



MTAHPERD News

Montana Association for Health, Physical Education, Recreation and Dance

Volume 1, Issue 2

Winter Newsletter, February 2011

mtahperd.org

Hello! As we steadily move into 2011, I am overflowing with excitement as we continue into this decade as I know it will be one we will not forget. I can not wait to see what the new year brings us, with the legislature in full swing and education being a hot topic, I am sure we will see some great things come out of Helena over the next few months. On the national stage, the Elementary and Secondary Education Act is up for renewal and Senator Harkin (D-IA), Chairman of the Health, Education, Labor, and Pensions committee, is showing strong support for including health and physical education as core subjects.

In Montana, we are gearing up to celebrate 75 wonderful years of being an association. Our convention in Helena August 9-10 is shaping up to be great and I hope all of you will be able to attend, or even be a presenter, at the conference. As always, check our website, mtahperd.org, your email, and our Facebook page for updates about the conference.

Lastly, I want to thank all of you for being the best members in the country and look forward to the second of half of my presidency!

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The Benefits of Yoga in the Classroom

Michelle Peterson, VP Elementary Physical Education

Youth of today can't rely on Health Enhancement activity as the only means of maintaining health. It is unlikely that Health Enhancement time will be increased in the near future. Therefore, Health Enhancement Educators must work in partnership with classroom teachers in order to find ways to help children get more movement. Incorporating movement in the classroom positively increases health benefits and the mood of the learning environment.

Why yoga? Yoga in the classroom provides an additional approach for students to get extra movement. Yoga incorporates flexibility and breathing movements that strengthen lung capacity and the use of oxygen more efficiently. Breathing relaxes the mind and body which can allow the body to be more receptive to learning. Flexibility or lack of flexibility can really wreak havoc on a student causing muscle cramps, stomach aches, and even headaches. When a teacher takes the time to care about the whole student, students are happier and more willing to cooperate with tasks that are challenging.

Using yoga in the classroom may meet with some resistance. Occasionally, people believe that it has religious connotations. When used in the public school system it is not about religious material. It is about the breathing and stretching that yoga can offer. To allow students the opportunity to gain from yoga without meeting resistance teachers can call it fitness stretching or flexibility exercises. The resources that are available on youth yoga or yoga in schools are abundant and extremely easy to implement. Some resources are www.fitdeck.com, www.yogainschools.org, www.yogainmyschool.com and www.yogakids.com. These are just a few areas where you can find information on yoga in the classroom.



http://www.zazzle.com/yoga_girl_poster-228296028140153424

What's Going on in the Montana State Legislature?

Below is a summary of what occurred during the first month of the 62nd Montana State Legislature.

HB 154- "Eliminating the Requirement of Teaching Certificate for Superintendent of Public Instruction." This bill passed out of committee with a bipartisan 8-7 vote. It has been scheduled for a second reading.

SB 44- "Raise age for Compulsory School Enrollment." A hearing has been held in the Senate Education and Cultural Resources Committee, the motion to bring out of committee failed 23-25. Bill is likely dead.

SB 88- "Increase professional stipends for certified teachers." A hearing has been held by the Senate Education and Cultural Resources Committee, no further action has taken place.

HB 136- "Generally Revise School Funding." This bill has been referred to the House Education Committee, no further action has taken place.

More on page 7...

Let's Move In School—AAHPERD/NASPE Initiative

In November, the board voted to sign an AAHPERD/NASPE initiative called Let's Move In School. By signing on, MTAHPERD acknowledged the need for a comprehensive approach throughout the nation to increase the effectiveness of physical activity in the nation. This project was officially launched on February 1, 2011 through a series of different media outlets. The goals of the program are:

-Provide educators with materials to teach the Comprehensive School Physical Activity model.

-Help schools create an environment that clearly supports physical activity.

-Provide materials to PTAs, Superintendents, and Principals on how to assess the progress of their schools and communities.

This is a great initiative that we have signed onto and are committed to seeing this through. We will be giving a presentation on this at our convention but more information is available on the MTAHPERD website and at <http://www.aahperd.org/naspe/advocacy/letsmoveinschool/index.cfm>.

MTAHPERD Awards

Nancy Colton, Awards Chairwoman

In our last newsletter, we recognized those who received awards at our 2010 conference. For those of you who forgot, they were:

Aaron Sieminski: Helena, Dave Oberly Striving for Excellence Award for his work as a new, young, professional who teaches 6-8th grade Health Enhancement at Helena Middle School.

