

ThePulse

American Alliance for Health, Physical Education, Recreation and Dance

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American Alliance for
Health, Physical Education,
Recreation and Dance



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websites:

www.aahperd.org/jointprojects

www.americanheart.org

WAHPERD and AHA

By: Kris Fritz

It was appropriate that Steve Jefferies' Jan/ Feb 2009, Strategies article, "School Boarding 101..." arrived in my mailbox one day prior to when I was to leave to become part of the WAHPERD/AHA delegation to our State Association of Administrators & School Board Conference. Last year, resultant of the Midwest Past President, Beth Mahar's grant effort, this same delegation also attended this conference to educate attendees regarding QPE and AHA jointly focused activities. After tallying numbers of contacts and assessing narrative feedback, the WAHPERD Board voted to fund involvement for the second year. WAHPERD and AHA entered into a partnership and year two of advocating and educating became a reality.

The delegation composed of WAHPERD Executive Director, Keith Bakken; AHA Midwest Affiliate VP, Tammy Rucker; DPI Health/PE Consultant, Jon Hisgen; WAHPERD Secretary and former Administrator, Jan Kunert; former Midwest District TOY's, Kris Fritz and Doug Kane and other AHA employees staffed a joint WAHPERD/AHA booth for two days from which representatives of the delegation

spoke to administrators and school board members about obesity, State/NASPE standards and assessments, involvement in Jump and Hoops and the availability of grants for school Physical Education program improvement. The delegation made over 50 contacts from members of various school districts around the state on Wednesday and followed it up with approximately 50 more

and WAHPERD CD's containing session lesson plans and other items from the October 2008 State Convention.



on Thursday. Printed materials illustrating "What Constitutes QPE?" and how to quickly assess program strengths and weaknesses were handed out along with AHA materials, WAHPERD Newsletters

Members of the delegation focused on the above agenda with reference to Jefferies' "10 Steps for Effectively Advocating with School Boards"

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At the Heart of the Matter

American Heart
Association® 
Learn and Live...



A Change of Heart for the New School Year

By: Deb Miller, Theodore Robinson Intermediate, Evansville, WI

As educators we all begin the school year with expectations and promises to dazzle our students with fun new lessons and games. New teachers are beginning their careers and hoping to make it through their first week. Veteran teachers are counting the few years or days they have left to make their impact.

Many others are in the middle, perhaps at a crossroad trying to re-define their purpose in education. Teaching physical education and health has never been more important than it is this year. This year, teaching children how to be physically fit and live healthy lifestyles takes on a whole new meaning.

Last year, I was at that crossroad in both my personal and professional life, struggling to find my purpose and inspiration. Applying for the AAHPERD-JRFH grant helped me realize all the great things we are doing for our students. Attending the national convention was the highlight of many years of teaching. Connecting with fellow educators and sharing stories from the diverse schools we teach in changed my perspective. Instead of seeing the burden of teaching a generation of under active, overweight children, I began to see the remarkable impact we do have, one student at a time. My teaching partner and I enjoyed sharing our convention experience with our staff and energizing our students with some of the “cool” activities. As the school year came to a close, I felt grateful for the wonderful experience and looked forward to planning for next year.

In May, my family suffered the loss of my husband’s step-father to heart disease. Two weeks later we were shocked with the tragic death of our 23 year old nephew. As it happens with the death of loved ones, life stops for a while until we are able to catch our breath and begin to move forward. As my family and I move through the grieving process, we have learned what is most important: loving each other, and loving life. It is interesting that death cleans away the unnecessary burdens of our lives and leaves us with only what we can manage. This summer I have learned to live with only what I can manage and what is really important. These are the basics: take care of yourself first and it will be easier to care of others, make time for each other, enjoy life and get outdoors (it makes it easier to breathe).

As I begin this school year, I feel it is a new beginning. I hope to use my new perspective and wonderful resources from AAHPERD and the American Heart Association to continue to build a solid curriculum and learning experiences for my students. As we plan for this year’s Hoops For Heart event I know it will hold a special place in my heart, with my step-father and nephew. My goal this year is to look beyond the everyday stress of teaching and focus on the gifts we have to share with our students and families. Remember, teaching physical education and health has never been more important than it is this year. The challenge is ours. Good luck to all. ♥

Jump Rope For Heart

Money Raised to Honor Friend

Mason Heights Elementary, Mason, Ohio

Cole Marvin and R.J. Vogler were born on June 4, 1999 within four hours of each other. Little did these two boys know that later they would become best friends both in and out of school from day one of first grade. Cole Marvin, a third grader from Mason Heights Elementary School, has had a heart defect that was diagnosed at birth.

When Sue Heistand, Cole and R.J.'s physical education teacher, announced the upcoming Mason Heights Elementary Jump Rope For Heart event, R.J. decided to raise as much money as possible in honor of the challenges Cole faces with his heart. Both Cole and R.J. began asking for donations over two months before the February event was held. The boys chose to send out letters to friends and relatives with self-addressed stamped envelopes. One of R.J.'s reasons for beginning the collection process so early was to beat the annual Girl Scout cookie sale. Both Cole and R.J.'s parents showed continuous support of the project and assisted the boys in reaching their goals. Both families' parents helped instill in their sons the desire to help others through charitable work.

