MAHPERD Convention 2020

Celebrating 91 Years!

The Three Essentials

Recharge Revitalize Relationships Reconnect

Monday, November 2 and Tuesday, November 3, 2020
Greetings to all!
I am excited to have us come together November 2 and 3, albeit virtually, in order to put into practice this year’s convention theme: “Recharge - Reconnect - Revitalize Relationships”. This is certainly a different time in our world and in our professional lives, but these three cornerstones will help us to build a solid foundation for a successful year.

We have two extremely passionate and dynamic keynote speakers this year. Monday’s speaker, Dr. Jody Carrington, is a psychologist and best selling author who speaks to the value of connection. Her specialty resides in that of building stronger communities, “one relationship at a time.” On Tuesday, join us as we welcome Dr. Irene Cucina, a professor at Plymouth State University and past president of AAHPERD (now SHAPE). Irene brings a high level of enthusiasm and energy into everything that she does, and her vision of unifying the HPERD fields is sure to motivate and inspire all.

We are pleased to offer an outstanding lineup of speakers presenting on a diverse range of topics. The virtual platform has given us the opportunity to bring in a number of globally and nationally recognized presenters, including many regional and national teachers of the year. Please be sure to visit the complete program to learn more about the amazing featured speakers that we are delighted to have joining us!

Speaking of featured speakers, I want to take this opportunity to highlight and recognize our 2020 MAHPERD Teachers of the Year: Rob Tatro (Elementary PE TOY), Sarah Bixby Centric (High School PE TOY), Phil Leonard (Amelia Riou Award for Adapted PE), and Jeff Bartlett (Health Educator of the Year). Congratulations again to you all, and we thank each of you for sharing your knowledge and expertise with attendees. More information about our MAHPERD award winners and their presentations are included in the program!

Recharge.
Reconnect.
Revitalize Relationships!

Yours in Wellness,

Kerri Smith, MAHPERD President
Online Convention ~ November 2-3, 2020

Frequently Asked Questions

What is the last date of registration?
All members who would like to participate in the virtual convention need to register by the due date: October 23rd. After this date, members can email Registration Chair, Bill Riley for assistance: riley@ma-hperd.org

How do I obtain the links to each session on the days of the convention?
Members who REGISTER will receive all links to the (65 sessions) on October 26th in an E-Blast. The links will actually be in the titles. Just click on the title to enter the room at the time of the scheduled event.

What if the room is full and I cannot get into the session?
We suggest you try another session's link. You can always go back and view the session you missed at a later date, however, MAHPERD has provided more than enough room for you to participate through our Zoom Business Level!

Will there be MAHPERD Board members present to help at the sessions?
Yes, 2-3 MAHPERD Board members will be available to assist you in anything you may need.

Will the sessions be recorded?
Yes, all sessions will be recorded with the exception of a few due to various reasons. You will have access to them at the end of the convention and they will be provided through a MAHPERD e-blast.

Continued on next page
When will the recorded sessions be available to participants?
All participants will gain access to all the links of the sessions, 24 hours after the convention is over, provided through a MAHPERD e-blast when the convention is over.

Can I still receive PDP’s for licensure even though I am unable to be at the Convention “live” because I need to work?
Yes, you can view any of the sessions in your non-teaching time and you can view as many as you would like and still receive (14) PDP’s by completing the Convention Evaluation form. A PDP certificate will then be emailed directly to you.

If I can view all sessions via access to links, how come I cannot receive more PDP’s?
MAHPERD is a PD Provider with the Department of Elementary and Secondary Education (DESE). Whatever professional development event is “live”, then we need to act accordingly just as a face-to-face event and follow the guidelines set by DESE.

Is there an emergency contact if I need help during the Convention?
Yes, you can email or text MAHPERD Executive Director, Maria Melchionda: (508) 794-1338  TEXT only- Identify yourself and your need.
Email at: maria@ma-hperd.org

Registration Issues: Email Registration Chair, Bill Riley at: riley@ma-hperd.org  or  Call or text : 774-254-4657

Convention 2020 Registration Information
All sessions will be recorded and available to view until Friday, November 20th for all registered convention attendees. Registered Convention attendees have the option to view all 65 sessions with the exception of a few due to copyright issues.

(All convention attendees must be 2020-2021 MAHPERD members)
Professional Both Days: $99.00
Retired: $30.00
Student (Full Time Only): Current MAHPERD membership (This applies only to full time Massachusetts college students).
Other State HPERD Associations: $99.00 (MAHPERD has a reciprocal membership agreement with the other state HPERD associations but not with Shape America. Current members of other state HPERD associations only pay the $99.00 registration fee as the membership requirement is waived.

Click here to register
Thank you and Welcome to the 91st Virtual Convention!

Our 91st Annual MAHPERD Convention brings us together to gather with friends and colleagues and to honor excellence in the allied fields through the planning and development of quality sessions with the best of international, national, regional and state speakers.

MAHPERD offers a sincere thank you to the Officers, 2020-2021 Executive Board and the Convention Management Team for their work in making

“The Three Essentials: Recharge Reconnect Revitalize Relationships” such a wonderful professional development opportunity for all!

Students are the future of our professions and we are certainly in good hands as we have many attending this virtual convention from various colleges and universities.

We thank our special guest speakers, session presenters and our sponsors who make this convention such a wonderful event for all.

MAHPERD appreciates the generosity our sponsors this year:

Enjoy the Convention!
Over the past 15 years, Dr. Jody Carrington has assessed, treated, educated and empowered some of our most vulnerable and precious souls on the planet. She is a child psychologist by trade, but Jody rarely treats kids. The answer lies, she believes, in the people who hold them. Especially when kids have experienced trauma, that’s when they need big people the most.

Some of her favorites include educators, parents, first responders, and foster parents. Jody has shifted the way they think and feel about the holy work that they do.

Before Jody started her own practice and speaking across the country, she worked at the Alberta Children’s Hospital on the inpatient and day treatment units where she held families with some of the difficult stories. They taught her the most important lesson: we are wired to do hard things. We can handle those hard things so much easier when we remember this: we are wired for connection.

This all started when Jody received her Bachelor of Arts with Distinction from the University of Alberta. She completed a year-long internship with the Royal Canadian Mounted Police during that time, and worked along side families struggling with chronic illness at the Ronald McDonald House. She received her Master’s degree in Psychology at the University of Regina and completed her PhD there as well, before completing her residency in Nova Scotia.

Her first book, Kids These Days: A Game Plan for (Re)Connecting with those we Teach, Lead & Love, came out in 2019 and sold 20,000 copies in just three months. It is now on Amazon’s Best Sellers List.

Irene Cucina is a Professor in the Health and Human Performance Department at Plymouth State University where she works with undergraduate and graduate students. Irene’s expertise is in the area of school health education, physical activity, fitness & wellness, and the impact that teachers have on student learning.

The emphasis of Irene’s service and scholarship over the past five years has been in the field of school based health education. As AAHPERD President in 2012, Irene helped unify our national association and fought to keep school health education as part of AAHPERD. Due to her commitment to school health education, she chaired the SHAPE America Health Council for 4 years, was a contributor to the Appropriate Practices in School Based Health Education document, was a member of the 2018 HETE Initial Teacher Standards revision task force, and co-authored the 2018 Health Education Initial Teacher Standards book. Irene has also been involved in a number of webinars to address assessment in school based health education as well as developing skill based health education curriculum.

She is an onsite reviewer for the Council on Accreditation for Educator Preparation (CAEP) and a SHAPE America lead reviewer and auditor for Health Education.

Irene spent 16 years teaching high school health and physical education where she was recognized as the Massachusetts Secondary Physical Education Teacher of the Year in 1997. As a high school teacher, she developed curriculum that emphasized physical fitness, physical activity, nutrition, and lifetime enjoyment of movement aligned with state and national standards. She also implemented successful before and after school activity programs that involved over 900 students yearly as well as members of the community.
International and National Featured Speakers!

**Ally Hamel**
US Women’s Field Hockey National Team

**Andy Hair**
Physical Educator/
Literacy Coach
MRHAIRPHYSED.com
Geelong, Australia

**Pam Garramone**
Positive Psychology

**Teresa Osborn**
The Imperial Society of Dancing UK

**Matthew Bassett**
2018 SHAPE America National Elementary Physical Education Teacher of the Year
International and National Featured Speakers!

**Stephanie Sandino**  
Middle School Physical Educator,  
Lake Elsinore, California

**Ilana Sherman**  
Director of Education  
Erika’s Lighthouse  
Winnetka, IL

**Cindi Chase**  
Pleasanton, CA  
2020 SHAPE America Adapted PE Teacher of the Year

**Allison Relyea**  
2020 SHAPE America Eastern District High School PE Teacher of the Year

**Kelly Zerby**  
Jefferson Elementary School  
Elementary Physical Education Teacher and District Coordinator  
DeKalb, Illinois
**General Session**

**Keynote Speaker — Dr. Jody Carrington**

Over the past 15 years, Dr. Jody Carrington has assessed, treated, educated and empowered some of our most vulnerable and precious souls on the planet. She is a child psychologist by trade, but Jody rarely treats kids. The answer lies, she believes, in the people who hold them. Especially when kids have experienced trauma, that’s when they need big people the most. Some of her favorites include educators, parents, first responders, and foster parents. Jody has shifted the way they think and feel about the holy work that they do.

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**I Don’t Need an Ally, I Need an Accomplice**

Sister-educators Kathy Brophy and Kate Jones will share how Kate’s shift from ally to accomplice amplified her sister Kathy’s efforts to remove gendered language and rules from the National Dance Council of America. By unpacking Kathy and Kate’s story and relating it to the work we do in schools, participants will be challenged to develop a strategic plan that converts efforts in a personalized area of activism to action-based involvement. This 1-hour, interactive workshop is best suited for educators with a foundational awareness of their own areas of privilege and marginalization.

**Presenters:** Kathy Brophy, M.Ed.
Kate Jones, MSW

Recipient of the 2015 MAHPERD High School Physical Education Teacher of the Year Award: 2016 SHAPE Eastern District High School TOY; 2019 Ruth and Virginia Bigwood Voice for Justice Award from REACH, Beyond Domestic Violence. She is entering her 28th year as an educator and is presently a Fitness and Health Teacher at Wellesley High School in Wellesley, MA. She continues to enjoy ballroom dance and is a member of NASSPDA (North American Same-Sex Partner Dance Association).

