Maine Association for Health, Physical Education, Recreation and Dance

74th Annual Conference
November 3-5, 2019
Samoset Resort, Rockport

Pam Powers
Keynote Speaker
Monday, November 4
11:30 am - 12:25 pm
Should Life Be Fair?
Keynote sponsored by US Games / OPEN

Laura Cohen
Chief of Interpretation and Education at Acadia National Park
Endnote Speaker
Tuesday, November 5
11:00 - 11:45 am
Healthy Parks, Healthy People

www.maineahperd.org
Welcome to the 74th Maine AHPERD Annual Conference where we are all Partners in Excellence! Once a year Maine’s Health Educators, Physical Educators, Recreation and Dance professionals have this wonderful opportunity to learn up-to-date practices. As partners in the lives of children we all have a responsibility to promote equity, empower our students, and advocate for responsible social behaviors. You will want to attend Pam Powers’ keynote address on Monday as she will guide us through a journey of eye-opening realizations and empowerments to create socially responsible youth.

The MAHPERD Board of Directors deserves much credit for all of their time and effort organizing this conference. We have added two pre-conference sessions on Sunday and we’ve moved the business meeting to Tuesday morning because you asked for another educational opportunity on Monday. I hope you will take advantage of this opportunity to network with your colleagues, to share ideas and strategies, and to learn from the many educational opportunities that have been scheduled.

“Rather than striving to get everything just right, strive to excel in your own way. Start by chasing personal greatness, the kind of excellence that celebrates your progress. Take comfort in the fact that no matter where you are in life, it’s always up for grabs.” ~ Author unknown

Deb Smith, Maine AHPERD Executive Director
Sunday, November 3rd
5:30 - 6:20 pm
MAHPERD Social - Schooner Room
Meet the MAHPERD Award Winners!
UMPI Social - Penobscot Bay Room

Monday, November 4th
Corn Hole Tournament
7:00 - 10:00 pm
at the Samoset
Event sponsored by

Corn Hole boards donated by GOPHER Sports

Monday, November 5
12:30 - 1:10 PM
FREE STUDENT LUNCH
Upper level of LaBella Vita Restaurant
Sponsored by Maine Education Association

NEW TACO LUNCH FOR ALL!
On Thursday, October 17th we received word that imagesport will not be sending us gearwear to sell at conference! Effective the 17th they are no longer providing gear wear to conferences!

NOT JUST SNEAKERS….we will accept sports cleats, shoes, hiking boots, and more. Click on the got sneakers logo above to see the extensive list of footwear that we will accept.

In the spirit of environmental and economic sustainability, MAHPERD has partnered with GotSneakers, a sneaker recycling organization, which will compensate up to $3 for every pair of wearable athletic sneakers. There is no limit to the amount of money we can earn. It is estimated that over 300 million pairs of sneakers are thrown away each year in America’s landfills and that over 600 million adults and children worldwide live barefoot. We can touch the lives of thousands by simply cleaning out our closets and collecting our unwanted sneakers. The request is simple: Clean out yours and your family’s closets of all unwanted paired sneakers.

HOW CAN YOU HELP? We are asking every conference attendee to bring a pair (or more) of new or gently worn sneakers to conference. There will be a collection spot in the Samoset lobby.

All funds raised from the sneaker collection will be dedicated to the MAHPERD professional grants budget line. This will allow for increased financial assistance to members for educational opportunities.

All American Classics Silent Auction

Bring your checkbook, credit card or cash because you won't want to miss out on an opportunity to purchase one-of-a-kind items! The All American Classics silent auction will be open all day Monday. It will close Monday night before the cornhole tournament!

All American Classics handcrafts all of the artwork that is used for Auction in a Box and they have been the industry leader in premium sports memorabilia for over 30 years. The authentic autographed items used in their auctions are sourced from a network of reputable memorabilia companies and they stand behind the Certificates of Authenticity that come along with each signed item. MAHPERD requested a lot of New England sports memorabilia for this auction!
REGISTRATION

Sunday 12:45 pm - 6:00 pm; Monday 7:30 am - 4:00 pm; Tuesday 7:30 am - 10:00 am

EXHIBITS

Sunday 2:00 pm - 6:00 pm; Monday 8:00 am - 3:00 pm

Sunday, November 3, 2019 - PRE-CONFERENCE - MUST PRE-REGISTER
1:00 - 4:00 pm High Energy PE Activities: By Teachers, For Teachers Nick Kline
1:00 - 4:00 pm Health Teacher Collaboration: Working on Assessments for the Health Classroom Erin Bjorkdahl, Jeni Cash-Jordan

