

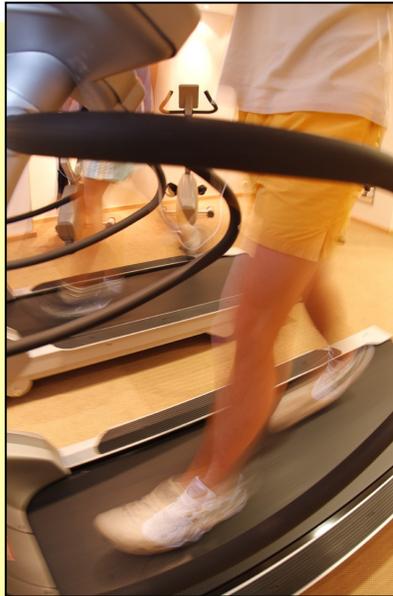
UAHPERD News

President's message—Frank Wojtech

Seven days without physical activity makes one weak!

Bill Gates who is investing millions of dollars in education reform indicates that the key to success for children is not the latest technology, a pristine learning environment or even the most sophisticated curriculum. The key element for success is still a dedicated, engaging teacher. I think this is especially true in our delivery of wellness education.

We face many challenges in our quest to elevate children's wellness levels today. Certainly stumbling blocks such as spending time on the computer and electronic games, watching television, and eating fast foods are apparent. But, in addition, we don't have enough time at school to ensure healthy fitness levels especially at the elementary level.



Teachers need to look beyond the semester, and focus more on how we can encourage students to exercise and eat healthy foods outside of the school environment.

Children need to know the value of being physically fit and how exercise and proper nutrition are keys to preventing disease and reducing stress in their lives. Teachers can encourage healthy behaviors outside of class by making fitness fun through a wide variety of fitness activities, homework assignments encouraging movement and healthy nutrition habits, and activity and eating journals that can be done at home. An engaging teacher, and one who models what he/she teaches, can motivate students to take what they have learned in class to practical application in their home environments.



**2012 AAHPERD
National Convention
& Exposition**

Boston, MA • March 13-17

In partnership with Eastern District Association & Massachusetts AHPERD

SHOUT OUT!

Let's Move in School

As part of the First Lady Michelle Obama's Let's Move In School initiative students from around the country participated in National Geographic Kids Guinness Book of World Records Jumping Jack Event this past October. Between 3 p.m. ET Octo-

ber 11, 2011, and 3 p.m. ET October 12, 2011, students attempted to break the current record of 20,000 for the most people doing jumping jacks. Students were required to complete one



LET'S MOVE in School

www.LetsMoveInSchool.org

minute of consecutive jumping jacks during the 24 hour period. 15 schools in Salt Lake City School District took on the challenge. Some participated in the event in individual classrooms while

others participated as an entire school. 5,196 students and teachers participated. With that kind of number from one school district it looks like the current record will easily be broken. Way to go Salt Lake District!

If you would like to recognize a teacher, student, or event in the **Shout Out** section of the newsletter please send the information to cecie.scharman@slcschools.org



June 13-16, 2012
Turtle Bay Resort,
Hawaii

[Southwest District Convention](#)



UAHPERD/USOE Summer 2012 Conference

Fitness Matters, Wellness Works

UAHPERD and the Utah State Office of Education are once again collaborating to bring you the **2012 Summer Conference in Park City July 9-10** at the Marriott Hotel and Park City High School. The conference this year will emphasize staff wellness and how it applies to teaching as well as traditional professional development sessions. For the first time ever there will be an evening awards banquet that will honor peers who have made special contributions to the profession. Registration will be available online in January. Please come and join us - there will be something for everyone! (Nomination form available on website.)

State Superintendent's Challenge

Superintendent Larry Shumway is challenging all teachers to work on improving their fitness levels this year. The research shows that exercise is the number one way of stimulating brain function and can enhance teaching efficiency. Get involved by being the leader on your staff to improve the health of those around you and to show how important a healthy lifestyle is to people of all ages. For more information, go to www.schools.utah.gov/curr/healthpe/fitnesschallenge.



