

The Pulse

American Alliance for Health, Physical Education, Recreation and Dance



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websites: www.aahperd.org

www.americanheart.org

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Achieving Excellence Together, P. S. 117Q

A Slice of Student Life at P.S. 117Q Through Our Physical Education Program

Submitted by: Helen Zentner, Principal

Public School (P.S.) 117Q is located in the Briarwood, Queens area of New York City, contained within the boundaries of Community School District 28. The school services a student body of 1284, which is comprised of many immigrant families. P.S. 117 has the largest student enrollment in the district. In our diverse school, sixty-seven languages are represented.

The Resolving Conflicts Creatively Program for grades three through six, and the Leadership Programs for grades K through two are tightly interwoven into our Physical Education Curriculum. Our students demonstrate cardiovascular fitness, musculoskeletal fitness, safety initiative, leadership, fellowship and trust. In the gymnasium, we find children engaged in the performance of skills, finding joy in exhibiting their personal best. Teachers encourage honesty, respect, cooperation, perseverance, compassion, courage, and tolerance through effective strategies.

Our Parent Association supports the JUMP ROPE FOR HEART program. Parents love the non-competitive manner in which children raise funds to help others. Last year, a second grade boy with a heart murmur jumped more times than any other student! The entire school was excited about his performance. This student exemplifies the values that we try to instill in all of our students.

The Physical Education Program reaches our kids. It is the proving ground, the great equalizer for body type, socio-economic level, ethnicity, religion, or place of origin and Jump Rope For Heart helps to make it fun! ♥

At the Heart of the Matter



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LOUIE CLARK

Submitted by: Mary Kennedy, Illinois State Coordinator

In everyone's life there is an event that changes him or her forever. Sometimes a person has to hit a low point to rethink what they want from their life. This life altering experience happened to Louis Clark, a stroke and open-heart surgery survivor.

Louie was in his twenties, married, expecting his first child and then it happened – A STROKE! When it hit, he did not know what was happening but fortunately his wife, Teresa, was studying to be a nurse and recognized the warning signs. Immediately, she called an ambulance and reported her husband's symptoms.

For one week, Louie remained in an ICU unit and today considers himself lucky because he walked out of the hospital by himself. As a result of the stroke, Louie learned that he had a birth defect and that open-heart surgery was necessary to correct the problem. Louie had open-heart surgery and survived. Today he is extremely active; participating in the hobbies he loves and watching his two sons grow up.

At the time of the stroke, Louie was working in a foundry and had never considered going to college. Because of the stroke he was unable to continue working in the foundry. He made the decision to attend college and has now been teaching middle school for the past 18 years. Additionally, Louie has also completed his master's degree.

Louie took the opportunity to share his story at the Midwest Affiliate JRFH/HFH workshop this past August. He was so taken with the workshop and the participating Jump Rope for Heart/ Hoops for Heart volunteers that he stayed for the whole event. ♥



Louis Clark

AMANDA'S STORY

A Demonstration Team Heart Survivor

Submitted by: Jim Patterson and Hal Garwood

A Dubuque Iowa Jump Team member has a clearer meaning today as to the benefits of the Jump Rope for Heart program. Amanda Wesenberg is alive and well because of heart research, a heart donor, and an expert heart transplant team at the University of Iowa Hospitals and Clinics.

Amanda joined the Jazzy Jumpers Jump Rope for Heart Demonstration Team when it was organized in September of 1999. However, because of a heart defect, Amanda could not jump rope so she took charge of the music and traveled with the team as an ambassador of Jump Rope for Heart while waiting for a new heart. Amanda serves as a living, breathing example of why heart research and the Jump Rope for Heart program is so important. Along with her parents, Amanda traveled with the Jazzy Jumpers to explain to other students the importance of heart research and education, both of which JRFH raises monies for.



Amanda Wesenberg

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Just before Christmas 2000 Amanda began to suffer from strokes. One stroke was so severe that it threatened to remove her from the heart transplant waiting list. As a result, she became a resident of the University of Iowa Hospitals and Clinics in March 2001. Finally, in June, a heart donor from Des Moines, IA gave his heart to Amanda. Today, Amanda is still recovering in the hospital and hopes to go home in the near future. Thanks to her new heart, Amanda is looking forward to once again traveling with the Jazzy Jumpers and plans to begin jumping as soon as she receives clearance from her doctors.

This survivor story continues to demonstrate the importance of the Jump Rope for Heart program in providing much needed research funds. With additional funds raised each year we will continue to have more success stories like Amanda Wesenberg. Keep on Jumping! ♥

Stories from the Heart



JORDAN MARIANO

Submitted by: Beth Kennedy, Youth Market Information Manager, Heritage Affiliate

Written by: Thea Mariano, Jordan's Mother

“To know him is to love him...”