1:30 - 2:30 pm Session 1
Challenging Activities K-5 Jemal Murph
Elasticity: Fascial Conditioning Kirsten Beverly Waters
Active Threat Awareness Sgt. Jason Stuart
Archery (This is a 2 hour session - must pre-register) Nick Lyons
Games, Games, Games (will be repeated Tuesday morning) Tim Taggart, Palos Sports
Outdoor Pursuit Ideas with Limited Equipment & Time Lauren Jacobs

2:45 - 3:45 pm Session 2
Exploring Various Forms of Assessment Carol Ciotto, Ellen Benham
Mindful Tools for Stress & Anxiety Julie Campilio
Fitness Super Shuttle for K-12 Students (This session will be repeated Tues. am) Maria Corte
Integrating Physical Education with Literacy Kasey Watson
The Workout Sandwich: The Importance of Properly Warming Up & Cooling Down Lyndi Kelly

4:00 – 5:00 pm Session 3
Seeing Academic Performance Increased with BRAINball (repeats on Mon.) Tim Taggart, Palos Sports
The ABCs of Adapted Physical Education Carol Ciotto, Ellen Benham
Considerations for Skill Development in Health Education Sarah Benes
Alternative to Volleyball - Nitroball/Nuke-Em Scott Pelletier
Game Face Meditation Techniques for Athletes Kirsten Beverly Waters
Instant Activities: Maximizing Movement & Engagement in PE Timothy Losee

5:30 - 6:20 pm SOCIALS - Join Us - MAHPERD & UMPI

6:30 - 7:15 pm AWARDS BANQUET (Knox County Ballroom)

7:15 - 8:30 pm AWARD PRESENTATIONS (Knox County Ballroom)
# Maine Association for Health, Physical Education, Recreation, and Dance
## 74th Annual Conference  
**November 3-5, 2019**

### Monday, November 4, 2019

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<th>Time</th>
<th>Event</th>
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<tr>
<td><strong>5:30 - 7:30 am</strong></td>
<td>Samoset Pool and Fitness Center Open (no charge for hotel guests)</td>
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<td><strong>7:00 - 8:15 am</strong></td>
<td><strong>BREAKFAST</strong> for Participants (State of Maine Hall)</td>
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<td><strong>8:15 - 9:15 am</strong></td>
<td><strong>Session 4</strong></td>
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<td>Seeing Academic Performance Increased with BRAINball (repeat from Sun.)</td>
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<td>Assessment in Skills Based Health Education</td>
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<td>Instant Activities, Instant Enjoyment</td>
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<td>Coaching Panel Sharing Session</td>
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<td>The Power of Motivation</td>
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<td>Harnessing Youth Behavior Data</td>
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<td>NET Generation School Tennis</td>
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<td>Linking Literacy &amp; Movement</td>
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<td><strong>9:30 - 10:30 am</strong></td>
<td><strong>Session 5</strong></td>
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<td>The Impact of Successfully Navigating the Non-X’s &amp; O’s of Coaching</td>
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<td>Substance Use &amp; Young People in Maine: The What, So What, Now What?</td>
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<td>Social Justice in Health Education</td>
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<td>Unified Physical Education</td>
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<td>Management on the Move for K-12 Students</td>
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<td>What to Expect in Your First Three Years</td>
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<td>Native American Dance</td>
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<td>The Importance of Dynamic Warm-ups &amp; Proper Movement Patterns</td>
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<td>Innovative Soft Tissue Techniques in Athletic Healthcare (limited to 30)</td>
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<td><strong>10:30 - 11:05 am</strong></td>
<td><strong>VISIT WITH THE EXHIBITORS</strong> (State of Maine Hall)</td>
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<td><strong>11:10 - 12:30 pm</strong></td>
<td><strong>GENERAL SESSION &amp; KEYNOTE PRESENTATION</strong> (Knox County Ballroom)</td>
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<td><strong>12:30 - 1:10 pm</strong></td>
<td><strong>TACO LUNCH</strong> ($12 with support from Bangor Savings Bank)</td>
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<td><strong>12:30 - 1:10 pm</strong></td>
<td>FREE STUDENT TACO LUNCH sponsored by MAHPERD &amp; MEA (La Bella Vita Restaurant)</td>
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<td><strong>1:15 - 2:15 pm</strong></td>
<td><strong>Session 6</strong></td>
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<td>Plug &amp; Play Fitness</td>
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<td>Why Young People Need Dance More than Ever</td>
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<td>What Educators Need to Know About Child Sexual Abuse Prevention</td>
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<td>And Affirmative Consent (added 10/29)</td>
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<td>CATCH My Breath: Universal E-Cigarette/Juul Youth Prevention</td>
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<td>Incorporating Traffic Safety Instruction into Your Classroom</td>
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<td>Badminton Bonanza</td>
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<td>9 Square in the Air</td>
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<td>Student Leaders Learning How to Survive</td>
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*www.maineahperd.org*  
2019 Conference Program  
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Maine Association for Health, Physical Education, Recreation and Dance
74th Annual Conference
November 3-5, 2019

