



**2016-17 SHAPE WA Executive Board**  
**"Working to benefit our members, profession"**  
**Fall Board Meeting December 3<sup>rd</sup>, 2016**

Best Western Plaza on the Green  
24415 Russell Road, Kent, WA, 98032

**SHAPE Board Meeting Minutes:**

**9:00 am – Meeting was called to order at 9:00 am by Jeana Haag**

**In attendance:** Ryan Wiser, Toni Bader, Joyce Kjvorsvik, Teri Farrar, Jennie Hershey, Tracy Krause, Jeana Haag, Sara Russell, Jenni McCloughan, Carri Kreider, Emily Pond, Judy Beard, Krista Winn, Ken Turner, Susan Sellers, Melanie Flink, Dana Henry, Alice Atha, Gayle See, Gretchen Gray, Teri Galloway

**Call to order... Jeana/Tracy**

- Celebrations/Highlights from last year – slide show of great action shots from the SHAPE Washington Conference
- Introductions – Go around and introduce yourself to the group
- Post Vision and Mission on the Screen-  
Review goals for year: Every child in Washington State is healthy, active, educated, and ready for the future. "Together We Can" is our mission for the great work that is being done by this group of people. We can think outside the box together.
- Meeting Norms – reminders of our communication
- Review motion procedures: **Gayle See**
  - Gayle is reporting on behalf of Denise Peterson on our parliamentary procedures
- Meeting Objectives and Outcomes:
- Approve Agenda – Dana Henry motions to approve the agenda and Judy Beard seconded the motion

**OLD BUSINESS**

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

- Financial Report – We are sitting good financially and can send representatives to Washington DC and to Olympia
- Fall Conference – Vancouver 2016 at Heritage High School
  - Gretchen Gray was the exhibitor coordinator and did an awesome job!
  - Vancouver conference profit = \$38,400
  - Thank you to Alice for the work on coordinating the Showcase and Krista for the props for the photo booth
  - Next year will be in Puyallup at Emerald Ridge High School
- Membership

- To be a SHAPE member by doing the Jump Rope for Heart program you must go onto the SHAPE Washington website to sign-up to be a member
- About 582 members in SHAPE Washington
- We talked about adding health teachers to our organization through marketing and inviting them to our annual conference. We need to reach out to CTE health teachers.

#### **- Fall Conference Student Feedback – Carri Kreider**

- Future PE Students took a survey on what they thought about the conference. The feedback included likes and dislikes along with suggestions. All in all very positive comments.
- Future sessions for future PE students – give them information on the job process, interviews look-fors, and resume help. They want ideas and help on how to get a job and how to stand apart.

#### **- Journal Report – Alice Atha**

- 3 journals – Fall, Winter, Spring
- Advertising
- Articles were due December 1 Update on this - Journal ideas for the Winter Journal that comes out in January 2017
- Next article due – we passed around article ideas for the next submission
  - Susan Sellers suggested an article idea for future journals is to have a lesson that meets a PE standard for elementary, middle school, and high school in each journal (i.e. Dana Henry's "Great Turkey Caper")
  - A suggestion from Toni Bader is to adjust the journal timeline coincide with the Board meetings so we can spend some time talking about articles so we are more efficient? Less redundancy in the journals if we know what others are writing about.
  - Maybe we can include journal article ideas when we send out a request for leading conference sessions. Health oriented articles, assessment articles, PE student relevant articles, etc.
- Board member action plan – please turn in your Board Member action plan to Jeana Haag by January 2, 2017! Please use the template provided.

#### **- Action Based Learning Training Report- Teri Galloway and Dana Henry**

- Dana Henry reported out on a training that she attended in South Carolina on how to prep the brain and action based learning concepts.
- Dana shared resources:
  - "Think on Your Feet" by Jean Blaydes-Madigan
  - "Teaching Through Movement" by Stacey Shoecraft
  - "The Kinesthetic Classroom" by Traci Lengel and Mike Kuczala
- KIDSFIT company on equipment for movement in education
- Terri Galloway reported out on a training that she attended in Texas – PE teachers in that school district went to kinesthetic learning conference and have a commitment to teaching through moving. Everything was action-based learning and what is happening in the brain while learning.
- Dana shared her new brain lab at her school with equipment and activities for students to do when they need to move.

