
MTAHPERD NEWS

Northwest District Convention to be Held in Missoula August 4-5, 2009

The 2009 Northwest District (NWD) convention will be held at Missoula Big Sky High School August 4 and 5. This will be the first time Missoula has hosted a NWD convention, although Billings has hosted the convention in the past.

This convention is an excellent opportunity for Montana health enhancement teachers to hear national speakers as well as meet and share ideas with other professionals from Idaho, Washington, Oregon, Alaska as well as Montana and Japan.

Speaker proposal forms will be accepted until June 1. Download a form from the NWD website at <http://www.aahperd.org/districts/nwd/>.

Presenters at this time include

John Smith from New Jersey (dance and parachutes), Joseph Herzog (plyometrics), Brad Victor (comprehensive sexuality education), Teresa Osborn (social dance), Terry Hamilton (Tae Kwon Do), Mary Seitz (integrating math and science into PE), and Rachael Morehouse (New PE).

Make this convention a family event! The Western Montana Fair should be in full swing as well as Missoula's baseball team, the Osprey. Missoula has two public pools and a third, Splash, with slides. Mountain biking, walking, and hiking spots are less than 15 minutes away from the city



*Picture yourself here...
Blodgett Canyon, Western Montana
Photo by KaCee Ballou*

center. Check out the Missoula Visitors Center website at <http://www.missoulacvb.org/> for current information and lodging. **Finally, current MTAHPERD members can waive the AAHPERD/NWD membership fee and attend for only the convention fee of \$110 which includes lunch both days.**

Helena Teachers Earn National Recognition!

Janet Erickson, a Helena middle school teacher, has won the National "Hoops for Heart" Coordinator of the Year award given by the American Heart Association. (AHA). Janet has coordinated a "Hoops for Heart" program for over 15 years and,

with her students, has raised over \$60,000 for the AHA to help prevent heart disease and stroke. Erickson was also instrumental in setting up the Patrick Kelly Grant Award for MTAHPERD (see page 4).

Peggy Chappius, the Montana

Elementary PE Teacher of the Year (TOY), has won the Northwest District Elementary PE TOY. Peggy will join other District winners at the 2010 AAHPERD National Convention in Indianapolis, Indiana to compete for the National TOY honor.

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Upcoming Conventions:

- 2009 AAHPERD Convention in Tampa— advance registration deadline March 4, 2009
- 2010 AAHPERD in Indianapolis, Indiana
- 2010 MTAHPERD Convention in Billings, MT
- 2011 MTAHPERD in Dillon, MT

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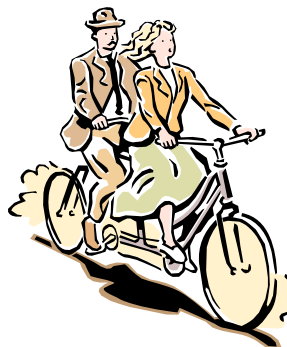
Successful Advocacy Keeps PEP Grants Alive

Advocacy at the state and national level is always a necessity, but it even becomes more important with a new administration. The American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD) has several legislative priorities for 2009.

To improve school health and physical education programs, AAHPERD is supporting the "Play Every Day Act" which would put into place programs to insure 60 minutes of physical activity to kids, families and communities across the US, the "Carol M. White Physical Education Program" (PEP), and the

"Fitness Integration with Teaching" Act (FIT Kids Act) Finally, AAHPERD encourages members to continue to voice support for Title IX. To help with these and other issues, the AAHPERD Advocacy Legislative Action Center provides more information plus an easy way to contact Montana legislators: <http://member.aahperd.org/advocacy/>.

The 2009 PEP Grant dates



Anything is possible when we work in tandem!

have been just been announced. Applications may be submitted in paper format or through <http://www.grants.gov>. To get help if you apply, SPARK has 20 pages of grant information and examples to help applications win a PEP grant. SPARK is a research based organization that designs programs to promote life-long wellness. Contact SPARK at <http://www.sparkpe.org>. Application deadline is March 6.

