



## The GAME

The official newsletter of the Georgia Association for Health, Physical Education, Recreation and Dance

Winter, 2014

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SDAAHPERD  
AAHPERD

### Featured Focus: Share the Wealth Convention

January's 2014 Share the Wealth was a bit chillier than we hoped for but Jekyll Island was just as beautiful as always! The sun came out and warmed things up on Saturday as most of us headed home to much colder temperatures and snow in many parts of the country.

The Conference was one of the best ever and was very well attended! The presenters were awesome and there was no lack of enthusiasm by our attendees! We continued to do everything that we could to maintain the focus and integrity of this wonderful workshop.

Judy Phillips, Deb Baber, Don Puckett, Shirley Holt-Hale, VSU and all of the wonderful folks who've worked the conference (and worked behind the scenes) were there to serve you. The

STW staff is an amazing group of individuals who remain committed to do their very best to give you the same great service that you have grown accustomed to.

Thanks to EVERYONE who attended, presented and worked at Share the Wealth! You are the reason that we are still going strong! Go ahead and mark January 29-31, 2015 on your calendars *now*! Join us for this special time with special folks in a very special place. You will learn a lot, laugh a lot and go back to your school energized and ready to go! Please don't hesitate to contact us if we can help you in any way! See you in 2015.....

**See the next page of this newsletter for Share the Wealth pictures!**

# Recent Pictures from the 2014 Share the Wealth Conference, Jekyll Island, GA



## Special Message from President Brent Heidorn

### Georgia Highlights 2013-2014 to be shared at the 2014 SDAAPERD Convention

Georgia had a great year related to professional development, advocacy, and organization. We hosted three major events, including the **Robert W. Moore Summer Institute** in June 2013, our **annual Convention in Marietta** in October (with record attendance **over 500 participants**), and the annual **Share the Wealth Conference** this past January at Jekyll Island (with **over 550 participants**). At the fall convention, our members voted to pass **new bylaws** for board restructuring, based on committee work during the past 12 months. The newly restructured bylaws will be phased in over the next two years.

Our communications with membership continue to be a focus. Our website continues to be updated on a regular basis with a new look, we published two professional journals and three newsletters since August, and we regularly promote our organization and related information through social media. The **GAHPERD Facebook** page has **over 120 "likes"** and our **Twitter** feed has **nearly 570 followers**. We also have begun to experiment marketing strategies through a **YouTube channel**. We recently named Brian Devore, current Past-President of GAHPERD as our social media director.

We supported an undergraduate student, Ethan Dennis from the University of West Georgia to attend the annual student leadership conference in Johnson City.

The President's Council on Sport and Fitness has commended Georgia on the success of the **Georgia SHAPE** initiative. Because of our work, we are leading the country in school-based fitness assessment and are being recognized as **the first Presidential Youth Fitness Program in the country**. This is the direct result of the hard work of Georgia's physical education teachers, school leaders and system leaders over the past few years. The Presidential Youth Fitness Program resource partners (American Alliance for Health, Physical Education, Recreation and Dance, National Foundation on Fitness, Sports and Nutrition, The Cooper Institute® and The President's Challenge), through the support of the General Mills Foundation, are able to provide Georgia's public schools with the opportunity to recognize students for achieving their health-related fitness goals. We also continue to assist with FITNESSGRAM training throughout the state.

Brian Devore has been named the **Southern District Elementary Teacher of the Year** award and Brent Heidorn will receive the **Taylor Dodson award** at SDAAPERD. Georgia AHPERD has several members with committee representation and professional responsibilities with both Southern District and AAHPERD.

This coming year, Georgia AHPERD looks to continue providing our membership with quality trainings and programs. This includes sending two Georgia AHPERD members to **Speak Out! Day in Washington, D.C.**; an upcoming March Executive Board meeting focused on **"Advocacy"** at the local, state, and national levels (including special guests from SDAAPERD and AAHPERD); upcoming district workshops in three different areas around the state; a Summer Institute in the Atlanta area, and a professional workshop for coaches scheduled for October.

We continually seek ways to grow and share our mission. Specifically, we partnered with two nationally recognized organizations as corporate sponsors (**SPARK and Moving to Success**) and works are in progress for additional corporate sponsors. A Georgia AHPERD advocacy notebook is also being designed.

We look forward to hosting the **2015 SDAAPERD Convention "Moving Forward...Shaping our Future" in Atlanta** with SD President-Elect, Bud Reiselt.

Thank you,

GAHPERD President, Brent Heidorn

# THE WORLD'S MOST RESEARCHED AND FIELD-TESTED PHYSICAL EDUCATION CURRICULUM



SPARK was designed to be more inclusive, active, and enjoyable than traditional PE classes, and more than 20 years of research support the achievement of those original goals. SPARK PE has earned accolades from educators nationwide who appreciate its easy to learn, easy to teach format.

