



North News Nov/Dec 2010

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North NAHPERD
www.nevadaahperd.com

Inside this issue meet
your North NAHPERD
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Saturday Workshops

NAHPERD's mission is to provide continuing education in the areas of physical education and health to its members. This year we are offering a variety of Saturday workshops from 8:00 am to 12:15 pm once a month. Make it to four out of the five Saturdays and its worth 1.0 C.E.U. credit.

Each Saturday workshop will be composed of two sessions. For a list a session check out our NAHPERD website!

Mark your calendars for **December 4th**. This will be a valuable workshop for K-12 physical education and health teachers. The session will be held at Coral Academy of Science, 1701 Valley Road, Reno.

During this session Jeannie Addams will present and discuss the Wroth the Wait Program. Ms. Addams is a licensed teacher who presents a powerful presentation that deals

with teenage decisions regarding violence, abstinence, peer pressure and other teen issues. This would be a great presentation to add to your units on sex ed, relationships, and decision making in a health curriculum.

The second presentation on Saturday will be from the Carson High School Nurse. This will be a need to know session. Sheila Story will



address issues that we as teachers deal with daily. This session will cover asthma, seizures, diabetes, and diabetic issues.

The information will be useable and give us knowledge about how to deal with situations that may arise in class. This will help us to be better prepared for if and when medical emergencies should occur.

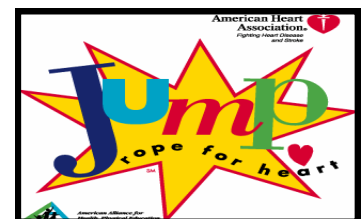
If you have any questions or what to know about future Saturday workshops please email Elizabeth at esavolt@coralacademy.org.

Jump Rope For Heart Event Grants

Jump Rope For Heart (JRFH) and Hoops For Heart (HFH) time is just around the corner. NAHPERD has eight \$125.00 grants available to teachers who participate in JRFH or HFH events at his/her school. These grants are

awarded through an application process. The application **deadline is December 5, 2010** and the applications can be found online at www.nevadaahperd.com

The purpose of the grants



is to promote JRFH and HFH programs in Physical Education programs grades K-12.

In order to be eligible for

JRFH/HFH Grant continued

the grant you must have held an event within the last year and presently be registered to hold an event during this current year. Priscilla Tran is the contact at the American Heart Association to register your school for an upcoming JRFH or HFH event. Her email is priscilla.tran@heart.org. You must complete an application and briefly explain how you would use the money to promote a Jump Rope For Heart or Hoops for Heart program at your school.

Your application will be reviewed by

both the North and South JRFH NAHPERD Coordinators, the NAHPERD President and Priscilla Tran. Upon being awarded the grant a one-page narrative of your event and results of your project will need to be submitted to NAHPERD by May 2011.

This is a great opportunity to educate children on the benefits of regular exercise and help people in need all at the same time. A great learning experience for all and so simple to do. For more information about the grant or how to run a successful Jump Rope

For Heart event you can contact Laura Valley, her email is lvalley@carson.k12.nv.us

National AAHPERD Convention

The 2011 National AAHPERD convention will be held March 29 to April 2, 2011. The convention will be held in San Diego, CA. The location is close and affordable, which is great. Early registration is now open, and it is \$275. A rough line up of presentation topics is online as well. Looks like there will be some great sessions this year. Plus the weather in San



Diego in April is so much better than the weather in Reno/northern Nevada! For more information please check out the AAHPERD website at www.aahperd.org

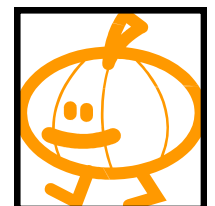
Carson Valley Middle School's First Annual Pumpkin Run

In October Janae Ballingham created and organized a school wide Pumpkin Run. Here is here experience.

A colleague of mine created a 1.9 mile walk/jog course for our students and we decided this year to start our first Annual Pumpkin Run. It was a success! I stole the idea from a South Tahoe Middle School tradition! Each grade level, 7th, 8th, and 9th all ran the course, even if they didn't have physical

education. The top 50 in each grade level and each gender received pumpkins. I was able to get them for a sweet deal through our local grocery store, (thank you Scolari's Gardnerville). We had "Minute to Win It" activities going on while the opposite gender was running, music pumping, and a lot of sweat on a chilly day! The staff response was decent and I suspect more enthusiasm next year as they will all be more aware of what to expect.

Great idea Janae! For more information on how you can be inspired to create your own Fun Run for your Physical Education class contact Janae Ballingham at jballingham@hotmail.com



First Tee of Northern Nevada

At the North NAHPERD Conference in September we offered a session from First Tee of Northern Nevada.

The First Tee is a non-profit youth development organization that teaches valuable life skills in the context of golf instruction. Like other junior golf programs, children and teens have fun while learning to play golf. The First Tee goes one step further and includes the First Tee Life Skills Experience.

Elementary schools in Carson City School District took the opportunity to invite First Tee to be part of their curriculum. Janae Ballingham in Douglas County School District invite them to her middle school classes at Carson Valley Middle School as well.

If you are interested in adding First

Tee to your curriculum as well the number to reach them is 775-851-2332. Here is how Janae's First Tee experience went.

Janae, Douglas County

My 7th grade Physical Education classes have just begun an introduction to golf through FIRST TEE! They presented at our conference and are great! The students are taught how to integrate "life skills," such as integrity, setting and reaching goals, etc. while being introduced to golf basics. Most of my students have never golfed and it's been a positive response from them so far, not to mention the many motor skills they are learning.

Thanks First Tee for coming out to our NAHPERD conference. I hope



more schools will contact them so they can come in and volunteer a short unit for free to your students.

Next Issue of North News

The next issue of North News will be "published" in mid January! If you would like to contribute send me an email at esavolt@coralacademy.org! We would love to spread the word about all the great and wonderful things you are doing in your Physical Education programs! Remember we are own advocates! Send this out to your principals and any other PE teacher who is not a member! Check out the NAHPERD website at Nevadaapherd.com