NEW: Unified Dues Proposal Will Save You Money

Montana, with the Northwest District and the American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD) are piloting a "unified dues" program. Under this new program, Montana health enhancement professionals can save \$25 when joining AAHPERD and MTAHPERD at the same time.

Normally, Montana AHPERD dues are \$25 per year and AAHPERD dues are \$135. If members join both organizations at the same time, the cost is only \$135 or a savings of

about 15%. A few things to note: because this is a pilot program, registration will need to be done by phone, mail, or fax. Quarterly payments will not be available in this program. Finally, this proposal only applies to professional members. Student members will need to fill out two applications— one to MTAHPERD and one to AAHPERD— as they have done in the past.

Look for the registration for on the MTAHPERD website: <http://www.opi.state.mt.us/mahperd>. Download the form and mail or fax

"Montana health enhancement teachers can save \$25 by signing up for both organizations at the same time."

the form to AAHPERD, 1900 Association Dr., Reston, VA, 20191-1598 or call 1-703-476-3400.

American Heart Association News

The Montana Chapter of the American Heart Association (AHA) is offering a special incentive to all students participating in Hoops and Jump events this year. Every student that receives more than \$50 in donations ONLINE will be automatically be entered in a drawing for a Nintendo Wii.

Don't forget that AHA offers teachers several excellent teacher resources. "What Moves U" contains lesson plans and a new "Challenge" program that is co-sponsored by

the NFL. This includes the "Play 60 Program" which encourages students and families to play 60 minutes per day. While much of the information is directed towards the upper elementary student, middle school and high school teachers will find plenty of ideas that can be tailored to their students. To access this information, contact <http://www.NFLrush.com/health/> or go to <http://www.americanheart.org>.



Top 10 Ideas to Keep in Mind When Student Teaching

By Alli Jones & Brian Kessler, MSU-Bozeman, Student Reps to MTAHPERD

While all of us will experience things differently during our student teaching, here are 10 things to keep in mind:

1. The kids won't always like you.
2. Get experience with kids before walking into the classroom.
3. Get to know the teaching community and administrators.
4. Take part in parental interaction as much as possible.

5. Remember, you're the teacher, they are the students.
6. Don't stress, it will be over before you know it.
7. Plan. Plan. Plan. Always be prepared.
8. Ask questions.
9. Get as many resources as you can.
10. Get the most out of the experience.

In an effort to create a network in which we,



"Remember, you're the teacher, they are the students."

as future educators, can stay in touch, we are creating a blog which will contain four main sections: "Teaching Methods", "Essential Questions", "Wacky Times", and "Miscellaneous". As of right now, this blog is still under construction, but when up, the site URL is

healthenhancementteachers@blogspot.com.

Email additions to the blog at healthenhancementblog@gmail.com. If you have other questions, contact Kessler at b_k42@hotmail.com

"Donate Life": An Essential Health Lesson for HS

Contributed by Caroline Ehmann, MTAHPERD VP

Each year, Caroline Ehmann, a health enhancement teacher in Darby, invites Jim Seals into to her high school health class to educate students on organ donation. Seals, from Polson, MT, donated a kidney to Karen Giesy from Whitefish, MT. Seals, a former Army medevac pilot, tells an uplifting story about his donation, and shows a DVD about how teens have donated organs to save other lives. For Jim Seals, the story began 30 years prior

when his brother-in-law received a much needed kidney transplant.

Students will also get information on how to become donors themselves. Although there has been an increase in organ donation in the last 18 months to bring total number of registered donors in the US to 70 million, only 35% of licensed drivers have committed to donation though state registry. This makes the donor shortage a leading public health crisis. Seals works with "Donate Life" is an organ, eye and tissue donation program ([http://](http://www.donatelife.net)

"How does a healthy person who has never had surgery decide undergo a major operation to save the life of a stranger?" <http://kidney.org>

www.donatelife.net). The Donate Life website has forms specific to the laws of each state in the US. For more information, contact Ehmann at cehmann@darby.K12.mt.us.