## Highlights include:

- Aligned to State and National Standards
- Complete “e-Manual” with digital files of all content
- Instructional videos of SPARK activities and dances
- Hundreds of skill and task cards in English & Spanish
- Academic integration tips and brain-based activities
- All content optimized for your iPad or mobile device



*“Georgia AHPERD is thrilled to partner with SPARK! It is an outstanding organization that will assist in providing our members with quality resources and professional development. These tools will benefit Georgia’s teachers by enhancing and strengthening their Physical Education instruction.”*

*Brian Devore, President  
Georgia Association for Health, Physical  
Education, Recreation, and Dance*

**Contact SPARK to learn more or purchase  
Physical Education curriculum, training, or equipment!**

[www.sparkpe.org](http://www.sparkpe.org)

| 1 800 SPARK PE

| [spark@sparkpe.org](mailto:spark@sparkpe.org)



SPARKprograms



SPARK\_Programs

# MOVING TO SUCCESS

The Georgia AHPERD Executive Board is pleased to add **Moving to Success** as a Corporate Sponsor! This K-5 Curriculum Guide received a high PECAT score and provides professionals with a great guide to help instruct students. Dan Young from Moving to Success can also provide staff development presentations to groups. Check out [www.movingtosuccess.com](http://www.movingtosuccess.com) for details. Dan has graciously donated a copy of the curriculum to be given away at the 2013 GAHPERD Convention!



## *Moving To Success*

embraces the belief that students who become competent movers and are knowledgeable regarding the health-related benefits of being physically active are more likely to lead a physically active lifestyle.

Dan Young, Author & Consultant

[Dan@MovingToSuccess.com](mailto:Dan@MovingToSuccess.com)

Voice & Text: 864-680-8471

[www.MovingToSuccess.com](http://www.MovingToSuccess.com)

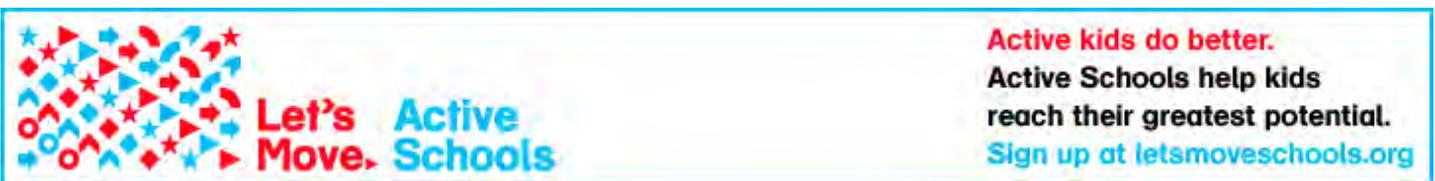
P.O. Box 141

Gramling, South Carolina 29348





**The American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)** is proud and excited to be a part of First Lady Michelle Obama's newly released **Let's Move! Active Schools** - an unprecedented collaboration to bring physical activity back to American schools. The program provides simple steps and tools, including monetary support and training, to help schools create active environments where students get 60 minutes of daily physical activity through quality physical education and physical activity before, during and after the school day.



*Let's Move!* Active Schools mobilizes "School Champions"- Physical Education teachers, classroom teachers, administrators, staff, and even parents-who are ready and willing to be leaders for their school community. Champions can go to [www.LetsMoveSchools.org](http://www.LetsMoveSchools.org) and follow a simple six-step process that includes building a team, conducting a basic school assessment, and creating a customized action plan. Participating schools will have access to free tools and resources, ranging from in-person training, to program activation grants, to direct, personal assistance from certified professionals.



As a managing organization for *Let's Move!* Active Schools, AAHPERD will work to recruit individual champions, provide customized support to schools, and facilitate the training of at least 20,000 school Physical Activity Leaders, over the next five years.

# Let's Move. Active Schools

# AAHPERD Highlight:

## The Top 10 Most Accessed AAHPERD Et Cetera Articles of 2013

The content presented on the next three pages includes brief abstracts from recent information distributed by the American Association for Health, Physical Education, Recreation and Dance (AAHPERD). The ten articles (most visited articles related to physical education in 2013) also include a web address for additional reading. In order to receive current information and updates, go to

[www.aahperd.org](http://www.aahperd.org).



### *The New Role of Physical Education*

**From Aug. 21:** According to the Centers for Disease Control and Prevention, childhood obesity has more than doubled in children and tripled in adolescents in the past 30 years. In 2010, more than one third of children and adolescents were overweight or obese. Keith Bakken, executive director of Wisconsin Health and Physical Education says we need good physical education programs in Wisconsin. "Physical education is an academic subject," Bakken said. "It's more than learning how to play volleyball."