Through hard work and the driving desire to raise money for the American Heart Association, R.J. Vogler raised over \$1,200 this past year. Cole Marvin became the top student fundraiser in Ohio in raising \$2,170. The success of both of these boys is a great tribute to their friendship and their parents.

Mason Heights Elementary raised \$36,000 last year in their Jump Rope For Heart event and has been Ohio's top performing school since the early 1990's. Sue Heistand's efforts from year to year and the motivation she imparts in her students have made Mason Heights Elementary a bright star in the Ohio Jump Rope For Heart program. Her enthusiasm has spread beyond Mason Heights Elementary to the entire Mason City Schools. Last year the school district also raised more money for both

Jump Rope For Heart and Hoops For Heart than any school district in Ohio. ♥



Celebrating JRFH 30th Anniversary in Pennsylvania

By: Colleen Wegimont



Pennsylvania had two JRFH 30th Anniversary Celebrations last year. We started at the PSAHPERD Convention in Pittsburgh last November, and then had the EDA Convention in Lancaster in February. Being the PSAHPERD JRFH and the EDA JRFH/HFH Coordinator, I had the wonderful opportunity to celebrate JRFH twice.

In Pittsburgh, we had a reception for all our JRFH/HFH event coordinators with tasty treats, great networking, and a little JRFH trivia contest. All our JRFH and HFH coordinators at the convention received a 30th JRFH Anniversary pin. Friday's sessions highlighted our jump rope presentations. In the morning, Pam Best and the Mars Stars presented a session entitled "Jumping with the Mars Stars." The Mars Stars Jump Team demonstrated the basic jump skills and some terrific jump rope tricks. This session is always fun with the children teaching the professionals some new skills! Pam Best was presented with the 2008 PSAHPERD Heart Award at the awards luncheon for her outstanding service and dedication to JRFH. Natalie Kostelansky, the PA State HFH Coordinator, and I presented the Heart Award to Pam. Following lunch, Joanie Lepage, from the West Chester School District, presented a session entitled "Long Rope: It's Fun and Easy to Learn." Joanie provided the participants with wonderful teaching hints and strategies for long rope.

In Lancaster, Friday was our day to celebrate the Love, the Life and the Learning with JRFH. The Rippin' Ropers from the John Beck Elementary School in Lititz, PA performed their routines in the exhibit area over the lunchtime break. Coached by Tamera Olivieri, the 20 members of this JRFH demo team performed the basics of jump rope and then demonstrated harder skills and routines.

We continued to celebrate and learn more about JRFH in the session "Jump Rope For Heart: 30 Years and Going Strong." This was an informative and fun session with Jump coordinators sharing their JRFH events and the American

Heart Association updating everyone on the new and exciting initiatives from Heart. JRFH event coordinator Nicky Koffel, Upper Dublin School District, and I shared our JRFH events using a Power Point presentation. Charisse McGill and Bruce Fluck, from the American Heart Association, helped us learn more about what is happening at Heart. There was a fun trivia contest on JRFH and the history of rope jumping, and the folks won some special 30th JRFH Anniversary gifts.

Following this session, we continued our celebration with a JRFH/HFH Recognition and Social. Besides the healthy fruits and veggies, we

were treated to tasty heart-shaped cookies and the most amazing cake, hand decorated with the 30th JRFH logo from the American Heart Association. All JRFH and HFH event coordinators received special 30th JRFH Anniversary pins, as well as their EDA pins.

Pennsylvania had the opportunity to celebrate the 30th Anniversary of JRFH on both sides of our state. It is so important that we advocate JRFH and HFH in our states and to recognize and celebrate our event coordinators. I really enjoyed being a part of Pennsylvania's double celebration for JRFH. ♥

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including understanding their "Vision, Structure, Accountability, and Advocacy." First and foremost participants were shown how PE/

Health 'connect to academics' 'with a clear and concise message' revolving around standards and assessments. Members were able to 'build relationships' with many to whom they spoke, as the group had representatives from the State's major geographical regions who personally knew many of the Administrators and some Board members.

Information was provided about fundraising/ incentives and grants which had people listening to support ideas for overcoming 'financial obstacles.' 'Strength in numbers' and 'be persistent' were also evident by the variety of representatives chosen to be a part of the delegation and the fact that this was year two of conducting an Advocacy event.

Overall, at first glance, this was a successful partnership undertaking for WAHPERD/AHA and we would highly recommend other State AHPERD's put "School Boarding 101. . ." into action to reap positive benefits for all.

DPI Consultant, Jon Hisgen, moved between the WAHPERD/AHA booth and his DPI booth, where he

and former Olympians, Suzy Favor Hamilton and Casey FitzRandolph promoted the DPI "Movin' & Munchin' Schools Program" which promotes exercise and healthy lifestyles for WI Public school children, families and employees while offering grant money to those who participate to improve their physical education programs within their schools.