Sign Up Today for Jump Rope for Heart



Why?

1. To prevent childhood obesity, heart disease and stroke in your students, school and staff through education and

engagement in exercising.

2. The funds raised go to The American Heart Association & American Stroke Association to fight our nation's #1 &

#3 killers- heart disease and stroke.

How?

If you are interested in receiving more information about participating please contact [Cassidie Fenton](mailto:cassidie.fenton@heart.org) at (801) 641-3976 or via e-mail: cassidie.fenton@heart.org

Benefits to school:

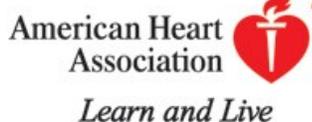
♥ Your school can receive gifts certificates for sports equipment. (i.e. school donates \$1,500 to The American Heart Association and school will receive \$100 to buy PE equipment)

♥ It helps your students learn the skills to live a healthy lifestyle while building excitement for exercising.

♥ You'll receive 12 jump ropes and free materials to help teach jump rope skills and heart health. (Your school can purchase ropes at a discount price when participating)

♥ It creates opportunities for teamwork, camaraderie and school spirit while supporting a community service project.

♥ Funds raised through your event will support cardiovascular research.



2011 UAHPERD Honors and Awards

Each year the association honors professionals in the organization for outstanding work and achievement in their field. This year 7 professionals were recognized at the State Conference this past July in Park City.

Elementary Physical Education Teacher of the Year:

Cathy Hinshaw, McPolin Elementary School – Cathy has served on the UAHPERD Board as well as the SWD Board. In addition to Elementary Physical Education of the Year she has been Utah Jump/Hoops for Hear Coordinator of the Year, USOE Health-Gold Medal Mile Award, and the Park City Education Foundation Teacher of the Year.

Middle/Junior High School Physical Education Teacher of the Year:

Joan Goulding, Lehi Junior High School – Joan started her career teaching at West Lake Jr. High. After a 2 year sabbatical she returned to teaching at Lehi Jr. High where she has taught physical education and dance for 11 years. She recently received a thank you note from a student who said the following: “Not only did you teach me about being fit and healthy, but you also taught me the important life lessons like being independent, having sportsmanship, and the ability to seek improvement with optimism.” No physical education teacher could ask for a greater compliment. Joan is also a valued member of the UAHPERD Board.

High School Physical Education Teacher of the Year:

Trish Roberts Bingham High School – Trish began teaching physical education at Bingham High School 17 years ago. She coached the girl’s soccer team for 11 years taking State once. After a 3 year hiatus from coaching she has resumed the head coaching position. When people ask her what she does she tells them she’s a teacher and always follows that with “and I love my job, I have the best job ever.”

Middle/Junior High School Health Teacher of the

Year: Barbara Farris South Cache Center – Barbara has worked with 9th grade students for the past 23 years. She is a sought after cooperating teacher for student teachers from USU. She has received the “Hat’s Off” award for exemplary teaching and extracurricular work in school and the USU “Teacher as a Community Builder” award. This past year she won a grant for an after-school running club at South Cache.

High School Health Teacher of the Year: Jenne Leigh Hamlin West High School – Jenne Leigh has taught health at West High School for the past twelve years. She is a master teacher and a presenter for the USOE and Salt Lake School District. She has served on the USOE Core Curriculum and text book review committees. She has also coached the West High swim team and is currently the Tech Manager for the team.

Coach of the Year: Cindy Stuart Rich High School – Cindy was the head women’s basketball coach at USU from 1978-1982. In 1983 she began teaching health and physical education and coaching volleyball and basketball at Rich High. Some of her accomplishments include: UHSAA Record Book – Most State Championships won – 14; Most Consecutive State Championships won -8; Most Volleyball Matches won – 600+. Utah Distinguished Service Award and 2006 National Coach of the Year.

