



## Indiana AHPERD Newsletter

Indiana Association for Health, Physical Education, Recreation and Dance Affiliated with American Alliance for HPERD

# Enhance

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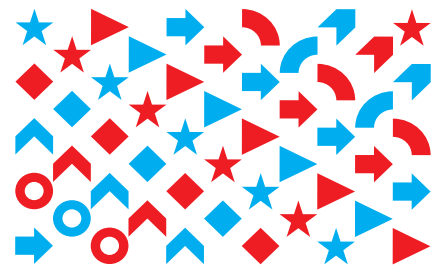
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**Let's Move!** Active Schools

### **#ActiveKidsDoBetter**

*Let's Move! Active Schools is a physical activity and physical education solution to ensure 60 minutes of physical activity is the new norm for schools.*

*Active Schools help kids reach their greatest potential both in the classroom and life.*

**Sign up at**  
[letsmoveschools.org](http://letsmoveschools.org)



## SHAPE AMERICA KICKS OFF

# “50 MILLION STRONG BY 2029”

## INITIATIVE IN MIAMI

Earlier this month three- and four-year old children at North Beach Elementary School in Miami Beach helped SHAPE America kick off the national launch of “50 Million Strong by 2029,” our initiative to ensure that all of America’s students develop the skills, knowledge and confidence to enjoy healthy, meaningful physical activity. Joining the children were SHAPE America President Stephen Jefferies and CEO Paul Roetert, with representatives from Miami-Dade County Public Schools, the President’s Council on Fitness, Sports & Nutrition, and NIKE, Inc.

“SHAPE America believes a comprehensive school physical activity program, with well-designed physical education and health education, is the path to achieving 50 Million Strong by 2029,” says Roetert. “We selected Miami-Dade County Public Schools for the launch of this initiative because they embrace that philosophy and have programs in place that empower students to embrace a healthy and physically active lifestyle.”

“We understand the importance of keeping our kids healthy and physically active,” says Alberto M. Carvalho, Miami-Dade County superintendent. “We have developed a variety of choices for all of our students to stay active, and we are thrilled about the new initiative promoting similar programs across the nation.”



### In Miami-Dade:

- One hundred percent of the schools are enrolled in First Lady Michelle Obama’s Move!Active Schools initiative
- Physical education programs have been recognized by Designed to Move and UNESCO
- The Anchors Away and I Can Do It/You Can Do It adapted physical education programs have been recognized by First Lady Michelle Obama
- Every student in physical education class participates in individual fitness assessments through the Presidential Youth Fitness Program

- Preschoolers are introduced to the joys of being physically active by professionally trained early childhood staff.

“We want to salute Superintendent Carvalho’s commitment to educating all students — beginning with preschoolers — about the importance of living a healthy and physically active life,” says Roetert. “Miami-Dade is poised to reach 356,000 students strong.”

“Nike believes in the power of sport to unleash human potential, and we know active kids do better in school and in life,” says Vanessa Garcia-Brito, senior director, communications & partnerships, Global Community Impact, NIKE, Inc. “Initiatives like ‘50 Million Strong by 2029’ are the key to helping kids find the joy in movement and giving them an opportunity to have happier, healthier lives. We are excited to see this nationwide commitment and applaud Miami-Dade County Schools for being a leading example.”

To keep students moving to boost learning, SHAPE America has developed a Back to School website centered around the 50 Million Strong theme that is full of resources for teachers, administrators, professors, future professionals and parents, including:

- Information needed to develop a comprehensive school physical activity program
- A Physical Education Program Checklist
- Guidance documents on The Essential Components of Physical Education and Appropriate Practices in School-Based Health Education

- Grade-level activity calendars
- Free podcasts on health and physical education topics
- Webinars with innovative ideas and tried-and-true teaching strategies

“Research shows that today’s youth are more sedentary than ever, and that physical inactivity is the cause of many health problems,” says Jefferies. “SHAPE America is committed to providing health and physical education teachers with the resources they need to teach young people about the benefits of living a physically active and healthy life. They can find those resources on our Back to School website.”

Teachers who visit the site and say “Count Me In” to the 50 Million Strong initiative will receive a free digital Scope & Sequence chart. The chart:

- Supports the National Standards and grade-level outcomes for K-12 physical education
- Provides educators with an evaluation scale for K-12 students
- Provides guidance for developing lesson plans for K-12 physical education.

## CONNECT WITH AAHPERD ON SOCIAL MEDIA

HEAD OVER TO **FACEBOOK** AND **“LIKE” AAHPERD**. ON ANY GIVEN DAY, YOU COULD INTERACT WITH LEADING EXPERTS IN THE PROFESSION, INCLUDING AWARD-WINNING K-12 PHYSICAL HEALTH AND DANCE EDUCATION TEACHERS FROM ACROSS THE COUNTRY.

FOLLOW **@NTAAHPERD** AND THE HASHTAG **#SHAPEOFTHENATION** ON **TWITTER** TO FIND LINKS TO OTHER RELEVANT AND ENGAGING ARTICLES, FREE PHYSICAL ACTIVITY IDEAS FOR THE CLASSROOM AND TO LEARN THE LATEST CHANGES TAKING PLACE IN PHYSICAL EDUCATION AND SCHOOL HEALTH.