### **NEW BUSINESS**

#### **Professional Community Partner Presentations:**

**-10:00 am AHA: Dawn McCutcheon** – Rory the Lion was the special guest and Dawn shared the new stuff for Jump Rope for Heart assemblies. Goal is to do an assembly for 75% schools that participate in the program. We are short 120 schools right now so please recruit schools to participate in the program. If you have questions or need to reach out to someone, contact Dawn. Commitment deadline has been extended to: December 16, 2016.

Awareness of heart health, educate students, and fundraise for the American Heart Association are the 3 main goals for the program. Coordinators get 10 clock hours, a free SHAPE WA membership, and a national e-membership if over \$2,000 raised.

**-10:15 am Safe Routes to School and Life Skills Program: Bill Evans OSPI** – Student Support Conference in Yakima on ACES and Student Informed Practices on May 11-12, 2017 at the Yakima Convention Center.

Two programs:

- Safe Routes to School – Grants for 2017-2019 will fund 25 school districts. Funding provides a fleet of bikes and a trailer with the expectation of teaching the curriculum on safety walking and biking. Then the bikes are the district's property. See attachment for more information. Announcement should be in April 2017. Adaptive cycles are not included in this grant opportunity but we will try to fill this need if possible.
- Like Skills Training Program – A middle school program aimed at reducing substance abuse for middle school students. This is an evidence based substance abuse program with funding with social services. Funding is currently available and goes after substance abuse with social emotional learning prevention program. There are 20 schools currently doing the program and there is room to add more. Three levels –
  - Level 1 - pays for all instructional levels for entire middle school upfront with about 15 lessons and workbooks
  - Level 2 – 2nd year with 10 lessons
  - Level 3 – 3<sup>rd</sup> year has 5 refresher lessons with proven success on refusal skills
  - Sequim, Franklin Pierce, Wapato, Tacoma schools are all currently doing the program
  - Go through igrant process if you are interested! Shooting for a January timeline to apply so that it can be taught in the spring. Open application without a deadline. #761 igrant

## **Break**

**-10:45 am Childhood Obesity Prevention Coalition: Vic Coleman**

Policy advocacy group – 2017 platform with 3 items of importance.

1. Physical Education Assessment – Increase accountability reporting of schools to provide quality PE.
2. Healthy Kids, Healthy Schools Grants – Re-appropriation for grants for school kitchen equipment, water bottle filling stations, and PE equipment. There was 18 million dollars of requests last year with a 5 million dollar budget so that sends a message that there is a big need. There will hopefully be funding again this spring so be on the lookout!
3. Sugar Sweetened Beverage Policies – Sugary drinks and other sweet fruit drinks are one of the leading causes of obesity. Seattle is ready to go next month with a sugary drink tax. Exciting because there will be a reduction in consumption but the challenge is the where the funding should go to the public that is hardest hit or target the money to invest back to the community that is affected.

**-11:15 am Legislative Action Update – Susan Sellers**

\* This year we will be stronger if we partner to together and speak the same language. Look at the platform that Vic shared with us in a package to get in the door. Use the SHAPE Up day on January 26<sup>th</sup> and get signatures to sign onto the bill. Strength in numbers, strength in the coalition, and get people to recognize what is really happening in our classrooms. We need Legislature people to come into your classroom to see exemplary PE instruction.

**-SHAPE AMERICA – Gayle**

**-NWD- Gayle**

- NWD Update-need delegates for SHAPE America Saturday morning
- Announcement of NWD TOYS

### **-Upcoming Conferences- Gayle/Tracy**

- West's Best – Feb. 4- Seattle
- Brain Based Learning – Feb. 3 – FREE to shape Washington members
- National Convention- Boston April 2017

### **-Awards Update and Nominations Procedures – Joyce Kjorsvik**

- Process update
  - Elementary, middle school, high school, dance, adaptive, and emerging leaders – please send in your nominations to Joyce as soon as possible with all information on the website. April 1, 2017 is the deadline.

### **–JRFH/HFH - Gayle –flyer up date**

**11:30-12:00 noon – Social Media Workshop- Ryan Wiser and Melanie Flink** – Starting with Twitter! A great resource for getting ideas, sharing success stories, and the word out on what is happening in your district/school. A lot of professional development on Twitter like the PE Summit by Collin Brooks. An app called "Pocket" to save ideas or things that you have tagged on Twitter.