2:30 - 3:30 pm  Session 7

Tools to Increase Fitness Knowledge: Skills to Improve Fitness for Life
CPR in Schools
Adverse Childhood Experiences 101: Nothing Gets Left at the Door
Think Abouts & Body Look Fors
OMNIKIN Game Concepts for Everyone
Maine Family Planning Condom Education
Line Dancing 101
FLAG Football in School (double session)

Pam Powers, US Games
Gary Urey
Brittany Ray, Ashley Cirone, Laura Thomas
Liz Giles-Brown
Paolo Zambito
Emma Steinbach, Victoria Preston
Heather Clark, Melissa Adams
Thomas Winiecikii, Katie Hoffmann

3:45 - 4:45 pm  Session 8

Rhythm of Life: Dance
Wait...How Does that Work? A Crash Course in Transgender Sexual Health
Cultivating Mindfulness in Your Daily Practices
CATCH Go Dough: School Wellness Funds Made Simple
Why Am I Doing This? Addressing Standards in Unit & Lesson Plans
Icebreaker & Teambuilder Activities for K-12 Students
Adaptive Physical Education Sharing
ACTION! Team Games with MVPA Assessment
FLAG Football in School (must attend 2:30 session)

Pam Powers, US Games
Quinn Gormley, Oliver Jones
Stacey Vannah
Lindsay Edgar
Chris Nightingale
Maria Corte
Andrea Lee
Scott Roy
Thomas Winieckii, Katie Hoffmann

5:15 - 6:30 pm  DINNER BUFFET (State of Maine Hall)

7:00 - 10:00 pm  Corn Hole Tournament at the Samoset  Location: Owl’s Head/Spruce Head

Until 9:00 pm  Samoset Pool & Fitness Center Open

DOWNLOAD THE EDUPLUS CONFERENCE APP
ON YOUR PHONE OR OTHER DEVICE

Get information on conference sessions, presenters, exhibitors, and special events
GO TO THE APP STORE ON YOUR PHONE OR DEVICE AND SEARCH FOR EDUPLUS APP!
DOWNLOAD AND YOU’RE ON YOUR WAY!
Maine Association for Health, Physical Education, Recreation, and Dance
74th Annual Conference
November 3-5, 2019

Tuesday, November 5, 2019

8:00 - 8:50 pm  Session 9
Games, Games, Games (repeat session from Sunday)  Tim Taggart, Palos Sport
Mind Blowing Low Budget Activities for PE & After School  Dana Welch
Health Education Sharing  Karyn Bussell
RAD for Teens: Self Defense & Personal Empowerment  Karen Grotton
Mindfulness in Education: Calm, Cool Kids in School  Kellie Bailey
Speed & Agility Fundamentals & Training  Heath Pierce, Kawika Thompson, Dan Gish

9:00 - 9:50 am  Session 10
Incorporating Dance & Movement into PE Programs  Danielle Drouin
Elementary PE Sharing K-5  Lynn D’Agostino
Apps/Sites/Tweets  Tim Farrar
Animal Assisted Education  Denise Allen
Nutri-tips for Teens: Rethink Your Drink & Re-Assess Your Snacks!  Anne-Marie Dave
RAD Kids Personal Empowerment Safety Education  Karen Grotton

10:00 - 10:50 pm  Session 11
Feedback & Student Success  Nick Lyons
ACES 101: Nothing Gets Left at the Door  Brittany Ray
Benefits of Well-being  Michael Booth
Fitness Activities to Help Your Students Meet Their Goals  Irene Cucina, Ryan Croatti
Fitness Super Shuttle for K-12 Students  Maria Corte
Physical Literacy Screening  Michele LaBotz, Chris Pribish
Middle School & High School PE Sharing  MAHPERD Board Members

11:00 – 11:45 am  Endnote

11:50 am – 12:30 pm  MAHPERD Business Meeting

12:30 pm  Prize Drawings (Must be present to win)

Outstanding Professional Development
Check out the sessions and share with your administrator. This is your opportunity to learn or enhance effective and up-to-date practices in health education and physical education related to curriculum, instruction and assessment. The conference includes sessions on a variety of approaches to delivering and assessing quality health education and physical education including helpful and practical uses of technology; interactive, skill-based teaching strategies; and standards-based rubrics and assessments. Conference is a prime opportunity to network with colleagues from around the State, sharing ideas and strategies to improve your classroom and instructional practices.
**SUNDAY PRE-CONFERENCE**

PRE-REGISTRATION IS REQUIRED FOR THESE TWO PRE-CONFERENCE WORKSHOPS!