**Kate Jones, MSW**

With 16 years in schools, Kate strives to use her training as a Licensed Clinical Social Worker to enact meaningful change at all levels of school operation. Currently serving as a high school administrator in Texas, she has enhanced her school’s ability to identify and respond to acts of bias using restorative practices.

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**The Flipped Learning Model: An Approach to Teaching Health-Related Subjects (K-12)**

This session will serve as a resource for higher education faculty who are interested in trying the Flipped Learning Model in their courses. The workshop will be guided by the empirical study that Dr. Chase and Dr. Lewis conducted in regard to the effectiveness of the Flipped Learning Model in a college-level introduction to nutrition course at Springfield College, where students are very involved with extra-curriculars. Pros and Cons of the model will be discussed and activities in the session will highlight the effective practices of the model to inform instructors as to how they may wish to inte-
grate the model. The study highlights areas of concern in the utilization of this model in different courses and with different types of students. College climate and course type plays a major role as to whether this model will be deemed a success. Participants will leave the session with concrete ideas on how to implement Flipped Learning and an initial self-analysis of its applicability in their courses.

**Presenter:** Jacquelynne Boivin, Ph.D.

Assistant Professor of Education at Bridgewater State University and her research background is grounded primarily in multicultural education and student engagement. She holds a Ph.D. in Educational Leadership from Lesley University and enjoys pursuing scholarship to learn about how higher education faculty can improve their instruction for students in all fields, like in exercise and sport science.

**Kathryn Lewis, Ph.D.**

Ph.D. in Physical Education (exercise physiology concentration) and M.S. in Health Promotion & Disease Prevention, both at Springfield College. She has a research interest in pedagogy in higher education, specifically in nutrition and exercise science.

**9:45-10:45 a.m. APE-36 (Adapted Physical Education)**

**The APE "Go Bag"**

Adapted Physical Educators are always on the go between sessions, schools, meetings and various school locations. Therefore, having a "Go Bag" is an essential teaching tool to support ease of class set-up, instant activities and predictable class routines. This presentation will provide various activities, tools and items that can be used within a "Go Bag."

**Presenter:** Valerie Meiners

Bachelor’s degree; Certified Adapted Physical Educator (CAPE), and has worked in the field over ten years in a variety of settings, from urban to rural and across several States. She received an M.Ed in Adapted Physical Education from the University of Virginia, and a CAGS in Physical Education and Coaching (with a focus on connections to Adapted Physical Education) from Boston University. Valerie has contributed to the field of Adapted Physical Education in a number of ways including article publication, serving on the MAHPERD board and presenting at several state conferences. She was the 2019 recipient of the MAHPERD Amelia Riou Award for Adapted Physical Education Teacher of the Year.

**9:45-10:45 a.m. PE-56 (Elementary Physical Education)**

**HPE with Hef – Bringing it All Together**

Virtual and hybrid learning has had its challenges but also its success stories! In this session, we explore how to take the benefits of #HPEatHome and purposefully input them into our in-person physical education programs.

**Presenter:** Lynn Hefele

Master’s degree; President, LEPE, Inc. - Literature Enhanced Physical Education. Lynn Hefele is the SHAPE America Eastern District 2017 Elementary Teacher of the Year and NYS AHPERD 2015 Elementary Physical Education Teacher of the Year. Lynn is retired from teaching in the Huntington Union Free School District in Huntington, New York. A graduate of Springfield College in Springfield, Massachusetts, Lynn holds a Bachelor of Science in Physical Education and a Master of Science in Movement Science with a concentration in Biomechanics. She lives in Oak Island, NC with her husband, Steve and their dog Buckets. Lynn is the founder and president of Literature Enhanced Physical Education (LEPE, Inc.) Since 2009, the company has published 8 teacher resources and 7 children’s books. Lynn is an OPENphysed National Trainer and manages The Physically Educated Family of Facebook.

**9:45-10:45 a.m. ST-46 (Student)**

**Preparing for the Job Search: Getting Your “Docs” in a Row!**

Getting that first professional position requires some paperwork – at least a letter of application, a resume and some transcripts. Most employers also ask for letters of reference or recommendations and what can you do to be sure they include the key words employers are looking for? Here is some advice!

**Presenter:** Dr. Irene Cucina

Plymouth State University; AAHPERD President, 2012-2013

**11:00-12:00 p.m. D-47 (Dance K-12/College)**

**Fun Dance Fitness Choreography**

Join National Presenter and recipient of last year’s National Dance Society’s Community Dance Award in this virtual activity-based session. Easy, fun, dance choreography to Blinding Lights, Happy, Snap Clap, and Only Love and more! In this session you will learn each routine, be able to understand the breakdown of the music and create your own choreography that your students will enjoy. No dance experience is necessary.

**Presenter:** Teresa Osborn

The Imperial Society of Teachers of Dancing UK ; Author of Dance for Schools Teachers Motown & Disco and Past MAHPERD VP of Dance

**11:00-12:00 p.m. H-10 (Health Education Elementary/MS/HS/College)**

**Make It Stick! Creating Successful Learners in Health Education**

This session focuses on best pedagogical practices for teaching and how to apply them to your skills based health education curriculum. Topics that will be covered include: direct instruction, retrieval practice, brain based teaching, guided practice, independent practice, and more. Come learn what they didn't teach you in your teacher prep program and make it easier for your students to learn important health concepts and skills!

**Presenter:** Jeff Bartlett

Teaching health education at the Holten Richmond Middle School (Davens Public Schools) since 2008, where he also coaches high school cross country and track & field. A graduate of Springfield College and Boston University, Jeff was selected as the 2020 MAHPERD Health Teacher of the Year.

**11:00-12:00 p.m. PE-31 (Physical Education K-12/College)**

**Unified Physical Education — An Amazing Opportunity for ALL Students!**

Unified Physical Education is an opportunity for students of varying ability levels and backgrounds to come together on equal terms through ongoing fitness, sports, leadership and wellness activi-
ties. Engaging in physical activity and sport alongside peers with and without disabilities helps to foster important social relationships. This session will help participants learn more about the Unified PE concept, steps for implementation, curriculum, student testimonials, and “next steps”. The UPE program has helped to create many opportunities for my students and create an inclusive school community.

**Presenter:** Allison Relyea has been teaching at Guilderland High School in upstate New York since 2003. In addition to her physical education classes, Allison teaches two dance electives and Unified PE. She is one of two faculty managers for physical education and has experience coaching Cross Country, Softball, Unified Bowling, and a Dance team. Allison was recognized by NYS AHPERD as the High School TOY for Physical Education and is the 2020 High School Eastern District TOY for Physical Education. Allison is very involved at the local and state level for NYS AHPERD and will be joining the Board of Directors in November.

**11:00-12:00 p.m. H-21 (Health Education)**

**Building Resilience with Positive Psychology**

What is resilience and how can we become more resilient in difficult times? Life is full of challenges. How do we handle and recover from difficulties that we face? In this webinar, you will learn simple strategies you can put to use immediately to build your strength of resiliency!

**Presenter:** Pam Garramone, M.Ed.

Award-winning speaker who presents positive psychology – the science of happiness- to students, educators, and corporate and community employees.

**11:00-12:00 p.m. PE-2 (Physical Education MS/HS)**

**Pumping Up That Body Positive Image**

Body image is a center for high school and middle school students. In Physical Education class we create an environment that everyone feels welcome and ready to learn. Sometimes this is not always the case. If you are interested in brainstorming and getting some ideas of how to spread positive body vibes in your classroom, then this is the session for you. We will discuss how to verbally and non-verbally send messages that everyone’s body deserves a place to work out. #bodypositive

**Presenters:** Shane LaPointe and Elizabeth Hurley are Health and Physical Education teachers at Phillips Exeter Academy in NH. They have worked together for the last 7 years and have over 20 years of teaching experience. They both have a passion for using body positive as a focus around their teaching.

**12:00-12:45 LUNCH BREAK**

**12:45-1:45 p.m. H-17 (Health Education K-12/College)**

**Health Ed Matters! Advocating for Health Education**

If health education teaches essential life skills, and healthy students learn better, test better, and do better, then why don’t decision-makers see how important health education is? This session will cover multiple ways to showcase the great things going on in your program and advocate for quality health education for every student: - advocacy opportunities through SHAPE America and MAHPERD - increasing parent/guardian knowledge and involvement - improving social media connections We will take time during the session to brainstorm, draft, and send (if desired) emails to administrators, elected officials, and other stakeholders highlighting the importance of quality health education. (This session focuses primarily on Health Education, but all advocacy skills are transferrable to Phys Ed and other healthy lifestyle programming.)

**Presenter:** Michelle Ireland received her Masters degree in Health Education from Teachers College, Columbia University. She holds a Master Certified Health Education Specialist (MCHES) credential, served on the panel to revise the Massachusetts Health Curriculum Frameworks, has trained in health advocacy in Washington DC (including congressional meetings), and most recently completed a leadership fellowship with the National Education Association. She has been a health education teacher at Hanover Middle School in Hanover, MA since 2003. Through health education, she aims to help students "Make good choices. Be good people."

**12:45-1:45 p.m. PE-61 (Physical Education)**

**Educator’s First Aid: Self-Care**

Teaching is a rewarding and intensive career, particularly during these unprecedented times. In order to meet the demands of teaching with energy and resilience, educators’ toolkits must include self-care. Practicing self-care can help to keep you at the top of your game! Self-care is all about prioritizing your well-being and making sure that you have everything you need to thrive as a teacher. In this session, we will discuss what self-care is, why it’s important, and how you can bring it into your life and your school.

**Presenters:** Betsy Grams Curriculum Coordinator, Sudbury Public Schools

Betsy Caldwell Wellness Educator, Sudbury Public Schools

Social and Emotional Learning connected to PE Standards is easily assessed with the IHT software, and the ZONE heart rate monitor provides real-time feedback to students to help them self-manage their physical and emotional health. This session highlights districts across MA; their outcomes and impact as they interlink SEL
with PE to drive their programs forward with data and student growth.

**Presenter:** Jen Ohlson  
Bachelor’s degree. Founder/President Interactive Health Technologies. Jen is a former TV sportscaster, author and filmmaker. Her film “Health Needs a Hero” was the catalyst for an innovative curriculum, “PE 3” (PE for the Mind, Body, Spirit), which became an official PE course for the state of Texas and created IHT’s foundation.