**AAHPERD** IS ALSO ON **PINTEREST** [WWW.PINTEREST.COM/AAHPERD/](http://WWW.PINTEREST.COM/AAHPERD/). FOLLOW OUR BOARDS TO DISCOVER DELICIOUS AND HEALTHY RECIPES TO SHARE WITH YOUR SCHOOL COMMUNITY AND YOUR OWN FAMILY, DOWNLOADABLE INFOGRAPHICS TO HELP YOU ADVOCATE FOR QUALITY PHYSICAL AND HEALTH EDUCATION IN YOUR LOCAL SCHOOLS, AND MUCH MORE!!



# 8 WAYS TO BRING YOUR ACTIVE SCHOOLS “A” GAME

- 1. Enroll Now.** Sign up for Let's Move! ActiveSchools at [www.letsmoveschools.org](http://www.letsmoveschools.org) from September 1-30 to win big prizes. Champions that enroll and indicate SPARK on their registration form will be entered to win a \$1,000 voucher for Sportime equipment and SPARK curriculum, and be eligible for the grand prize — an all-expenses paid trip to the 2016 SPARK Institute in San Diego, CA.
- 2. Join the Billion Mile Race.** The New Balance Foundation Billion Mile Race is challenging America's schools to collectively walk and run one billion miles. We know that thousands of schools have experienced the benefits of adding walking and running to their school day. We want thousands more to get in on the action by starting a walking or running program. Join Today: [www.BillionMileRace.org](http://www.BillionMileRace.org)
- 3. Take Part in the 2016 Olympics Excitement.** USA Track & Field will award a \$1,000 equipment grant to one school every week leading up to the 2016 Olympic Games to be used for the purchase of a RunJumpThrow equipment kit. Apply by October 31, 2015.
- 4. Be an Active Schools Maker.** Accelerate your learning with game-changing Let's Move! Active Schools professional development. Three options are available: the Physical Activity Leader (PAL) Learning System, customized professional development and online trainings — all offered at no cost to champions.
- 5. Benchmark.** There is no better time to assess your school's physical activity and physical education environment! Fill out or update your Let's Move! Active Schools Assessment to receive a customized Action Plan, and to access new resources and special incentives.
- 6. Fire Up Your Feet.** Schools can earn cash awards to support walking, bicycling and physical activity programs by tracking activity during the Fire Up Your Feet Activity Challenge taking place October 1-31, 2015. Schools with the highest percentage of participation win! Awards are offered in many categories, including a \$500 Let's Move! Active Schools Award.
- 7. Score New Equipment.** Apply for a Good Sports grant to score new fitness equipment. Schools that indicate enrollment in Let's Move! Active Schools on their application will receive priority access.
- 8. #Commit2Ten.** The Alliance for a Healthier Generation is using its 10-year anniversary to launch #Commit2Ten, a campaign designed to challenge the nation to add 10 more minutes of physical activity a day. Get in on the action!



Visit [www.letsmoveschools.org](http://www.letsmoveschools.org) to sign up and learn more.



American Heart Association®



Jump Rope For Heart is a national event created by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. Students have fun jumping rope while becoming empowered to improve their health and help other kids with heart-health issues.

#### Jump Rope For Heart helps students:

- Learn the value of community service and contribute to their community's welfare
- Develop heart-healthy habits while being physically active
- Learn jump rope skills they can use for the rest of their lives
- Earn gift certificates for free school P.E. equipment from U.S. Games

Your efforts to educate your students and raise funds for research and outreach are vital to improving kids' lives.

Call 1-800-AHA-USA1 or visit [heart.org/jump](http://heart.org/jump) to get your school involved.

It Takes Heart to be a Hero



American Alliance for Health, Physical Education, Recreation and Dance

AAHPERD is a proud program partner of Jump Rope For Heart.

©2012, American Heart Association. Also known as the Heart Fund.

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# JRFH AND HOFH ANNOUNCE LIFE SAVING PUPPIES



Jump Rope For Heart and Hoops For Heart had another record breaking year in FY14-15, and we can't wait to see what FY15-16 holds! We are almost **"PAWSITIVE"** it will be the best year yet! After two years of Life Saving Ducks, we are excited to announce our Life Saving Puppies! **We surveyed students from across the country, and, hands down, they chose puppies over ducks!** In fact, 85% of students preferred puppies! We are so excited to have our Life Saving Puppies help teach students about what it means to be heart healthy.

Each puppy is aligned with one of our important health messages for students: living tobacco free, reducing sugary beverages, increasing exercise, reducing sodium, and increasing fruits and vegetables. The fun adoption certificates, posters and online badges make it enjoyable to learn to be heart healthy!

**Milo the Mission Dog is sure to be a hit with students!**

**Another addition this year is our plush puppy at the \$150 gift level.**

We have made numerous changes over the past few years to make Jump Rope For Heart and Hoops For Heart events as easy and fun to coordinate as possible. First, we introduced our new online ordering form that makes tallying student donations easy. Then, we made additional strides to improve the process of distributing Thank You Gifts. So, stay tuned for further details! If you are a volunteer who has held an event before, thank you from the bottom of our heart! If you haven't participated before, or it's been a few years since you last did, give it a try!

**With your support we are going to move heart disease to #2! Together, we can GET 1 DONE!**

## JRFH FUNDRAISING: A TURNABOUT FOR THE RELUCTANT PARENT?



As a Jump Rope For Heart coordinator, I often wrestle with the fundraising aspect and the responses it can elicits from parents. I don't believe all parents give their children credit for having a heart for the things that really matter. Too often I feel they see the fundraising strategy as targeting the child's desire to merely **"win a prize"** and at times, that is very likely the case. But there are such important lessons embedded in the core of the program, both from the massive volume of health education and from the humanitarian aspect. Don't get me wrong, the parents at our school are great supporters, but every year it seems there's usually one parent or child who verbalizes some sort of negativity.