Both are 1:00 - 4:00 pm

**High Energy Physical Education Activities: By Teachers, For Teachers**

Discover fun, easy and engaging activities that promote best practices and high-quality physical education utilizing a free curriculum resource (OPENphsed.org). No student will be waiting on the sidelines in these outcomes-based activities designed by teachers for teachers. The goal of this session is for all participants to leave with at least one new idea to enhance moderate to vigorous physical activity (MVPA)

**Presenter:** Nick Kline, US Games/OPEN

Location: Owl’s Head

Disciplines: All PE/Rec

**Health Teacher Collaboration: Working on Assessments for the Health Classroom**

Do you want new ideas for formative and summative assessments that have been tested in Health Education classrooms by colleagues? Do you need help fine tuning your own assessments? Would you like help developing rubrics for assessments and assignments? If so, please join your health education colleagues from around the state for an interactive workshop, in which you will work on creating authentic lessons, assignments and assessments for your classroom.

This pre-conference workshop will guide health education teachers in strengthening their curriculum and providing an opportunity to collaborate with colleagues. Attendees need to arrive prepared for the workshop by bringing curriculum and assessment materials (digital or paper copies) to be revise or with ideas to be developed.

**Presenters:** Erin Bjorkdahl, Bonny Eagle High School  
Jeni Cash-Jordan, Oxford Hills Comprehensive High School

Discipline: Health

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**MAINE AHPERD HAS A NEW ON-LINE CLOTHING STORE**

Check it out and place an order. This is an opportunity for MAHPERD members to purchase clothing that has the MAHPERD logo on it! You will have to pay with a credit card. Your purchases will be shipped directly to you. Sizes run small, so we recommend you order at least one size bigger than you normally would!

[https://mahperdasgmaine.itemorder.com/](https://mahperdasgmaine.itemorder.com/)

The on-line store is only open  
November 1-6, 2019
Sunday Session 1  1:30 - 2:30 p.m.

Challenging Activities K-5
Participants in this session will leave with new activities that can be used with Down Syndrome students.

Presenter: Jemal Murph, APE Task Force  Location: Rockland  Discipline: PE

Elasticity: Fascial Conditioning
Soft-tissue dysfunction is a common issue in adolescents that can cause injury. Mobility deficits can affect sport performance, agility, running mechanics, and other athletic demands. This workshop will discuss, demonstrate, and explore these various techniques. By training the fascia in this way, students will learn how to become more mobile, as well as improve balance, proprioception, and reflex.

Presenter: Kirsten Beverly-Waters  Location: Monhegan  Disciplines: Coaches, PE

Active Threat Awareness
This session will cover active threat responses, identifying potential threats, preparing for threats, and countering them if they occur.

Presenter: Jason Stuart, Bangor Police Dept.  Location: Schooner  Disciplines: All

Archery (This is a 2 hour session)
This session will give an overview of equipment, techniques, teaching protocols, and class management. Attendees should be prepared to get up and participate to get a hands-on experience for what the students will feel and do during archery lessons. MUST PRE-REGISTER FOR THIS SESSION.

Presenter: Nick Lyons, Durham Community School  Location: Rockport  Discipline: HS/MS PE

Games, Games, Games
Fun teacher created games that focus on movement, strategy, teamwork, individual, fine motor skill development, as well as state and national standards through active play. This is a hands-on workshop where you will learn how to bring new ideas into your classroom that your students will love. We will cover games for grades K-12 that focus on medium to large class sizes. This session will be repeated on Tuesday at 8:00 am.

Presenter: Tim Taggert, Palos Sports  Location: Camden  Discipline: PE/All

Outdoor Pursuit Ideas with Limited Equipment & Time
This session will offer tangible, ready-to-use ideas for outdoor-based PE classes using limited equipment. You will learn creative ways to access outdoor equipment for use in your PE classes.

Presenter: Lauren Jacobs, UMaine  Location: Spruce Head  Disciplines: PE/REC/All
Exploring Various Forms of Assessment
This K-12 workshop is designed to give participants information about the purpose of effectively using different types of assessments that balance quality measurement & practicality. Assessment concepts and characteristics of various assessments will be presented. How to effectively use various checklists and rubrics to meet your K-12 needs will be discussed, as well as suggestions and examples to encourage more authentic assessment in PE.