**12:45-1:45 p.m.**  
**ST-41 (Students)**  
**PE MTEL Test Prep Zoom**
Join the Council of Professionals in a PE MTEL Zoom Session including: (1) Test preparation and resources including advice from PETE students that have passed the exam; (2) Open response questions (3) Strategies for multiple choice questions; (4) Content-specific questions. Don’t miss this opportunity to be with your peers from other PETE programs, share experiences, and test prep strategies.

**Presenters:** Dr. Ann Marie Gallo  
PETE Coordinator, Salem State University  
Council of Future Professionals

**12:45-1:45 p.m.**  
**NETWORKING-49 (Health)**
This session is for health educators that would like to take some time and share their experiences, ideas on curriculum, assessment, SEL, schedules and general topics of interest to them at this point in the school year. A MAHPERD Board Member will facilitate this discussion.

**2:00-3:00 p.m.**  
**PE-4 (K-12)**  
**How to Build A Digital Lesson Library**
In this session learn how to use technology to build a digital lesson library. Using resources like Google Drive, Animated GIFs, PowerPoint, and Twitter, walk away with the foundational elements for building a library that can be used year after year. PE Geeks unite!

**Presenter:** Kevin Tiller  
is a Physical Education teacher in Andover, Massachusetts. He is the creator of the Phys.Ed.Review website and is the 2015 Massachusetts Elementary Physical Education Teacher of the Year.

**2:00-3:00 p.m.**  
**ATH-26 (K-12/Athletics)**  
**Introducing Field Hockey in Your School is Easy, Fun and Affordable**
Massachusetts has a rich history and tradition of field hockey. Hundreds of high schools in MA support field hockey programs and the sport is growing. USA Field Hockey has more tools and resources than ever before to support schools interested in adding field hockey in PE curriculum and/or as an after-school or interscholastic sport. USA Field Hockey’s American Development Model (ADM), written in conjunction with the United States Olympic and Paralympic Committee (USOPC) provides a framework for developing a lifelong love of the game, and is based on best principles of what, when and how to teach, train and play based on the age, experience, and interest of the athlete. Sports, and field hockey, need to be fun and safe at all stages of development, using appropriate modified equipment when necessary. USA Field Hockey recommends a games-based approach to introduce field hockey, in which the learn is at the center and the game is the teacher.

**Presenters:** Sally Goggin  
USA Field Hockey, National Development Director  
Jennifer Hammel  
Director of Athletics and Activities, West Bridgewater Middle/Senior High School

**Ally Hammel**
member of the U.S. Women's National Team and 2019 graduate, All-American of Boston University.

**2:00-3:00 p.m.**  
**PE-30 (K-12, Adapted Physical Education)**  
**From In-Person to Virtual PE Instruction:**  
**How Rising NYRR Pivoted**
At the start of the pandemic Rising New York Road Runners quickly transformed by designing resources to guide the inclusion of PE into your student's school day, whether you're teaching remotely, in-person with the new restrictions, or some combination of the two. We will share ideas on how to plan activities to keep your student’s engaged in PE no matter where they are and incorporate social and emotional learning into physical activity lessons. After attending this session, the attendees will be able to:

1. Plan a variety of activities modified to meet new health and safety guidelines for students.
2. Identify new ways to engage with students through distance learning.
3. Incorporate social emotional learning into their physical activity sessions.

**Presenters:** Michael Tenebruso  
Assistant Manager of Program Development, New York Road Runners

**Cliff Sperber**  
Executive Director, New York Road Runners Youth and Community Services

**2:00-3:00 p.m.**  
**H-19 (Health Education Elementary)**  
**Picture Book Power!**
The use of picture books can be a powerful tool in the health education classroom. Picture books can help hook students at the beginning of a unit, support student learning throughout, and serve as an exemplar of health literacy skills. In this presentation, a variety of picture books will be shared in conjunction with their learning activities. Participants will leave this presentation with a list of books and activities that can be infused into their existing health curriculum. While geared toward the elementary health educator, all are welcome to attend!

**Presenter:** Marissa Keleher  
is an elementary health educator in Medway, MA and has been teaching elementary education for 13 years. Marissa holds a bachelor’s degree in Business Administration from Bryant College, a master’s degree in Teaching from Emmanuel College, and a Skills-Based Health/Social Emotional Learning graduate certificate from Cambridge College. In her work as the district’s elementary health educator, Marissa has developed skills-based health education units for grades K-4 to ensure meaningful and engaging health instruction for her students. The proudest title she holds is mother to three wonderful children.
2:00-3:00 p.m.  
**H-27 (Health Education MS/HS)**  
Skills-Based Depression Education As Suicide Prevention

Erika’s Lighthouse provides teacher-led programs that educate students about teen depression and empower them to take action, raising awareness, reducing stigma and encouraging help-seeking behavior. Programs meet National Health Education Standards with students learning and applying help-seeking skills. This session will describe how utilizing these programs can have a positive impact on your students and your school’s mental health culture. Participants will learn how to immediately access and implement these free turn-key programs.

**Presenter:** Ilana Sherman  

joined Erika’s Lighthouse in September 2019 as Director of Education. She has a Masters Degree in Public Health from the University of Illinois at Chicago. Ilana brings with her over 15 years of non-profit health education programming experience ranging from Outreach Coordinator to Director of Education. Ilana is excited to be part of Erika’s Lighthouse to help further the mission and empower preteens, teens, their caregivers and educators to learn and talk openly about adolescent depression.

2:00-3:00 p.m.  
**APE-65 (Adapted Physical Education)**  
Integrating Social-Emotional Learning in APE

Promoting independence through SEL teaching strategies. Discover ways to implement and teach some of the 5 social and emotional standards for students with Disabilities in PE. Promote independence within a PE setting so students can be appropriately physically active once they leave school.

**Presenter:** Nikki Wassell  

Assistant Professor of Physical Education and Health Education; MAHPERD Past VP of Adapted Physical Education  

Sam Weigiel-Kulas  

Graduate Student, Springfield College

3:15-4:15 p.m.  
**H-18 (Health Education K-12)**  
Skills Based Health Ed at Home or School or Hybrid

Simple activities that allowed students to practice health-enhancing behaviors during remote learning will be showcased, as well as methods for increasing engagement. All activities can be adjusted for classroom and hybrid learning, so no matter what education looks like by convention time, these activities are ready for use. Participants will have the opportunity to share an example of a lesson/strategy/best practice that has worked or is working for them. Time to collaborate!

**Presenter:** Michelle Ireland  

Master’s degree; MCHES; Health Education teacher, Hanover Middle School, Hanover, MA; MCHES; served on panel to revise Mass. Health Curriculum Frameworks; has trained in Health Advocacy; completed leadership fellowship with the National Education Association

3:15-4:15 p.m.  
**PE-15 (Physical Education HS)**  
Movement Literacy vs. Fitness Scores: How to achieve 100% Participation Everyday!

Learn how to use movement screens to analyze each students quality of movement and increase student participation as a result. Sarah has been studying, implementing and collecting data regarding the impact of movement screens on students’ participation since 2015. Students who have been reluctant to participate in physical education in that past report that movement screens help to level the playing field between athletes/ non athletes. Using data from movement screens, you will learn how to prescribe exercises based on each students movement needs vs. athletic ability. The impact of movement screens at Amesbury High School have increased student engagement to nearly 100% on a daily basis and decreased students overall risk of movement related injury.

**Presenter:** Sarah Bisby Centric  

Recipient of MAHPERD’s 2020 High School Teacher of the Year Physical Educator, Amesbury High School

3:15-4:15 p.m.  
**REC-14 (Physical Education K-12/ Recreation/Adventure)**  
Navigating the “New Normal” Remotely and in the Classroom Through Orienteering At Home

Navigation Games’ school curriculum develops orienteering skills through games for grades K-12. In response to the pandemic, we added elementary school lesson plans that can be done entirely at home, with or without remote teacher presence. For older children we have developed mini-adventures that can be done in a student’s neighborhood, and a remote control activity allowing students to direct the teacher around a course. Because it is a non-contact, outdoor sport, without shared equipment, orienteering can provide meaningful PE experiences for our “new normal”, with smaller group sizes and physical distancing. In this presentation, we will provide tools for PE teachers to implement an orienteering unit, whether they are in school or teaching remotely.

**Presenter:** Barb Bryant  

is the President of Navigation Games. Her focus is to bring orienteering into schools and to every child in Massachusetts. Barb is also the former Vice President of Youth Initiatives for Orienteering USA, and currently chairs the Youth Mapping Committee. She served as the USA junior orienteering team administrator for several years. Barb believes that getting kids running around with maps is a great way to let them explore decision-making, nature, and teamwork, and establish a pattern of lifelong outdoor recreation.

3:15-4:15 p.m.  
**PE-52 (Physical Education)**  
Creating Youtube Content to Enhance Our Students Physical Education Experiences

In this session, Andy Hair, will share with you a demonstration on how he creates his Youtube clips and how these enhance his students Physical Education experiences. He will take you through the curriculum planning, art design and game flow models that allow for ‘Sneaky PE’ to be undertaken anytime.

**Presenter:** Andy Hair  

is a physical educator teacher based in Geelong, Australia. His life’s goal is to see kids excel and achieve their dream, while his motto is “DREAM, BELIEVE, ACHIEVE”, he is determined to create an environment and culture for students that is diverse and challenging. Andy also works for School Sport Victoria as Regional Coordinator. He has been with this organization for the past 20 years acting in various roles.
3:15-4:15 p.m.  **ATH-59 (Athletics)**  
*The Tools Necessary To Start “Must Have Conversations” and How To Keep Them Going Within Your School*

The Massachusetts Interscholastic Athletic Association (MIAA) and The Massachusetts School Administrators Association (MSAA) provide educational programs, professional development, and interactive summits/symposiums to address the issues of Diversity, Equity, and Inclusion within our state and country. As such, our goals are to foster racial and ethnic diversity, gender equity, inclusion of LGBTQ students, coaches, and administrators, and the inclusion of students, coaches, and administrators who have disabilities. This session is designed to provide a plethora of educational tools to assist teachers, administrators, families, and coaches in addressing and confronting the issues of racism.