**The following responses that I've thought of over the years have softened a few parents' thinking:**

- **Charitable donations are tax deductible.** As a tax payer, this means donating the money allows you to decide where your money is going instead of letting the IRS and the government spend it for you.
- **Your child is currently using the following items which have been provided directly through JRFH funds to our school:** health education and jump rope skills posters, lessons and games (that students learn from while moving and having fun), all of our jump ropes, about half of the other PE equipment (from the earned US Games certificates that double our annual PE budget), and extras like stethoscopes that the AHA gives us, and heart rate monitors (obtained through JRFH grant).
- **Our Heart honor wall is another key to connecting families to JRFH.** Students bringing in names and photos of family members who have had heart disease to honor on the wall can be the moment when a family makes a connection between heredity and heart disease.
- **Ask parents if their student has shared any stories of heart survivors with them and try to engage** them in the humanitarian aspect.
- **Jump Rope For Heart and Hoops For Heart programs satisfy the National Standards for physical education and health education,** according to SHAPE America. Schools rely on these standards to build quality education programs that develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.



# CPR in Schools Training Kit™

Teach students lifesaving CPR skills by using this all-in-one kit



In School



Facilitated Group

## Train the next generation of lifesavers

The CPR in Schools Training Kit empowers students to learn the core skills of CPR in under 30 minutes, and it teaches AED skills and choking relief. The easy-to-use kit is designed specifically for the needs of school educators. It's portable, allowing for convenient movement from classroom to classroom and easy storage. It's also reusable. The CPR in Schools Training Kit was developed by the American Heart Association and incorporates the very latest science.

## CPR in Schools Training Kit includes

- 10 Mini Anne® Plus inflatable manikins
- 10 kneel mats with carry bags
- 10 practice-while-watching training DVDs
- Hand pump for manikin inflation
- 2 mesh collection and storage bags
- Classroom carry bag
- 50 replacement airways
- 50 manikin wipes
- 10 replacement face masks
- Facilitator Guide

The kit contains everything needed to facilitate a CPR in Schools training class for 10 students at once. And the process can be easily repeated to train an entire class, a grade or even an entire school. One kit can train hundreds of students!

## How it works

Any educator or student can facilitate the 30-minute session as students practice on a Mini Anne Plus manikin while watching and learning CPR skills on the DVD. This method is a research-proven way for students to learn and retain the lifesaving skills of CPR. Students can learn Hands-Only™ CPR or CPR with breaths. Students can take home a manikin and DVD from the kit to train family and friends too.

*When lives are at stake, don't settle for less. Insist on quality training from the leader in Emergency Cardiovascular Care: the American Heart Association.*



**Order today!**

## Course materials

- CPR in Schools Training Kit, light skin (90-1088)  
ISBN: 978-1-61669-347-3
- CPR in Schools Training Kit, brown skin (90-1089)  
ISBN: 978-1-61669-348-0

[www.heart.org/cprinschools](http://www.heart.org/cprinschools)

**(866) 935-5484**

# While Snowshoeing! Let's Exercise Our Hearts

By Caryl Dazer, Livonia Public Schools, Livonia, Michigan

What all children have in common is that, all or most of them attend school during the day. As teachers we can reach out to most students by teaching them about heart fitness and by promoting activities that get them moving and their hearts pumping throughout the school day. Today, one in three children and youth (ages 2-19) in the United States are already overweight or obese (Alliance for a Healthier Generation & American Heart Association, Childhood Obesity an American Epidemic, 2011). During the winter months in the Northern states we tend to eat a little more and become less active. Being cooped up inside with all those indoor recesses can lead to the “cold weather blahs.” Our students feel this way too! Many of our students feel that winter is a time to hibernate in front of the TV. The truth is students need to be active all year round, even during the winter months.

This can be challenging for some school districts. Depending on the school district's rules on wind chill and temperatures, our students can be indoors practically all winter long. Let us make it clear to students that it is safe and ok to go outside and exercise in the cold. Teachers should encourage our students to do this by first teaching them how to stay safe in the cold, including: to dress appropriately, with layers, hats, and gloves; drink plenty of fluids and stay hydrated; and use sunscreen on sunny days (Kids Health, Nemours Center for Children's Health Media, How to Stay Safe in the Ice and Snow, 2012).

I am a physical education teacher for Livonia Public Schools in Michigan. I have been a Jump Rope For Heart coordinator for 20 years. This has become one of the most popular events that we do all year. My students start asking in September when we will be having our Jump Rope For Heart event and what this year's “theme” will be? We have had themes such as a Hawaiian Luau, a Country Ho Down, and Rock the Beat! We will be doing a “Winter Wonderland of Healthy Hearts” this year. During the month of February, I will include in my cardiovascular fitness lessons and during our Jump Rope For Heart Event winter activities to get students' hearts pumping. I will do this by introducing my students to snowshoeing!

Snowshoeing is one of the fastest growing sports in the Northern United States. It is inexpensive, it can be done anywhere that there is snow, and it is very inclusive — everyone can do it! With the gift certificates we earned at last year's Jump Rope For Heart event and the two grants I received from SHAPE America and the Michigan Association for Health, Physical Education, Recreation and Dance, I purchased 35 pairs of snowshoes from US Games.