[http://www.wasb.org/websites/wisconsin\\_school\\_news/File/2013\\_august/new\\_role\\_phy\\_ed\\_Aug\\_2013.pdf](http://www.wasb.org/websites/wisconsin_school_news/File/2013_august/new_role_phy_ed_Aug_2013.pdf)

### *Giving PE the Respect It Deserves*

**From March 20:** It's just gym, huh? Well think again. Like it or not, the truth is, if we keep cutting PE out of our schools and physical activity out of our lives, America's next generation will be dying at younger ages, losing its competitive edge, finding itself displaced on the world's stage, and bearing the physical, emotional and financial burden of obesity and chronic disease for years to come.

<http://thehill.com/blogs/congress-blog/healthcare/287309-giving-pe-the-respect-it-deserves>

### *Better Brain Function Comes With Short Sessions of Exercise*

**From March 13:** The benefits from a quality exercise regimen range from improved cardiovascular activity and healthy weight regulation to an improved sense of self worth. A new report, compiled from several studies and published in the British Medical Journal, has determined another excellent benefit of exercise. What is most revealing about the report and its claimed benefit is the amount of exercise required to achieve it.

<http://www.redorbit.com/news/health/1112798952/short-exercise-sessions-brain-function-boost-030713/>

### *Report: More PE, Activity Programs Needed in Schools*

**From May 29:** The prestigious Institute of Medicine is recommending that schools provide opportunities for at least 60 minutes of physical activity each day for students and that PE become a core subject. The report says only about half of the nation's youngsters are getting at least an hour of vigorous or moderate-intensity physical activity every day.

<http://www.usatoday.com/story/news/2013/05/23/physical-education-schools/2351763/>





### *Testing Cardiovascular Fitness in Our Youth*

**From Jan. 16:** Cardiovascular fitness is generally considered to be the most important component of health-related physical fitness. Other commonly used terms for cardiovascular fitness include cardiorespiratory endurance, aerobic fitness and aerobic capacity. The national youth physical fitness test, developed at the Cooper Institute in Dallas, is now offered as a cooperative program with the President's Council on Fitness, Sports and Nutrition and the American Alliance for Health, Physical Education, Recreation, and Dance.

The recommended test for youth in the FITNESSGRAM battery is called the Progressive Aerobic Cardiovascular Endurance Run.

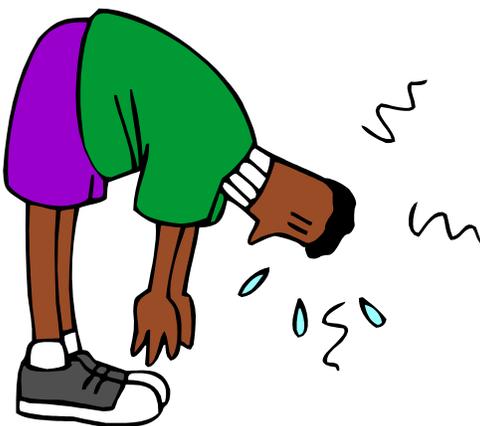
[http://www.ahwatukee.com/columns/healthy\\_kids/article\\_f062f984-4dfc-11e2-995f-001a4bcf887a.html](http://www.ahwatukee.com/columns/healthy_kids/article_f062f984-4dfc-11e2-995f-001a4bcf887a.html)

### *Yay for Recess: Pediatricians Say It's as Important as Math or Reading*

**From Jan. 3:** Playtime can be as important as class time for helping students perform their best. Recess is most children's favorite period and parents and teachers should encourage that trend, according to the American Academy of Pediatrics. Recess can be a critical time for development and social interaction and in a new policy statement published in the journal *Pediatrics*, pediatricians from the AAP support the importance of having a scheduled break in the school day.



<http://healthland.time.com/2012/12/31/yay-for-recess-pediatricians-say-its-as-important-as-math-or-reading/>



### *Longer Gym Class Periods Reduce Childhood Obesity*

**From May 22:** Critics of physical education in schools, get over it. Michelle Obama knows what's good for you. More time in gym class actually does reduce the likelihood that young children will become obese, according to a new study published in the *Journal of Health Economics*. The findings are some of the first evidence that physical education directly impacts the weight of elementary school children, researchers say.