**Presenters:**  
- Kathleen E. McSweeney, M.S., M.Ed., Assistant Director, MIAA; Retired Principal, AD, Teacher, and Coach
- Michael Rubin, M.Ed., Assistant Director, MSAA; Retired Principal, Teacher, Coach

4:30-5:30 p.m.  **PE-54 (Physical Education K-12)**  
*Omnikin: Fitness Fun, Team Building, Cooperative Games, Skill Development*

Develop movement and skill fundamentals, promote team building, enhance fitness levels, and provide activities for students to experience success and fun. Omnikin supports the Physical Education Standards and instructional best practices. Balls are lightweight, durable, non-threatening, and range from 14"- 48" and this session promotes active participation by all—come move and learn.

**Presenters:**  
- Terry Gooding, Master’s degree; OmniKin, Inc. USA Coordinator
- Duke Conrad, Master’s degree; OmniKin Representative; retired 2016 from Newport News Public Schools after 30 years as a teacher, coach, athletic director and central office administrator

4:30-5:30 p.m.  **PE-57 (Health/Physical Education)**  
*Don’t Throw That Away! Trash to Treasure in PE*

Whether you are teaching face to face, virtual or some combination of both, this session get your creative juices flowing. Learn how to turn everyday items and even some items you thought were ready for the dumpster into usable PE equipment for use in your classroom and ways to engage your students at home. Attendees will learn how to scout out some of the best items and remake/ use them in multiple games and activities for little or no money out of pocket. Join us to grab some new ideas and share some of your own Physical Education equipment hacks. This Make and Take session will fill your bucket with ideas to take back to your classroom to use immediately, as well as video and print directions to give to your students who are learning from home so they can be engaged in your lessons and have some cool P.E. equipment of their own.

**Presenter:**  
Kelly Brown, Ed.S.

*Kelly Brown is currently in her 31st year teaching Physical Education and Health at Morgan County Primary School. She teaches 850 Pre-K-2 students each week. She was the recipient of the MCPS Teacher of the Year Award in 2014. She completed her Educational Specialist degree in Curriculum and Instruction 2016. She was a presenter at the 2019 SHAPE America National Convention IN Tampa, Florida in 2018. She has presented at the Share the Wealth Physical Education Conference at Jekyll Island and has published activities in the physical education magazine, Great Activities. She was a virtual presenter for EPEW20. She is also a contributing author in the book created and published by Artie Kamiya, How to Be an Outstanding Physical Educator. She loves to be creative with her students and constantly strives to create a classroom culture of learning with joy and excitement.*

4:30-5:30 p.m.  **PE-58 (Physical Education)**  
*All About FlipGrid*

Looking for a new free video interactive tech tool? Scope out this session to learn how to implement this amazing tech tool into your PhysEd class. Spark your ideas on how to use it to create class community, assessments, beginning of the year activities and so much more!

**Presenter:**  
Stephanie Sandino, is a middle school Physical Education teacher in Chino Hills, CA. She is committed to helping youth find their red rubber ball. One of her biggest passions is to help students morph their red rubber ball with learning experiences, ultimately, ending up with activities that they love to do and keeps them moving for a lifetime! Stephanie was previously a co-host for the SHAPE America Podcast and currently, a committee member for the K-8 Elementary Physical Education Workshop, a teacher leader for Health and Physical Education Collaborative and an #ESPEchat moderator. She’s a lifelong learner that loves to reflect, grow and connect with others in the online education community.

4:30-5:30 p.m.  **H-64 (Health Education)**  
*10 Ways to Create a SEL Skills-Based Health Classroom*

Join Mary McCarley, 2016 SHAPE America Southern District Health Teacher of the Year and Goodheart-Wilcox Health Education Content Specialist, as she shares SEL skills-based health education assessments and activities to encourage a safe, inclusive, and collaborative environment. Assessments will focus on the skill of decision-making, self-management, and positive relationships. Teachers will leave with 10 or more new skills-based activities and assessments for their teacher toolbox. In addition, all attendees will receive complimentary access to our 2021 copyright, skills-based health education resources from Goodheart-Wilcox.

**Presenter:**  
Mary McCarley, 2016 SHAPE America Southern District Health Teacher of the Year; Health Education Content Specialist-Goodheart-Wilcox Publishing

4:30-5:30 p.m.  **APE-44 (Adapted Physical Education — All Levels)**  
*Meaningful PE for ALL: Creating an Inclusive Environment, Strategies and Activities*

This session will focus on creating a safe, successful and inclusive environment that supports student-learning outcomes for students
of ALL abilities. Universal Design for Learning (UDL) strategy options will be highlighted along with cooperative games and activities that promote student's development of the skills necessary to be successful in an inclusive PE setting.

**Presenter:** Cindi Chase
2020 SHAPE America National Adapted Physical Education Teacher of the Year; Pleasanton Unified School District, Pleasanton, CA

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Dove Self-Esteem Project  
Positive Psychology~ Pam Garramone
TUESDAY, NOVEMBER 3, 2019

8:30-9:30 a.m.  

General Session

Keynote Speaker — **Dr. Irene Cucina**

“All FOUR ONE, ONE FOR ALL”

Prepare to be motivated and inspired as Irene shares her ideas and thoughts on how HPERD professionals can make a difference by working together as a unified group. Irene’s positive energy will make you want to be a change agent. Irene believes that enthusiasm and energy ignite success!

Irene Cucina is a Professor in the Health and Human Performance Department at Plymouth State University where she works with undergraduate and graduate students. Irene’s expertise is in the area of school health education, physical activity and fitness, wellness and the impact that teachers have on student learning. Irene has also been very involved with accreditation at the program and institutional level.

The emphasis of Irene’s service and scholarship over the past five years has been in the field of school based health education. As AAHPERD President in 2012, Irene helped unify our national association and fought to keep school health education as part of AAHPERD. Due to her commitment to school health education, she chaired the SHAPE America Health Council for 4 years, was a contributor to the Appropriate Practices in School Based Health Education document, was a member of the 2018 HETE Initial Teacher Standards revision task force, and co-authored the 2018 Health Education Initial Teacher Standards book. Irene has also been involved in a number of webinars to address assessment in school based health education as well as developing skill based health education curriculum. She is an onsite reviewer for the Council on Accreditation for Educator Preparation (CAEP) and SHAPE America lead reviewer and auditor for Health Education.

Irene spent 16 years teaching high school health and physical education where she was recognized as the Massachusetts Secondary Physical Education Teacher of the Year in 1997. As a high school teacher, she developed curriculum that emphasized physical fitness, physical activity, nutrition, and lifetime enjoyment of movement aligned with state and national standards. She also implemented successful before and after school activity programs that involved over 900 students yearly as well as members of the community. In addition, Irene founded the Fighting AIDS through Education student club that provided educational programs to middle and high school students in the community.

Irene is a much sought after presenter and keynote speaker and has traveled the country to present at state and district conventions. She has received numerous awards for her teaching and service including the American Alliance Health, Physical Education, Recreation and Dance Honor Award, Eastern District Association Honor Award, Outstanding Service Award and the Tilia J. Fantasia Service Award, NHAHPERD Outstanding College/University Teacher, and the Plymouth State University Distinguished Teaching Award.

9:45-10:45 a.m.  

**PE-42 (Elementary Physical Education)**

*Teaching Games for Understanding in 5th Grade — Striking and Fielding Lesson Progressions*

In this session, attendees will get a brief overview of the Teaching Games for Understanding Model for teaching Physical Education and learn how the Elementary Physical Education team in Needham has adapted and implemented it to teach 5th grade Physical Education. Specifically, a 5 week TGfU Striking and Fielding Unit and Lesson Plans will be shared along with how it aligns to SHAPE America grade level outcomes. Participants are welcomed to ask questions, interject thoughts or suggestions, and participate in a round table discussion on the unit, lessons, and TGfU model specifically.

**Presenter:** Rob Tatro  
Physical Educator, Sunita L. Williams Elementary School, Needham, MA 2020 MAHPERD Elementary Physical Education Teacher of the Year

9:45-10:45 a.m.  

**ATH-13 (Physical Education, MS/Athletics)**

*Coaching During COVID-19*

This session will be on coaching strategies during COVID-19. Content will be based on current restrictions on high school and youth sports in Massachusetts. The focus will be on safety with an athlete-centered approach. Ways to build or improve: (1) connectivity, (2) productivity and (3) self-motivation will be addressed. Coaches, administrators and educators will learn approaches to better promote a healthy return to play in their settings.

**Presenter:** Dr. Lynn Pantuosco-Hensch  
Associate Professor at Westfield State University and director of the Coaching Minor. She specializes in the field of motor development. She is a former MAHPERD board member and active member of SHAPE America. She is also a youth sports administrator and licensed soccer coach.

9:45-10:45 a.m.  

**APE-43 (Adapted Physical Education)**

*Strategies and Supports for ASD Students*

Phil Leonard will discuss effective strategies for students with ASD in physical education classes. Provide examples and take home tips that attendees can use with their own students.

**Presenter:** Phil Leonard, M.S.  
Assistant Director APE/OT/PT; The New England Center for Children; Highly-skilled and motivated educator with more than 10 years of experience in the successful development and implementation of adapted physical education (APE) instructional strategies with special needs populations. Accomplished in adapted aquatics program management, strategy development across the APE field of study and practicum teacher and staff development. Experienced presenter in the APE discipline at both state and national teacher conferences. 2020 Amelia Riou award recipient.
9:45-10:45 a.m.  H/PE-37 (Health and Physical Education K-12/Administrators/Future Professionals)  
**How to Become a More Culturally Competent Teacher**

Recognizing implicit bias and its effect on teaching, classroom and electives teachers will become more culturally competent and create a more equitable learning environment for their students.  

**Presenter:** Rachel Fetterley, M.Ed.

MVA and Allendale Public; 16 years of teaching experience and 13 of those were in a public charter school that catered to families from the Spring Lake, Grand Haven, and Muskegon areas; holds a dance, health, and psychology endorsements; taught at Holland Public Schools where this school community celebrated diversity, and she was highly successful in this urban district.

9:45-10:45 a.m.  H-40 (Health Education/Physical Education MS/HS)  
**Attendance: Being Fully Present for Our Students When They Need Us Most**

In this session, participants will have the opportunity to examine and discuss how we can be present to our students, helping them to thrive, even in a time when we have all lost so much. Our focus will be on remote learning but we imagine that some of the content may overlap with “the real thing” - in person instruction. All are welcome to join this session though it maybe most suitable for secondary health and physical educators.  