Megan Chilson: Dillon, Dave Oberly Striving for Excellence Award for her commitment to teacher education at the University of Montana-Western.

M.C. Beeby: Helena, Distinguished Service Award for her years of teaching, involvement, and advocacy for a healthier Montana.

I urge all members to consider nominating a co-worker or someone in the community who is a champion for health enhancement and physical activity. Except for the Distinguished Service award, all other awards require the nominee to be a current member of MTAHPERD. Nominations are now closed until August 1st 2011. For additional information please contact Nancy Colton at colton@montana.edu

Congratulations to Scholarship Winners!

As all of the members know, Montana was given three professional and seven student free registrations to attend the National AAHPERD Convention in San Diego, CA March 29—April 2, 2011. The following people won the awards and will be part of a large Montana contingency:

Professionals:

Del Henderson— Plentywood

Courtney Carroll—Lolo

Caroline Ehmann—Darby

Students:

Dana Labuda—Montana State University

Gerruh Nay—University of Montana—Western

Christina Alexander—Montana State University

Cody Coleman—University of Montana—Western

Max Taylor—Montana State University

Curtis Quigley—University of Montana—Western

Rhett Jones—University of Montana—Western

Healthier School Menus

Patty Holman, VP Health

The NSLP, is a federally assisted meal program, established to provide nutritionally balanced, low-cost or free lunches to children each school day. The program was signed into law by President Harry Truman in 1946 under the National School Lunch Act. It is a challenge for any school to plan and serve healthy school meals while meeting the dietary guidelines, the students' preferences, the requirements of the NSLP and stay within the established food budget.

The *Healthier Montana Menu Challenge*, based on the Healthier U.S. School Challenge, is an award program for schools that have chosen to offer healthier school meals and active lifestyle choices by offering menus and snacks that meet the USDA's guidelines, provide nutritional education to students, as well as physical activity opportunities. It recognizes schools that make a commitment to healthier children and go beyond meeting the minimum requirements by allowing more Montana children the opportunity to fuel their bodies and minds while enjoying whole grain foods, whole fresh fruits and vegetables, low-fat dairy and low-fat entrees. (http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/HealthyMT.html#gpm1_1)

Limited time offer: \$500 mini grant for schools that receive a Healthier Montana Challenge Award for Breakfast Meals. A total of \$2,500 (or five mini grants) are available for the 2010-11 and 2011-2012 school years. Contact Montana Team Nutrition Program at (406) 994-5641 or email kbark@mt.gov for more information.

Why Apply? The Montana Team Nutrition Program invites all Montana schools to apply for a Healthier Montana Menu Challenge Award and will assist schools in the application process. Be a Healthy School Champion! Find an interested volunteer (e.g., parent) to advocate for your school!!

What is the Healthier Montana Menu Challenge?

It is a recognition program is based on the Healthier U.S. School Challenge criteria.

Focuses on the school nutrition program and doesn't require a minimum student participation level.

Allows schools to apply for an award for the breakfast program, lunch program or a la carte program or all three.

Applying for either program is an opportunity to make your school the healthiest place possible and to achieve recognition for your outstanding school food service program![Healthier Montana Menu Challenge Informational Brochure](#)

Congratulations to Montana's Healthier Montana Menu Challenge Award-Winning Schools!

Heck Quaw Elementary School, Belgrade, MT

Lone Rock Elementary School

Bozeman Public School District Elementary School

Whitehall Public Schools

Luther Elementary School, Luther MT

Muldown Elementary School, Whitefish MT

Center for Disease Control (CDC) Public Health Law News – Weekly Digest Bulletin

USDA National School Lunch and Breakfast Nutrition Standards. On January 13, 2011, the U.S. Department of Agriculture (USDA) released a plan to revise the meal patterns and nutrition requirements for the National School Lunch Program and the School Breakfast Program. The proposed rule would increase the availability of fruits, vegetables, whole grains, and fat-free and low-fat milk in school meals. The rule would also reduce the levels of sodium and saturated fat in meals and help meet the nutritional needs of children within their calorie requirements. For more information, including information on the public comment period, please visit <http://www.regulations.gov/#!home>.

Another interesting article about Chef Bill Telepan, the executive chef of Wellness in the Schools – a nonprofit dedicated to improving conditions in public schools (www.wellnessintheschools.org).