I will begin my unit at the end of January and will introduce the students to snowshoeing by showing them the different styles, sizes, and shapes of snowshoes. We will also learn the history of snowshoeing. We will then learn how to put them on and walk in them. Then we will head outdoors to exercise our hearts with snowshoeing around our school grounds. I will develop a course where we will stop at intervals and take our pulse, talk about how we feel, and learn about the physical benefits of snowshoeing.

I will create all of my lessons by using the following websites:

- Kids and snowshoeing: How to Get Started REI: [www.rei.com/learn/expert-advice/snowshoeing-kids](http://www.rei.com/learn/expert-advice/snowshoeing-kids)
- Snowshoeing Education 101: [www.showshoemag.com](http://www.showshoemag.com)
- Winter Feels Good, Bring Snowshoes into your Physical Education Program: [www.showlink.com](http://www.showlink.com)
- Winter Kids: [www.kids.org](http://www.kids.org)

These lessons all align with the Michigan State Standards for Physical Education and the National Standards for Physical Education. Here are some suggestions for teaching snowshoeing to elementary students:

- Get several parent helpers. They can help students put on the snowshoes, hats, gloves, and boots.
- Classroom teachers can help by asking the students to already be dressed in their outdoor wear when they arrive to physical education class.
- Physical education teachers can send home a note explaining to parents that in the next weeks during their child's PE class we will be going outside to snowshoe.
- Physical education teachers can display a giant snowshoe on the gym door to let students know it's snowshoeing time in physical education.

For students with disabilities:

- Have paraprofessionals be their partners.
- Give them a peer partner.
- Go slower.
- Repeat directions often.
- Make the course smaller for them and give them more breaks.
- Encourage them to join or participate in snowshoeing as a Special Olympic event.

When teaching heart fitness, we must teach the whole child. This teaching approach holds that each child enters school healthy, learns about and practices a healthy lifestyle, is safe, is engaged, is supported, and is challenged. As Jump Rope For Heart coordinators we must think “outside of the box” and challenge our students with themes and fun activities. So grab that hat, put on those layers, drink up, lather up with sunscreen, and have fun exercising your heart outside and enjoy the snow and all the benefits it has to offer!



— Caryl Dazer is a 2014 SHAPE America JRFH/HFH Grant Recipient and Michigan Association for Health, Physical Education, Recreation and Dance, Adapted Physical Education Teacher of the Year, 2014-2015.

Photo provided by: The Pulse / Shape America



# THE TOP TWENTY SCHOOLS

## THE TOP TWENTY



THORPE CREEK ELEMENTARY SCHOOL	JRFH/HFH	\$31,713.51	CUSHMAN, CLINT
GEIST ELEMENTARY SCHOOL	JRFH/HFH	\$21,669.00	SUTHERLIN, ROD
NEW BRITTON ELEMENTARY SCHOOL	JRFH/HFH	\$14,161.00	JACKSON, DEB
COLLEGE WOOD ELEMENTARY SCHOOL	JRFH/HFH	\$12,522.85	GEROW, THOMAS
DELAWARE TRAIL ELEMENTARY SCHOOL	JRFH/HFH	\$8,745.86	HOPKINS, SANDY
EAGLE CREEK ELEMENTARY SCHOOL	JRFH/HFH	\$8,434.10	BOWMAN, MATT
WEA RIDGE ELEMENTARY SCHOOL	JRFH/HFH	\$8,041.20	VANARSDEL, LORI
ST. PETER LUTH SCHOOL	JRFH/HFH	\$7,972.20	SORG, KRystal
ST. ELIZABETH ANN SETON SCHOOL	JRFH/HFH	\$7,651.54	CLINES, SUSAN
SACRED HEART SCHOOL-JEFFERSONVILLE	JRFH/HFH	\$7,537.25	SWEET, BRENDA
NORTH ELEMENTARY SCHOOL	JRFH/HFH	\$7,222.20	OWENS, ARLENE
FISHERS ELEMENTARY SCHOOL	JRFH/HFH	\$7,104.98	CAIN, MARY
NORTHEASTERN ELEMENTARY SCHOOL	JRFH/HFH	\$7,101.21	OLER, WES
EASTRIDGE ELEMENTARY SCHOOL	JRFH/HFH	\$6,913.00	HELFRICH, OLIVER
YORK ELEMENTARY SCHOOL	JRFH/HFH	\$6,908.73	PICKARD, LORI
SOUTHERN WELLS ELEMENTARY SCHOOL	JRFH/HFH	\$6,841.98	CARTER, MIKE
ST. JOHN EVANGELIST SCHOOL	JRFH/HFH	\$6,442.62	SLUPCZYNSKI, DAVE
RIDDLE ELEMENTARY SCHOOL	JRFH/HFH	\$6,276.00	SCHWENK, CHARLEE
MEADOW'S EDGE ELEMENTARY SCHOOL	JRFH/HFH	\$6,130.52	PHIPPS, MICHAEL
HOLY CROSS SCHOOL	JRFH/HFH	\$6,118.51	COPELIN, MARGARET