**Presenters:** Carol Ciotto, Central CT State University     Ellen Benham Central Ct. State University  
**Location:** Schooner  
**Discipline:** PE

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Mindful Tools for Stress & Anxiety
In this workshop, participants will learn techniques proven to calm the nervous system. Community building and connection to self & others will be explored while learning simple tools to calm down in uncomfortable moments. Deep breathing techniques, mindful movement, and guided relaxation will all be explored in a play-based approach. For more information feel free to check out www.OurRootsUp.com

**Presenter:** Julie Campilio, Radiant Beginnings  
**Location:** Monhegan  
**Disciplines:** All

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Fitness Super Shuttle for K-12 Students
These modified relay races are fast-paced workouts that never stop! Students will experience a high intensity, fat burning, strength & conditioning workout by shuttling a wide variety of fitness equipment in unique ways, to & from each other. This indoor/outdoor workout will totally disguise running. You will learn how to take a traditional relay race & turn it into an action-packed workout. **THIS SESSION WILL BE REPEATED TUESDAY MORNING!**

**Presenter:** Maria Corte, GOPHER  
**Location:** Camden  
**Discipline:** PE/All

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Integrating Physical Education with Literacy
It is no secret that children grow their brain best when they are physically active and having fun. Our youngest students spend most of their time learning to read, so they can later read to learn. As physical educators, we have a unique position to bring both physical education and literacy alive!

**Presenter:** Kasey Watson, Helen S. Dunn School  
**Location:** Spruce Head  
**Disciplines:** Elem PE

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The Workout Sandwich: The Importance of Properly Warming Up & Cooling Down
This presentation will explore the importance of properly warming up prior to exercise, as well as taking the time to implement a cool down post exercise. The warm up is one of the most underappreciated aspects of a training session, the cool down can serve as a great way to end a session physically and emotionally.

**Presenter:** Lyndi Kelley, UNE  
**Location:** Rockland  
**Disciplines:** Coaches/ MS  HS PE
Sunday Session 3  4:00 - 5:00 p.m.

Seeing Academic Performance Increased with BRAINball  
Learn how using BRAINball in your class two times a week will increase spelling, reading, math, and fine motor skill development. The basketballs include letters & numbers and the soccer balls include math and punctuation symbols. Come and learn how to improve your schools academic performance through active play! 
This session will be repeated Monday at 8:15 am.  
Presenter: Tim Taggart, Palos Sports  
Location: Owls Head  
Discipline: PE

The ABCs of Adapted Physical Education  
This session offers physical education teachers a variety of information pertaining to adapted physical education. Participants will learn the many acronyms in special education and how we can be compliant with current laws that authorize, define, and affect adapted physical education. Adapted activities and assessments will be provided.  
Presenter: Carol Ciotto, Central CT State University  
Ellen Benham, Central Ct. State University  
Location: Schooner  
Discipline: APE

Considerations for Skill Development in Health Education  
If you are a skills-based health educator looking to elevate or enhance your practice, this is the session for you. Come and discuss some of the factors and considerations that we need to keep in mind as we support skill development in health education. You will leave with ideas and strategies that you can use right away!  
Presenter: Sarah Benes, Merrimack College  
Location: Penobscot Bay  
Discipline: Health

Alternative to Volleyball - Nitroball/Nuke-Em  
This session will provide alternative games to volleyball that all kids can play.  
Presenter: Scott Pelletier, MSAD 33  
Location: Spruce Head  
Discipline: PE/All

Game Face Meditation Techniques for Athletes  
There are mental capacities that need honing in order to heighten performance. When athletes become more aware of their bodies, they also build resilience to handle stress, which unlocks elevated performance levels. Game Face helps coaches gain the skills to create a program that fits the needs of their team and each individual athlete.  
Presenter: Kirsten Beverly-Waters  
Location: Monhegan  
Disciplines: Coaches/PE

Instant Activities: Maximizing Movement & Engagement in PE  
This interactive session will present ideas of instant activities you can start using immediately to excite students and get them moving. Also learn classroom management strategies and technologies to maximize your class time! This session is ideal for physical education college students, recent graduates, or those new to elementary physical education.  
Presenter: Dr. Timothy Losee, Plymouth State Univ.  
Location: Rockport  
Discipline: ELEM PE
**Instant Activities, Instant Enjoyment**

Tag has its place as an activity kids love, but there are so many more options to successfully engage students in movement. This session will highlight a variety of ideas from a free curriculum resource (OPENphysed) to effectively get students moving in ways they will love. The activities will maximize MVPA and target all five SHAPE America Standards.

