is. Dr. Dave Walsh will explain how nutrition, exercise, and sleep are not only essential for physical health but are critical for "brain fitness." He will also describe the modern challenges to fitness and how the award winning Switch Program can move kids to a healthier lifestyle.

David Walsh, Ph.D. is an award-winning psychologist, international speaker, best-selling author, media personality, father and grandfather. He is one of the world's most trusted authorities on children, teens, parenting, family life, the impact of technology, and translating brain science for everyday practice. He founded the renowned National Institute on Media and the Family, which he led till 2009. In 2010 he launched "Mind Positive Parenting." His books have been translated into eight languages. He and his wife Monica live in Minneapolis.



Banquet Speaker Karen MaCaa

Inspirational speaker, counselor, and color commentator, Karen is the daughter of a nurse and football coach and has found her passion in delivering inspirational messages at various corporations, organizations, colleges, and churches across the country. This summer she continued to deliver her motivational camp workshops with selected athletes for the Nike company.

Karen has a master's degree in counseling from the University of Tennessee, and has a bachelor's in English from Eastern Illinois University. She was recently honored in an exhibit in the Indiana Basketball Hall of Fame, and was chosen as one of Iowa's "40 Under [the age of] 40" who is a rising star in their field.

This Indiana native began her career at Milan High School (the school from the movie "Hoosiers") and moved to Iowa on a leap of faith. Her message focuses on taking risks, following your dreams, loving others, and living with honor.

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AAHPERD / SAM President-Elect's Leadership Development Conference held in Green Bay

Central District was well represented at the AAHPERD / SAM President-Elect's Leadership Development Conference held on June 20-22, 2011 in Green Bay, Wisconsin. President-Elects and Executive Directors (ED) from all nine Central District states attended.

Colorado

President-Elect Donna Carey and ED Patricia Morrison Hughes

Iowa

President-Elect Tim O'Hagen and ED Ken Daley

Kansas

President-Elect Blake Miller and ED Vicki Worrell

Minnesota

President-Elect Mary Cappel and ED Nancy Christensen

Missouri

President-Elect Bill Russell and ED Jim Herauf

Nebraska

President-Elect Stan Erickson and ED Vicki Highstreet

North Dakota

President-Elect Rachel Krug and ED's Becky Gunderson and Amy Heuer

South Dakota

President-Elect Breon Schroeder and ED Scott Klungseth

Wyoming

President-Elect Rick Brundage and ED Nancy Raso Eklund

The LDC was hosted this year by the Society for Association Management (SAM) of AAHPERD, whose membership includes executive directors from states and districts, as well as from the national associations. Keith Bakken, ED for Wisconsin Health and PE, coordinated the conference. The 2012 LDC will also be held in Green Bay.



Central District was well represented at the AAHPERD Leadership Development Conference ('the LDC') held June 20 through 22 in Green Bay, Wisconsin. AAHPERD President Brad Strand (far left) from North Dakota and AAHPERD Past President Vicki Worrell (far right) from Kansas, surround the President-Elects and Executive Directors from each of the nine Central District states. All states, as well as Puerto Rico and Guam, were represented at the LDC. AAHPERD CEO E. Paul Roetert, Vice President for Programs Judy Young and Director of District and State Relations Mary Ann Simpson led a cadre of presenters that helped attendees understand the structure of AAHPERD and how their leadership at the state and district levels impacts national efforts in HPERD.



2011 Central District Leadership Summit— Central District and state leaders met at Mahoney State Park near Ashland, Nebraska for the annual Central District Leadership Summit. Those in attendance developed visions for their respective associations, worked on action plans, learned about advocacy, formulated strategic plans and practiced efficient meeting management.

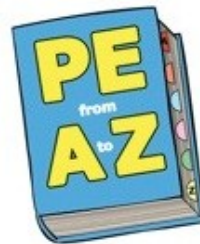
CDA Leadership Summit: "Vision Quest"

President Joyce Ellis and Summit Manager Nancy Christensen did an exceptional job of delivering a leadership summit that addressed the needs of developing leaders from the states in Central District. Those attending included Donna Carey (Colorado), Breon Schroeder and Scott Klungseth (South Dakota), Kay Oling and Mary Cappell (Minnesota), Tom O'Hagen and Ken Daley (Iowa), Blake Taylor and Meggin DeMoss (Kansas), Stan Erickson and Vicki Highstreet (Nebraska), Rick Brundage (Wyoming) and Becky Gunderson (North Dakota).

