



Society of Health And Physical Educators

"Team Work Makes the Dream Work"

**2015-16 SHAPE WA Executive Board
"Working to benefit our members, profession"
Spring Board Meeting April 23rd 2016**

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

9:00 am

Call to order... Jeana Haag, SHAPE President called the meeting to order at 9:04 am

In attendance: Gretchen Gray, Kristen Edmiaston, Teri Galloway, Jeremy McIver, Emily Pond, Susan Sellers, Denise Peterson, Sara Russell, Tracy Krause, Jeana Haag, Dan Persse, Joyce Kjorsvik, Melanie Flink, Gayle See, Ryan Wiser, Toni Bader, Krista Winn, Dana Henry, Terri Farrar, Jenni McCloughan

Jeana began the meeting with:

- Celebrations/Good News: Congratulations to Sara Russell, High School SHAPE Teacher of the Year
- Mission/Vision
- Review goals for year
- Meeting Norms
- Review motion procedures: Denise Peterson
- Meeting Objectives and Outcomes: In folders
- Approve Agenda – Susan Sellers motioned to approve the minutes and Teri Galloway seconded the motion.

OLD BUSINESS

- SHAPE WA financial update – Gayle

- Financial Report – Good news for our SHAPE Washington fiscal year that we are in the black. We had a lot of revenue come from Jump Rope for Heart. See attached budget revenue 2016/17 estimate.
- Budget Vote – We discussed the budget for next year and that includes the Executive Director's salary. There hasn't been a salary change in 9 years. We discussed a change in salary for Gayle See and it was overwhelmingly positive to support this change in salary. One thing that was mentioned was to look at the other Executive Directors around the country to see how we compare in Washington State. Jeana Haag made the motion to approve the increase in the budget and the Executive Director's salary and Teri Galloway made the motion to increase the expense increase. The motion was approved by the Washington SHAPE Board.
- Jeremy McIver asked about the paid position of the Exhibitor Coordinator. It would be valuable to have a person in this role to make it sustainable each year since it is a lot of work to get exhibitors for our annual conference. Gretchen Gray is going to do the work for next year's conference.
- Toni Bader asked about considering costs for video awards and the videos that were shown at the National Conference.
- Jeana Haag motioned to approve the SHAPE Washington Expense Budget and Dana Henry seconded the motion. It was approved by the Board.

- **Journal Report – Alice** who was not in attendance but Jeana Haag reported out.

- Articles were due April 1 and the journal variety looks good. Thank you to everybody!
- Next article due July 1! This journal will come out in October/Fall.

NEW BUSINESS

-Action Based Learning Workshop Report: Krista Winn

* The class was 8:00 am – 4:00 pm and it was excellent! Krista's take away was that students were referred to as "yetties" which means that aren't ready "yet". Dana Henry brought non-PE people with her to the workshop which will be great advocates for staff development. Toni Bader talked about the content of the workshop breaking out parts of the brain and explained the importance of "processing time" and intentional teaching of what are we doing and why. There was a good discussion on the value of this workshop and passing this knowledge along to others. It was suggested to get some of us trained as "master trainers" so we can train other people in the state about action based learning.

* It was discussed to send 2 members from SHAPE Washington to Action Based Learning Workshop to become trainers. This expense can be taken out of the SHAPE Washington expense budget. Jeana Haag motioned to approve to send 2 people from SHAPE Washington to attend the "Action Based Trainer Workshop" and Joyce Kjorsvik seconded the motion. The motion was approved to finance this cost up to \$1600 per person out of the SHAPE Washington expense budget.

* The 2 people that were chosen for this opportunity are Teri Galloway and Denise Peterson.

-Professional Community Partner Presentations:

-10:00 am Bob Rea – Bob is representing the Bowling Proprietors to take Bowler's Education to the state-wide level to promote the implementation of in-school bowling. He brought packets with information about the in-school bowling program and highlights on why bowling would be a good program for students. A bowling set for a school includes 6 carpet lanes with pins, bowling ball, and curriculum. A thumb drive was included in the packet that includes a comprehensive manual that meets standards. Bowling lessons are great for math and science! Bowling unit is 2 weeks then it travels. They will do workshops for a school district for PE teachers if interested. The goal is to make the connection to the school districts to help promote this program and promote in-school bowling.