CEDAR CANYON ELEMENTARY SCHOOL	HFH	\$18,158.13	MOELLER, KRISTY
BIBICH ELEMENTARY SCHOOL	HFH	\$14,735.40	SMITH, LORI
OAK VIEW ELEMENTARY SCHOOL	HFH	\$14,674.47	MOELLER, KRISTY
OLIVE TWP ELEMENTARY SCHOOL	HFH	\$11,919.25	SCHROEDER, JULIE
WESTFIELD INTERMEDIATE SCHOOL	HFH	\$11,499.27	HAMMES, ROYANN
JANE BALL ELEMENTARY SCHOOL	HFH	\$8,932.95	NELSON, DOUG
KYLE ELEMENTARY SCHOOL	HFH	\$8,394.40	ENGLE, STEFANIE
ALBION ELEMENTARY SCHOOL	HFH	\$7,580.41	REES, SCOTT
KANKAKEE VALLEY INTERMEDIATE SCHOOL	HFH	\$7,100.00	WELCH, GREG
INDIAN CREEK INTERMEDIATE SCHOOL	HFH	\$6,748.43	ZACHERY, SARAH
LIBERTY INTERMEDIATE SCHOOL	HFH	\$6,112.20	BAMBER, NICHOLAS
HERITAGE INTERMEDIATE SCHOOL	HFH	\$5,641.53	MILLER, BRENT
MAPLE GLEN ELEMENTARY SCHOOL	HFH	\$5,106.00	PRIBBENO, MATT
AYLESWORTH ELEMENTARY SCHOOL	HFH	\$5,010.21	CONSTANDARS, CATHY
WESTCHESTER INTERMEDIATE SCHOOL	HFH	\$4,590.75	WILSON, NICOLE
WOLF LAKE ELEMENTARY SCHOOL	HFH	\$4,567.46	REES, SCOTT
JOAN MARTIN ELEMENTARY SCHOOL	HFH	\$4,066.00	ZANOLLA, BETH
NORTH VERNON ELEMENTARY SCHOOL	HFH	\$3,537.76	VILLA, KAREN
WARREN ELEMENTARY SCHOOL	HFH	\$3,328.71	PAWLOWSKI, ED
LAKE STREET ELEMENTARY SCHOOL	HFH	\$3,322.00	POULTON, JESSICA

FALL CREEK ELEMENTARY SCHOOL	JRFH	\$29,274.12	SPEARS, JAMIE
KOLLING ELEMENTARY SCHOOL	JRFH	\$23,644.54	MICHNER, JERRY
TOWNE MEADOW ELEMENTARY SCHOOL	JRFH	\$21,777.21	WALKER, ROBIN
HAZEL DELL ELEMENTARY SCHOOL	JRFH	\$20,632.71	ATKINSON, DOUG
HARRISON PARKWAY ELEMENTARY SCHOOL	JRFH	\$16,863.07	BERTRAM, TARA
KITLEY ELEMENTARY SCHOOL	JRFH	\$16,464.50	CHATHAM, DONNA
KENNEDY PRIMARY ACADEMY SCHOOL	JRFH	\$15,223.36	SUTTON, SHERRY
WHITE RIVER ELEMENTARY SCHOOL	JRFH	\$14,513.75	HEWITT, BETH
CREEKSIDE ELEMENTARY SCHOOL	JRFH	\$14,329.00	LEONARD, DENISE
PROMISE ROAD ELEMENTARY SCHOOL	JRFH	\$14,130.06	MASTERSON, LORA
BUNKER HILL ELEMENTARY SCHOOL	JRFH	\$13,797.66	STATON, KATHY
LINCOLN ELEMENTARY SCHOOL	JRFH	\$13,629.72	FOULDS, STEVE
CENTER GROVE ELEMENTARY SCHOOL	JRFH	\$13,482.17	BRILES, JARED
WATSON ELEMENTARY SCHOOL	JRFH	\$13,206.00	JONES, JAY
NEWTON YOST ELEMENTARY SCHOOL	JRFH	\$12,854.48	BAMBER, TANA
FLOYDS KNOBS ELEMENTARY SCHOOL	JRFH	\$12,332.81	STILES, WHITNEY
WOODBROOK ELEMENTARY SCHOOL	JRFH	\$12,049.45	ZANGRILLI, JOHN
WINFIELD ELEMENTARY SCHOOL	JRFH	\$11,732.05	HEDL, JOSHUA
MAPLE GROVE ELEMENTARY SCHOOL	JRFH	\$11,489.05	DOYLE, BERNIE
INDIAN CREEK ELEMENTARY SCHOOL	JRFH	\$11,342.67	STROPES, DENA

## THE TOP TWENTY SCHOOLS

# Indiana AHPERD Awards

# 2015



Berju

**Health: Jennifer Berju** currently teaches health education at Creekside Middle School in Carmel, IN. She received her Bachelor's degree from Butler University and her Master's Degree from Ball State. Her 12 year teaching career includes Hamilton Southeastern, Warren Township, and Franklin Township school districts. She educates 180 students yet she makes each and every student feel like they are important and recognized. Jennifer instills character development throughout her class to teach her students life skills such as respect, responsibility, and cooperation. She strives to build self-confidence, poise, and determination in each of her students.



Havice

**Secondary: Adam Havice** currently teaches physical education at Muncie Central High School in Muncie, IN. He received his Bachelors and Masters Degree from Ball State. He has also taught elementary physical education at Knox Community and Blue River Valley Elementary schools. Students know he is passionate about what he does and they respond to his enthusiasm. His classes are well structured and goal oriented. He consistently challenges his students to meet expectations for levels of personal and social responsibility within his classroom that contribute to success in other academic and life pursuits. Adam is also active in coaching volleyball.



Hazelett

**Middle School: Donna Hazelett** currently teaches physical and health education at Woodside Middle School in Ft. Wayne, IN. She received her Bachelor's degree from the University of St. Francis and her Master's Degree from Indiana University, Ft. Wayne. Her 30 year teaching career includes Woodside Middle School, Aboite Elementary, Homestead High School, and St. Jude Catholic School. Donna carefully plans each and every lesson so students understand the purpose of every activity and its part in creating a healthy lifestyle. She constructs activities to differentiate between interests and ability so that all students can become involved. She emphasizes sportsmanship and other life skills essential for students to learn and live by.