Central District Board members attending the Summit included President Ellis, President-Elect Scott Strohmeyer, Past President Lois Boeyink, CD Representative to the AAHPERD Board of Governors John Zody, Executive Director /Treasurer Gale Wiedow, Secretary Donna Terbizan, VP-Health and VP-Elect Nikki Lindgren and Julie Leuckenhoff, VP-Sport and PE and VP-Elect Dennis Docheff and Clayton Ellis, VP-Dance and VP-Elect Amy Heuer and Deb Stephenson, and VP-Physical Activity and Recreation Mike Bradley and Ken Bias.

Former Central District Executive Director Sally Scherrer led the opening session with other board members providing sessions that built on the foundation established in the opening session.

The 2012 CDA Leadership Summit will also be held at Mahoney State Park. The dates for the 2012 Summit are July 8-12. We hope to see you there!!



Just wanted you to know that an AAHPERD member - Dr. Neil Williams (Eastern Connecticut State University) has created a new physical education Wiki called "PE from A-Z."

http://peatoz.greatactivities.net/index.php/Main_Page

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Central District Sport & Physical Education

Dennis Docheff, VP-Sport and Physical Education

Hi! Happy New Year! Yes, it is a new school year. Most people are excited about teaching and learning, seeing and interacting with students, and starting a new season of education. This is the best time to create a plan for the upcoming year.

Some may have already planned their trip to Colorado Springs to attend the CDA convention. There are lots of excellent sessions planned. As well, meeting with the people of Central District is rejuvenating...and fun! I hope to see you in Colorado Springs!

Here are a couple of other things to think about as you plan your year. Goal #1 of the CDA Applied Strategic Plan (ASP) is "increase advocacy". Maybe each of us needs to reflect on how to become better advocates. How can we better advocate for kids? Advocate for fitness? Advocate for the need for physical education? Advocate for our profession? How can I become a stronger advocate for physical activity in my school? Often people overlook the power of positive talk. Each one of us must share the good message of physical activity. Wherever we go, we should be walking advertisements for physical activity. It would be exciting if every time other teachers saw you they thought, "I wonder what tidbit this gal is going to give me today? She is always so peppy!"

Goal #4 of the CDA ASP is "increase membership". Many of us work alongside others that choose to not be members. They do not know the benefits of joining AAHPERD. It would be amazing if each member could convince someone else to join AAHPERD; if each one could reach one! Imagine the impact if AAHPERD instantly doubled its membership—that would lead to more products, programs, and services for all of us. And...it all starts with one member inviting one other person to join. Share a journal article with another professional and include a membership form. Give your friend a reason to join. You might be the one that opens up a new world of opportunity for a colleague—make it happen!

There is a lot of concern right now about what is going to happen regarding the AAHPERD unification process. People are concerned about what will happen to their organization? If AAHPERD becomes one organization, what happens to NASPE? NDA? AAPAR? NAGWS? What will be the new name of the new organization? What is going to happen to the districts? How will this affect me? The reality is we do not know at this time what is going to happen. What we do know, and this is a FACT, is that the passion that people of Central District have for what they do. The impact we have on children and the public will continue to be positive. People will continue to serve, and continue to share ideas with each other. We will continue to sup-

port, provide, and promote programs that encourage healthy, active lifestyles (CDA mission). We will continue to envision a society in which all individuals enjoy an appreciation of and participation in an active and creative health promoting lifestyle (CDA vision). Although there will be change, the constant of professionalism will remain

On a personal note, I like being a part of our organization because of the opportunities for professional development. More importantly, I like being a member because of the great people that I get to call colleagues and friends. When people can love what they do, and love who they do it with, that is a winning combination! Have a great year!