**Presenter:** Nick Kline, US Games/OPEN  
**Location:** Spruce Head  
**Discipline:** All/PE

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**Net Generation School Tennis**

The USTA is committed to supporting and enhancing children’s development and growth by partnering with local educators to introduce tennis to their students in grades K-12 physical education classes. The easy-to-follow Net Generation curricula meets assessment standards and helps teachers shape the game for students while using tennis as a pathway to personal development beyond the court.

We give you everything you need:

- Comprehensive, turnkey curricula created by the USTA & SHAPE America
- Schools with a school partner: receive an equipment starter kit including 30 racquets, 36 balls, 2 rolls of barrier tape, chalk
- The Net Generation App and digital communications providing new program information and educational content to support tennis in your school. These school partnerships can be facilitated by the USTA Section and ultimately require section approval to ensure the most impactful community connections are formed
- Free online and in-person training

**Presenter:** Eric Driscoll, USTA  
**Location:** Rockport  
**Disciplines:** PE, REC

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**Linking Literacy & Movement**

This interactive session will focus on activities built to discover connections in movement literacy for early childhood development. Using different types of manipulatives and resources, educators will experience activities used in a pre-k-2 interdisciplinary programs.

**Presenter:** Marilena Canuto, Berwick Academy  
**Discipline:** Elem PE/Dance

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**The Annual MAHPERD Disc Golf Tourney is Back Again!**

**Monday, November 4 –at 1:15 p.m.**  
Meet in the Lobby of the Samoset

The Annual MAHPERD Disc Golf Tourney is back again! No cost. No discs. No problem! A quick tutorial on how to play and throw will be provided to rookies of the sport. Then we will play in the 9 hole tourney. Prizes are available! The winner gets a photo taken with the trophy. Additional questions participant's may have about disc golf and its age appropriate equipment will be answered after the tourney for those interested. Come join us!
Harnessing Youth Behavior Data
This session is designed to help educators personalize their curriculum based on 2019 results of the Maine Integrated Youth Health Survey (MIYHS).

**Presenter:** Jean Zimmerman, Maine DOE  **Location:** Penobscot Bay  **Discipline:** Health

Assessment in Skills-Based Health Education
Multiple choice questions play a useful role in quickly measuring what students know in terms of health facts. However, performance-based assessment in health education goes beyond gauging the health facts students retain to measuring the skills students gain. During this session, participants will be introduced to a variety of assessment strategies used to assess what students know and are able to do as the result of a quality health education course.

**Presenter:** Irene Cucina, Plymouth State Univ.  **Location:** Rockland  **Discipline:** Health

The Power of Motivation!
Motivation is a key contributing factor to our student's academic success, as well as their social and emotional learning throughout their life. I will discuss the types of motivation, the factors that motivate our students, and strategies on how to integrate student-centered health education lessons in our classrooms that will increase motivation and quality of learning.

**Presenter:** Jennifer McNulty, UMaine  **Location:** Schooner  **Disciplines:** Health, All

Coaching Panel Sharing Session
A panel of coaches from both high school and college programs share their experiences on current coaching topics, as well as effective strategies they are currently using to improve the athletic experience for their teams.

**Presenter:** Alan Gordon, U-Maine, PI & Crew  **Location:** Monhegan  **Disciplines:** Coaches/Rec

Seeing Academic Performance Increased with BRAINball
Learn how using BRAINball in your class two times a week will increase spelling, reading, math, and fine motor skill development. The basketballs include letters & numbers and the soccer balls include math and punctuation symbols. Come and learn how to improve your schools academic performance through active play! **This is a repeat session from Sunday.**

**Presenter:** Tim Taggart, Palos Sports  **Location:** Owls Head  **Discipline:** PE
**Monday Session 5  9:30 - 10:30 a.m.**

**Substance Use and Young People in Maine: The What, So What, What Now?**
Substance use can interfere with a young person’s development and potential. This interactive session will focus on the latest trends in substance use and the impact it has on the brain, mental health, and overall wellness. Come learn what we can all do to address the issue, ways to intervene, and gather best practice resources.

**Presenters:** Lee Ann Dodge, SoPo Unite  
Johanna Albanese, Westbrook Partners for Prevention  
**Location:** Spruce Head  
**Disciplines:** Health

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**The Importance of Dynamic Warm-ups and Proper Movement Patterns/Plyometrics**
This session will provide an overview of key components to a proper dynamic warm-up for athletics and physical education classes. Recognizing poor or improper movement patterns during agility and plyometric training and implementing cues for correction.