Markle

**Adapted: Mark Markle** currently teaches physical education in Ft. Wayne Community Schools. He received his Bachelors and Masters Degree from Indiana University. During his 23 years, Mark has been spectacular in his methods to engage all students. He is a tireless and determined educator who incorporates differentiated professional learning in planning with staff, teachers and with his special education students. His instruction is purposeful and based on informing the students what they are learning and why it is important to the student. His student goals are ambitious and based on the present levels of each student performance.



Swinford

**Dance Educator of the Year: Rachel Swinford** is currently a clinical assistant professor of Kinesiology at IUPUI. She received her Bachelors, Masters and PhD from Indiana University. Rachel's passion for dance shines through when she is co-directing her summer dance program for individuals with Down syndrome. Live Laugh Dance is an adapted dance program she specifically designed for individuals with Down syndrome. Rachel's dedication, enthusiasm, and energy for this program are contagious. Rachel often volunteers her time to teach dance in physical education classes around the Indianapolis area. Additionally, she mentors PETE majors by assisting them with dance projects and by doing independent studies where students gain hands-on experience.



Serra

**Elementary: Kristi Serra** currently teaches physical education at St. Mary Cathedral School in Lafayette, IN. She received her Bachelors degree from Purdue University and her Masters degree from Indiana State. Kristi previously taught in Oak Ridge, TN and West Lafayette, IN. She has also worked in Purdue's Department of Health & Kinesiology as an instructor, student teacher supervisor and technologist. Her impact has been seen in the excitement each child carries with them as they head into and out of her classes. She is incredibly creative and incorporates math, reading skills, social studies and even science skills in her classes.

# Teachers of the Year

Teacher of the Year (TOY) Awards recognizes the work of an outstanding teacher in adapted, elementary, middle school, secondary, health, or dance.





Munn

**Outstanding Student: Mikayla Munn** is currently a senior physical education and health teaching major at Manchester University. As a captain of the volleyball team, Mikayla understands the importance of leadership both on and off the court. She is a healthy role model for other students. Mikayla is committed to continuing her education by seeking out professional development opportunities at the INAHPERD Leadership Conference and the Midwest SHAPE Leadership conference. Even with her busy schedule, Mikayla gives back by volunteering her time to the Wabash County Special Olympics and the Manchester Lights of Literacy program.



Pierce

**Sports Management Educator of the Year: David Pierce** is an assistant professor of sports management at IUPUI. He has also taught in the sport administration at Ball State University for six years. He received his Bachelor's, Master's and PhD in Sport Management from Indiana University. David has co-authored 50 peer-review publications including 20 first-author publications. Dr. Pierce has been active as Vice President of IAHPERD Sports Management Council and organized the 2012 and 2013 IAHPERD Sport Management Day Conferences.



Mulry

**Recreational Professional: Tom Mulry** is president and owner of Sharbade, a scooter sport that develops upper body strength and fitness in a fast paced, team oriented environment. Thousands of Indiana students from the first grade through college have played and benefited from Sharbade. Mr. Mulry has demonstrated Sharbade throughout the US at conferences and seminars, Boys & Girls Clubs, YMCA's, Jewish Community Centers, Parks and Recreation facilities, and the US military. Tom received his Bachelor's and Master's degrees from Ball State University and is a retired physical education instructor currently focusing his attention on the development of Sharbade.



Ford

**Leadership: Lisa Ford** currently teaches at Franklin Central High School. As a lifelong physical educator, Lisa has been recognized as a national wellness champion, served on the Indiana Department of Education PE Standards Committee, and served as president of the Franklin Township Teacher's Association. She has lobbied Indiana General Assembly members and has addressed the use of waivers in high school physical education. She is a past adjunct instructor at the University of Indianapolis and currently serves as a member of the UIndy Kinesiology Advisory Board. Lisa is a past teacher of the year for both Indiana AHPERD and her school district.



Sipe

**Pathfinder: Roberta Sipe** is currently an adjunct Instructor and Health and Physical Education Program Coordinator in the Kinesiology Department at the University of Indianapolis. Roberta has taught for more than 30 years in the K-12 setting but found her true calling during her final years as an elementary physical educator. In 2007, she was named the NASPE Indiana, Midwest and National Elementary PE Teacher of the Year. These awards allowed her to travel all over the country and teach best practices to physical education professionals.



DeHaven

**Honor: Carole DeHaven** has served the profession for over 40 years. She is currently a lecturer at Purdue University and also serves as University Supervisor for Physical Education and Health (K-12). She has also taught K-12 in the Benton County School Corporation. She received her Bachelor's and Master's degree from Ball State University. Her devotion to the profession is demonstrated in her students' respect for her vast knowledge and experience. They seek to emulate her teaching style which is indeed one of the highest forms of praise.



Davis-Brezette

**Legacy: Jane Davis-Brezette**, associate professor emerita of physical education at the University of Southern Indiana, held a number of positions with the University, including chair of the Physical Education Department from 1986-2010 and interim dean of the Bower-Suhrheinrich College of Education and Human Services before retiring in December 2012. Davis-Brezette and her husband fund the Robert and Jane Davis-Brezette Scholarship and the Morris and Margaret Smith Davis Scholarship, which are awarded annually to USI student-athletes.