Central District Dance Division

Amy Heuer

VP-Dance, Central District



Happy Fall everyone! As we are getting back into our classrooms, I wanted to give you a heads up on the great Convention that is being put together for us. We have 8 Dance sessions for this convention! What a great turn out from our Division! Thank you to all of the presenters. Below is a listing of the Dance sessions, to allow you a chance to get as excited as I am for the cold of February in Colorado Springs.

- Dance Units Made Happy-Deb Stephenson
- Step Up to Urban Hip Hop-Jamie Miller and Nick Walker
- GeoJammin' Fitness and Dance:Get the World Moving-Paola Fontana and Dr. JoAnne Owens-Nauslar
- Ballroom Dance Lessons from Dancing Like a Star-Johann Murray
- Stepping Through Dance-Veola P. Martin, Ed. D
- Fun Formula's for Creative Movement-Rheba Vetter
- Folk Dances to Help Your Students Celebrate Several Holidays-Becky Gunderson
- Social Dances of the American Civil War Era: Celtic Influences -Ragene Gwin

I hope to see all of you at the Convention, so start making your travel arrangements soon!



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AAHPERD Update

Central District Future Professionals

Submitted by Missy Parker and Scott Gorman

Central District's annual conference was hosted last spring in beautiful Rapid City, South Dakota. President Lois Boeyink's convention... "The Hills Are Alive" provided numerous and exciting opportunities for student majors to enjoy educational workshops and programs, network and attend leadership development training sessions. Students from across Central District joined session coordinators Missy Parker (University of Northern Colorado) and Scott Gorman (Pittsburg State University) along with Retirees Network superwoman Jan Adair and Council of Future Professional Representative Marley Hanson (Minnesota) (co-representative Andrew Weirs (Minnesota) was unable to attend due to coaching responsibilities) for professional development enrichment blended in with a variety of fun events.

Attendees had the privilege of being mentored by Vicki Worrell (AAHPERD President), Brad Strand (AAHPERD President-Elect), Dennis Docheff (NASPE President-Elect), LeAnn Vette (South Dakota President), Mary Ann Simpson (AAHPERD administrative assistant extraordinaire and a host of other Central District and AAHPERD leaders. Sessions provided included our traditional "Student Leadership Conference, Gems Share with Future Jewels" (where Past Central District President's shared their leadership experiences) along with "Interviewing to Get the Job." Members of the University of South Dakota HPER Club provided a hands-on session entitled "Leadership and Values for a Healthy Life" which was nicely complimented by "Student's Ask – Come Alive!!" presented by a enthusiastic

panel including: Jennifer Schnell, Terry Todd, Lois Mauch and Amy Heuer.

Retiree Network Chair Reggie McGill worked diligently with all states to establish a unique program where Future Professionals were treated to \$100.00 scholarships to help defray personal convention expenses. The convention highlight for everyone was the awarding of the first Mark L. Harvey Legacy Future Professional Scholarship to Danielle Schlecht from the University of South Dakota. To qualify, students must be an undergraduate, have attended (or possibly presented) at state, district and/or national AAHPERD conventions and have demonstrated academic, athletic, community or HPERD leadership. Recipients receive a \$500.00 scholarship, attend an AAHPERD convention, provide a report to the CDA Executive Board and Harvey Family and are provided the opportunity to present at the upcoming CDA convention! This is a fitting way to honor Mark Harvey, a great man, teacher, mentor, colleague and role model for our students!

Once again, CDAAHPERD Future Professional Leadership opportunities abound! Students wanting to become involved or needing further information should contact either Scott Gorman sgorman@pittstate.edu or Missy Parker missy.parker@unco.edu. Please mark Colorado Springs and February 2-4, 2012 on your calendar. President Joyce Ellis's conference theme is... "**One Step At A Time.**" Be sure to come and bring a friend. Better yet, take a big step up and bring a future professional!

NEW! PE Metrics PIPELine Workshop

This workshop is intended for physical education teachers, and curriculum supervisors who wish to be introduced to a validated skill assessment tool. The PE Metrics national assessment series provides ready to use protocols, procedures, equipment lists, and rubrics for reliable assessments of the 6 National Standards. Throughout this hands-on workshop, participants will be actively engaged from the perspectives of both the student and the instructor. From lesson development and assessment administration to rubric and videotape skill analysis, participants will learn how to overcome mythological testing limitations with PE Metrics through a dialogue that ultimately enhances instruction and boosts student achievement. The data gained from implementation of these assessments can be used to mold curriculum, support funding requests, and provide a foundation for applications for your Physical Education Program.