President’s Award: Brenda Tolman UAHPERD Treasurer – The success of good leader and organization rests with all the unknown and unsung support staff who in whatever hours are necessary makes an or-

Nominations Wanted!

UAHPERD will soon be accepting nominations for **Outstanding Teacher/ Professional of the Year.**

Awards will be given in the following categories:

- Elementary and Secondary Physical Education
- Middle School and High School Health
- Dance
- Physical Activity/Recreation
- Higher Ed. Physical Educator or Health Educator
- Administrator of the Year

Winners will be honored at an evening awards banquet July 9th during the State Conference. In the teacher category nominees should be members of UAHPERD so that winners may be submitted to compete for the South West District Award and possibly the National Award. To be considered for the SWD and AAHPERD award the nominee must also be an AAHPERD member. Applications will be available on line at www.uahperd.org beginning January 10, 2012

2011 UAHPERD Honors and Awards

ganization shine. One of those behind the scene, above and beyond the call of duty workers is Brenda Tolman. Brenda was the Administrative Assistant for CeCie Scharman, UAHPERD's 2010-2011 President. Brenda became the treasurer of the organization. She designed and distributed the newsletter. She put together a statewide e-mail list and distributed all Association e-mails. She received all the conference registration, presentation proposals, exhibitor requests and e-mailed confirmations to all three groups. In addition she also designed the conference program and created name tags and membership cards for the July 2011 State Conference. Brenda was truly been indispensable and the President's right hand woman!



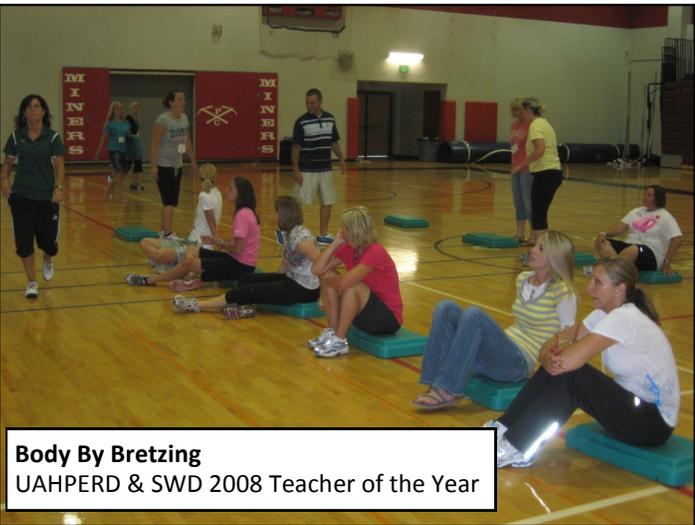
Golf for the Classroom
Melanie VanDelden, one of the top teaching professionals in the state.