# 2015 AWARDS



# INDIANA AHPERDANA



# MIDWEST DISTRICT

HONOR AWARD

**REBECCA (BECKY) HULL**

MERITORIOUS SERVICE

**LEANN HAGGARD**

YOUNG PROFESSIONAL

**KALIE MCKINLEY**

SHAPE FELLOW/SCHOLAR

**LAWRENCE W. JUDGE**

SECONDARY TEACHER OF THE YEAR

**ADAM HAVICE**

MIDDLE SCHOOL TEACHER OF THE YEAR

**DONNA HAZELETT**

HEALTH TEACHER OF THE YEAR

**JENNIFER BERJU**

RECREATION PROFESSIONAL

**TOM MULRY**

RUTH ABERNASTHY SCHOLAR

**KAYLA NEGLEY**

MACUPE

**RENEE FRIMMING**



# We Jump. We Shoot. We Save!



## HEART HERO

Diego, age 8

*"I've always known that my heart is different because my mom and dad have always taken me to the heart doctor. Doctors are going to switch the two bottom pieces of my heart around. Helping people with different hearts is important so doctors can find cures for kids like me!"*

Hoops For Heart a national education and fundraising event created by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. Middle school students have fun playing basketball while becoming empowered to improve their health and help other kids with heart-health issues. And it's a great way to satisfy the physical education standards as determined by the National Association for Sport and Physical Education and the American Association for Health Education.

Funds raised through Hoops For Heart give back to children, communities and schools through the American Heart Association's work:

- Ongoing discovery of new treatments through research
- Advocating at federal and state levels for physical education and nutrition wellness in schools
- CPR training courses for middle and high school students

### Hoops For Heart helps students:

- Learn the value of community service and contribute to their community's welfare
- Join with other children to help kids who have heart problems
- Develop heart-healthy habits while being physically active
- Learn basketball skills they can use for the rest of their lives
- Earn gift certificates for free school P.E. equipment from U.S. Games

With your support, we can help protect and improve children's health. Your efforts to educate your students and raise funds for research and outreach are vital to improving kids' lives.

Call **1-800-AHA-USA1** or visit [heart.org/hoops](http://heart.org/hoops)  
to get your school involved.



American Alliance for  
Health, Physical Education,  
Recreation and Dance

AAHPERD is a proud program partner of Hoops For Heart.



# Schools to Beat Top Schools Across the Nation

## TOP 10 JUMP ROPE FOR HEART

School	State	Gross Raised
French Road Elementary	NY	\$107,415
Hayward Primary/Intermediate School	WI	\$100,070
St Benedict's Episcopal Day School	GA	\$67,128
Pleasant Ridge Elementary School	IL	\$65,263
Kamehameha Elementary School	HI	\$55,670
Chelsea Intermediate School	IL	\$52,047
May Chesak Elementary School	IL	\$47,090
H B Whitehome Middle School	NJ	\$46,897
Leggee Elementary School	IL	\$45,430
Edward V Walton Elementary School	NJ	\$44,674

## TOP 10 JUMP ROPE AND HOOPS FOR HEART COMBO EVENT

School	State	Gross Raised
Parley's Park Elementary	UT	\$44,856
Hudson PEP School	TX	\$32,570
Hannah Martin School	IL	\$32,345
Spring Run Elementary School	VA	\$28,473
Greathouse School	TX	\$26,815
Curington Elementary School	TX	\$26,644
Plank Rd South Elementary School	NY	\$25,424
Nickajack Elementary School	GA	\$24,349
Holland Hall School	OK	\$24,106
Washington Elementary	TX	\$23,178

## TOP 10 HOOPS FOR HEART

School	State	Gross Raised
North Attleboro Middle School	MA	\$96,626
Mills Park Middle School	NC	\$35,844
Ilchester Elementary School	MD	\$32,161
Haverford Middle School	PA	\$31,262
Davis Drive Middle School	NC	\$30,251
North Hunterdon High School	NJ	\$28,926
Fallston Middle School	MD	\$25,942
East Woods School	OH	\$24,967
Quarry Hill Elementary School	PA	\$22,589
Southampton Middle School	MD	\$22,191



### Top Online Fundraising School

French Road Elementary  
**\$50,590**



### Top Online Fundraising Participant

Lauren Lindberg,  
Durham Academy  
**\$10,000**

Congratulations to the Top 10 Jump Rope For Heart, Hoops For Heart, and Jump Rope & Hoops For Heart (combo events) schools! The following schools raised the most money in their event category across the nation. Thank you so much!

## "AHA'S LITTLE HATS, BIG HEARTS"

*Imagine a hospital nursery  
full of babies wearing red hats.*

That's the dream of the American Heart Association this February, which is American Heart Month.

Volunteers began knitting hats this summer, but the need for additional volunteers and donations of materials remains.

"I found the crochet patterns very easy to follow even for a beginner," said Lautzenheiser, who first learned to crochet this past February.

Volunteers are needed to either knit or crochet hats. The AHA is also accepting donations of red yarn that is:

- Cotton or acrylic
- Medium to heavy weight
- Machine washable

*"Little Hats, Big Hearts"*  
is a program that outfits every newborn in Indiana with a red cap. Participating hospitals will pass out thousands of the red hats during February.



**Bobbi Lautzenheiser**, a retired P.E. teacher from North Manchester, Ind., recently delivered more than a dozen caps to the American Heart Association.