Several versions of this workshop have been specifically designed to meet the needs of a variety of audiences. Workshops are available for Elementary level, Secondary level, as well as

Comprehensive K-12. All workshops are available in full or half-day sessions.

Because of our relationship with the states/districts we will you a special discounted pricing deal of \$2500 for a full day workshop and \$1500 for a half-day workshop (usually \$2800 and \$1800...this is our new pricing schedule for FY12). You are free to charge your members a fee to offset the cost, but will need to set the pricing and handle the registration for the event. The full fee will be payable directly from the state/district to NASPE upon completion of the workshop.

If you are interested in booking please contact:

Cat Connor
cconnor@aahperd.org
703-476-3466

Susan Schoenberg, M.S.

Senior Manager for Professional Services

National Association for Sport and Physical Education
1900 Association Drive

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Grant Funding Available for JRFH and HFH

If you held a Jump Rope For Heart (JRFH) or Hoops For Heart (HFH) event in the last year, you could earn rewards and national recognition for your school's PE program! AAHPERD provides opportunities for Jump & Hoops event holders to earn rewards and recognition through the AAHPERD Jump Rope For Heart & Hoops For Heart Grant and Awards. **The AAHPERD Jump Rope For Heart & Hoops For Heart Grant** Every year AAHPERD awards ten grants to physical educators who demonstrate passion, creativity, and dedication to the Jump Rope For Heart and Hoops For Heart programs. The Jump Rope For Heart & Hoops For Heart Grant is available only to individuals who have held a JRFH or HFH event in the past school year. Winners of the Jump Rope For Heart & Hoops For Heart Grant enjoy the following benefits:

- Complimentary AAHPERD membership for one year
- Complimentary registration to attend the 2012 AAHPERD National Convention & Exposition in Boston
- A stipend to cover travel and hotel fees
- A gift voucher for physical education equipment worth \$1,200 from US Games

- Special recognition at the 2012 AAHPERD National Convention & Exposition in Boston

Applying is easy! Just visit: <http://www.aahperd.org/jump/awards/grantprogram/index.cfm>

The AAHPERD Jump Rope For Heart & Hoops For Heart Recognition Award Have you held a Jump Rope For Heart or Hoops For Heart event each year for four years or more? If so, you may be eligible to apply for the 2012 AAHPERD Jump Rope For Heart & Hoops For Heart Recognition Award! Recipients of this prestigious award demonstrate a long-term commitment and passion for the programs. The Jump Rope For Heart & Hoops For Heart Recognition Awards are presented to two JRFH coordinators and one HFH coordinator each year. Recipients enjoy the following benefits:

- Complimentary one year AAHPERD membership
- Complimentary registration to attend the 2012 AAHPERD National Convention & Exposition in Boston
- A stipend to cover travel and hotel fees
- Special recognition at the 2012 AAHPERD National Convention & Exposition in Boston
- Press packets sent to your local TV stations and newspapers to publicize your achievement

To apply, visit: <http://www.aahperd.org/jump/awards/recognition/> or <http://www.aahperd.org/hoops/awards/recognitionawards.cfm>.

Apply today; the deadline for applications is OCTOBER 15, 2011!

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I hope everyone is having an enjoyable summer. I wanted to take a moment to update the National and District Associations on some exciting developments with the initiative.

- We currently have **5,225 schools** registered for Let's Move in School (LMIS). That is outreach to more than **3.6 million students** and school faculty. Our next big registration "push" will begin in late August to coincide with the new school year.
- A display advertisement for LMIS appeared in the July 18, 2011 issue of **USA Today**.
- LMIS was mentioned in an [article](#), along with AAHPERD and NASPE, in a Pittsburgh-area online news site.
- AAHPERD and LMIS have partnered with **National Geographic Kids** magazine to promote "Let's Jump" in October 2011. First Lady Michelle Obama will be lead people across the nation in breaking the Guinness World Record for the most people doing jumping jacks for one full minute over a 24-hour period. LMIS will appear in both the September and October issues of *National Geographic Kids*.



