



VIRGINIA ASSOCIATION OF

HEALTH • PHYSICAL EDUCATION • RECREATION • DANCE

# ***The Communicator***

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## **VAHPERD Convention News**

**Plan to attend the  
79<sup>th</sup> VAHPERD State Convention  
November 11-13, 2016  
Double Tree By Hilton Hotel Richmond  
Midlothian, VA**



The Double Tree by Hilton Hotel Richmond in Midlothian, Virginia  
taken from ([www. http://doubletree3.hilton.com/](http://doubletree3.hilton.com/))  
Site of the 2016 VAHPERD Convention

# The Communicator

## Division Reports

### General Division

General Division is Marching Along

The SHAPE: Southern District was an excellent event and now we are marching on to the November conference.

The General Division is comprised of four groups: City/County Supervisors, University Physical Educators, Research, and Future Professionals. These groups are very intertwined as the City/County Coordinators provide the colleges with trends and changes; colleges share with their students, research is used by all and the future professionals become the newest members of school faculties. These exciting and dynamic groups share information and work together for the profession and all are marching on to November in Richmond.

All four groups bring incredible energy in their chosen fields, but the future professionals showed incredible enthusiasm and many talents in Williamsburg. Many college students presented as groups or with members of their faculty. In all cases, their professionalism and preparation were outstanding. The competition as well as collegiality at super stars was outstanding. Teams of four were needed to compete, but many schools combined students to make sure all could participate. In fact the over-all winners were a Virginia State University/Roanoke College group; everyone was already preparing for the future as colleagues.

Raquaam Smith and Jessica Parker created a great Super Stars to cap off their terms on the VAHPERD Board of Directors. Their input and insights at VAHPERD Board meets was terrific. In Williamsburg, the Future Professionals elected Ashley Brown (Longwood) and Josh Yagel (Bridgewater) to continue the outstanding student work on the board. Ashley and Josh have already created a Facebook page for students and are in communication with students from any colleges. Many thanks to all of the college coordinators for disseminating the information about the Facebook page. If you are a future professional and want to join, it is the Unified Future Professionals of VAHPERD.

As we march to November's conference, please be thinking of talents you have that you can share. Is there something you have created that your colleagues from around the state would want to learn about or practice? If so, complete a presentation proposal for November. Also, if there is a need that you see we need to address through presentations, please let a member of the board know. My email is [colvinay@longwood.edu](mailto:colvinay@longwood.edu). Happy spring.

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**Physical Education Division**

Health & Physical Education



Is  
the Heartbeat of Education

With baby boomers retiring and new schools being built, professionally prepared Health and Physical Education teachers are in short supply. The profession has been on the Virginia Department of Education’s Critical Shortage list for many years.

Please encourage your high school and middle school students to explore the wonderful opportunities found in teaching health and physical education. You know the students to recruit: bright, love being active, love working with children, and excellent role models. It is time for the profession to begin restocking with the best and brightest. YOU can help.

There are 21 colleges in Virginia that offer Health and Physical Education teacher preparation. Your students will find a great fit.

<b>Private Universities/Colleges</b>	<b>Public Universities</b>
Averett University	George Mason University
Bluefield Colleges	Hampton University
Bridgewater College	James Madison University
Eastern Mennonite University	Longwood University
Emory & Henry College	Old Dominion University
Ferrum College	Norfolk State University
Liberty University	Radford University
Lynchburg College	University of Virginia
Randolph College	University of Virginia – Wise
Roanoke College	Virginia State University
Shenandoah University	

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## Teaching Pearls

Emotional Wellbeing Through Visualization

A Bubbles Activity to  
Transform Negative Thoughts and Feelings  
into Positive Emotional Energy

Submitted by:  
Michelle Henry  
Health and Physical Educator  
Rocky Run Middle School  
VAHPERD School Health Chair  
2012 AAHE TOY

### Lesson Objective:

To introduce a visualization technique with bubbles for transforming negative thoughts and feelings into positive emotional energy. [Click here the lesson plan.](#)

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## Announcements

- **17th Annual Content Teaching Academy**

The 17th Annual Content Teaching Academy will be held June 27 - July 1, 2016 on the campus of James Madison University, located in the beautiful and historic Shenandoah Valley. The programs (Academies) offer high quality professional development that include in-depth studies in a range of content areas. In addition, each Academy is designed to engage participants in critical dialogues of practice with instructional sessions conducted by scholars and master teachers who understand the challenges associated with today's classroom.

The link is <http://cta.jmu.edu/>. We hope you are able to attend!

- **New---Voting for President Elect and all Vice President Elects**

The Voting for President Elect and all Vice President Elects will be electronic voting open to all members of VAHPERD - Look for details and candidates on the [website](#) now.

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- **CPR is now a requirement of graduation!!**

18 States, including Virginia, North Carolina, and Maryland here in the Mid-Atlantic, have now adopted cardiopulmonary resuscitation (CPR) as a High School graduation requirement. In these states, Hands-Only CPR instruction will require students to learn the lifesaving skill using a hands-on lesson without requiring certification. [CLICK HERE](#) for more details.