**Presenters:** Claudia T. Brown, M.Ed.  
Health Matters, Health Education Consultant; Adjunct Professor, Boston University, Cambridge College, Salem State University; former Physical and Health Educator for 19 years, Reading Public Schools; Past President MAHPERD 2015-2018

Anne Marie Gallo, Ed.D, EMT  
Professor, Physical Education Teacher Education Coordinator

11:00-12:00 p.m.  H-11 (Health Education K-12)  
**Make Every Lesson Observable**

Come learn how to make every lesson your best lesson! Attendees will learn different things to include in every lesson that will have your evaluators satisfied. We’ll go over topics such as: sharing objectives with the class, implementing formative assessments, analyzing formative assessment data, meeting the needs of diverse learners, exit tickets, and more! Everything discussed will be linked to the Massachusetts Classroom Teacher Rubric used for educator evaluation (Standard II: Teaching All Students).  

**Presenters:** Danielle LaRocque

is in her seventh year as a health education teacher at Holten-Richmond Middle School in Danvers, MA. She is a graduate of Endicott College with a Bachelor of Science in Psychology and Creative and Art Therapy and a graduate of Cambridge College with a Master of Education in Skills Based Health Ed and Social-Emotional Learning. Danielle is a youth program supervisor for DanversCARES in which she advises a youth leadership board at Holten-Richmond Middle School. She serves on a variety of committees that serve to improve the academic and personal success of her students and colleagues. She is the assistant varsity softball coach at Danvers High School. Danielle is the past vice president of MAHPERD for the Health Division. She recently began a CAGS program in educational leadership at Salem State University.

Jeff Bartlett has been teaching health education at the Holten Richmond Middle School (Danvers Public Schools) since 2008, where he also coaches high school cross country and track & field. A graduate of Springfield College and Boston University, Jeff was selected as the 2020 MAHPERD Health Teacher of The Year.

11:00-12:00 p.m.  ATH-12 (Physical Education MS)  
**Recipe for Athletic Success**

Coaches, administrators, and educators will learn how to establish more comprehensive, athlete-centered programs, which align with national standards on Long-Term Athletic Development (LTAD). Attendees will learn about key ingredients for becoming successful, long-term athletes. Evidence based strategies will be provided which can be readily used in high school or youth sport settings.  

**Presenter:** Dr. Lynn Pantuosco-Hensch

Associate Professor at Westfield State University and director of the Coaching Minor. She specializes in the field of motor development. She is a former MAHPERD board member and active member of SHAPE America. She is also a youth sports administrator and licensed soccer coach.

11:00-12:00 p.m.  PE-16 (Physical Education/HS)  
**Mindfulness and Physical Education Connection**

In this session you will learn an activity to make mindfulness tangible and hook students before you introduce more formal mindful practices. You will learn about the connection between mindfulness, physical education athletics and social emotional growth. This is a session you will never forget. If you think meditation is not for you, I will win you over! For this session please have a thin piece of cord/ yarn/ string and either a washer, bolt or paperclip handy.  

**Presenter:** Sarah Bixby Centric

2020 MAHPERD High School Teacher of the Year. Sarah started her teaching career in 2005 at Shore Educational Collaborative teaching both general physical education and adapted physical education for students in Pre-K through grade 12. In 2008 she began teaching physical education at Amesbury High School and has been there ever since. From the moment Sarah stepped foot on the Amesbury High School campus, she has brought her passion for quality physical education and curriculum writing. In her years at AHS, Sarah created and introduced new physical education courses, allowing students to personalize their physical education experience. Students have been able to take courses such as Fundamentals of Movement, Yoga & Mindfulness I and II, and Advanced Conditioning. Sarah’s passion and commitment to the relevance and importance of individual lifelong fitness has resulted in a significant shift in how students and staff view physical education at Amesbury High School.

11:00-12:00 p.m.  D-48 (Physical Education K-12)  
**‘80’s Dance Party**

Join National Presenter and recipient of last year’s National Dance Society’s Community Dance Award in this virtual activity-based session. Take a trip down memory lane and relive the dance styles

**Presenter:**

TUESDAY, NOVEMBER 3, 2020
of the 80's with up tempo songs: Footloose, Beat it, Take on Me and Wake Me Up Before You Go Go +. In this session you will learn each routine, be able to understand the breakdown to the music and create fun dances that your students will love. You will leave with ready to use choreography. No dance experience is required.

Presenter: Teresa Osborn
The Imperial Society of Teachers of Dancing UK; Author of Dance for Schools Teachers Motown & Disco and Past MAHPERD VP of Dance

11:00-12:00 p.m. PE-39 (Physical Education/Elementary)
Video Editing Tips and Tricks
In this session, we will learn the basics of video editing using iMovie. You will learn how to load, edit, add voice overs, and add in music before exporting the videos. Demonstrations will be provided and tutorial videos will also be given at the end to help you remember when you get home.

Presenter: Matthew Bassett
SHAPE America National Teacher of the Year; K-8 Physical Education Teacher, San Jose Charter Academy (CA); Adjunct Professor

12:00-12:45 LUNCH BREAK

12:45--1:45 p.m. PE-25 (Physical Education/K-12/College)
How IHT Heart Rate Monitors Keep Students Accountable and Motivated in Online PE
This presentation will showcase how current IHT customers are utilizing the IHT Mobile App that works with all smartphones, Chromebooks and iPads. This online resource is keeping kids accountable and motivated on their own schedule while remaining connected to your classroom. Students receive the same personalized instruction complete with heart rate reports from the convenience of their mobile phone or tablet.

Presenter: Bev Brown
Bev serves as IHT’s Director of Customer Success, working to ensure we deliver superior service, training and continual support to our customers. Bev taught Physical Education for 26 years at the secondary level before moving into higher education at Buena Vista University, where she was an IHT customer and advisor. Bev served two years on the Governor’s Council on PE and Nutrition in Iowa before being named President of Iowa’s State Physical Education organization in 2015. She is an avid pickleball player and enjoys spending time with her family, especially her new grandson, Charlie.

12:45--1:45 p.m. H-22 (Health Education MS/HS/College/Seniors)
Youth Suicide Prevention
In this workshop, we will discuss the role that educators can play in preventing youth suicide. We will focus on the following topics: 1. Developing a better understanding of suicide, including breaking down myths and learning about the risk factors, warning signs, and protective factors that can be associated with suicide and suicide prevention. 2. Learning how to better support a young person who may be struggling and/or feeling suicidal by enhancing active listening skills, using best practices for asking about suicide, and getting them help. 3. Sharing Samaritans’ resources and how youth and adults can access them, including the Samaritans 24/7 helpline, suicide prevention workshops for youth within a school setting, and grief support resources for those who have lost someone to suicide. Educators will leave the workshop feeling better equipped to handle difficult situations and conversations with their students, as well as further educated on suicide and the role we can all take in trying to prevent it.

Presenter: Rose Cheyette
is the Director for Community Education and Outreach with Samaritans, Inc. In this position, she oversees a team that teaches suicide prevention workshops to youth, adults, and elders throughout the Greater Boston Area. The team delivers about 600 suicide prevention workshops a year, reaching approximately 20,000 people. Rose has been in this role for four years, and prior to this she spent two years answering calls and texts on the Samaritans helpline. Previously, Rose worked for the U.S. Department of Labor and served in the Peace Corps in Ukraine.

12:45--1:45 p.m. PE-28 (K-University)
Poster Sessions
Jennifer Crane, Bridgewater State University Graduate Student
Title of Poster: "Physical Education for All: Inclusion in a Fourth Grade Physical Education Setting"

Sheila O’Sullivan, University of North Carolina at Pembroke, Graduate Student (Bridgewater State University, May 2017)
Title of Poster: “Health-Related Content Knowledge & Health-Related Behaviors among College Students”

12:45--1:45 p.m. NETWORKING-50 (Physical Education)
This session is for middle and high school physical educators that would like to take some time and share their experiences, ideas on curriculum, assessment, SEL, schedules and general topics of interest to them at this point in the school year. A MAHPERD Board Member will facilitate this discussion.

12:45--1:45 p.m. H-6 (Health Education K-12, College)
Integrating SEL Into Your Health Education Curriculum
Join Mary to learn how to integrate SEL competencies into your PreK-2, 3-5, 6-8, and 9-12 curriculum. Experience how to analyze data and use it to select and align SEL to the NHES. Explore how to use backwards design to assess the competency and performance indicators then build instruction. Learn to analyze a practice prompt and see how it aligns to the SEL competencies, sub-competencies, and NHES performance indicators. Leave with insight into how to seamlessly integrate SEL into your health program.

Presenter: Mary Connolly, CAGS
Program Chair, Skills-Based Health/SEL, Cambridge College
Mary has over 30 years’ experience teaching middle and high school health education. When she transformed her content health class into skills, she knew this was a much better instructional strategy. Mary’s first step into higher education was teaching Personal Health at Curry College. She began teaching at Cambridge College and eventually became the Program Chair. At
Cambridge College, she has had the privilege of training many teachers in Skills-Based Health/SEL education and finds great satisfaction in seeing their great work being implemented across the state, and beyond. Mary is a member of the MAHPERD, serving on the higher education committee. She is an annual presenter at SHAPE America national conferences and serves on SHAPE committees and councils. As a health education consultant, Mary works with districts to help them transform their content program into one that is skills/SEL based. Mary is the author of Skills-Based Health Education and is working on her third text, Teaching SEL in the Skills-Based Classroom.

2:00-3:00 p.m.  H-8  (Health Education Elementary/MS/HS/College)
Supporting Healthy Behavior Outcomes:
Resources for Engaging Skills-Based Health Education
In Summer of 2020, RMC Health released updated Health Skill Guides to incorporate new research about the best practices for skills-based health education, culturally responsive teaching, and social emotional learning. This interactive presentation will introduce participants to the updated Health Skill Models and learn how to access materials for Health Skill Guides through the RMC Health website. Mary Connolly, Program Chair at Cambridge College for the Skills-Based Health/SEL program, will demonstrate ways these guides can be implemented in health education instruction.