- The first **LMIS toolkit** will be made available to current and future LMIS schools in September.
- We produced a new LMIS brochure to help promote the LMIS initiative to schools, parents, communities, policy makers, and the media.
- The LMIS webinar series for the 2011-2012 school year will take place the 2nd Wednesday of each month (except March) from 1-1:145pm EST. The first webinar in the series is **Implementing the Five Components** on September 14.
- **SAVE THE DATE** for our inaugural **LMIS Stakeholders** meeting on October 12, 2011, 9:00 a.m.-3:00 p.m. @ AAHPERD, 1900 Association Drive, Reston, VA.

Thank you for your continued support of *Let's Move in School*. We are excited by the continuing growth and interest in the initiative. Together we can have an impact on increasing opportunities for comprehensive school physical activity in all schools!

Mary Ann Simpson, Program Administrator, AAHPERD National Association & District Programs

Let's Move in School Motivated Schools Nationwide to Step Up Physical Activity Programs During National Physical Education and Sport Week



AAHPERD's Let's Move in School (LMIS) national initiative to increase physical activity before, during, and after school was taken to a whole new level this past school year during the annual National Physical Education and Sport Week (NPESW) May 1-7. The nationwide effort grew in its grass roots support as more than 5,200 schools and over three million students collectively celebrated its importance and value.

Snapshot of Events This year's participation in May week came in a variety of forms from community walks and fitness expos to schools in neighboring states partnering up for fun and memorable physical activity experiences. NASPE President Dennis Docheff kicked off NPESW in Ballwin, MO with approximately 1,200 Parkway School District students and families at the SHAPE UP to LIVE FIT health and wellness expo. On the east coast, 200,000 students from Miami-Dade County, FL and Philadelphia, PA were energized, dancing to pop star Beyonce's Let's Move! Flash Workout. The singer created the video to show her support for the First Lady's Let's Move! campaign to end childhood obesity.

Technology played an exciting part in this year's activities as well; students from Eastgate and Rousseau Elementary Schools in Montana and neighboring Nebraska Skyped their physical activity routine. NPESW 2011 was history in the making for The Learning Community, a high poverty school in Central Falls, RI. For the first time ever, the school hosted a community fitness day at a local park. "We are proud to be a part of this national initiative to encourage exercise and fitness," said Ella Rodriguez, Central Falls physical education teacher. "We know that healthy bodies support smart thinking,"

As activities were being planned for the big week, school leaders like Philadelphia School District Superintendent Arlene Ackerman made sure to keep the momentum going, sending a message to all staff urging everyone's participation. "With all of us working together, I believe we can keep physical fitness, exercise, and healthy choices at the top of our list of priorities for the entire school district."

A Look Back and into Future For the first time, AAHPERD provided a LMIS Participation Survey completed by 1,243 schools that participated in May week. The survey revealed that for many physical educators, the LMIS-themed NPESW ignited a new inspiration for the future of comprehensive school physical activity programs (CSPAP). Nearly 92 per-

cent of respondents said they would register their school for a similar celebration next year. Ninety-three percent would recommend participation to staff and administrators in other schools. In addition, 67 percent of respondents used at least one of the lesson plans NASPE developed. The survey also indicated that 34 schools generated extra enthusiasm by conducting at least 12 activities, including two activities for each of the five CSPAP components, qualifying them to receive a LMIS banner to proudly hang in their schools showcasing their accomplishment, enthusiasm, and support.