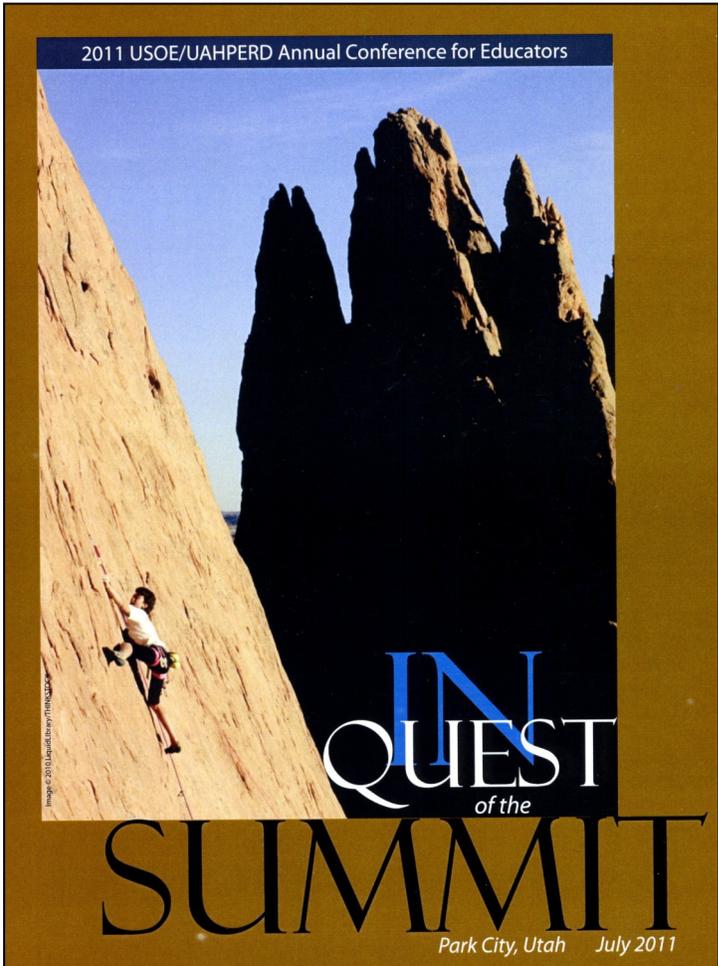
Ballroom dance—A Lost Art
Marci Edington, Director of American Social Dance program at BYU.



Fitness & Fun Through The Sport of Fencing
Jair Cortazar, United States Fencing Association referee



Body By Bretzing
UAHPERD & SWD 2008 Teacher of the Year



DON'T DRIVE STUPID

Did you know that every day, car crashes end more teen lives than cancer, homicide and suicide combined? That's a staggering statistic, but one that is too critical to take lightly.

Earning a driver license is probably the pinnacle milestone of a teen's life. However, with that license in hand, they have access to a deadly weapon that killed nearly 33,000 people in the U.S. last year. While this number represents the lowest number of highway deaths since 1949, the majority of those

crashes were preventable. The Utah Department of Transportation, Department of Health and Department of Public Safety have identified the top killers on Utah's roads: drowsy driving, distracted driving, impaired driving, aggressive driving and not wearing a seat belt. You'll notice that these are behavioral issues unrelated to the road or weather conditions – these crashes are preventable, not inevitable.

In order to prevent teen traffic fatalities,

more than a dozen state and local agencies have united efforts to form the Utah Teen Driving Task Force. Together, they created an educational program that speaks directly to teens – Don't Drive Stupid. While the phrase may not sit well with adults, it sure resonates with teens. These agencies have created free resources that high school students can use to educate their peers about safe driving. A message to get off the phone, slow down or buckle up can be more

effective when it comes from their friends and student leaders.

If you know of student groups (SBOs, FBLA, peer leadership, etc.) that would like to join in the effort to save their friends lives, let us know and we'll give them free educational resources they can use to promote this safe driving message. As a health educator, you are part of this great effort to save lives. Keep up the good work and remember – Don't Drive Stupid.

For more information, call [Stacy Johnson](#) at 801-487-4800.



CeCie Scharman
Past President

Members of the 2010-2011 UAHPERD Board worked hard this

past year to improve the quality of the organization. Without their hard work and professionalism we would not have been able to accomplish all that we did.

Activities:

- Redesigned and updated webpage – Kim MacIntyre Dance VP Elect
- Created state wide email list for all professionals in order to improve communication –

2010-2011 UAHPERD Report

Brenda Tolman
Treasurer

- Reinstated association newsletter – CeCie Scharman President
- Created an online conference registration site – John Allan Physical Activity/ Recreation VP
- Created a new partnership with the Utah State Office of Education – UAHPERD Board
- Changed the format of the conference from one day to two - UAHPERD Board