AAHPERD President to Keynote 75th Convention

Brad Strand, the current AAHPERD President-elect but who will be AAHPERD President by the time of our convention has agreed to be a keynote speaker. Strand, who is from North Dakota, says that he is very excited to journey to Montana and see the great things we are doing in Montana. There are still some invitations out to some influential people to also keynote at our convention, visit our website, mtahperd.org for all the updates concerning our 75th Annual Convention. It will be very beneficial and exciting for us to have Brad in attendance, so let's show him what Montana is all about!



Shape Up Montana

Patty Holman, VP Health

Shape Up Montana is a fun, interactive three-month team competition from February 1 - May 1 that encourages Montanans to develop healthy physical activity and eating habits. The teams are made up of a minimum of four and a maximum of ten people.

Achievement will be recognized in two separate categories:

1. [Weight Loss](#) due to healthy, appropriate eating and physical activity.
2. [Accumulated Activity](#) based on logging miles using the [Miles Calculator](#) (located on your [Personal Dashboard](#)) or [conversion chart](#). The Accumulated [Activity category](#) is divided into 5 groups: [Beginner](#), [Intermediate](#), [Experienced](#), [Professional](#) & [Family Teams](#).

January is a great time to get your school staff involved in a wellness program. Some ideas:

Form teams of 4 or more people

Use pedometers to calculate miles

Have weekly challenges (e.g., drink 8 glasses of water/day)

For more information or to register, visit: <http://www.shapeupmontana.org/>



News From the American Heart Association

Hello, my name is Paula Baker Youth Market Director for the American Heart Association; my territory is the State of Montana, Parts of Central Oregon and the West Coast Line of Oregon.

I have been with the American Heart Association for almost 7 years, and would like to **thank each and every one of you** for the outstanding job of not only educating students, fellow staff members, parents, and directors, such as myself, but for the positive impact that you make on so many lives on a daily basis. I sincerely appreciate all that you do and thank you.

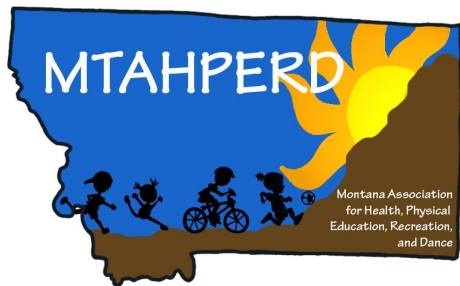
Instead of giving you all kinds of Heart Healthy Statistics, I thought I would fill you in on what has been happening within the American Heart Association's Affiliates –

In the past, the American Heart Association has been structured with nine (9) major affiliates within the United States, one of which was called the Pacific Mountain Affiliate, this particular affiliate was made up of nine (9) states: AK, WA, MT, OR, ID, WY, CO, AZ, and HI – Since that time, they have decided to merge the Pacific Mountain Affiliate with the Western States Affiliate and the South Central Affiliate. If you are from any of the states mentioned above other than WY or CO, you will have a new Customer Service Hot Line. It will be out of Los Angeles rather than Seattle and the contact information will be as follows:

Toll Free: 1-888-AHA-JUMP or 1-888-242-5867 - Email: WSA-YM.help@heart.org

If you do not have this information available and you need some assistance, please feel free to contact your American Heart Youth Market Director, and we will be more than happy to assist you in any way we can.





*Montana Association for Health, Physical Education,
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mtahperd.org

Membership Application

First Name _____ Last Name _____

Address (Home) _____ City _____ Zip _____

Name of School/Organization _____

City _____ State _____ Zip _____

Phone (Home) _____ Work _____ Fax _____

Email (Print Legibly) _____

May We Put You On Our Mailing List (Newsletter, Local/State/National Updates, etc.)? _____ Yes _____ No

MTAHPERD Membership: _____ New _____ Renewal _____ Student _____ Retired

(Membership Runs September 01

—August 31)

AAHPERD Member? _____ Yes _____ No

Membership Dues:

Professional: \$25.00 _____

Student/Retired: \$10.00 _____

Mail Membership Forms and Dues to:

Marti Edgmond • 926 7th Ave. • Laurel, MT 59044

MTAHPERD Calendar

February 2011

4– National Wear Red Day (See blurb below)

28-MTAHPERD Board Meeting, 9 a.m. at the OPI Building in Helena

March 2011

16-17—NASPE Speak Out! Day, Washington, D.C.