**Presenters:** J.P. Stowe & Luke Bartlett, Northern Light Sports Health  
**Discipline:** Coaches/PE  
**Location:** Schooner

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**Innovative Soft Tissue Techniques in Athletic Healthcare**
This is a hands-on lab session where attendees will be introduced to various soft tissue techniques used in athletic injury prevention and treatment. **Limited to 30 participants.** Comfortable clothing recommended.

**Presenters:** Kirsten Bailey & Wayne Lamarre, UNE  
Angela Potter, USM  
**Discipline:** All  
**Location:** Owls Head

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**Unified Physical Education**
Unified Physical Education provides a unique opportunity for students with and without disabilities to come together through ongoing educational and physical activities, using the power of Special Olympics. Additionally, the class supports the development of leadership skills for all students, as well as the empowerment of all students to foster an inclusive class and school-wide environment.

**Presenters:** Ian Frank, Special Olympics Maine  
Charlie Bingham  
**Discipline:** APE  
**Location:** Rockland

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**Native American Dance**
In this session there will be descriptions and demonstrations of traditional Native American dances. Participants will be asked to join and sing. Get up and get moving! Materials will be provided for you to take back and share with others.

**Presenter:** Seana Mackelday, Beatrice Rafferty School  
**Location:** Camden  
**Disciplines:** Dance
The Impact of Successfully Navigating the Non-X's and O's of Coaching
Understand the importance of navigating successfully the non-X's and O's of coaching with a keen focus on bullying, e.g., learn the signs of bullying, the impact of bullying, strategies youth sports coaches and others can use to mitigate the impact of bullying, and resources available to assist. The first 24 attendees will receive a copy of Tom’s Book.

**Presenter:** Thomas Dahlborg, Dahlborg Healthcare Leadership Group  
**Disciplines:** Coaches/Rec  
**Location:** Monhegan

What to Expect in Your First 3 Years of Teaching
Learn, discuss, and ask questions about what to expect in your first three years of teaching. Lead by a panel of teachers who have been in the field from 3 to 20+ years in both health education and physical education (PreK-12).

**Presenters:** Kayla McGee, Lewiston H.S.  
**Lynn D’Agostino, Brunswick School District**  
**Location:** Ebb Tide  
**Disciplines:** New professionals & students

Management on the Move for K-12 Students
Teachers will learn how to combine management strategies with skill instruction in one easy class. You will leave this session with new ideas on how to communicate and administer expectations, rules and consequences, as well as some quick start up and closing activities.

**Presenter:** Maria Corte, GOPHER  
**Location:** Rockport  
**Discipline:** PE

Social Justice in Health Education
This session focuses on introducing participants to fundamental concepts related to social justice. This interactive workshop will help set a foundation for addressing social justice in health education practice and provide suggestions for continuing professional and personal growth.

**Presenter:** Sarah Benes, Merrimack College  
**Location:** Penobscot Bay  
**Discipline:** Health

VISIT WITH OUR EXHIBITORS IMMEDIATELY FOLLOWING SESSION 5
10:30 - 11:05 AM IN THE STATE OF MAINE ROOM

THANK YOU TO ALL OF THE EXHIBITORS...
We appreciate that you are here at the MAHPERD conference!
Plug & Play Fitness
Be ready to participate in this highly active session highlighting OPEN Plug and Play Activities. These micro-activities are intended to be taught throughout the year and address all components of health-related fitness. This session will provide elementary and secondary teachers with ideas to engage and empower students to improve their individual fitness level.

**Presenter:** Nick Kline, US Games/OPEN  
**Location:** Spruce Head  
**Discipline:** PE

What Educators Need To Know About Child Sexual Abuse Prevention and Affirmative Consent
Maine has several laws regarding child sexual abuse and sexual assault prevention. This session will overview the child sexual abuse prevention law passed in 2015 that is about school responsibilities sharing resources and insight into implementation Pre-k through graduation. Recent legislation brought the issues of consent up for discussion. Katie will address the topic, related laws and strategies for addressing the topics in middle and high school curricula.

**Presenter:** Katie Church, ME. Coalition Against Sexual Assault  
**Location:** Penobscot Bay

Student Leaders Learning How to Survive
This is a student leadership program which can be done with 4th or 5th grade students. Students meet a couple times a week for 40 minute sessions. During this time we work on a variety of team building, communication, collaboration and life skills. Through this, students learn to assist with younger students during recess, in the lunch room, classroom, and helping out in art, music and physical education classes. Our focus is building upon 21st Century Skills. These skills will take them away from their deficit and make them successful in life in the "real world."

We will provide you with all the information you need to get this up and running in your own school. You will participate as a student in several of our leadership activities.

