



*Healthy • Active • Educated*

# SHAPE Washington Board

**“Working to benefit our members, profession, and the organization.”**

**Re:** April 25, 2015 9am to 3pm

Best Western Plaza on the Green

24415 Russell Road, Kent, WA, 98032

---

## **Meeting Guidelines:**

- Have an action plan for every agenda item: What do we do with the information?
- Set direction based on our vision, mission, and brand (Healthy, Active, Educated)
- Use meeting time effectively and efficiently
- Remain professional, attentive, thoughtful, and respectful throughout the meeting
- Think through verbal contributions and deliver them succinctly
- Complete agreed upon work between meetings to maintain continuity and support membership

---

**- 9:00 – Call to order... Tracy** Tracy Krause/President called the meeting to order at 9:00 am

In attendance: Denise Peterson/Parliamentarian, Sara Russell/Advocacy, Lisa Kloke/OSPI, Ryan Kauffman/Social Media, Carri Kreider/PETE, Melanie Flink/Treasurer, Toni Bader/Assessment, Kristen Edmiastson/VP Dance, PJ Jarvis/VP Elementary PE, Tracy Krause/President, Jeana Haag/President-Elect, Kevin Schmidt/Curriculum, Teri Galloway/VP Secondary PE, Gayle See/Executive Director, Joyce Kjorsvik/Awards, Jeremy McIver/VP Health, Jenni McCloughan/Secretary, Krista Winn/Marketing, Ryan Wisser/VP Adapted PE, Mitch Weller/VP Student/Young Pro, Alica Atha/Journal Editor

- Congratulations to Gayle and SHAPE WA for a successful National Conference – Thank you to Gayle for an excellent conference! The presenters, hosts, students from NWD, and so many people in Washington and the NWD states made it successful. The leadership from SHAPE America felt like it was a great event, too. Gayle shared that she felt like it was a good event with around 4,500 participants at the convention.
- Thanks attendees and presenters!! - Tracy

There was a lot of volunteering from people in the NWD states – thank you!

- Review goals for last year and share goals for this year: Increase in SHAPE WA membership (980 !!!), Building on the momentum of the restructure, branding, & SHAPE America National Convention

Membership is up from the national conference which is always unique to the state that is hosting the conference. How can we keep these new members and see the value of the membership? We need to build on this momentum. Do you have any ideas to keep members in SHAPE Washington?

Toni Bader mentioned talking to new PE teachers about the importance of being a member of our state organization.

- Review motion procedures: Gayle/Denise  
Denise Peterson/Parliamentarian explained that if someone has a motion then you must raise your hand and wait for the President to call on you. No debate unless the President says that it is ok to have a discussion.
- Vision for the meeting: Supporting “50 Million Strong by 2029”  
Steve Jefferies/SHAPE America President introduced this challenge at SHAPE America conference. Everyone from the SHAPE Washington Board is going to be videotaped about how we are going to support this challenge. Tracy Krause plans to send the video to Leadership DC about what we are doing in the state of Washington. We would like to promote ideas about how to support this challenge.  
Kristi Winn presented on “50 Million Strong by 2029” and the definition of the campaign. It is a student oriented initiative. The 50 million number represents the students that are in kindergarten now and will graduate in 2029. How do we get there? How do we know we are going to get there? We will spend some time today working with this initiative. We will send some of our feedback to SHAPE America. Develop this as our “purpose”.
- Share idea to challenge other districts – short video clip of pledge  
We will videotape some ideas of how we will support this new initiative. A 10-15 second idea on video for Tracy Krause to share.
- Approve Agenda  
Executive Committee created the agenda and the Board approved it.
- Introductions –

### ***OLD BUSINESS***

#### **- SHAPE WA financial update – Gayle**

- Approve Past Minutes  
Teri Galloway motioned to approve the minutes from the November meeting and Jeana Haag seconded the motion. Minutes were approved.
- Financial Report  
Gayle See reported that at the SHAPE conference made over \$15,000 with the addition of the new members to SHAPE Washington. We are doing well financially right now.  
Budget proposal 2015 – 2016 handout  
Changes to budget – Increase in amount for operating expenses (forms, PAL training extra form expenses, etc.), legislative expenses, Speak Out expenses (sub costs for people who are attending Speak Out Day), flyers, membership operating expenses, \*see proposed budget handout.

Teri Galloway motioned to approve the budget and Jeremy McIver 2<sup>nd</sup> the motion.  
Budget was approved.

- Membership Report – **Gayle**

NWD 2014—860 2015—1120 members

Tracy Krause talked about reaching out to the new members and making a personal contact. Think about ways to keep these new SHAPE WA members and talk to Tracy Krause. A video about why you are engaged in the SHAPE Washington membership.