29-April 2—National AAHPERD Convention, San Diego, CA

May 2011

1-7—NASPE Physical Education and Sport Week

June 2011

AAHPERD Leadership Development Conference, Green Bay, WI

August 2011

7-8—Safe Routes to Home Pre-Conference Session in Helena

9-10—75th Annual MTAHPERD Conference, Capital High School, Helena, MT *please visit our website, mtahperd.org for information*

September 2011

Contacting Your Legislator

If you would like to contact your legislator about any of the bills being discussed and voted on, here are a couple of options: Email, phone, write a letter, or go to Helena. All contact information can be found at leg.mt.gov, go to “find a legislator, current roster, then scroll until you find the name of your legislator and click on them.

February 4th, 2011

National Wear Red Day

Paula Baker, AHA State Representative

Go Red For Women is a National campaign that connects millions of women of all ages and helps them make heart-healthy choices every day. **National Wear Red Day, Friday, Feb. 4**, celebrates the movement. Don't forget to wear red and share your commitment to the fight against women and heart disease! Any questions – please contact me at paula.baker@heart.org. **WHO MAKES THINGS HAPPEN? Each and every one of YOU! Have fun – wear red socks, hats, pj's, shirts, scarves, baseball caps – whatever you would like, even a red table cloth for a cape, and be a Heart Hero.**

Size Does Matter

Tom Anderson, VP Secondary Physical Education

Whether it's McDonald's, Wendy's, Burger King, or another fast food diner only \$.50 or \$.99 will get you the XL combo/meal deal. Or at the local deli or gas station/super store this month you can get a 32 ounce pop for only \$.99 That's almost a six-pack of pop for less than a buck. What a deal!! In both instances you've received a big break on the ol' pocket book, but soon you will need bigger pants like so many of us have done – especially our kids. Great deals for double or triple the calories over the regular size. But, oh no lets blame school lunch. That's not a real big problem.

It's taken from the time baby-boomers were kids until now (I guess) to figure out that these kind of great fast food opportunities have brought on many of our overweight problems we are fighting today.

Now for a fix we've got to make kids and ourselves understand and believe that Supersizing is a deal to split between two people or just go with the regular size. Yet another snag -as a kid they had just invented the monster 16 ounce bottle of Coke. One of those ever so often was an amazing treat. Today in the fast food world if you can even find a 16 ounce it's the smallest cup available. Most of our gas stations and convenient stores today begin at a measly 24 ounces then 32 ounces and up. How do we change those crazy sizes? The size does matter, and it's a big because of heart problems, diabetes, and many others.

Now, go out there and have a heart healthy day...

NWD/MTAHPERD Partner Up Again

The Northwest District Association and Southwest District Association are co-sponsors of the AAHPERD Convention in San Diego, March 29-April 2, 2011. As members of the NWD, Montana will help in the form of volunteering time at the registration tables. If anyone from Montana is attending the National Convention and has not signed up to volunteer an hour or two of their time, please consider doing this great duty!

Next year, MTAHPERD and the NWD will be teaming up again to hold our conventions. The MTAHPERD/NWD Convention will be held in Bozeman, MT August 7-8, 2012 at Bozeman High School. Please put this on your calendars and plan on joining us in Bozeman for another great convention!

Gayle See, NWD Executive Director, and Brian Kessler are planning the event so keep your eyes peeled for call for presenters and information regarding the convention!

An Apple A Day Is Not Enough –

Paula Baker

Website: <http://www.healthteacher.com>

I received this from Katie Bark, RD, LN: MT Team Nutrition Program from Bozeman, MT. In the celebration of good health for youth she has shared a link to a you tube video on the need for health education. It is a very powerful poem written by Taylor Mali (a well known spoken word artist and teacher) about the importance of health education. It's done in the style of kinetic typography. As we are all aware that we must get the word out of the importance of health education and its ability of getting our country's health back on track – but we cannot do it alone. Strength runs in numbers. If you would like to share this link with your friends and co workers, Katie would be more than grateful.

<http://www.youtube.com/watch?v=4SJ3T6EM3qU>

62nd Montana Legislature Update Continued

SB 141- “Addressing Bullying in Schools.” This bill, brought by Kim Gillan (D-Billings), looks to define what bullying, harassment and intimidation actually mean and how school districts need to go about in ensuring the safety of all students from all types of harm. This act, which would be named the “Schools Are for Education Act” would definitely be a step in the right direction to curb bullying in the schools. It currently has been scheduled for a hearing in the Senate Education and Cultural Resources committee.