Presenter:  Amanda Nichols
Master’s degree; Professional Learning Facilitator, RMC Health
Amanda Nichols is a Professional Learning Facilitator at RMC Health, a non-profit located in Lakewood that builds the capacity of youth-serving adults to promote health and wellness in their communities. She works on RMC Health’s health education initiatives, which focus on building skills and capacity for health educators, as well as creating instruction resources for skills-based health education. Amanda also works on developing and facilitating trainings statewide for youth substance-use prevention at the school- and public health-level. Before joining RMC Health, Amanda taught middle school Language Arts and English Language Development in Denver Public Schools. She also led professional development efforts for teachers on effective teaching strategies for linguistically and culturally diverse students. Amanda has presented on a wide range of topics, including health education, school health teams, substance-use prevention, and systems-level social emotional learning. Amanda earned her Master’s at the University of Colorado in Educational Equity and Cultural Diversity and her Bachelor’s in Urban Studies and Creative Nonfiction writing at the University of Pittsburgh.

2:00-3:00 p.m.  PE-9  (Physical Education K-12)
A K-12 Physical Education Curriculum Framework for Massachusetts
This presentation will offer a comprehensive, stand-alone, K-12 Physical Education Curriculum Framework for Massachusetts that is aligned with the 2014 SHAPE America National Standards and Grade-level Outcomes. Attendees and all Massachusetts physical educators could use this framework proposal to guide planning of K-12 curriculum, units and lessons; selection of instructional approaches; and selection of assessments.

Presenter:  Terry Langton
Doctorate; Physical Education teacher, Hanover Public Schools
Dr. Terry Langton is an elementary physical education teacher; teacher advisor to former Massachusetts Governor Deval Patrick; cooperating teacher to pre-service physical education teachers (primarily students from Bridgewater State University); co-author of Elementary Physical Education: Building a Solid Movement Foundation; presenter at local, state, multi-state, and national HPERD conventions; and a graduate-level instructor in physical education and educational leadership. Terry provided the movement framework for the current Physical Education Framework for California Public Schools.

2:00-3:00 p.m.  PE-32  (Physical Education/High School)
Backyard Games
The BYG Olympic style concept was created as a way to engage my high school students at the end of the year during a time when state testing, high stress levels, and overall lack of motivation presented challenges in the class. My students love this unit and look forward to it at the end of every school year. Participants will learn ways to create their own BYG unit, explore the 15+ games offered, see the overall structure and progression of the unit and how the students are assessed. All participants will receive access to all of the digital resources to help them bring this fun and exciting unit to their school district.

Presenter:  Allison Relyea
Master’s degree; Physical Education teacher, Guilderland High School, NY. Allison Relyea has been teaching at Guilderland High School in upstate New York since 2003. In addition to her physical education classes, Allison teaches two dance electives and Unified PE. She is one of two faculty managers for physical education and has experience coaching Cross Country, Softball, Unified Bowling, and a Dance team. Allison was recognized by NYS AHPERD as the High School TOY for Physical Education and is the 2020 High School Eastern District TOY for Physical Education. Allison is very involved at the local and state level for NYS AHPERD and will be joining the Board of Directors in November.

2:00-3:00 p.m.  PE-53  (Physical Education K-12)
KIN-Ball: A Non-Traditional Action-Packed Game
The sport of KIN-BALL requires skills and strategies not found in any traditional athletic competition. No physical contact, no intimidation, no interference, no one left out. Every member of the team is involved in the continuous action. Promotes cooperation, speed, agility, aerobic activity, coordination, flexibility, and sportsmanship. The only equipment needed is the official 48” Kin-Ball. Play inside or outside. Have a ball!!! The sport of KIN-BALL requires skills and strategies not found in any traditional athletic competition. No physical contact, no intimidation, no interference, no one left out. Every member of the team is involved in the continuous action. Promotes cooperation, speed, agility, aerobic activity, coordination, flexibility, and sportsmanship. The only equipment needed is the official 48” Kin-Ball. Play inside or outside. Have a ball!!!

Presenters:  Terry Gooding
Master’s degree; OmniKin, Inc. USA Coordinator
2:00-3:00 p.m.  H-23 (Health Education MS)    Project Here & Remote Learning: Engaging Students in Substance Use Prevention Education

Project Here provides teachers in Massachusetts with free web-based tools to teach substance use prevention and social-emotional learning to students in grades 6-8. During this interactive workshop, participants will be trained to use Project Here’s free resources (Online Toolkit and web-app, Project Here Games) in remote learning settings. Participants will learn strategies for developing interactive activities and lessons using content from Project Here’s resources. Workshop objectives: 1. Describe the Project Here Online Toolkit and Project Here Games ‒ two resources used by educators to teach substance use prevention and healthy decision making to middle school students in Massachusetts. 2. Identify strategies for interactive, remote learning activities. 3. Network with other educators teaching substance use prevention in remote settings.

Presenter: Ivy Schmalzried

Ivy is a passionate child health advocate with experience in substance use prevention and community engagement both domestically and internationally. Ivy currently serves as Senior Program Manager to Project Here, a statewide collaboration funded by the Massachusetts Attorney General’s Office and the GE Foundation bringing substance use prevention education to public middle schools across Massachusetts. Prior to her role in Project Here, Ivy served as the executive director of a community coalition to prevent and reduce substance use among youth. Ms. Schmalzried earned a Bachelor of Science in biology from Quinnipiac University and a Master of Public Health from Boston University.

3:15-4:15 p.m.  H-20 (Health Education MS)    Confident Me! The Dove Self-Esteem Project Helping All Students Realize Their Full Potential

Research has shown students who participate in The Dove Self-Esteem Project Confident Me! workshops have improved body image and self-esteem feeling more confident to participate in social and academic activities. In this workshop you will learn how to deliver in-person and virtual skills-based health lessons helping ALL students realize their full potential. The engaging lessons have recently been updated. Participants will leave with a full unit, an online mini unit, and a calendar of daily activities for your students.

Presenter: Danielle Petrucci

Master’s degree; The Dove Self-Esteem Project Cadre Trainer / 6-12 Wellness Coordinator; Danielle Petrucci is the 6-12 Wellness Curriculum Coordinator for the Hamilton-Wenham Regional School District. Danielle has served the field of Health Education for over 15 years. She was the 2018 recipient of the MAHPERD Health Teacher of the Year Award, is the outgoing Vice President of Health for MAHPERD, and teaches online courses for the Health/Social Emotional Learning Master Program at Cambridge College. The work Danielle does with the Dove Self-Esteem Program aligns with her mission to help all students realize their full potential.

3:15-4:15 p.m.  PE-24 (Physical Education K-12)    Small Sided Games Make A BIG Difference!

How do you increase participation, overall success rate, and skill acquisition during activities? Increase the number of Small Sided Activities you teach with! Help to improve inclusion and fitness while making it easier to implement progressions and provide assessment by incorporating more Small Sided Activities with your program. Learn a few unique Small Sided Activities, unique to Gopher and how you can make other activities small sided during this great session!

Presenter: Jordan Stolp

Master’s degree; Senior Territory Manager, Gopher Sport; Jordan Stolp has worked for more than 7 years as a sales manager for Gopher. During those 7 years, Jordan has had the privilege of presenting at a total of more than 50 state conferences, workshops, and district professional developments.

3:15-4:15 p.m.  PE-35 (Physical Education K-12/College)    Roundnet - Play Anywhere and Everywhere

This presentation is to teach physical educators of all levels about the sport of roundnet and how they can implement it into their curriculum. We will discuss how to modify the rules and equipment so that any students regardless of their age or ability can improve their motor skills, movement patterns and physical literacy.

During this session, participants will:
• understand the basic rules of roundnet and how to teach it to their students.
• learn about modifications to the rules and equipment so that any student regardless of age or ability can improve their motor skills, movement patterns and physical literacy.
• engage in health enhancing physical activity while playing, learning and networking with fellow physical educators.

Presenter: Skyler Boles

Bachelor’s degree; Education Specialist, Spikeball; 2x Roundnet National Champion; Credentialed Physical Educator
chology coach. Currently, she is completing an additional certifi-
cation in Happiness Studies with Dr. Tal Ben Shahar. She loves
bringing these stress management and happiness boosting tools
to students and colleagues.

3:15-4:15 p.m.  ST-60 (Future Professionals)
If I Can Do It, So Can You
This session will emphasize the importance of leadership skills and
professional involvement for future professionals. Ideas on how to
use the experiences gained through professional involvement will
be shared. This session will be interactive and is designed to en-
courage continued involvement in the HPERD associations.
Presenter:  Dr. Irene Cucina
Plymouth State University; AAHPERD President, 2012-2013

4:30-5:30 p.m.  H-5 (Health and Physical Education K-12)
BOSTON vs. BULLIES: Using the Power of Sports for Bullying Prevention
This presentation introduces Boston vs. Bullies, an evidence-based
program that uses the power of sports to help stop bullying. We
will present videos of professional Boston athletes talking to kids
about bullying. Health and physical education teachers will learn
how to use the video and interactive activities to help kids develop
the skills to prevent and stop bullying. The program improves cur-
riculum and instruction through (1) sports concepts that teach bul-
lying prevention -- plan ahead, practice skills, work as a team; (2) a
flexible program adaptable to different settings; and (3) Interactive
and active activities to help kids practice skills and strategies. De-
veloped by the Sports Museum, this program has been used by
teachers to prepare over 100,000 students throughout New En-
gland to prevent bullying. (Program and training available free-of-
charge.)
Presenter:  Kim Storey, Ed.D.
is the education and research consultant for The Sports Museum’s
Boston vs. Bullies program. She is a regular consultant for education,
media, and technology organizations, frequently serves as a fea-
tured speaker, and conducts workshops and trainings through-
out the country and internationally. She provides content and
curriculum design, and conducts research and evaluation, for the
development of educational programs and media projects. Her
work focuses on bullying prevention and other projects that pro-
mote children’s social, emotional, and cognitive development. A
graduate of Harvard Graduate School of Education, she is founder
of Kim Storey Education Designs.