While in attendance at the Conference, the WAHPERD/AHA delegation members joined forces with the former Olympians to advocate for establishing healthy active lifestyles for all in WI.

On Friday, Jon spoke to an audience of more than 50 administrators and board members on current Physical Education issues, curriculum and assessments, AHA and their inter-relationship to the fight against obesity. The reaction of those who chose to attend this session was overwhelmingly enthusiastic and positive, offering yet another reason for members of the partnership to participate in this conference again in the future. Jon's ability to address these participants was a direct result of WAHPERD/AHA sharing a booth, proving solid well conceived partnerships will yield results in the fight to reduce obesity and establish healthy lifestyles through program advocacy efforts. ♥





Congratulations **KIM SPEER!**

AAHPERD 2009 JRFH Coordinator of the Year

By: Kathy Kent, South Carolina JRFH & HFH State Coordinator

Kim Speer has received a national award from the Joints Projects Committee as an AAHPERD 2009 JRFH Coordinator of the Year. Kim is a Physical Education teacher at The South Carolina School for the Deaf and Blind in Spartanburg, SC. She is also a successful Jump Rope For Heart Coordinator and the Hoppin' Hornets Demonstration Team coach. But Kim is more than a teacher and coach, she is a positive role model and mentor to the children she serves. Her enthusiasm and encouragement builds confidence in children who never thought they could turn a rope, let alone, ever jump a rope. Sign language and smiles are the tools of this coach! When you see her students with hearing aids, thick glasses, prosthetic limbs, and other challenges perform, you won't see children with handicaps...you will just see happy children. Kim does a wonderful job bringing out the talent in each child, which in turn, inspires and motivates each person in her audiences. Behind every one of her students, there is a story of the struggle, courage, and determination that has been nurtured by this very talented and special lady.

The Hoppin' Hornets are regular performers at the SCAHPERD convention and their demonstrations are always amazing, heartwarming, and inspiring. A teacher at the convention said, "After seeing Kim's kids, I know that every child in my school can jump rope with the right motivation! And if they do Jump Rope For Heart, our kids can do it, too." Kim is quick to add that she is supported tremendously by her colleagues and many volunteers who help assist with the students. The Hoppin' Hornet's parents have witnessed their children become "stars" and achieve more than they thought possible for their child.

Kim was a 2006 JRFH/HFH Grant winner winning \$1200 for PE equipment for her school and a trip to the AAHPERD National Convention in Salt Lake City, UT. This year, she was rewarded with a trip to the AAHPERD National Convention in Tampa, FL, where she was recognized for her outstanding accomplishments. We are proud to salute Kim Speer. ♥

SUCCESS!!

Floyds Knobs Elementary moves up to #3 in Indiana

By: Dale Berry

Even though it is hard times with the economy, my students at Floyds Knobs Elementary raised \$15,461.00 at our Jump Rope For Heart event last year. Floyds Knobs has grades K-5 with 655 kids that participated in JRFH in 2009. Our school has held the event since 1997 when this school opened. The BIG prize for my students is if they raise \$100.00 they get to throw a pie in my face on field day. In 2008 I received 76 pies in my face! My new principal also took a pie too! In 2009 I knew it would be tough to raise lots of money. In 2008 we were #4 in the state of Indiana with \$15,500.

This year 2009, I showed the kick-off DVD, my jump rope team did a performance on Wear Red Day at school, and we held "Wear a Hat Day" for \$1.00. I talked to my kids more about just bringing in some money, not necessarily high amounts. I really hit healthy heart talks BIG!!! I had more kids bring in small amounts of money than the large amounts and that is what helped my school go up to #3 in the state of Indiana.

I am the Indiana AHPERD Vice President for Jump Rope For Heart. I have a jump rope team for performance and we performed at the Indiana State Fair on August 8th to promote physical fitness. My kids love this day and my parents who come along jump rope with their child in the long rope. Last year I did the Heart Walk with Governor Daniels wife around the Fair Grounds for 2 miles and I got a ribbon and felt good, both mentally and physically, that I was helping someone.

Everyone can do their part! We do great work here in southern Indiana! ♥



2009-2010 JRFH/HFH Hoops For Heart 15th Anniversary



The 2009-2010 school year marks the 15th Anniversary of Hoops For Heart! Celebrate this fantastic milestone at your event and don't forget to take pictures. We'd love to share the news about how your school celebrated, so send your article and pictures to ctaylor@aaahperd.org and your school will be featured in The Pulse!

AAHPERD president, Dana Brooks, poses with Neil M. Meltzer, AHA national chairman of the board, and Clyde W. Yancy, AHA national president. Dr. Brooks travelled to Dallas in late June to present the check for \$48 million to AHA at the AHA annual board meeting.

New Jump and Hoops Website

The AAHPERD Jump and Hoops site is getting a whole new look! Over the past year the folks at AAHPERD and Terpsys have been working hard to bring you a brand new website. Not only will the new site sport an exciting new design, you'll find it to be fabulously functional. Be sure to log on to the new Jump and Hoops website scheduled to launch in September – www.aaahperd.org and click the Jump or Hoops logo.