Jordan Mariano is seven years old with spiked, bleached hair; deep voice; lover of rock music; avid participant of extreme sports; and the youngest of three boys. And, Jordan is afflicted with a cardiac condition called Supra Ventricular Tachycardia (SVT), which causes his heart to race uncontrollably for hours on end.



Jordan Mariano

While Jordan's normal heart rate is 60-70 beats per minute it can reach a rate of 200-300 beats per minute when his heart is racing. Obviously this condition directly affects the lifestyle of an active, 7-year-old boy, but Jordan refuses to give into it.

The lives of Jordan's two older brothers, Nicholas, 14, and David, 11, have also been significantly impacted since Jordan's diagnosis four years ago. Most importantly, Nicholas and David have become leaders in their individual schools raising money to fund research for heart disease.

In 1998, although only in third grade, David decided to contact everyone he could to donate money for his participation in Jump Rope For Heart for the American Heart Association. When he jumped rope with friends and peers at Gainfield Elementary School in Southbury, his enthusiasm was contagious. His motivation to help fund research to find a cure for his 4-year-old brother knew no bounds. That year his school raised over \$11,000, which was significantly higher than previous years. The excitement had only begun. Two years later Gainfield Elementary School raised almost \$19,000, the fourth highest amount of any school in Connecticut. Jump Rope For Heart is now a widely anticipated event in the Southbury community with the town's three elementary schools all competing and rallying for the cause.

Through a child's eyes, every dollar raised is huge. While attending Jump Rope For Heart events, I have witnessed first hand the joy and enthusiasm that children bring to their fund raising efforts, and the camaraderie that develops between them. Jump Rope For Heart is an opportunity for children in every school to selflessly participate in a cause greater than themselves... and have fun doing it! ♥

Wisconsin JRFH Demo Team Tours New Zealand to Promote JRFH Program

Submitted by: Martha Schuh

Ten members of the Stevens Point Wizards Jump Rope Demonstration team spent two weeks this past June on a demanding performing trip to New Zealand. During their visit, the team staged 28 shows for about 10,000 people – mostly elementary school

aged students, along with teachers and parents. The Wizards, whose sponsors are the American Heart Association and the Stevens Point, Wisconsin School District, assisted the New Zealand Heart Foundation in increasing awareness and support for its Jump Rope for Heart program, and encouraging young people to live heart-healthy lifestyles that include regular exercise.

Wizards team members who toured New Zealand included Megan, Ben and Emily Pliska, Tracy, Jill and Phil Kosloski, Jenny Jackson, Jodi Przekurat, Brooke Roth and Kendall Trzinski. Since the missions of both the American and New Zealand Heart organizations do not include funding for such trips, the Wizards' team coach, Martha Schuh, sought and received about \$17,000 in financial support from individuals and organizations, including WAHPERD, the Wisconsin Association for Health, Physical Education, Recreation and Dance, which provided a \$2,000 JRFH grant. The funds covered \$12,640 in airfare plus other travel expenses for the team members. To assist with lodging, local families hosted the jumpers at most New Zealand venues.

Highlights of the tour included a special performance for the United States Embassy staff in Wellington, and an official Maori welcoming ceremony in Christchurch. The Maori are New Zealand's native people, and one tribe invited the Wizards to a Maori complex, where they received a welcome and learned about Maori culture and customs, including touching noses and foreheads as a greeting. The Wizards provided the Maori representatives with gifts, including jump ropes and an afghan depicting some of the historical sites in Stevens Point. During the ceremony, the Maori sang songs, and the team responded with "God Bless America." Team member Tracy performed a saxophone solo for the Maori.

Before leaving, the Wizards were guests of the Maori for morning tea, including beautifully prepared fresh fruits and pastries. During the visit, a Maori chieftain performed a healing rite on one Wizards team member who was ill with strep throat. (She recovered in four days.) The chief then participated in some rope jumping outside the Maori children's educational center.

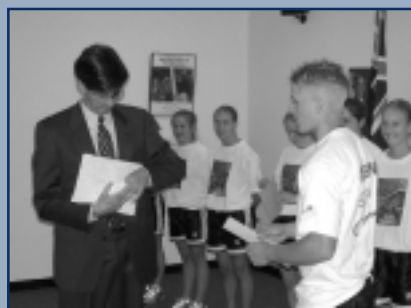


Members of the Stevens Point Wizards



A Maori chieftain participates with the Wizards.

Acting U. S. Ambassador Philip Wall and his staff welcomed the team to the American Embassy in Wellington, New Zealand's capital, and presented team members with certificates and friendship pins. Wall even shed his suit coat jacket to try his skills at rope skipping.