Let's Move in School Banner Schools

- Abigail Vare, Philadelphia, PA
- Annville Cleona Junior/Senior High School, Annville, PA
- Arlington Science Focus School, Arlington, VA
- Bay Point Middle School, St. Petersburg, FL
- Central Elementary School, Las Cruces, NM
- Julian D. Coleman Academy, Indianapolis, IN
- Daly Academy Elementary School, Bonita, CA
- E. B. Williams Stoner Hill Elementary, Shreveport, LA
- Hamilton Elementary, Hamilton, VA
- Jefferson Elementary School, Greensboro, NC
- Lafayette Sunnyside Middle School, Lafayette, IN
- Liberty Elementary School, Powell, OH
- Marguerite E. Small Elementary School, West Yarmouth, MA
- Manorhaven Elementary School, Port Washington, NY
- Marshall Middle School, Marshall, MI
- Meadowlawn Middle School, St. Petersburg, FL
- Mount View Middle School, Marriottsville, MD
- Mt. Pleasant Academy, Mt. Pleasant, SC
- Mumford High School, Detroit, MI
- Newman Elementary, El Paso, TX
- Newton Smith Visual and Performing Arts Middle, Shreveport, LA
- North Collins Elementary, North Collins, NY
- Norton Creek Elementary School, West Chicago, IL
- Orchard Hill Elementary, North Canton, OH
- Rincon Vista Middle School, Tucson, AZ
- Roosevelt I.D.E.A. School, Plover, WI
- Salt Rock Elementary, Salt Rock, WV
- Seaman High School, Topeka, KS
- Southwest Elementary, Chickasha, OK
- Stanley Elementary, Stanley, ND
- Stuart W. Weller, Ashburn, VA
- Summit School of Ahwatukee, Phoenix, AZ
- William E. Waters Middle School, Portsmouth, VA
- Wisconsin School for the Visually Handicapped, Janesville, WI

To learn more about how your school can participate in Let's Move in School, visit www.LetsMoveinSchool.org and stay tuned for newly developed toolkits to support physical education teachers, principals, parents and others interested in implementing activities to increase physical activity through schools.

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Organizational Planning Committee (OPC) Continues its Work

The OPC met at the AAHPERD headquarters in Reston, VA earlier in August to discuss the proposed unification of AAHPERD. OPC Larry Hensley (UNI—Central District) shared a short note of appreciation to CDA President Joyce Ellis following the Alliance Convention held in San Diego in the spring.

“Joyce,

I’d like to express my appreciation to you for affording me the opportunity to speak to Central District leaders during the recent San Diego convention about the proposed unification of AAHPERD. Being able to speak directly to leaders of the various Alliance structures and to hear their thoughts about the proposed unification is essential to the process of creating the strongest possible organization. As you are aware, the Alliance Assembly amended the charge to the OPC by adding “health” to the prescribed focus and voted to support the continued work towards a unified organization. Members of the OPC appreciate the feedback we received during the convention and the affirmation provided by the Alliance Assembly. We will be working hard to compile the recommendations provided by the various work groups and to put together a comprehensive proposal for the Alliance leadership to consider . . .

Thanks for all you do to support AAHPERD and please feel free to contact me if you have any questions.

Larry

--

Dr. Larry D. Hensley
University of Northern Iowa
Cedar Falls, IA 50614”

The results of the August OPC meeting and additional work group discussions will be combined into a report for the September Board of Governor’s (BoG) meeting. Following BoG action, it is hoped that recommendations can be shared with the membership. Watch both AAHPERD and Central District for additional information to unify ‘our’ Alliance!!

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Funding Opportunities From NASPE via PE Central

Annie's Homegrown: School Gardens

http://www.annies.com/grants_for_gardens

Annie's Homegrown is offering up to \$250 to community gardens, school gardens, and other programs that connect kids to gardening. They donate to schools and non-profit organizations.

Verizon Foundation Education and Health Grants

<http://foundation.verizon.com/grant/application.shtml>

Verizon grants are awarded to advance literacy and educational achievement, and promote health and safety. The Foundation reviews unsolicited proposals annually from January 1 to October 15. Funding decisions are made within 90 days of application.

Funding level: \$10,000

Rite Aid Foundation health and wellness grant

<http://www.riteaid.com/company/community/foundation.jsf>

The Rite Aid Foundation offers grants to programs that focus on health and wellness in communities where Rite Aids operate.

Application deadline: October 1, 2011

Costco Wholesale Grants

Costco offers grants to organizations that focus on disadvantaged children and youth in the areas of education and/or health.