Voxer – A walkie-talkie to have a conversation with another person. A good way to put a presentation together! You can put your whole school district on Voxer to share ideas, video lessons, images, links, so it isn't just the talking piece but much more. You can belong to a couple of groups, can make it go faster so you can go through messages quickly, and you can talk to other PE teachers about what you are teaching for the day. Good resource!

Please fill out the "success stories" application on the SHAPE WA website! We need more success stories so forward this out to people that have good stories to share. Paul Clinton is working on this for SHAPE Washington Advocacy Reports.

### **12:00-1:00 pm – Lunch, (Scotch & Vine) Group Photo and Hotel Check-Out**

**1:00 pm –OSPI/CCSS/H&F Cadre update – Ken Turner** – An active, healthy professional development opportunity:

- Thursday, Dec 8 – Renton Tech Annex
- Monday, Jan 23 – Tacoma
- Friday, Jan 27 – Cheney
- Friday, Feb 10 – Central Washington University, Ellensburg
- Friday, March 10 – Bellingham (morning only 3.5 hours)
- Monday, March 27 – Walla Walla

A 6 hour training for both health and PE teachers to discuss the new standards and gender identity concepts. Training on how to tie in the new standards into your current work.

**1:15 pm –Healthiest Next Generation Update – Sara Russell** – A couple of articles that are in our folders on the success of the Healthiest Next Generation work. Be on the lookout for Lisa Rakoz and Ken Turner's emails from OSPI with excellent resources, grants, and articles.

### **COMMITTEES**

#### **-Committee Chair Reports**

- Celebrations from last year and vision moving forward- Summary of these – **Jeana Haag**
- Introduce Committee Chairs:
  - Marketing: Krista Winn

- Is currently working on get messages out to all captains and coaches of the ESD then to district then message goes out to PE teachers
- Legislative Action: Susan Sellers
  - ESSA stuff and legislative work
- Assessment: Terri Farrar
  - Can combine assessment and curriculum committees
- Curriculum: Jennie Hershey
- Advocacy: Paul Clinton
  - In the past the advocacy committee supports other work like legislative work
  - How can the advocacy group support the projects, committees, and other work?
- Social Media: Melanie Flink and Ryan Wiser
  - Social media works to support the other committees so we can get our work out there as much as possible

#### **-Vision for committee work**

- Selection of Committees for new board members
- Review of Action Planning Protocol/Document
- Meet in Committee Groups

#### **-Committee work**

**2:00 pm - WIAA: Brian Smith** – Meet with Tracy Krause

**3:00 pm**

#### **-Committee Progress Report**

- Social Media Committee – We want everyone’s current email and Twitter info so that we can be in touch with you. We will send you some challenges to encourage you to sign up for both Twitter and Voxer. This is a good way for us to gain more followers. There will be a prize!
- Assessment and Curriculum Committee – We need to get the word out about the new standards to all teachers with lesson examples. Lesson plan competition for under grads on standard based lessons on the SHAPE WA website.
- Advocacy Committee – Updated a flyer “PE + Health = Student Success”
- Marketing Committee – Benefits of being a SHAPE WA member, partnerships to help support your program, and create a database with the information (i.e. guest speakers, YMCA membership info, etc.). Second big project is to increase membership and recruit new members. A prize for people who recruit 5 new members. At the conference there would be a drawing with the names of the people who recruited. How do we make our website the most user-friendly tool?
- Legislative Committee – Action Day is January 26<sup>th</sup>! WIAA is willing to stand up with us to eliminate the waivers for middle and high school.
- **ESSA update from Susan Sellers**
  - There are 60 more days until we find out more information on ESSA. There are many things that we will be looking at in relation to ESSA. Do we have assessments that reflect high quality achievement, looking at academic achievement, all standards, and are we meeting the basic needs for all students?
  - Susan walked us through the ESSA Feedback Form
  - Please do the ESSA Feedback Form

**3:30 pm SHAPE Board Photo Op**

#### **-Reminders and Thank You’s**

- Board Member Action Plan – Due January 2nd

**3:45 pm Adjourn**