Montana Action for Healthy Kids

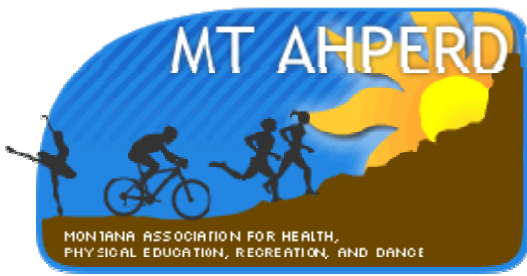
Melanie Williams, a MTAHPERD member, will be serving on the Montana Action for Healthy Kids Coalition. The Montana Team operates as a committee of the Eat Right Montana Coalition, a non-profit coalition helping Montanans improve their



*Join Our Conga Line!
Students at Hellgate Elementary enjoy inline skating.
Thanks to Deb Sension-Hall for the photo*

health through fitness and nutrition. The Team has awarded 15 mini-grants to parent groups that are involved in schools. The mini-grants will be used in a variety of ways such as to improving healthier food choices, creating non-food reward programs, the purchase of

a salad bar for the cafeteria, or increasing physical activity opportunities in the school environments. The coalition meets four times per year with a two year commitment for each member. For more information, contact Williams at MWilliams@metnet.mt.gov or Katie Bark, Chairperson and Team Nutrition Specialist at kbark@mt.gov. Contact Action for Healthy Kids at <http://www.actionforhealthykid.org>.



<http://www.opi.stste.mt.us/mahperd>.



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



*The Great
Northwest District*

The Montana Association for Health, Physical Education, Recreation and Dance (MTAHPERD) is a professional organization of educators dedicated to promoting healthy lifestyles among all Montanans through the promotion of health education, physical education, lifetime fitness and recreational activities, and dance. The mission of MTAHPERD is to provide advocacy for its members, provide a venue for presentation of research, provide information on grant opportunities, and to provide professional development through conventions and workshops to its members. It is the duty of the officers and members to actively seek out new information regarding health enhancement and education in order to ensure professional development and communicate this information with the people of Montana.

Now Accepting Patrick Kelly Grant Applications

Montana AHPERD is now accepting applications from Montana schools for the Patrick Kelly "Spirit in Action" grant (see related story on page 1). In its second year, this grant honors Patrick Kelly, a 14 year old young man from Helena who died unexpectedly in July of 2006 from an undiagnosed heart condition.

To apply for the \$500 grant, applicants must be a member of MTAHPERD, and have coordinated an American Heart Association Jump or Hoops for Heart Event in the school year applying for the grant. To qualify for the grant, applicants should submit written documentation for a



Patrick Kelly competing at the 2006 Junior Olympics in Helena, MT

"plan of use" of grant funds, how receiving the grant will impact the coordinator's school, how the monies will be used, and a brief description of the Hoops/Jump event held at their school.

Grant money must be used for Health Enhancement teaching supplies and/or equipment designed to promote heart healthy behaviors. Monies cannot be used for salary, benefits, travel, or lodging. If selected, the successful applicant will be required to submit an itemized account of how the grant monies were spent. Proposal forms are available on the MTAHPERD

website: <http://www.opi.stste.mt.us/mahperd>. Completed grant proposals are due to Nancy Stock, acting MTAHPERD Executive Director, 416 Fawn Lane, Stevensville, MT, 59870 on or before Friday, May 1, 2009.

For those unfamiliar with Patrick Kelly, he was just like any other 14 year old; he played football, basketball, loved golf and snowboarding. On the day Patrick died, he had participated in a pole vault exhibition and went to the lake with family and friends to wakeboard.

The bottom line is this: heart disease does not only affect adults, it affects young people as well.

This grant is sponsored by Payne Financial Group, INC, MTAHPERD and the American Heart Association.