Guidelines <http://shop.costco.com/en/About/Charitable-Giving.aspx>

Grant application at the bottom of the page

NASPE Grant Database

<http://www.aahperd.org/naspe/grants/grants/grantopportunities.cfm>

Grants for Pawsome Causes http://www.cybergrants.com/pls/cybergrants/ao_login.login?x_gm_id=2874&x_proposal_type_id=10076

Build a Bear Workshop will be offering Grants for Pawsome Causes focusing on children's health and wellness. Requests will be accepted until October 2011. Their goal is to provide grants to help as many programs as possible that are working hard to make the world a healthier and happier place for kids.

Healthy Generation Grants http://www.wellpointfoundation.org/wps/portal/wellpointfoundation?content_path=noapplication/f2/s0/t0/

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[pw_b142061.htm&label=WellPoint%20Foundation%20Funding&rootLevel=2](http://www.wellpoint.com/WellPointFoundation%20Funding&rootLevel=2)

WellPoint Foundation & Blue Cross the Blue Shield Association Funding is available to address key health issues including childhood obesity, diabetes prevention, and adult physical activity. Sites are required to demonstrate measurable, sustainable impacts by the end of the one-year grant period. Check the website for various grants that are currently available and application process for each grant.

Brady Education Foundation

<http://www.bradyeducationfoundation.org/>

The Brady Education Foundation seeks to close the achievement gap by increasing the school readiness of children at risk for poor school outcomes due to environmental factors associated with living in poverty. The Foundation pursues its mission by promoting collaboration between researchers and educators via the funding of research and program evaluations in early education.

Ben & Jerry's Foundation

<http://www.benandjerrysfoundation.org/what-we-do.html>

Through the National Grassroots Grant Program, Ben & Jerry's Foundation grant program aims to further social justice, protect the environment and support sustainable food systems. Grants of up to \$15,000 are provided to grassroots, constituent-led organizations that are using community organizing strategies to accomplish their goals as well as organizations that provide technical support and/or resources to such groups.

Deadline: Rolling

Lowe's Toolbox for Education

<http://www.toolboxforeducation.com/index.html>

Lowe's Toolbox for Education grant program is funded by the Lowe's Charitable and Educational Foundation, which has supported thousands of grassroots community and school projects in the communities where Lowe's does business. The Fall 2011 cycle is now open. Deadline: October 14, 2011. Funding level: \$5000

Kohl's Cares

<http://www.kohlscorporation.com/CommunityRelations/Community01.htm>

State Farm Community Grants <http://www.statefarm.com/aboutus/community/grants/company/company.asp>

CVS Caremark Community Grants

<http://info.cvscaremark.com/community/our-impact/community-grants>

Sara Lee Foundation

<http://www.saraleefoundation.org/funding/process.cfm>

Finish Line Youth Foundation

<http://www.finishline.com/store/youthfoundation/guidelines.jsp>

National Alliance for Accessible Golf

<http://www.accessgolf.org/grants/index.cfm>

Speed Stacks Sport Pack Grant Program

http://www.speedstacks.com/groups/grant_program.php

PepsiCo Foundation Health and Wellness Grants

<http://www.pepsico.com/Purpose/PepsiCo-Contributions/Humanitarian-Aid.html>

The Foundation Center

<http://foundationcenter.org/>

GrantsAlert.com

<http://www.grantsalert.com/>

Grant Wrangler

<http://www.grantwrangler.com/>

Grant Prose

<http://grantproseinc.com/index.html>

Explore Fund

Deadline: October 5, 2011

The Explore Fund will support U.S. nonprofit organizations that help young people connect to the outdoors. Grants of up to \$2,500 each will be awarded to organizations that help children connect to nature, increase access to both front and backcountry recreation, and provide education for both personal and environmental health. The proposed program or project should focus on a specific community or place of interest. For complete program guidelines, application procedures, grantee highlights, and ongoing updates, go to www.explorefund.org <<http://www.explorefund.org>>

Danimals® Puts the Fun Back in Being a Kid with Opportunities for Five Schools to Win Playground Makeovers; RallyforRecess.com Motivates Kids to Get Outside and Be Active