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## **Awards**

### **Congratulations to the 2015-2106 VAHPERD Award Winners!**

- **Misti Wajciechowski** - College/University Physical Education Teacher of the Year
- **Kari Hampton** - College/University Health Education Teacher of the Year
- **Dr. Eric West** - College/University Dance Educator of the Year
- **Cindy Jones** - Elementary Physical Education Teacher of the Year
- **Ronald Trainum** - Middle School Physical Education Teacher of the Year
- **Scott Williams** - K-12 Dance Educator of the Year
- **Ann McCoy** - Recreational Professional of the Year
- **Gail Fehlner** - Adapted Physical Educator of the Year
- **Patricia Thompson** - Supervisor of the Year
- **Tracy Olivas** - JRFH Coordinator of the Year

### **The 2015 SHAPE America National Teacher Awards!**

- **Ron Trainum** - SHAPE America National Middle School Physical Education Teacher of the Year

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## **The 2016 SHAPE America Southern District Award Winners!**

- **Scott Williams** – K-12 Dance Educator of the Year
- **Ron Trainum** – Middle School Physical Education Teacher of the Year
- **Kristin Brittle**, Southeast Dairy – W. Clyde Partin Service Award

## **Congratulations to the 2015-16 VAPERD Grant Winners:**

- **Janet Kennedy** (Sedgefield Elementary)
- **Krista Crites** (Middletown Elementary)
- **Scott Williams** (Meriwether Lewis Elementary)
- **Jamie Beeler** (Yancey Elementary)
- **Brian McPherson** (Pinebrook School)
- **Katherine Blair** (Stony Mill Elementary)
- **Eric Martin** (Stewartsville Elementary)
- **Courtney Dziagwa** (Chesterfield Academy)

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## **Grants**

- [NASPE Grants Database](#)

*Deadline for Apply:* **Deadlines Vary**

NASPE wants to assist you with winning grants by informing you about availability of program and research grants. If you are aware of other physical education/physical activity/sport grant opportunities that are national in scope and not listed in our grants database, please send the grant name, sponsoring organization, and Web site to [naspe@aahperd.org](mailto:naspe@aahperd.org).



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- Athletics and Wellness Support Grants

*Deadline for Applications:* **Rolling Quarterly Reviews**

Finish Line, an athletic retailer specializing in brand name footwear, apparel and accessories, supports athletic and wellness programs located in communities where their stores are located. The foundation funds projects registered as 501 (c) (3) organizations; have a primary focus on assisting children and young adults 18 and under; concentrate on athletics or wellness; and benefit communities in which Finish Line stores are located. For details go to <https://wvde.state.wv.us/osshp/main/Grants.htm>

- Baseball Tomorrow Fund Offers Support for Youth Baseball and Softball Programs

*Deadline for Letters of Inquiry:* **Open**

The Baseball Tomorrow Fund is a joint initiative between Major League Baseball and the Major League Baseball Players Association designed to promote and enhance the growth of youth participation in baseball and softball. Grants are intended to finance a new program, expand or improve an existing program, undertake a new collaborative effort, or obtain facilities or equipment necessary for youth baseball or softball programs.

Projects must meet the following criteria: increase the number of youth participating in baseball and softball programs; improve the quality of youth baseball and softball programs; create new or innovative ways of expanding and improving baseball or softball programs; are able to match funds for programs; provide programs for children between the ages of 10 and 16; support existing programs that have demonstrated success in providing a quality youth baseball/softball experience; and address opportunities for minorities and women. Nonprofit and tax-exempt organizations involved in youth baseball programs are encouraged to submit a Letter of Inquiry. Selected applicants are then invited to submit a full application. Grants are awarded on a quarterly basis. For details go to

[http://mlb.mlb.com/mlb/downloads/btf\\_grant\\_application\\_0306.doc](http://mlb.mlb.com/mlb/downloads/btf_grant_application_0306.doc)

- The SPARK Grant-Finder Tool helps you locate funding for your Physical Education, After School, Early Childhood, Classroom Activity, or Coordinated School Health program. Grants can be used for curriculum, teacher training, or equipment. - See more at:

<http://www.sparkpe.org/grants/grantfunding-resources/>

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If you need additional information contact the grants committee members:

<b>McCoy, Ann</b>	<b>Chair</b>	<a href="mailto:annemccoy@spsk12.net">annemccoy@spsk12.net</a>
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Luntzer, Christina	Member	<a href="mailto:luntzerc@wjcc.k12.va.us">luntzerc@wjcc.k12.va.us</a>
Meridith Morton	Member	
Terry Gooding	Member	<a href="mailto:terry.gooding1@cox.net">terry.gooding1@cox.net</a>