-10:15 am Vic Coleman: Director, Childhood Obesity Prevention Coalition – Vic is representing the policy platform for childhood obesity prevention. The coalition looks at the policies and procedures that are currently in place and how to figure out the improving the connection between nutrition/physical activity and early learning. There is movement around the country on to work on sugary drink taxes to reduce the consumption of sugary drinks. Goal is to raise revenue and reduce consumption of sugary drinks. The revenue would be used hopefully for reducing obesity (something specific). Two action items, one is to join the coalition and two is to endorse the sugary drink measure when it comes to vote.

* Susan Sellers motioned that SHAPE Washington become a member of the Childhood Obesity Coalition.

* Joyce Kjorsvik seconded the motion and it was approved.

* Susan Sellers motioned that SHAPE Washington endorse the Sugary Drinks Tax Initiative for the City of Seattle and Dan Persse seconded the motion and it was approved.

-10:30 am Representative: American Heart Association – Ashlea from American Heart Association. The puppies has been very successful and a cute connection to nutrition this school year! Clock hours for doing JRFH have been good for PE teachers. New middle school program coming next year.

-10:45 am Chris Brown: Beecher's Pure Foods Foundation- Fueled for Life Event – Chris is representing the work that Beecher's Pure Foods Foundation is doing in our schools. Goal for the program is to teach students how to make informed, healthy food choices and to read a nutrition label. Goal is to spark a curiosity in students to find out what is in food and to recognize food on ingredient lists. Target audience is 4th grade food science unit. This is the 10th year of the program and there will be a celebration on September 25, 2016 to bring people together to celebrate the mission of Beecher's Pure Foods Foundation. Whole Foods will sponsor the event and raise awareness for the great work happening in Washington. SHAPE Washington members attend this event and help promote!

-Break Followed by Energizer: Dan

* Write down one exercise on your piece of paper then make it into a paper airplane. We will all throw our paper airplanes in the middle of the room at once then grab a paper airplane. Do the exercise on the paper airplane that you grabbed and do 8 of that exercise. Then throw and repeat! Fun!

-OSPI/H&F Cadre Update: Sara

- New Standards – roll out was official in March with a pilot for 2016-2017 school year.
- "Standards Roll Out Plan" from Marissa – Sara Russell reported out the plan. Next year there will be a lot of professional development opportunities. Pilot will take place next year with webinars offered this spring with an overview on the standards and how feedback was addressed, talking points about talking to people about the standards and why we should be teaching them. Implementation documents are being created now, what the PD looks like, and how we will reach the most people around the State.
- If you have ideas of how to educate others about the standards, please contact Marissa. The hope is that by May this year all PE and Health teachers know that we have new standards. Goal is to promote to teachers that we are already teaching to meet these standards and there isn't much change.
- There is a lesson plan template in the folder along with the communications plan to understand the standards process rollout. The template was sent out electronically to everyone on SHAPE Board by Jeana Haag.
- Jeana reported that there is an open position at OSPI for the Health & Fitness Coordinator and a Safe Routes to Schools Executive Director. There is a link for a grant for fitness centers for both elementary and middle schools, see Healthiest Next Generation Report in agenda for more information.

-ESSA Task Force Report: Teri Galloway – Six folks went to Olympia to say thank you for including PE in the ESSA efforts. Another message was sent to fully fund this. We (PE) are now entitled to Title 1 (free and reduced funds), Title 2 (professional development based on needs) money, and Title 4 funds (schools must apply for these funds). We are now "at the table" and a part of the well-rounded, whole student ESSA plan. A task force has been formed to learn how to access these funds and how to get in at the state level with regards to ESSA. Susan Sellers will be on the Teaching and Learning state committee. The big piece of all of this is to advocate for PE to be a part of the strategic plan in your district. The task force will be creating a folder available at the State Conference to help guide us in advocacy for your district. Ultimately the task force will need success stories to access on what ESSA is going to do for us in PE! PE is a part of the funding so we must be at the table to get access. Be knowledgeable about this funding! Since we won't have PEP grant monies to fund PE we will need to access the ESSA funding for the well-rounded, whole child which includes PE.

-SHAPE AMERICA Update– Gayle – Next year the SHAPE National Conference will be in Boston in March.

-NWD Update- Gayle – All SHAPE District Executive Directors will be going to Washington D.C. next week to meet together to discuss membership. We have maintained membership at 850 members without much change over the years. All states will start with the same amount of funding next year so we will get new opportunities for both students and teachers.