Acting U.S. Ambassador Philip Wall presents certificates and friendship pins.

The Wizards also met a real Wizard – the Wizard of Christchurch, an eccentric on the public payroll. During New Zealand's summer, the Wizard shows up daily at 1:00 in Cathedral Square in downtown Christchurch to sound off on anything that interests him. He's not hard to single out – the Wizard, whose real name is Ian Channell — wears a two-foot tall pointed and brimmed black hat that matches his gown. He accepted an invitation to one jump rope performance, where he demonstrated his rope skipping skills and cast a good luck spell on the Wizards. Several New Zealand cricket and basketball stars attended and performed at various other Wizards' shows.



Three Wizards get interviewed for local news broadcasts and a children's program.

Television network TV 2 videotaped a Wizards' performance in Auckland for inclusion in a popular Sunday morning children's program – "What Now?" – and two other networks — TV 1 and TV 3 – videotaped parts of other Wizards' performances for broadcast during their regular network nightly news programs. The visit generated considerable regional and national newspaper coverage throughout the country, a radio interview, and the New Zealand Heart Foundation videotaped a performance for distribution to schools unable to attend one of the assemblies.

The tour began in Christchurch, the largest city on New Zealand's South Island. The team also performed in Dunedin, Timaru and Blenheim, before heading for the North Island. There, performances took place in Wellington, Palmerston North, Wanganui, Hastings, Napier, Hamilton, Pukekohe and Auckland, the country's largest city.

The majority of the performances took place in community centers, or what Kiwis (New Zealanders) call stadiums. Hundreds of schools were invited to attend the performances. Applications to attend a performance were accepted on a first-come, first-served basis. Upwards of 30 schools attended some performances, traveling as much as three hours to be there.



Wizards in action.

Prior to each performance, the Wizards conducted short instructional sessions. Team members also invited Kiwi children and teachers to demonstrate their rope-skipping skills at each show. New Zealand students and teachers were quite willing to participate. The New Zealand visit was "the trip of a lifetime" and one that will not be soon forgotten by the Wizards. ♥

JUMP ROPE FOR HEART Top 25 Schools for 2000 - 2001

Amount Raised	State	School
1. \$75,949	NY	French Road Elementary
2. \$60,797	GA	Kennesaw Elementary
3. \$46,634	HI	Kamehameha Elementary
4. \$38,948	TX	The Episcopal School of Dallas
5. \$36,552	NC	McKee Rd Elementary
6. \$35,792	IL	Pleasant Ridge Elementary
7. \$35,425	TX	Sugar Mill Elementary
8. \$33,270	GA	Greater Atlanta Christian
9. \$31,595	IL	Woodland Intermediate
10. \$31,070	PA	Northley Middle
11. \$30,889	GA	Morris Brandon Elementary
12. \$30,117	MD	Prospect Mill Elementary
13. \$30,023	CA	Oak Grove Elementary
14. \$30,000	OH	Mason Heights Elementary
15. \$29,586	TX	Commonwealth Elementary
16. \$27,825	GA	Barnwell Elementary
17. \$27,524	CA	St Isidore Elementary
18. \$27,060	TN	Bright School
19. \$27,042	FL	Windermere Elementary
20. \$26,795	FL	Miami Country Day School
21. \$26,769	TX	Dripping Springs Primary
22. \$26,551	NC	Alamance Elementary
23. \$25,967	FL	Community School of Naples
24. \$25,952	MD	Abingdon Elementary
25. \$25,915	MI	Paddock Elementary

HOOPS FOR HEART Top 25 Schools for 2000 - 2001

Amount Raised	State	School
1. \$27,731	MI	Avondale Meadows Upper Elementary
2. \$22,349	IL	Barrington Middle School - Prairie
3. \$21,723	OH	East Woods School
4. \$19,666	NY	Glenmont Elementary
5. \$19,374	CT	Long Lots Elementary
6. \$17,968	CT	Weston MS
7. \$17,644	VA	Forestville Elementary
8. \$17,626	KS	Maize East Elementary
9. \$16,811	MA	North Attleboro Middle
10. \$15,325	VA	James Wood Middle
11. \$15,302	CT	Eagle Hill-Greenwich
12. \$15,024	NJ	School No 14
13. \$14,532	NY	Wantagh MS
14. \$14,401	NC	Eastover Elementary
15. \$14,085	PA	Haverford School
16. \$13,942	MD	Bel Air Middle
17. \$13,521	PA	Haverford Middle
18. \$12,964	AL	Mountain Brook Jr. High
19. \$12,492	MD	Banneker Middle
20. \$12,482	IA	Linn- Mar Junior High
21. \$12,324	CO	Baker Central
22. \$12,155	GA	Northwestern Middle
23. \$11,693	OH	Central School
24. \$11,507	NY	St Mary's Elementary
25. \$11,460	NY	Hackley School