More information about the program is available at [heart.org/Indianapolis](http://heart.org/Indianapolis) ([http://www.heart.org/HEARTORG/Affiliate/LIndianapolis-Little-Hats-Big-Hearts\\_UCM\\_471292\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Affiliate/LIndianapolis-Little-Hats-Big-Hearts_UCM_471292_SubHomePage.jsp))



## ***Every Student Succeeds Act Passes Congress***

### **Health and physical education included as part of a student's "well-rounded" education**

Today the U.S. Senate joined the U.S. House in passing the *Every Student Succeeds Act (ESSA)* — the long overdue reauthorization of the Elementary and Secondary Education Act, replacing *No Child Left Behind*. President Obama is scheduled to sign the bill into law on December 10.

As a result of today's vote, the role of both school health and physical education has been elevated and acknowledged as part of a student's "well-rounded" education.

#### **How does this impact school health and physical education?**

- The term "well-rounded education" replaces the term "core subjects" that was used in previous Elementary and Secondary Education Act proposals.
- School health, physical education and physical activity programs will have access to significant funding under Title IV of the bill.
- Block grants will be distributed to states under the Safe and Healthy Students program.

Thank you to all SHAPE America members who have communicated relentlessly with their members of Congress, participated in SPEAK Out! Day and worked tirelessly to gain support for the inclusion of these critical subjects in federal education law.

Be sure to attend SPEAK Out! Day March 1-2, 2016, to ensure your members of Congress support implementation of ESSA in your state.



# Make a difference in the lives of your students.

Jump Rope For Heart and Hoops For Heart are educational fund-development programs. Each year more than 7 million children participate in a service learning event, engaging teachers, schools and their community in a shared collaboration to improve the health and educational success of students.

## Teachers receive

- classroom resources
- teaching tools + support
- professional development
- networking opportunities

## Students learn

- heart healthy living
- physical activity skill-building
- civic engagement
- teamwork and cooperation

## Schools can

- increase access to PE
- earn equipment vouchers
- promote student success and well-being



Sign up to hold an event in your school and shape a new generation of healthy, physically active and engaged citizens!

[www.shapeamerica.org/jump4heart](http://www.shapeamerica.org/jump4heart)

# Activity:

## Risk Factors and Your Heart

Created by SHAPE America—Society of Health and Physical Educators in collaboration with Meryl Reynolds, 2014 JRFH/HFH Grantee

### Activity:

When students first enter the gym, have them begin warming up by going through 10 stations that have already been set up. Have students spend about 30 seconds at each station. (I like to have music playing in the background that switches every 30 seconds or a timer that sounds off so students know to rotate on their own. There are plenty of cool apps to help with this.) Station suggestions: jumping jacks, lunges, high knees, squat jumps, jump rope, line jumps/skiers, sit ups. Include stations where students can practice previously learned skills. After students have gone through the stations bring them together and begin a discussion about the term "risk factor." Have students share their definition of a risk factor. Ask students what they think are some risk factors that can affect their heart. Explain to students how smoking and being overweight can affect your heart. Explain to students they will go through the stations again, but this time they will have a risk factor. Have students get into pairs. Each student will receive half a straw and each pair will receive a set of dumbbells/heavy weights/objects. Explain that the straws will represent impaired breathing caused by smoking and that the dumbbells or weights will represent excess weight. Have pairs go through the stations as they did during the warm-up alternating between breathing through the straw and carrying the excess weight with their partners. Once students have completed each station have them individually complete an activity sheet. After collecting the activity sheets ask students how they felt complete the stations with the straws and the excess weight.

### National Health Standard 7:

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

### National Physical Education Standard 1:

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

### Essential Question:

How do risk factors affect your heart?

### Materials:

- 1 drinking straw cut in half per student
- 2 dumbbells (of varying weights depending on student ability) per group of students. If you don't have dumbbells try using empty milk jugs filled with dirt or grocery bags filled with heavy objects. If you have flag football belts you could even have the heavy grocery bags belted through so students can move more freely.
- 10 index cards with activity descriptions for each station
  - Stopwatch or timer
  - Music (optional)
- Activity sheet and pencil for each student

### Objectives:

Students will be able to define the term "risk factor" and identify risk factors that affect their heart.  
Students will be able to explain how risk factors affect their heart.

### Activity Sheet: Risk Factors and Your Heart

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Define risk factor.
2. Compare how it felt to complete the stations with and without "risk factors."
3. How do risk factors, like smoking and being overweight, affect your heart?







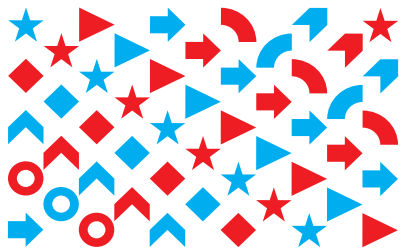
SHAPE America continues to offer professional development and training to keep you knowledgeable and up to date on all of the current trends in the field of health and physical education!

We offer education and training — delivered in a variety of formats to meet your travel and budget needs — to help you continue to develop your skill set in topics such as:



- Student assessment
- Instructional strategies
- Health-related fitness education
- Adapted physical education
- Standards & compliance
- Regulations
- And more!

Visit [www.shapeamerica.org/profdev](http://www.shapeamerica.org/profdev) or email [education@shapeamerica.org](mailto:education@shapeamerica.org) for more information



**Let's Active  
Move Schools**

**Active kids  
do better.**

Active Schools  
help kids reach their  
greatest potential.

Sign up at  
[letsmoveschools.org](http://letsmoveschools.org)