<http://www.medicaldaily.com/longer-gym-class-periods-reduce-childhood-obesity-246070>

## *The P.E. Shift*

**From April 10:** Across the country, PE programs have been shifting from competition to individual fitness, introducing students to "lifetime sports." After all, it's more likely that as adults they will regularly practice yoga or ride a bike for exercise than play flag football or volleyball. The new approach also lets students track their own success, whether by logging mileage with a pedometer or charting their progress lifting weights. That emphasis on assessment and tracking results dovetails with the broader currents in education reform, notes Francesca Zavacky, of the National Association for Sport and Physical Education.

<http://www.scholastic.com/browse/article.jsp?id=3757966>



## *10 Commandments of Injury Prevention*

**From Oct. 30:** Injury prevention strategies are big business in professional sports. This is due to the cost in terms of treatment and playing time lost when an injury occurs. But it's not just professional athletes who should be taking injury prevention seriously. Even for an amateur athlete or "just for fun" athlete, many types of injury can be prevented, which in turn prevents time off work and costly treatment sessions. With this in mind, here are the top 10 commandments for preventing sports and exercise injuries.

<http://exclusive.multibriefs.com/content/10-commandments-of-injury-prevention>



## *Half the World Fat in 20 Years*

**From Feb. 6:** Obesity has become a global pandemic that could leave more than half of all adults worldwide overweight within two decades, experts said, calling for urgent action beyond just blaming people for lacking willpower. Speaking at the World Economic Forum in Davos, health, nutrition and fitness experts said the world's increasingly deadly obesity crisis needs to be tackled with the same determination policy-makers once took to fighting smoking.

<http://lifestyle.iafrica.com/wellness/839096.html>



# Advocacy Column

## GAHPERD Highlight

GAHPERD is proudly supporting the national Speak Out! Day, sponsored by AAHPERD.

Two members of the GAHPERD Executive Board, Brian Devore (Past President) and Brenda Segall (Advocacy Co-Chair) will be participating with many others from around the nation (including four others from GA). Both participants were selected by a review committee after a complete application process.

Specific plans are in place for all participants to meet with national and state representatives pertaining to issues that directly impact K-12 health and physical education.

We look forward to hearing of the specific accomplishments from both Brian and Brenda as a result of their participation.

## AAHPERD Highlight

PEP Maintains \$74.5 million in FY2014 Budget Battle!  
The US House and Senate have approved an omnibus spending bill that will fund government operations through September 30, 2014. The bill included \$74.5 million for the PEP program.

As you know, PEP has been the focus of elimination by some members of the US House. Its survival is due in no small part to the activity and voices of AAHPERD members. In an era where federal budgets are shrinking, but childhood obesity rates are expanding, this is wonderful news for those of us on the frontlines working to keep our nation's students active and healthy.

I ask that you keep our message strong as the final year of the 113<sup>th</sup> Congress gets underway. SPEAK Out Day is March 12<sup>TH</sup>! Please sure to have your state represented. Thank you again for your hard work and congratulations!

Carly Braxton  
AAHPERD

## AAHPERD ELECTION PROCESS

On March 1, 2014, all eligible voting members of AAHPERD will be invited to vote for new officers. A president-elect and one member of the board of directors will be on the ballot. Both officers will serve three-year terms beginning after the national convention in St. Louis.

Eligible voters will have 30 days to vote through the online voting system. We will notify voters on how to access the voting on the website and by blast email. The election will close before the Annual Meeting of Members at the national convention and the announcement of the new officers will take place during the Meeting.

Platform materials and an audio presentation from the candidates will be posted to the website beginning in February 2014. Additionally, candidates will make presentations to members at the St. Louis convention.

Watch the website and your email inbox for news in early January.

### Election Timeline for 2014

- February 1, 2014..... Nominees are presented to the membership via electronic/print communication
- March 1, 2014..... Voting begins
- April 2, 2014..... Candidate presentations to the membership at convention
- April 4, 2014..... Voting ends
- April 4, 2014 - 4:30 p.m..... Annual Business Meeting in St. Louis; results are announced to the members

## Special Report: Advocacy

Let's get the word out that Health, Physical Education and Physical Activity are needed by everyone; the earlier the better. The advocacy effort is only effective when those who are passionate about the message spread that message. Many of us who work in the fields of health and physical education are so passionate that we have chosen our lifetime work in those fields. We must be the advocates, even though we expend immense amounts of energy in teaching and coaching endeavors. Our advocacy efforts need to be directed toward legislators, local leaders, others who are concerned about the health of our children, parents, the school students, and others who are concerned about the health and physical activity levels of our children.

We need your help in sending the message to our legislators in Washington, D.C. Next month we have the opportunity to participate in Speak Out! Day, which is when members of AAHPERD and other professional organizations meet in Washington to speak with the Representative and Congressmen from all across the country, discussing the need for support in providing quality health and physical education in schools.