## News

• **Don't Be Afraid to Speak Out!**  
by Mike Humphreys

It's a great time in the history of our country to be in the health and physical education business. Thanks to the birth of many successful nation-wide campaigns to combat inactivity (think the First Lady's Let's Move! programs), a bevy of recent empirical evidence linking increased activity and improved academic performance, and a general rethinking of how to prepare and retain a new generation of committed and engaging health and physical educators, those across the country who call gymnasiums and health classrooms home are enjoying an unprecedented level of professional and personal respect. [Click here to read more!!](#)





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- **SHAPE America – 50 Million Strong by 2029**

Approximately 50 million students are currently enrolled in America's elementary and secondary schools (grades pre-K to 12). SHAPE America wants to ensure that by the time today's youngest students graduate from high school in 2029, all of America's young people are empowered to lead healthy and active lives through effective health and physical education programs. [Read more here!](#)

- **FitnessGram**

June – By: Chad Triolet – VAHPERD President Elect  
Gopher PE Blog - <http://www.gophersport.com/blog/>

Now that the President's Physical Fitness Council has adopted FitnessGram as its fitness assessment tool, most school divisions across country are now using it as their assessment tool for measuring student fitness levels. According to the Cooper Institute, "FITNESSGRAM is a **comprehensive educational, reporting and promotional tool** used to assess physical fitness and physical activity levels for children. It was first developed in 1982 by the Cooper Institute and is the most widely used children's health-related physical fitness assessment in the world." As a teacher, I find a great deal of value using a fitness assessment. [Click here to read more.](#)

- **SHAPE America – Health. Moves. Minds**

The vision of SHAPE America is "Healthy People – Physically Educated and Physically Active!" Headquartered in Reston, VA, 25 miles west of Washington, DC, SHAPE America is the largest organization of professionals involved in physical education, physical activity, dance, school health and sport--all specialties related to achieving an active, healthy lifestyle. Its mission is to advance professional practice and promote research related to health and physical education, physical activity, dance and sport by providing its members with a comprehensive and coordinated array of resources, support and programs to help practitioners improve their skills to further the health and well-being of the American public. [Learn more](#) about our history.



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- **Inaugural National Dance Society Conference**

End your summer on a high note and begin your new school year armed with new material for Dance and Physical Education classes. Texas A & M University will host the National Dance Society in College Station, Texas, for their Inaugural conference, August 5-7, 2016. The sessions offered will range in styles and dynamics from hip-hop, multicultural dance, choreography games for PE and Dance, Dance for the Brain and Heart, and Motown. As a TAHPERD member, you may attend the conference as a NDS member at member pricing. There will be a professional concert on the opening night, following an attendee dinner and awards ceremony that is included in the registration fee. The Keynote speaker will be Gayann Grossman, a dancer/physical therapist representing IADMS (the International Association for Dance Medicine and Science) and targeting the topic of common injuries associated with physical activities in young adults and children. Join the leaders in Dance and Physical Education in this breakthrough conference!

For registration materials and more information, go to the NDS website at:

<http://nationaldancesociety.org/annual-conference.html>



**EDUCATION  
& HUMAN DEVELOPMENT**  
TEXAS A&M UNIVERSITY



*American Alliance for  
Health, Physical Education,  
Recreation and Dance*

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- Something big is happening at VAHPERD! Find out by keeping up to date with us by adding us as one of your friends on Facebook (<https://www.facebook.com/VAHPERD>) or follow us on Twitter (<http://twitter.com/VAHPERD>)!
- The VAHPERD website has had **major revisions**. Please take a few minutes to look at the newly posted grant opportunities, archives of The Virginia Journal and The Communicator, on-line nomination for Board Position, Teachers of the Year and Convention presentation proposals. We are constantly posting new information and trying to improve the site. Go to [www.vahperd.org](http://www.vahperd.org) for details.
- New Grant Information - User Name and Password required  
<http://www.vahperd.org/Login.aspx>
- Achieves of The Virginia Journal and The Communicator – User Name and Password required  
<http://www.vahperd.org/Login.aspx>
- The success of TVJ and the Communicator only go as far as the members and our submissions. I ask that you continue to submit the quality work you have in the past. Let the state, region and nation know the outstanding work we are doing in VAHPERD. So this is my continued call for manuscripts for the upcoming issues of TVJ and news information for the Communicator. The TVJ and Communicator depend on the submissions from our exceptional professionals working in the field. So please continue to e-mail me your manuscripts and news by the January 15<sup>th</sup> and July 15<sup>th</sup> deadlines respectively for each issue as a Word attachment for the two publications.

Michael Moore, PhD, ATC; [mbmoore@radford.edu](mailto:mbmoore@radford.edu); (e-mail is the easy way to contact the editor) 540-831-6218.



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## **Officers & Directors 2015-2016 VAHPERD Board**

<b>First Name</b>	<b>Last Name</b>	<b>Participation Type</b>	<b>Preferred Email</b>
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Susan	Nye	President Elect	<a href="mailto:nyevahperd@gmail.com">nyevahperd@gmail.com</a>
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## **2015-2016 VAHPERD Committee Members**

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