-Fall Conference Update- Gayle/Tracy

- Date: October 14 & 15
- Location: Heritage High School
- Planning Steps – Tracy Krause is working on the conference, forms are online for presenting, and exhibiting and more to come!
- Toni Bader reported that October 13 there will be an adaptive PE workshop for the pre-conference

-Awards & board nominations - Joyce

- Process update – 2 elementary nominations, 1 middle school nomination, 1 high school nomination, no adaptive, no dance, and a rep nominated from each school for emerging leaders. Due date is April 1st!

–JRFH/HFH Coordinator - Denise Peterson

- Go to website for information/questions about the Jump Rope for Heart or Hoops for Heart program

12:00-1:15 pm – Lunch, Group Photo and Hotel Check-Out

1:15-1:30 pm -Healthy Schools Leadership Institute: Dana Henry

- Dana went to Atlanta for a Healthy Schools Leadership Institute with Lisa Rakoz and others
- Whole School, Whole Community, and Whole Child – www.cdc.gov/healthyschools/wsc/index
- Resources to help with CSPAP work – see Dana
- CDC has put out a lot of resources and information about the connection between physical activity and academic performance. All can be found on the CDC website along with e-learning opportunities for credits.
- All school district must have a District Wellness Policy

1:30- 1:45 pm -Healthiest Next Generation Update: Jeana

- OSPI Program Supervisor, Health & PE Position opening coming soon
- OSPI Program Supervisor, Safe Routes to Schools Position opening coming soon
- State-of-the-Art Fitness Center – grant, see OSPI
- New standards – be on the lookout for press release, webinars, etc.

COMMITTEES

-Today's plan for committee work: Jeana

1:45 pm

-Committee work

3:00 pm

-Committee Progress Report

- Marketing: Krista Winn
 - Continuing with “the plan” communication plan
 - Motivate people to fill in the blanks on the plan
 - Create a map of Washington
 - Start a membership campaign to get new members – August & September 4 blasts about why they want to belong to SHAPE Washington
 - If someone registers by the end of September then your name will go in the journal
- Legislative Action: Susan Sellers
 - Bill 2669 – Looking for accountability on minutes, certified PE teachers, increasing the minutes, grants for schools for resources, etc. A very robust bill!
 - Next year – a second submission of the no-waiver bill
 - SHAPE Up Day – January 26, 2017
 - This SHAPE Legislative group is now recognized, they are trying to get more people involved, and possibly include students in the group.
 - Invite your legislators into your classrooms! Once they see what great things are happening then they want to have this happen all over the state!
- Assessment: Toni Bader
 - Combined both assessment and curriculum into one working group
- Curriculum: Tracy Krause
 - Working on some keynotes for the conference
 - Create a plan of action that focus' on the conference in October
 - Toni is the contact person for presenters on adapted PE
 - Tracy is the contact person for presenters on assessment
 - Jenni and Jeremy will work on trying to draw in health teachers

- Set up a session at the beginning of the conference that focus' on both curriculum, assessment, adaptive, etc.
- Bring everyone back together on day 2 that is inter-active
- Each day have time for people to process what they learned or heard at the conference – maybe a room with presenters to help with facilitations and how to put things into practice?
- Gallery walk with sample assessments
- Kristen will work on dance presenters and sessions
- Use the lesson plan template – make it available to people to use
- Talk about evaluations from the conference
- Conference piece will come up quick – right when we get back from summer!
- Advocacy: Sara Russell
 - SHAPE America has come out with case studies – a one page document that shares of how we are meeting 50 Million Strong by 2029
 - How can we do this in Washington? A template was created by Paul Clinton. The hope is to have 3 or more by July to roll out this example at the fall conference. Show success stories in this document to promote advocacy! Show all areas – PE, health, adaptive, dance, etc.
- Social Media: Melanie Flink
 - Ryan reported out that social media is trying to promote the mission of SHAPE Washington through Facebook, Twitter, and Voxer. We have 508 followers on Twitter. We want to have a social media session at the conference (social media 101, social media 201, etc.).

-Reminders and Thank You's

- Revisit your board member action plan – send it to Jeana by July 1st!
- Welnet is offering to help with membership costs if we watch a 30 minute webinar
- Sunday, May 22nd 7:00 pm – watch a webinar from Welnet, more information to come!
- Action-based learning – try to figure out 2 people who might be interested in being a trainer, please write your name if you are interested on a 3x5 card, what dates work best for you, and if this commitment is something that you would be interested in participating in.
- Conference in October – try to be there on Thursday night if possible to help with vendors and stuffing attendees packets.

Meeting was adjourned at 3:50 pm