One of the main issues: We are advocating for health and physical education to become a core subject area. The PHYSICAL Act is the legislation being proposed for this purpose. Through the Physical Act, support and funding will become more available for providing quality Health, Physical Education and Physical Activity on a daily basis.

Here is how you can help: Go to the AAHPERD website: <http://www.aahperd.org/whatwedo/advocacy/>, and click on Take Action Now. The page will have the three communications which you can send to your Representatives and Congressman. You do not have to sign in or be a member of AAHPERD to use this site. When you click "write your legislator" you will be able to put your information in after which the letters will be personalized including the name of your legislator. Our state Representative John Lewis is one of two individuals co-sponsoring the Physical Act. We need to support this Georgian who is supporting our field in providing for our youth. The second message is to encourage our legislators to continue to keep the Carol M. White Physical Education Program (PEP), a grant which is given to selected applicants so that they have funding for equipment, training, and staff to provide opportunities and education for physical education programs. One of the recipients this year is from Georgia.

If you are a constituent of Rep. John Lewis, you can communicate with him by going to <https://johnlewis.house.gov/contact-me/email-me>, or you can fax him at (202) 225-0351 if you are not his constituent.

Check out the advocacy tool kit and many other advocacy materials available on <http://www.aahperd.org/whatwedo/advocacy/>. There is information, such as fact sheets, available to help you if you are approaching your school, parents, and businesses for support in your health, physical education and activity program.

Special thanks to Brenda Segall, Advocacy Co-Chair  
for submitting the content on this page



## Recent Results from Advocacy Efforts: Letters from Congressmen

From Phil Gingrey

February 4, 2014

Dear Mr. Devore:

Thank you for contacting me to express your opinion regarding H.R. 2160, the Promoting Health as Youth Skills in Classroom and Life (PHYSICAL) Act. As your Congressman, I appreciate hearing your thoughts and welcome every opportunity to be of service.

As you may know, H.R. 2160 was introduced by Representative Marcia Fudge (D-OH) on May 23, 2013, and it was subsequently referred to the House Education and the Workforce Committee, where it awaits further action. If enacted, it would amend the Elementary and Secondary Education Act of 1965 -most recently titled No Child Left Behind (NCLB)- to include health education and physical education in the definition of "core academic subjects."

As a practicing physician for nearly 30 years, I understand the importance of physical and health education in our school's curricula. I believe that by beginning to teach our children to lead healthy lifestyles when they are young, they are much more likely to carry those habits with them into adulthood. When it comes to education policy, I support smaller and more localized control, which creates a real opportunity to reduce the size and authority of the federal education bureaucracy so that local governments can enjoy the flexibility to decide how best to spend their federal education dollars. Although I am not a member of the Education and the Workforce Committee, please be assured that I will keep your thoughts in mind should H.R. 2160 come before the full House for a vote.

Again, thank you for sharing your concerns. If you feel that I may be of additional assistance on this, or any other matter of importance to you, please do not hesitate to contact me. I also invite you to sign up for my weekly email newsletter, or to share your ideas and opinions, by visiting my website at <http://gingrey.house.gov> or emailing me at [gingrey.ga@mail.house.gov](mailto:gingrey.ga@mail.house.gov).

You may also follow me on YouTube (<http://www.youtube.com/RepPhilGingrey>), Facebook (<http://www.facebook.com/RepPhilGingrey>), and Twitter, @repphilgingrey, (<http://www.twitter.com/RepPhilGingrey>) for live updates from Washington.

From Tom Graves

February 6, 2014

Dear Ms. Stewart:

Thank you for contacting me with your support of H.R. 2160, the Promoting Health as Youth Skills in Classroom and Life (PHYSICAL) Act. It is good to hear from you.

As you may know, H.R. 2160 was introduced on May 23, 2013 by Representative Marcia Fudge and would amend the Elementary and Secondary Education Act of 1965 to include health education and physical education in the definition of "core academic subjects." This bill has been referred to the Committee on Education and the Workforce, of which I am not a Member, and no hearings have been held.

Like you, I support active lifestyles for children, however, I believe that education is best administered at the local level, and should not be regulated by politicians in Washington D.C. I believe that parents, teachers, and students should work together in determining the best route for each child's physical and intellectual education in order for students to achieve success. Please be assured, should the PHYSICAL Act come before me for a vote in the U.S. House of Representatives, I will be certain to keep your thoughts in mind.

Please continue to contact me with your ideas and issues of concern through my website at: <http://tomgraves.house.gov> or by calling one of my three offices located in Dalton, Rome, and Washington, D.C. I also continually update my social media platforms on Twitter: <https://twitter.com/reptomgraves> and Facebook: <https://www.facebook.com/reptomgraves> and encourage you to visit both. If you would like to receive periodic email updates from me, please sign-up to receive my newsletter by visiting this website: <http://tomgraves.house.gov/contact/signup.htm>.