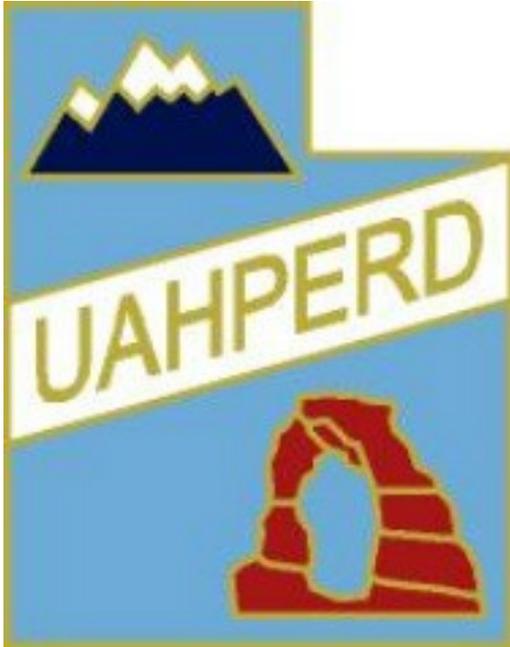
- Changed the date of the conference from October to July to increase attendance. Attendance at the July conference was 260, an increase of 73% over the previous fall - UAHPERD Board
- Invited Dr. John Ratey to keynote the conference. In addition to conference participants 80 invited guests attended Dr. Ratey's presentation. Invited guest included health professionals, school, district, and state administra-

tors, school board members and a legislator. In addition to Dr. Ratey participants heard from Chad Lewis former NFL player and Noelle Pikus-Pace former Olympian in the Skeleton - UAHPERD Board.

- Offered 42 conference breakout sessions - UAHPERD Board

It has been an honor to serve you and the organization. Looking forward to a great 2012!

Utah Association of Health, Physical Education, Recreation and Dance



Frank Wojtech, President
801-533-7732
Utah State Office of Education
250 E 500 S
Salt Lake City, UT 84111
frank.wojtech@schools.utah.gov

Check us out at
www.uahperd.org

Our mission, with AAHPERD, is to promote and support creative and healthy lifestyles through high quality programs in health, physical education, recreation, dance and sport, and to provide members with professional development opportunities that increase knowledge, improve skills, and encourage sound professional practice.

The Utah Association of Health, Physical Education, Recreation and Dance is dedicated to promoting physical activity and healthy lifestyles in Utah schools and community programs for Health Education, Physical Education, Recreation, and Dance by using the best philosophical, social, physiological and educational principles available and the most recent peer reviewed research in the several disciplines.

Any newsletter submission: please send full article with logos to CeCie Scharman.

*All submissions are due on **February 1, 2012** to [CeCie Scharman](mailto:cecie.scharman@slcschools.org) (cecie.scharman@slcschools.org)*

Presenters Wanted!

Share your passion for wellness with your colleagues by presenting at this year's conference.

An application will be available on our website January 10th. You will find that presenting to peers is fun and rewarding.



Dates to remember

January 10

Registration opens online for Summer Conference in Park City.

All July conference material will be available on line at www.uahperd.org

March 13-17

National AAHPERD Conference, Boston MA.

May 5

UAHPERD/USOE State Superintendent's Fitness Challenge 5K Fun Run

At Wheeler Farm in May and is intended to be the culminating experience for the Superintendent's Fitness Challenge. Have fun as a staff and train for this event during the course of the school year.

June 13-16

Southwest District AAHPERD, Turtle Bay Resort Kahuku, HI

July 9-10

UAHPERD/USOE State Conference, Marriott Hotel, Park City

USOE Sponsored Courses (All courses are held from 8 a.m. to 12 p.m.)

March TBA

USOE Prevention Workshop for Health Educators, St. George

June 11-14

Exercise Physiology, site TBD

June 11-14

Human Sexuality/Sex Education, Fairfield Jr. High

June 25-28

Methods of Teaching Sport Nutrition, Syracuse High

June 25-28

Care and Prevention of Injuries, West High Field House Room 115