SHAPE Washington

2014—750 2015—980 members

- Taking advantage of new membership numbers- Tracy

- **OSPI/CCSS/H&F Cadre update - Lisa Kloke (35minutes)**

Lisa Kloke gave an OSPI update on two major things that are happening at OSPI. There is a new website for Healthiest Next Generation. Website gives information about the initiative from Governor Jay Inslee. Lisa Rakoz will continue her work with the Healthiest Next Generation initiative.

On the website there is a resource section link with 3 major categories:

- \* Nutrition
- \* Physical Education and Physical Activity
- \* School Wellness

Washington State K-12 Standards:

- OSPI required to develop state learning standards (RCW 28A.150.210)
- Washington State K-12 Health and Fitness Learning Standards were last adopted in 2008

Crosswalk – Findings compared with national and state didn't align to 2008 WA standard set

- National/State standard set alignment
- Grade-level outcomes vs. grade bands
- Sexual Health missing

One document with 2 distinct categories:

- \* Health Ed
- \* Fitness/PE

Maintain the standards and structure from National PE Standards but modify outcomes to:

- \* align with WA state laws
- \* specify student learning expectations
- \* align vertically across grade levels and strengthen the depth of knowledge

Infuse National Health Education into outcomes for Health Ed

Handout provided to better explain the changes

Health portion – national standards are very vague so they are breaking them down to infuse into standards

PE

Current document from 2008:  
K-12 Essential Academic EALR  
K-12 Component

2015:  
Standard  
Outcome

## Health

2008:

K-12 EALR

K-12 Component

GLE

2015:

Core Idea

Topic

Outcome

New format will be much more comprehensive – see handout

Is there going to be a document with the knowledge portion? Cognitive piece? That hasn't been discussed yet. Language is needed for "waiver" issues. Important to have language in place about the knowledge piece.

We are adopting the 5 National Standards. See handout. Next steps:

- The writing team meetings continue through June 2015.
- Internal review of PE draft (May)
- Internal review of health education draft (June)
- Biased and sensitivity review (June/July)
- Public review (Fall 2015)
- Hoping for implementation for school year 2016 – 2017

Gayle See asked if public review could be during the SHAPE WA conference and that is the plan. There will be some revisions to the assessments but no timeline at this time.

Toni Bader asked what will this look like for adaptive PE? Lisa Kloke mentioned that we will get some National perspectives on this issue.

### **- Journal Report – Alice**

Alice reported what she has for the next journal and touched base with everyone who is submitting articles and pictures. The next journal will be out the first week in June.

- Increased membership means more journals are being mailed which is higher cost
- April Journal
- Advertising – We need advertisers for the journal.
- Next article due July 1st. – Promotion for the fall conference. This journal comes out at back-to-school time. Lessons, organizational pieces, or something to start the next school year are always good ideas.

### **Joyce Kjorsvik – Awards**

We have had declines from people who were nominated for awards. Hopefully by the middle of May Joyce will have names of nominees. Fill out the form and send to Joyce Kjorsvik.

### **- NWD Update – Tracy**

- Paul Clinton, President Elect
- Legislative Symposium – June 22—JSCEE 9-3pm
- APE workshop Oct. 8 – Mead SD—all day Toni Bader is bringing in Ann Griffith for this workshop. Look at Special Olympics and peer buddies outside of PE. Area of resources and what is really going on in your classroom for adaptive PE. Toni is certified in APENS which is Adapted Physical Education National Services.
- We have a leadership conf call next week.

Tracy Krause reported out about the NWD and the work that Paul Clinton is working on. Gayle See talked about the leadership meeting for NWD. The NWD leadership has some young professionals by design. Tracy talked about the sustainability with the momentum in the state of Washington.

**- SHAPE America Update – Tracy Krause**

- Steve Jefferies, President Elect
- Bold, Doable Idea (50 million strong by 2029)
- LMAS/PAL Training

**-2015 conference – Cece Badda**

- 2015-October 9-10 conference at Mead MS in Spokane—presenter proposals and exhibitor application are on web site.
- 2015 APE Workshop Mead SD-details will be on web page after CeCe and Gayle meet May 20 with Mead district leadership.
- PHE Canada – Banff April 30-May 2

**Break – 9 minutes**

**-AHA Speaker: Karen Hake from the American Heart Association**

“Jump Rope for Heart” and “Hoops for Heart”

-Karen handed out cute ducks that sends a message about the program. Students love the rubber ducks!

-Splatter Quackie – a duck if a student raises \$5.00 for a good cause for Heart Health

-PE Duck – Named after the PE Teacher. Ducks concept is strong for getting the message out about heart health and it is fun.

-Karen wants to know what she can do to help/support this program going into schools in Washington. How can we support you? Jump Rope for Heart is very grateful for the partnership with SHAPE WA.

-Karen talked about CPR training and the new concept of “hands-only” CPR and it isn’t scary. CPR kits available – see Karen Hake if interested.

-Tracy Krause mentioned that partnerships are vital for “50 Million Strong by 2029” and this might be a good partnership for this campaign.