Again, thank you for taking the time to share your thoughts with me on this important matter. Your input helps me to better serve you in the U.S. House of Representatives. If I can be of any further service, please let me know.

**Special thanks for GAHPERD Executive Board Members Brian Devore (Past President)  
and Bridgette Stewart (President-Elect) for their efforts!**

## From Georgia Department of Education

**Please share this with your physical education teachers and school administrators**

All of your students who score (or who scored ) the [Healthy Fitness Zone® \(HFZ\)](#) in at least five test categories on the 2013-2014 FITNESSGRAM® assessment are eligible to receive the Presidential Youth Fitness Award at no cost to the school system. The recognition certificates can be requested using the attached form (see the next page). The due date (April 11) is very important. This will help to ensure the awards are mailed to each system in time for the end of the school year.

The President's Council on Sport and Fitness has commended Georgia on the success of the Georgia SHAPE initiative. Because of our work, we are leading the country in school-based fitness assessment and are being recognized **as the first Presidential Youth Fitness Program in the country.** This is the direct result of the hard work of Georgia's physical education teachers, school leaders and system leaders over the past few years.

The Presidential Youth Fitness Program resource partners (American Alliance for Health, Physical Education, Recreation and Dance, National Foundation on Fitness, Sports and Nutrition, The Cooper Institute® and The President's Challenge), through the support of the General Mills Foundation, are able to provide Georgia's public schools with the opportunity to recognize students for achieving their health-related fitness goals.

A thank you to the organizations and foundations listed above and a big thank you to all of you for making Georgia the first **Presidential Youth Fitness Program in the country.**

A thank you as well to the Georgia SHAPE partners. This could not be accomplished without them: GA Department of Public Health, The Governors' Office, The Arthur M. Blank Foundation, Children's Health Care of Atlanta, HealthMPowers, and the Georgia Association for Health Physical Education, Recreation and Dance.

We hope everyone will take advantage of this opportunity for your students. More information can be found at <http://www.pyfp.org/recognition/student.shtml>.

Please note: There is a 6<sup>th</sup> assessment -the trunk lift. This is not a required Georgia assessment but any teacher wanting to add it and thus give students an extra test to count toward the 5 needed for recognition may do so.

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# Health Happenings in Georgia

Each year, members of the GAHPERD Executive Board provide the SDAHPERD with recent "health happenings" for the state.

Special thanks to Mark Anderson and Shannon Williams for their efforts in contributing the following information this year.

**1. Power Up for 30:** This movement initiative developed by Georgia SHAPE and the Georgia Department of Public Health encourages 30 minutes of movement before, during, and after school.

[http://www.georgiashape.org/sites/default/files/CommissionerFitzgerald\\_SopeCreek.jpg](http://www.georgiashape.org/sites/default/files/CommissionerFitzgerald_SopeCreek.jpg)  
[http://www.georgiashape.org/sites/default/files/docs/powerupfor30\\_expandedresourceguiderev.pdf](http://www.georgiashape.org/sites/default/files/docs/powerupfor30_expandedresourceguiderev.pdf)

**2. Kohl's Healthy Halls Program:** The Kohl's Healthy Halls School Wellness Program is presented by Strong4Life and Kohl's Cares. It teaches nutrition and physical activity in elementary schools by focusing on the Strong4Life Healthy Habits. It is co-sponsored by Children's Healthcare of Atlanta.

<http://www.strong4life.com/pages/about/Programs/ArticleDetails.aspx?articleid=Programs&sectionid=KohlsHealthyHalls>

**3. Alliance for a Healthy Generation:** Support for school wellness programs is provided by an active partnership with the Healthy Schools Program. More information can be found at

[www.healthiergeneration.org](http://www.healthiergeneration.org)

**4. Action for Healthy Kids** is featuring 2014 Peer-to-Peer Practices for School Wellness Success. This includes two School Wellness Summits (February 21 in Gainesville, GA; February 28 in Albany, GA). For more information, see the following page.

**5. American Heart Association:** Georgia raised \$2,467,155 for Jump Rope for Heart and Hoops for Heart this year.

# Action for Healthy Kids 2014

## Peer-to-Peer Practices for School Wellness Success

### FEATURING

#### School Wellness Success Stories from School Staff throughout Georgia

The Georgia State Team & Host City Partners present

TWO School Wellness Summits

We hope you will JOIN US!