WHITE PLAINS, N.Y. -- It's not easy being a kid – so Danimals says, give kids a break! With the launch of Danimals "Rally for Recess," you can "rally" efforts in your community to give kids the chance for more outdoor fun. By collecting Danimals package codes and entering them online at www.RallyForRecess.com <<http://cts.businesswire.com/ct/CT?id=smartlink&url=http%3A%2F%2Fwww.RallyForRecess.com&esheet=6829608&lan=en-US&anchor=www.RallyForRecess.com&index=1&md5=645a04>>

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d05847b70a99304e57c41c4290>, five lucky schools across America will have the opportunity to win a playground makeover of up to \$20,000 and an all-day recess celebration that could include a climbing wall, dunk tank, obstacle course and large slide.

Whatever Happened To Recess?

Experts agree that time spent playing outside can help kids release energy, socialize with peers, develop emotionally and physically, and learn to be creative and spontaneous. Yet playtime is becoming more infrequent every day. In fact, in the last two decades, children have lost an average of eight hours of free play a week and in some cities new schools are now being built without playgrounds.¹ This decline has caused the American Academy of Pediatrics to call the lack of playtime a national crisis since decreased physical activity may lead to greater rates of childhood obesity, a rapidly growing epidemic.²

“Play is a critical component of healthy childhood development,” says Dr. Joanna Dolgoff, a pediatrician, child obesity expert and author of *Red Light, Green Light, Eat Right*. “A lack of physical activity can definitely have a negative impact on a child’s intellectual and physical development.”

The current recommendation is for children to engage in at least 60 minutes of moderate to vigorous physical activity each day.³ It has been further recommended that half of the amount of physical activity take place at school, including at recess.⁴

Recess Reinvented, Refreshed and Revitalized

In keeping with Danimals’ longtime dedication to helping kids balance good nutrition with an active lifestyle, now through February 8, 2012, Rally for Recess invites families to collect codes on Danimals packages (or free by mail) and enter the codes online so their school could be one of five lucky winners.

The chance to win the new playground and all-day recess party to celebrate the dawn of a fun new day is as easy as 1-2-3!

1. Visit RallyforRecess.com
2. Enter codes found under the packaging wrap
3. Go outside and play!

For more information on Rally for Recess and how you can help your kids enjoy a more active lifestyle, visit www.RallyforRecess.com <<http://www.RallyforRecess.com>> or Facebook.com/Danimals.

The George Lucas Educational Foundation Grant Information List

<http://email.e-mailnetworks.com/ct/22978310:5035285168:m:1:397260745:0537EB43BBAAE82D91CB0BE8BA87F34C>>

<http://www.edutopia.org/grant-information>

Barbara Bush Foundation for Family Literacy:

<http://email.e-mailnetworks.com/ct/22978311:5035285168:m:1:397260745:0537EB43BBAAE82D91CB0BE8BA87F34C>>

http://www.barbarabushfoundation.com/site/c.jhLSK2PALmF/b.4425435/k.544A/Current_Funding_Opportunities.htm

Deadline is September 9, 2011. Nonprofit organizations that run literacy programs for adults and children can apply for grants of up to \$65,000 to support or expand programs.

Calypto Integrated Classroom Grant:

<http://email.e-mailnetworks.com/ct/22978312:5035285168:m:1:397260745:0537EB43BBAAE82D91CB0BE8BA87F34C>>

<http://www.calyptosystems.com/about-us/grant-terms/integrated-classroom-school-grant-program>

Rolling deadline. These grants are designed to help school administrators evaluate media technology options while building or upgrading classrooms.

Dollar General School Library Relief Fund:

<http://email.e-mailnetworks.com/ct/22978313:5035285168:m:1:397260745:0537EB43BBAAE82D91CB0BE8BA87F34C>>

<http://www.ala.org/ala/mgrps/divs/aasl/aaslawards/beyondwords/disasterrelief.cfm>

Rolling deadline. Public school libraries affected by disasters may apply for grants of \$5,000 to \$15,000.

Cargill Foundation

<http://www.cargill.com/corporate-responsibility/community-engagement/charitable-giving/headquarters-giving/index.jsp>

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