- Next year we would like to invite Training Coordinator for Food Sense from WSU and Special Olympics coordinator. That would be Jeana’s board meeting.
- Other suggestions to Jeana

**- Group Activity – Jeana –**

Jeana Haag and Sara Russell received a CSPAP grant this year. They shared PA (physical activity) breaks that were the base of the grant. What can we do to get our teachers to do PA? They decided that in their district they would call it “brain builders” instead of “brain breaks” to put an emphasis on getting going instead of a break.

Got together this summer to research various resources to come up with ideas on a laminated card to give to teachers. Called “Brain Builders and Energizers”.

Think and write activity – what one thing that you can think of to sustain our SHAPE WA membership? Write it down. Activity was “Snowball”. Crumple up your idea that you wrote on your piece of paper. Throw the snowball (crumpled paper) out and then go pick up a new snowball and throw. Do 5 throws then grab a “snowball”. Go read the snowball and write

down a follow up comment. Do 5 throws again then pick up a "snowball". Do a "pair/share" with the person next to you on the comments on the snowball. Ideas that we shared:

- Get new young members on the Board along with old members with the history of the Board
- A new tab on the SHAPE WA website with all of the different social media sites
- An email with some "blasts" of tech tips, activity tips, brain builders, etc.
- A state wide share site/weekly emails/a way to communicate with one another
- Volunteer at a staff meeting for classroom teachers to see energizers/brain builders

## **NEW BUSINESS**

### **-Report from the Standing Committees about their work**

#### **-Susan Sellers Update from Legislative Action – Tracy**

1. Registration for the NWD Legislative Symposium, June 22nd at the John Stanford Center in Seattle is now open! *Gayle See promoted this event because it is NWD event.*
2. SHAPE-WA had a very successful day in Olympia on Feb. 26th. Paul Clinton, Deb Lindgren, Nichole Calkins and myself attended.
3. The Cadre team will be meeting on June 6th to write bills regarding certificated teachers and waivers. We will meet at 10:00 at Lynnwood Elementary. Anyone who wishes to attend should contact me! *This is not the OSPI Cadre, it is a different group of people.*

**11:45-1:00 – Lunch & check out** – Includes walk to restaurant

## **Strategic Planning**

### **-Meet in small groups to discuss strategic plan**

*Strategic Priorities – Tracy Krause handed out a packet with key considerations for a multi-year strategic plan. Take a few minutes to give some thoughtful feedback to document.*

*The documents are initial drafts that SHAPE America needs feedback on. An example of the roadmap that we are heading towards nationwide.*

**Break – 9 minutes**

### **-Group Reports**

*Marketing Committee 2015 Project - Krista Winn/Marketing presented on PLAN – Personal Learning Action Network. Goal is to get this PLAN up and working by fall conference. If you would like to be a district leader, please email Krista Winn [kwinn@portangelesschools.org](mailto:kwinn@portangelesschools.org)*

*Purpose:*

- *Share ideas*
- *Increase membership*

- Provide a network for communication
- Promote national campaigns

**Basic Outline:**

- Top tier – SHAPE WA Board
- 2<sup>nd</sup> tier - Teacher rep from each ESD
- 3<sup>rd</sup> tier - Teacher rep from each school district
- 4<sup>th</sup> tier – individual teachers

**-Game Changers/Leverage Points (work in small groups/committees)**

1. Work with the state associations to create a single membership.
2. Secure a multi-year sponsorship from a major health and fitness company that includes a commitment to the 50 Million Strong.

Time in small groups to look at the SHAPE America Strategic Priorities. Tracy Krause will send our feedback to SHAPE America.

**-Share**

Kristen Edmiaston discussed creating a handout with the benefits of being a SHAPE WA member, having applications at all district meetings, purchase a membership for someone so they can see what SHAPE WA is all about, and get discussions around “why we are here” personally. Help people see themselves get involved in SHAPE at the state level.

Sara Russell discussed getting mentorships to create stronger relationships. This will build on the buzz of how to move forward with recognition at the national level.

**- Conference Reminders/Responsibilities– Tracy**

- Oct 9-10, 2015 (Mead SD)
- Oct 8 – APE Workshop Mead SD
- Board Member Action Plan
- Journal Ideas

Gayle See promoted the fall conference in Spokane. Steve Jefferies will be the Friday keynote speaker and Dick Fosbury will be the Saturday keynote speaker. Spokane marathon is going on that same weekend. Gayle is busy planning for the big event. We will need presenters so please get the word out. Registration information will go out soon.

**- GROUP PHOTO & Adjourn**

---

**NOTES**

- Give feedback to Tracy Krause on the Board mission and vision – he will send it out via email
- A lot of the work that we are doing at the state level can be done at the district level through the Wellness Policy – it is a great way to get involved at the district level!
- Reminder - give names of presenters to Gayle See for the fall conference!