Choose the date and location that best suits your schedule:

**FEBRUARY 21, 2014**

**8:00 am – 3:15 pm**

**The Oaks of Lanier Academy**

2719 Tumbling Creek Road ☐Gainesville, GA

\$40.00 per person includes breakfast, lunch, and afternoon snack

Gainesville registration link:

<http://www2.actionforhealthykids.org/e/21152/events-event-114/6v1mq/64424251>

OR

**FEBRUARY 28, 2014**

**8:00 am – 2:45 pm**

**Merry Acres Inn & Event Center**

1400 Dawson Road Albany, GA

\$40.00 per person includes breakfast, lunch, and afternoon snack

Albany registration link:

<http://www2.actionforhealthykids.org/e/21152/events-event-131/6v1mv/64424251>

### AGENDA HIGHLIGHTS

Grab and Go Breakfast and Catered Lunch

Brain Break Demonstrations

Healthy School Hero Presentations

Roundtable discussions

Vendor walk-view and experience products and tools to increase school wellness

### FEATURED SUCCESS STORIES

**DISTRICT IMPACT:** *Wellness Policy Overview and Success Story*

**SCHOOL LEVEL IMPACT:** *Cooking Demos for Cafeteria Delight*

**SCHOOL LEVEL IMPACT:** *Students as Partners Success Story (Gainesville) or Teaming Together for Smart Snacks in Schools (Albany)*

**CLASSROOM LEVEL IMPACT:** *Classroom Teacher Champion Showcase*

## Special Event: NAGWS



Several GAHPERD members met with Governor Nathan Deal on Tuesday, February 4, 2014 on behalf of NAGWS (National Association for Girls and Women in Sport). Special thanks to the following members for their advocacy efforts:

**Pictured left to right:** Bridgette Stewart (GAHPERD President-Elect), Governor Deal, Kaci Nalley (GAHPERD Student Representative), Jeanne Manning (retired teacher, Atlantic Public Schools) and Kim Thompson (GAHPERD Executive Director)

# Special Report

## News from JRFH and HFH Emily Adams and Nancy Cobelli

The ducks are working!! We are seeing a 32% increase in returning events for the state of Georgia. We are tracking 112% ahead in online fundraising compared to the same time last year!

As of January 31, 2014 here are our numbers:

JRFH = 791 events are register with 56 events completed raising \$220,359

HFH = 225 events are registered with 21 events completed raising \$33,724

Combo =66 events are registered with 4 events completed raising \$13,466



In fact, according to the American Heart Association, the ducks are so popular it's hard to keep them in stock! We are so excited about these life-saving ducks and how they are motivating and rewarding children across the country to get involved. AHA sent enough to every school based on our national averages schools are seeing. As you can imagine it's hard to guess how many each school will need. I know you and your children are way above average so if you need more, let your local youth market director know and keep that in mind when communicating to your students. The duck pond and the new online badges are a great way in between the arrival of more ducks to keep the children motivated! By PE teachers wearing the ducks every day and helps remind them the kids that they are coming! This is something new for us and the children love them! Remember your efforts will pay off and more lives will be impacted thanks to the hard work of the JRFH and HFH Coordinators.



## Special Event: SDAHPERD

Just a Few Days Away...

### 2014 SDAHPERD/KAHPERD Convention

**February 19-22**

**Lexington, Kentucky**

Come early, stay to the end. With more than 200 sessions, there is something for everyone including pre and post convention sessions and two workshops on Saturday. Selected topics include: yoga, belly dancing, zumba, line dancing, martial arts, self-defense, Pilates, tennis, fitness, cooperative activities, action based learning, common core, orienteering, movement and the brain, curriculum, fishing, rugby, concussion legislation, golf officiating, technology, legal considerations, Let's Move Active Schools, cancer wellness, steroids, fetal alcohol syndrome and behavioral health. There are plenty of social activities with WD-40 coming back, Taste of the States, Kaleidoscope and Casino night.

Reita Clanton will be the keynote speaker for the Southern District General Session on Thursday, February 20<sup>th</sup> from 2:30-3:30 pm. Reita is an Olympic athlete and coach, author, teacher and professional speaker. Reita's career in sports spans three decades and includes participating in the 1984 Olympics as a member of the first U.S. women's handball team and as an assistant coach for the U.S. handball team in the 1996 Olympics. Southern District is honored to have Reita share her "Joy in the Journey" experiences with us.

The great state of Kentucky is known as the Bluegrass state. The secret of the bluegrass lies underneath its topsoil. Hidden beneath the topsoil sits the limestone that in early spring affects the "bluegrass" in a way to cast a blue hue, thus early settlers started calling it bluegrass.