SB 25- “Provide Monitoring of BMI Trends in Children.” This bill, as was sent to you a little earlier, was brought by Christine Kauffman (D-Helena) on behalf of the Children, Families, Health, and Human Services Interim Committee. This bill essentially lays out the foundation of collecting BMI from everywhere in the state, analyzing it, and reporting back on how we are doing with battling obesity. This bill passed 4-3 out of the Senate Public Health, Welfare and Safety Committee. A second reading was scheduled and a motion on the bill to segregate the bill from the committee of the whole report failed 22-28, the bill is still alive, but support definitely needs to be voiced.

SB 4- “Provide Immunity From Civil Liability for Sports Officials.” I am guessing that there are a great deal of officials out there so this might interest you. This bill, sponsored by Dave Lewis (R-Helena), would remove the liability of the official and those who train them in the case of injury or damage unless because of gross negligence. This bill passed through the Senate 30-18 and has been transmitted to the House.

HB 86, 116, 189, and SB 54, 56, 113– All of these bills deal with teacher retirement funds in some way.

Finally I am including the members of the committees for Education in each of the houses: (Contact info at leg.mt.gov)

House Education: Scott Reichner (R-Big Fork) - Chair, Kristin Hansen (R-Havre), Edie McClafferty (D-Butte), Bryce Bennett (D-Missoula), Mark Blasdel (R-Somers), Joanne Blyton (R-Joliet), Christy Clark (R-Choteau), Lila Evans (R-Browning), Sue Malek (D-Missoula), Jonathan McNiven (R-Huntley), Jean Price (D-Great Falls), Daniel Salomon (R-Ronan), Bob Wagner (R-Harrison), Ted Washburn (R-Bozeman), Jeffrey Welborn (R-Dillon), Franke Wilmer (D-Bozeman).

Senate Education and Cultural Resources: Ryan Zinke (R-Whitefish)- Chair, Rick Ripley (R-Wolf Creek), Gary Branae (D-Billings), Taylor Brown (R-Huntley), Jeff Essmann (R-Billings), Tom Facey (D-Missoula), Bob Hawks (D-Bozeman), Bob Lake (R-Hamilton), Eric Moore (R-Miles City), Sharon Stewart-Peregoy (D-Crow Agency).

Looking for a Reason to get Moving? We've got Four Good Ones: Cancer, Diabetes, Heart Disease and Stroke!

Paula Baker

Under the banner of the **Preventive Health Partnership (PHP)**, the American Cancer Society, American Diabetes Association and American Heart Association are **collaborating** to develop and pursue strategies for the prevention and early detection of cancer, cardiovascular disease and diabetes. One of the goals of this joint venture is to stimulate substantial improvements in primary prevention and early detection through collaboration between key organizations.

PHP has also set up a web site that is raising awareness not only for community members, and policy makers but also for our medical facilities to recognize the importance of the public's understanding about the various roles for prevention.

To assist you in making Everyday Choices for a Healthier Life, PHP offers you free practical tips and valuable information on tips for Men's and Women's Risk Factors, what health screenings an individual needs at what point and time of their lives. The terminology is very basic, some could be used within your classrooms (Health Tools) if you so desired, but it would be impossible for me to be able to tell you everything that is offered. Please check out the web site and form your own opinion.

The Web Site is: www.everydaychoices.org

If you like this particular web site or not, I ask one favor of you, to **make it your mission to help fight Cardiovascular Disease and Stroke**, so that others may live. If you do not know how to do this, please contact me and I am sure that together we can put some ideas into action.

Once again, thank you for all that you do for your students and your communities, and if there is anything that I can do for you please contact me by email or the numbers listed below. Good Luck on Your Jump Rope / Hoops for Heart Events Everyone!

Paula Baker, Youth Market Director Montana/Central—West Oregon

American Heart Association Western States Affiliate

P O Box 6381, Great Falls, MT 59406

Thesis Project—Help!

Patty Holman, VP Health

I am finishing my masters degree in Health Promotion at the University of Montana (May, 2011) and working as a graduate assistant at the Rural Institute for the Montana Disability and Health Program (MTDH). I also serve on the MTA-HPERD board as the Health VP. As part of my thesis project, I am planning to email an electronic survey to all K-8 physical educators in Montana. Unfortunately, a email address database is not available for all 547 - K-8 physical educators. Thus, I will need to contact each school district and/or principal for this information. If you are interested in participating in this electronic survey, please email me at pholman@ruralinstitute.umt.edu. Please feel free to forward this information to other K-8 physical educators in your school district who are not MTAHPERD members. If you have any questions, please contact me directly. Thank you in advance for your time and participation in this research project.



National Association for Sport and Physical Education of the
American Alliance for Health, Physical Education, Recreation and Dance