4:30-5:30 p.m.  H-7 (Health Education K-12/College)
You May Be Teaching SEL But Are You Assessing It?
Did you know that depending on which NHES performance indica-
tors you are teaching and assessing, the SEL competency may be
automatically assessed at the same time? Join me to examine how to
assess NHES/SEL competencies using backwards design, design
authentic NHES/SEL assessments and plan instruction that includes
NHES skills and SEL competencies.
Presenter:  Mary Connolly, CAGS
Program Chair; Skills-Based Health/SEL, Cambridge College
Mary has over 30 years’ experience teaching middle and high
school health education. When she transformed her content health
class into skills, she knew this was a much better instructional
strategy. Mary’s first step into higher education was teaching
Personal Health at Curry College. She began teaching at Cam-
bridge College and eventually became the Program Chair. At Cam-
bridge College, she has had the privilege of training many teachers in Skills-Based Health/SEL education and finds great
satisfaction is seeing their great work being implemented across
the state, and beyond. Mary is a member of the MAHPERD, serv-
ing on the higher education committee. She is an annual pre-
senter at SHAPE America national conferences and serves on
SHAPE committees and councils. As a health education consult-
ant, Mary works with districts to help them transform their con-
tent program into one that is skills/SEL based. Mary is the author
of Skills-Based Health Education and is working on her third
text, Teaching SEL in the Skills-Based Classroom.

4:30-5:30 p.m.  PE-62 (Physical Education)
Integrating SEL in HPE
We are all SEL teachers! Educators have the power to promote
positive outcomes for all children by teaching SEL skills and mindsets
through a culturally responsive and strength-based lens. In this
session, we will discuss how to integrate SEL into academic cur-
riculum and daily routines by exploring a holistic approach that
strikes a balance between environments, relationships, instruction,
modeling, practice, and teachable moments. Doing so provides chil-
dren with multiple opportunities to observe, learn, practice, and
develop social competencies that can be applied in school and at
home. Educators will leave with ideas about how to examine their
own beliefs and practices to determine the ways in which they can
cultivate a positive, inclusive learning environment.
Presenters:  Betsy Grams
Curriculum Coordinator, Sudbury Public Schools
Betsy Caldewell
Wellness Educator, Sudbury Public Schools

4:30-5:30 p.m.  APE-45 (Adapted Physical Education K-12)
Building Blocks to Success: Developing Foundational Skills
Laying a solid foundation helps to develop and maximize a child's
potential in developing their gross motor skills. This session will
focus on identifying foundational skills and their importance in
student's success. Meeting students where they are at and providing
them multiple opportunities to develop foundational skills in-
cluding: balance, body awareness, motor planning and visual track-
ing. These skill progressions are part of the building blocks needed
to help students develop their gross motor skills.
Presenter:  Cindi Chase
2020 SHAPE America National Adapted Physical Education
Teacher of the Year; Pleasanton Unified School District,
Pleasanton, CA
Support in virtually attending the MAHPERD 91st Annual State Convention

Conversing with your administrator about the importance of professional development as a health or physical educator can be very positive! We need to communicate the value in attending MAHPERD events. Below are some tools to aid you in conversation.

✓ Talking points about the needs/benefits to explain to your administrator how attending the 91st MAHPERD Annual State Convention will assist you in meeting the needs of the school district’s initiatives.

✓ Tips for speaking with your supervisor

✓ Sample template letter to request approval of your attendance at the Convention.

✓ By participating in this convention, you will be able to obtain PDP’s towards your licensure.
Talking Points

Resources and Tools
➤ The MAHPERD Annual State Convention hosts national, regional and state leaders in health, physical education, recreation and dance. Speakers who excel in research and teaching, provide innovative sessions as well as professional development that assists you in implementing the latest in best practices. You will discover ways to create and deliver a standards-based curriculum in health and physical education programs.

Meet the needs of students
➤ Learn to assess, reflect, plan and adjust content to meet student needs in the health and physical education classroom.
➤ Learn positive associations with attention and on-task behaviors.
➤ Have a better understanding of the whole-child approach to education to ensure students are healthy and successful academically through movement and health education.

Networking
➤ There are a plethora of opportunities to engage with others who share a deep commitment to teaching in our allied fields. Sharing in meaningful conversations with one another, offering feedback when conversing about various K-12 programs is a valuable asset to enhancing curriculum, instruction and assessment strategies.

Research Findings and Innovative Educational Practices
➤ Attend sessions addressing the findings of the latest educational research as well as the direction of future explorations in physical education, health education, and wellness.
Technology

➤ Maximize student engagement through technology modifications.
➤ Learn how to navigate new platforms that teachers are utilizing at this time.
➤ Learn how to collect data through our partner software Interactive Health Technologies (IHT) to assess student learning in physical, cognitive and social/emotional domains.

Tips for Speaking with Your Administrator

➤ Give a copy of the Convention Preliminary Program to your administrator (in this newsletter and on website!). Let them know how specific sessions can relate to your school program.

➤ Develop a schedule as to how you plan to navigate the Convention with your remote learning/hybrid model. This will be “live” with recordings available for participants only until November 20th.

➤ Be prepared for questions.

➤ Give feedback on what you learned and experienced with a recap to your supervisor and department staff. Follow up on how you plan to apply what you learned at the convention throughout the school year.

➤ Offer to hold a brief training session on new tactics and best practices for the staff that did not attend.
Letter to your administrator

Dear <Name of Principal or Supervisor>,

With more and more evidence showcasing the benefits of health and physical education for students in the classroom, I am eager to tell you about an upcoming statewide professional development opportunity that can improve my teaching as a (fill in: health/physical educator) and lead to better learning in the classroom.

This coming November 2-3, 2020 my professional organization, Massachusetts Association for Health Physical Education, Recreation and Dance (MAHPERD), will be hosting its first virtual Annual State Convention. Many presenters from across the country bring expanded expertise to the Convention. As an attendee, I will gain experience and learn from state, regional and national teachers who will share how I can:

• Ensure students are given the best opportunity to meet the local, state and national standards for health and physical education
• Help students become better learners
• Implement a whole-child approach to education at our school so students are healthy and ready to learn
• Meet the needs of all students through differentiated instruction
• Meet the needs of 21st century learners to maximize student engagement using the latest technologies

Additionally, the scheduled sessions are research and evidence-based and incorporate the most recent findings on best practices. I will also learn how to leverage existing resources to enhance my program at little to no extra cost!

I would appreciate the time to discuss this professional development opportunity and how you can support my attendance.

Sincerely,
Your name
### Honor Roll of MAHPERD Past Presidents

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<th>Year</th>
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<td>Mary Lydon</td>
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<td>William Considine</td>
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<td>1973</td>
<td>Mary Lou Thornburg</td>
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### Past Recipients of the Joseph McKenney Award

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<td>1978</td>
<td>Ralph Lord</td>
<td>1994</td>
<td>Nancy Moses</td>
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<td>Patricia St. Laurent</td>
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<td>Edith G. DeAngelis</td>
<td>1980</td>
<td>Robert Curtin</td>
<td>1996</td>
<td>Maria Melchionda</td>
<td>2012</td>
<td>Patricia McDiarmid</td>
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<td>Carl Christiansen</td>
<td>1983</td>
<td>Barbara Jordan</td>
<td>1999</td>
<td>Bill Riley</td>
<td>2015</td>
<td>Constantine Psimopoulos</td>
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### 2021 MAHPERD Awards!
Nominate a colleague for a MAHPERD Award!

Think about nominating a colleague. Think about how you got to be a teacher, who has inspired you as a mentor, who in our field deserves to be recognized for their brilliant efforts, time, and involvement with their students. Take a minute to nominate a person or two for one of our prestigious MAHPERD Awards!!

Deadline for nominations is Friday, Nov 20th.

[Click here for more information and to nominate someone](#)
Past Recipients of the MAHPERD Honor Award

Past Recipients of Presidential Citations
2020 MAHPERD Award Recipients

Joseph McKenney Award - Mary Connolly

Mary is the Program Chair of the Skills-Based Health/Social Emotional program at Cambridge College. At the college, Mary is responsible for delivering quality programs for students seeking a Master of Education Degree, online health and physical education certificates, and a certificate for physical educators who are being asked to teach health but do not have the background.

She is also a health education consultant and has helped many Massachusetts districts transform their curriculum from content based to skills-based. Recently, she is working with a teacher training institution to help transform their teacher training programs from content centered to skills/SEL based.

She is the author of Skills-Based Health Education, second edition, published by Jones and Bartlett and is working on her third text, Teaching SEL in the Skills-Based Classroom.

Mary presents at the annual MAHPERD and SHAPE America national conferences and has designed and presented several skills-based health education webinars. She served as the Chair of the SHAPE America Task Force on Social Emotional Learning and is a member of the SHAPE Professional Preparation Task Force.

Mary served on the committee that revised the National Health Education Standards and the Massachusetts Health Curriculum Framework. She is a member of SHAPE America, ASCD, and MAHPERD.

Honor Award - Carol Manning

Carol is the Liaison for Health and Physical Education in Worcester, MA. She received her Masters of Educational Administration from Worcester State University. She received her Bachelor of Science Degree in Physical Education and Health from Indiana University where she was captain of the Women’s Swim Team. Carol had developed the philosophy that all students can learn and live life to its fullest.

Carol has worked developing many programs as a Physical Education teacher in Worcester from 1986-2014 from Special Olympics to Family Fitness Fun Night. Her fund raising efforts afforded a new playground for the school. She received grants for heart rate technology and equipment for her students to use. She worked very hard for the school to develop as a whole community involving teachers, administrators, students and the community in many activities over the years. In 2014, Carol became the Liaison for Health and Physical Education in the City of Worcester, a part of the Office of Curriculum and Professional Development.

As a member of Worcester’s CHIP (Community Health Improvement Plan committee) she sees health and physical education from many sides. Most importantly, Carol believes that Physical Education and Health Education is an integral part of the CORE curriculum and it is her responsibility to educate 25,000 students of the Worcester Public Schools through the efforts of the outstanding teachers, important community partners and continued parental support in Worcester.
**Elementary PE Teacher of the Year - Rob Tatro**

Rob Tatro has been the elementary physical education/wellness teacher at the Sunita Williams Elementary School (formerly the Hillside Elementary School) in Needham for the past 19 years. He started his career as an elementary and adapted physical education teacher in the Scituate Public Schools prior to coming to Needham and his career spans 23 years in total.

Rob graduated from Bridgewater State College in 1995 with a Bachelor of Science in Elementary Physical Education. He completed his Master’s Degree in Educational Technology from Lesley University in 2000. Rob is the most senior member of his elementary physical education department in Needham and recognizes that his current and former department colleagues have had meaningful impacts in his development as a physical educator. He has served as a mentor for the Needham Public Schools for many of his current and former elementary physical education colleagues over the years and has worked closely with Dr. Deb Sheehey and Dr. Karen Richardson in the development of their student teachers in both the pre-practicum and practicum settings at Bridgewater State University.