Lexington is designated as the Horse Capitol of the world. Host to at least 14 national horse associations and multiple international horse headquarters, Lexington residents take pride in their horse heritage. The Kentucky Horse Park, located just north of Lexington on 1200 acres, hosted the World Equestrian Games in 2010 and will most likely be chosen again in the near future for a return of the world's most famous games. Considered to be Lexington's premier horse attraction, it is home to 50 plus horse breeds, museums, theaters and exhibits. With the emphasis and impact of the horse industry on Lexington, the abundance of horse farms surrounding the community, and the two horse race tracks in its midst, it is no wonder Lexington is considered the Horse Capitol of the World!

Culturally known as the "Athens of the West" in its early years, Lexington still keeps its rich educational history alive with the University of Kentucky and Transylvania College inside the city limits. Close by Georgetown College, Centre College, Midway College, and Eastern Kentucky University enhance the educational impact central Kentucky has on the Commonwealth.

The 2014 Southern District AAHPERD/KAHPERD Convention is the place to be in February 2014. For more information, go to <http://www.aahperd.org/about/districts/southern/convention.cfm>. We hope to see all of you there!



## Special Event: SDAHPERD

# Awards—2014 Donna L. Dunaway Medal Presentation

**Dr. Steve Furney**

The **Donna L. Dunaway Medal (The Dunaway Medal)** is the highest award that can be bestowed upon a member by the Southern District Association of the American Alliance for Health, Physical Education, Recreation and Dance (SDA). The Dunaway Medal honors the professional life and career-long contributions to the Southern District AAHPERD made by member and long-time Executive Director, Dr. Donna L. Dunaway. In that spirit, the **Donna L. Dunaway Medal** honors no more than one individual each year who has made significant and sustained contributions and given meritorious service to Southern District AAHPERD over a significant period of time. The 2014 recipient of the **Donna L. Dunaway Medal** is Dr. Steve Furney, Professor of Health and Wellness Promotion in the Department of Health and Human Services at Texas State University, San Marcos, Texas.

During his 34-year career at Texas State University, Steve Furney has demonstrated exemplary leadership and service as evidenced by recognition with the University Distinguished Professor Award, Presidential Award For Excellence in Service, Everette Swinney Teaching Award, Presidential Award For Excellence in Teaching, Educator Of The Year Award and the Minnie Stevens Piper Foundation – Piper Professor Award. Dr. Furney is the author of Two Books, One Book Chapter, 23 refereed journal articles and a litany of presentations. Steve served as the principal investigator on a nearly \$2M grant from the Centers for Disease Control and Prevention.

Since joining AAHPERD in 1979, Steve has been fully engaged in the mission and work of the Texas Association for Health, Physical Education, Recreation and Dance (TAHPERD), Southern District AAHPERD and AAHPERD (now SHAPE America). At each level he has distinguished himself as being steadfast in his leadership, 'calm in a storm', visionary in his thinking and clear in his actions. A servant leader, Steve is known for his kind and thoughtful attentiveness to others, his understanding association structures and functions and his passion for the profession he serves. Among his chief qualities, Steve listens!

At the state level, Steve has served as President of TAHPERD, served on most committees at least once, and earned the TAHPERDS Honor Award and TAHPERD's highest award, the prestigious David K. Brace Award. At the national level, Dr. Furney has served AAHPERD as a member of the Board of Governors and on numerous national-level committees. He is a Fellow of the Research Consortium of AAHPERD and he was honored as the AAHE College/University Health Professional of the Year Award and the AAHE Administrator of the Year Award. In Southern District, Steve served as President of the District and Vice-President of the Health Division. He has received the Southern District Honor Award and served on many different committees; additionally, Steve has earned the honor of Southern District Health Education Administrator of the Year Award and Southern District College/University Health Educator of the Year Award.

Dr. Furney's body of professional work forms a seamless bond with the criteria and requirements of the Dunaway Medal. Thus, it is with great enthusiasm that I present to you, Dr. Steve Furney, the 2014 recipient of Southern District AAHPERD's highest and most prestigious award....the **Donna L. Dunaway Medal**. Steve Furney is the third-ever recipient of the **Donna L. Dunaway Medal**.



## Special Event: SDAHPERD Representative Assembly

**Special thanks to the following GAHPERD members for their participation and vote at the SDAHPERD Representative Assembly in Lexington, KY.**

Karen Clevenger

Brian Devore

Brent Heidorn

Jeff Johnson

Doris Morris

Bud Reiselt

Bridgette Stewart

Kim Thompson



## Special Event: AAHPERD National Convention & Expo



The 2014 AAHPERD National Convention & Expo is scheduled to be held in St. Louis, MO and will include several featured speakers. For more information, go to [www.aahperd.org/whatwedo/convention](http://www.aahperd.org/whatwedo/convention)