JUMP ACROSS THE NATION

Michigan Coordinator Honored by AHA

Joyce Signor of Kentwood, MI was honored for conducting AHA program and education initiatives in Kent County and registering schools to participate in both Jump Rope for Heart and Hoops for Heart. With Joyce's help participating school's students learned the importance of participating in physical activity. They also helped to raise funds for heart and stroke research and community-based initiatives to improve emergency response and treatment for heart attack, cardiac arrest and stroke.

Joyce, an AAHPERD member since 1986, also serves as the State JRFH Coordinator of MI. She was named the JRFH Outstanding Coordinator of the Year in 1998.

Congratulations and thank you to Joyce for her many contributions to AAHPERD, the AHA, and the Jump Rope for Heart and Hoops for Heart programs. ♥



Joyce Signor of Kentwood, MI accepts the American Heart Association's Kevin Bynum Lifetime Achievement Award from Michael Michalski, chairman of the Development and Field Support Committee at the association's recent annual meeting in Chicago.

Saint Isidore Elementary School

Danville, California

Submitted by: Kathy Peirano, AHA Youth Market Director

Last year St. Isidore Elementary School raised \$27,524 through the Jump Rope for Heart Program to help in the fight against heart disease and stroke! This amazing contribution earned St. Isidore the rank of top fundraising school in Alameda and Contra Costa Counties and the honor of being the second highest fundraiser for the Western States Affiliate. This amazing success can be attributed to the enthusiasm of JRFH Coordinators Melinda Capone, George Mariman, Bernie Nisco, and 620 St. Isidore Elementary School students!

For the past 11 years St. Isidore Elementary School has been topping goals with the JRFH program – raising more than \$115,000! Clearly, JRFH has become an important part of St. Isidore's culture. The great cause, the messages promoting health and exercise, the positive experience, and the community service component make Jump Rope for Heart an outstanding fit.

“Jump Rope for Heart is a great experience for our students to be part of the solution to find a cure for heart disease,” explained Kathy Gannon-Briggs, Principal at St. Isidore Elementary.

Heart health is integrated into the curriculum in addition to the playing field through science, health, and religion. “Faith families” – groups of nine students of different grades who attend Mass together and take part in other activities as a group – play an important role in the Jump Rope for Heart event. The older students teach the younger students jump rope skills and turn the rope for them. St. Isidore has been enthusiastic about Jump Rope for Heart for a long time – 11 years! The American Heart Association and AAHPERD appreciate St. Isidore's unending enthusiasm! Keep on jumping! ♥

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American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) Receives Support from the American Heart Association for “Physical Best”

Reston, VA – American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) has received support from the American Heart Association for *Physical Best*, a comprehensive health-related fitness education program of AAHPERD for use in grades K-12.

Developed by physical educators, for physical educators, *Physical Best* is linked to national health, physical and dance education standards, and provides developmentally appropriate activities for every grade level. The program uses the latest scientific research available on physical activity and health to provide educators with a framework for implementing health-related fitness education. The goal of the program is to move students from dependence to independence for their own health and fitness by promoting regular, enjoyable physical activity.

“*Physical Best* supports the AAHPERD mission to develop and deliver high-quality health enhancing programs and professional development opportunities for the educators who lead them,” said AAHPERD President Glenn Roswal. “This announcement is a continuation of our long-standing partnership with the American Heart Association to promote health and physical activity for our nation’s youth.”

After finding *Physical Best* to be consistent with American Heart Association’s science and recommendations on physical activity, the association agreed to support the program. The American Heart Association and AAHPERD are the co-founders of the 25-year old Jump Rope for Heart program and the eight-year old Hoops for Heart program.

“The American Heart Association is proud to be associated with AAHPERD—an organization that consistently provides quality physical activity programs for today’s youth,” said M. Cass Wheeler, Chief Executive Officer of the American Heart Association.

Physical Best is part of the American Fitness Alliance, a partnership among AAHPERD/*Physical Best*, the Cooper Institute/FITNESSGRAM and Human Kinetics and is sponsored by MARS, Inc. Comprehensive training and certification is available to educators nationwide, and the flexibility of the program’s resources makes it easy to infuse any physical education curriculum with the health-related fitness philosophy. For more information on the *Physical Best* program, go to www.aahperd.org/physical_best/index.html or contact: Gayle Claman, (703) 476-3426. ♥