Outside of his district, Rob recently presented two educational gymnastic progression presentations with dozens of his students at the annual MAHPERD convention in the fall of 2018 and is hoping to bring these presentations to the SHAPE national convention in Baltimore 2021. He is also currently working on an article he hopes to submit for publication with SHAPE (the Society of Health and Physical Education) detailing his work in the Crossfit community as a certified Crossfit Kids and Level One Crossfit Instructor.

Rob has been a leader in the field of recreation as well, firstly in his hometown of Medfield where he as served as an elected Medfield Park and Recreation Commissioner for the past seven years and secondly in the sport of disc golf holding several leadership positions such as the Past President and Past Vice President of the New England Flying Disc Association.

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**Amelia Riou - Phil Leonard**

Phil Leonard currently serves as assistant Director of Adapted Physical Education, Physical Therapy and Occupational Therapy at the New England Center for Children (NECC), a renowned global leader in education for children with autism. In that role, Phil leads the adapted physical education program, including all curriculum development, and oversees strategic collaboration among the OT, PT and APE teams to ensure alignment of services to students.

A licensed physical education teacher with more than 10 years of experience teaching adapted physical education, Phil has also helped to develop many student teachers who are now successful professionals in the field.

Phil graduated in 2010 with a master’s degree in physical education from Bridgewater State University (BSU). He began his teaching career at NECC, where he has worked throughout his tenure in a variety of roles to elevate and champion the importance of adapted physical education programming.

Phil completed his master’s thesis at BSU and examined the efficacy of using a video model and physical prompting hierarchy to improve aquatics skills for two students with autism. He presented this research at the Spring 2018 SHAPE America Conference in Nashville, Tennessee. He makes regular presentations at the MAPHERD Adapted Physical Education Conference. In addition, he has collaborated with other professionals in the field and APE discipline, to organize this biannual professional development conferences for APE and PE professionals from Massachusetts and the New England region.

Phil currently resides in Attleboro, Massachusetts with his wife Kate and son Finn.
High School PE Teacher of the Year - Sarah Bixby Centric
Sarah Bixby Centric started her teaching career in 2005 at Shore Educational Collaborative teaching both general physical education and adapted physical education for students in Pre-K through grade 12. In 2008 she began teaching physical education at Amesbury High School and has been their ever since. From the moment Sarah stepped foot on the Amesbury High School campus, she has brought her passion for quality physical education and curriculum writing. In her years at AHS, Sarah created and introduced new physical education courses, allowing students to personalize their physical education experience. Students have been able to take courses such as Fundamentals of Movement, Yoga & Mindfulness I and II, and Advanced Conditioning. Sarah’s passion and commitment to the relevance and importance of individual lifelong fitness has resulted in a significant shift in how students and staff view physical education at Amesbury High School.

Sarah believes that her role as a Physical Education Teacher is to inspire personal growth through the deliberate creation of successful experiences for all students. She believes that students learn best in an environment that promotes non-judgement, personalization and choice. Amazing things happen when quality of movement and physical literacy are valued and celebrated over athletic achievement, the playing field is leveled and all students feel safe and welcome to participate. 100% participation is the responsibility of the teacher and is achievable everyday by meeting students where they are through movement modification and personalization. She believes that movement modifications and personalization inspire resiliency and spark participation.

In addition to teaching, Sarah has been coaching swimming for 19 years and currently coaches for SOLO Aquatics. Sarah is the head age group coach for SOLO and their mindfulness specialist where she works with their National Team and Olympic hopefuls on developing mindfulness strategies to improve athletic performance.

Over the past 15 years Sarah has written and received various grants enabling her to integrate the newest trends and technology into her physical education classes. Sarah has proudly served on the MAHPERD board as Adapted Vice President Elect and Adapted Vice President. She has presented at MAHPERD and at the USA Swimming New England Girls Leadership Summit. Sarah has presented on various topics during in district professional development.

Health Educator of the Year - Jeff Bartlett
Jeff Bartlett is a health education teacher at the Holten Richmond Middle School in Danvers, Massachusetts, where he has been teaching since 2008. Jeff completed his undergraduate studies at Springfield College and earned his master's degree from Boston University. An experienced skills based health educator, Jeff enjoys collaborating with other education professionals as part of a vast online professional learning network.

At Holten Richmond, Jeff serves on the Project HAWK anti-bullying committee, helps oversee the LGBTQ+ Alliance, and is a member of the Danvers Social Emotional Learning Steering Committee. Additionally, Jeff is an adjunct faculty member in the Skills Based Health Education/Social Emotional Learning department at Cambridge College. His principal/assistant principal license (5-8 level) is pending through DESE. After school hours, he enjoys coaching cross country and track & field at the high school level at Danvers High School.
Outstanding Future Professionals

Matt DeGrandpre - Springfield College
Matt DeGrandpre is a current senior at Springfield College studying Physical and Health Education, where he is also a member of the PEHE club. He has been named to the Dean’s list during numerous semesters while at SC. He has also been a member of the Council of Future Professionals Committee for the past two years, and has collaborated with peers from other colleges to present at the 2018 & 2019 MAHPERD convention.

Matt has also been involved in gymnastics for over 15 years, and is currently a member of the Springfield College Men's Gymnastics team and was a former member of the Student Athlete Leadership Team on campus. Along with the team, Matt has helped run and organize many different volunteering opportunities. In recent years, he has worked in various capacities as a coach at different summer camps and local gymnastics clubs. Coaching gymnastics is where Matt fostered his inspiration for teaching.

Currently, Matt is completing his practicum for both physical education and health at Bellamy Middle School. He loves being able to promote health and wellness each day, and build connections with the students he works with. In the future, Matt looks forward to continuing his profession, by teaching at either the middle or high school level. He is extremely grateful to be receiving this award.

Hannah Florek - Westfield State University
Hannah Florek is a junior majoring in Movement Science with a concentration in Elementary Physical Education at Westfield State University. She is an active member of the Physical Education Club on campus as co-president of the club. Hannah has been named to the Dean’s list all five semesters that she has attended Westfield State University. She is also a member of the Women’s Track and Field Team at Westfield State where she runs the 600-meter and 800-meter run. Outside of school, Hannah coaches and referees soccer to children ranging in age from 3-12 at Roots Athletic Center located in Westfield, Mass. As a future professional, she wants her students to find a love for physical activity so they can pursue healthy and active lifestyles.

Matthew Dionne - Bridgewater State University
Matt is a senior at Bridgewater State University and is from Middleboro, Massachusetts. He is pursuing a second career and majoring in Physical Education at the secondary level. He credits his family for their support and encouragement in following his purpose. Matt is an active member of the MAHPERD council of future professionals, helping to implement workshops at the conference to aid students’ preparation for the PE MTEL test. He also volunteers his time in the community of Bridgewater where he coaches youth track & field and cross country running. Matt is incredibly grateful to his professors at BSU as well as the MAHPERD board for receiving this award.
Craig Bren - Salem State University
Craig Bren is currently in his senior year at Salem State University and is enrolled in the 4+1 Physical Education Program with a 3.718 GPA. Craig has made the Dean's List in every semester with the exception of one semester while his youngest son William was undergoing chemotherapy treatments for stage IV kidney cancer. Instead of allowing this to be a distraction to his studies he used it as motivation to show how others how to deal with adversity and went on to start a Pan-Mass Challenge team that raised over $67,000 for Dana-Farber Cancer Institute and The Jimmy Fund. Craig visited the Massachusetts State House to advocate for quality Physical Education throughout in Massachusetts with other MAHPERD students. Additionally, he is a well-respected volunteer youth football, baseball, and basketball coach in the city of Gloucester and has been for the last seven years. He has coached multiple championship teams including a first ever Super Bowl appearance for the team's youth football program and back to back championships for the youth basketball program. More importantly he is a positive role model for the young athletes that he coaches and has built significant relationships with his athletes. Craig will graduate with is Bachelor Science Degree in May and proceed directly into his graduate year completing his Masters by May 2021. Craig is extremely enthusiastic about teaching physical education, positively impacting children, and contributing to the community.

Gianna Marie Napoli - Springfield College
For as long as she could remember, Gianna wanted to be a teacher. She is currently a senior at Springfield College earning a dual degree in Physical Education and Health Education. Physical Education was always her favorite class, and she was involved in numerous sports from a young age. After stepping foot on campus for a tour, Gianna knew she would be calling Springfield College her home for the next four years. This school has provided her with the opportunity to pursue her passion of physical activity and lifelong wellness. She has earned Dean's List every semester since the start of her undergraduate career and currently maintains a cumulative GPA of 3.8. During her time at Springfield College, Gianna has been a member of the Springfield College Women's Lacrosse Program, secretary of the PEHE Club, and an employee of Alumni Relations and the Athletic Department. Gianna would like to thank her family, friends, coaches, professors and mentors for the endless support and guidance they have provided during her time at Springfield College. As a future educator, Gianna hopes to have the same positive impact on her students, as her teachers once had on her.

MAHPERD is proud of these students and their talents! The future of our allied professions is indeed strong!
Preparing for the Job Search: Getting Your “Docs” in a Row!
Monday 9:45 am-10:45 am

Getting that first professional position requires some paperwork – at least a letter of application, a resume and some transcripts. Most employers also ask for letters of reference or recommendations and what can you do to be sure they include the key words employers are looking for? Here is some advice!
Presenter: Dr. Irene Cucina, Plymouth State University; AAHPERD President, 2012-2013

PE MTEL Test Prep Zoom
Monday 12:45 pm - 1:45 pm

Join the Council of Professionals in a PE MTEL Zoom Session including: (1) Test preparation and resources including advice from PETE students that have passed the exam; (2) Open response questions (3) Strategies for multiple choice questions; (4) Content-specific questions. Don’t miss this opportunity to be with your peers from other PETE programs, share experiences, and test prep strategies.
Presenters: The Council of Future Professionals Representatives; Dr. Ann Marie Gallo PETE Coordinator, Salem State University

If I Can Do It, So Can You (Future Professionals)
Tuesday 3:15 pm - 4:15 pm

This session will emphasize the importance of leadership skills and professional involvement for future professionals. Ideas on how to use the experiences gained through professional involvement will be shared. This session will be interactive and is designed to encourage continued involvement in the HPERD associations.
Presenter: Dr. Irene Cucina, Plymouth State University; AAHPERD President, 2012-2013