**Presenters:** Dianne Kazilionis & Nikki Remsen, South Portland School Department  
**Location:** Schooner  
**Discipline:** Elem PE

Incorporating Traffic Safety Instruction Into Your Classroom
Maine legislation requires schools to teach students one-hour of traffic safety for four individual years, between Kindergarten and 8th grade. This presentation will assist teachers on how to teach this information and about resources that are available.

**Presenter:** Shannon Belt, Bicycle Coalition of ME  
**Location:** Monhegan  
**Disciplines:** Health/REC/PE
Badminton Bonanza
If success in the net game badminton were a puzzle, how many pieces would there be? What would each one represent? In this session we will explore how middle school students answered these questions as it served to connect and anchor learning during a badminton unit full of individual, partner and team activities, skill tracking, self-reflection, and a lot of fun!

**Presenter:** Liz Giles-Brown, Learning on the Move  
**Location:** Rockland  
**Disciplines:** PE/REC

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**CATCH My Breath: Universal E-cigarette/Juul Youth Prevention Program**
In 2018, one in five high school students and one in twenty middle school students reported that they had “vaped” in the past 30 days, a substantial increase in youth vaping from the previous year. The vast majority of e-cigarette products contain nicotine, and some, like the popular Juul vaping device, can easily masquerade as benign school supplies. The free CATCH My Breath E-cigarette/Juul youth prevention program was created in response to this spike in vaping among youth. The program consists of 4 skills-based, best practice lessons that align to the Maine and National Health Education Standards. Participants in this session will learn what educators and parents should know about youth vaping epidemic and how to access and use the free CATCH My Breath program. (The program has been revised to stay up-to-date.)

**Presenter:** Lindsay Edgar, CATCH Global Foundation  
**Location:** Rockport  
**Disciplines:** Health, All

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**9 Square in the Air**
Learn how to play basic 9 Square in the air, as well as various other versions. This game is a combination of volleyball and elevated 4 square. Bring clothing for playing outside if weather allows.

**Presenters:** Dana Welch, MSAD 15  
Scott Pelletier, MSAD 33  
**Location:** Outside (meet in the lobby)  
**Discipline:** PE

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**Why Young People Need Dance More than Ever**
In this workshop, Karen gives a surprising explanation for why and how dance meets the physical, social, and emotional needs of young people in the 21st Century. In addition to sharing the logic underlying her work, she will present anecdotal evidence of how the dance-experience counteracts the negative aspects of an overly screen-centered life. Participants are invited to participate in the movement activities, but observers are welcome too.

**Presenter:** Karen Montanaro  
**Location:** Camden  
**Discipline:** Dance

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Monday Session 7  2:30 - 3:30 p.m.

Play Together: OMNIKIN Game Concept for Everyone
OMNIKIN's philosophy has always been one of inclusiveness and cooperation. Experience new action-packed games with Omnikin’s durable 14” to 48” light-weight and colorful balls. Stimulant activities with 6 balls of 6 colors and 6 teams at the same time during which manipulation and coordination are involved. Get to try our oversized footballs, basketballs, volleyballs, and soccer balls. Learn the benefits of cooperative gameplay and new games that are compatible with our many sized balls and that will keep your students moving. All students are actively involved and learning. Come play!!

Presenter: Paolo Zambito, Omnikin     Location: Spruce Head     Disciplines: PE

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Maine Family Planning Condom Education
This workshop will share up-to-date information on STI rates, the efficacy of condoms in preventing STIs and pregnancy, and teen condom use in Maine. Participants will gain a better understanding of the need for increasing condom use among sexually active teens and young adults, and explore reasons why teens may not use condoms. This workshop will broaden your knowledge of the range of barrier methods and what works in condom education, explore ways to make education more inclusive, and share ideals for effectively incorporating barrier methods into your sexual health unit.

Presenter: Emma Steinbach & Victoria Preston, Maine Family Planning     Disciplines: Health/All
Location: Pen Bay

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CPR in Schools
This session will provide ways you can implement the new CPR graduation requirement. Find out how you can get a CPR in School Kit on loan as a benefit of being a MAHPERD member.

Presenter: Gary Urey, American Heart Assoc.     Location: Monhegan     Disciplines: All

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Line Dancing 101
This session will teach you at least three line dances to bring back to your school and teach to your students.

Presenter: Heather Clark & Melissa Adams, Dancing With Maine     Discipline: Dance
Location: Camden

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Think Abouts & Body Look-Fors
"Using think-about when learning skills make body look-fors a permanent part of me!" Using this statement as a connecting thread, elementary physical educators attending this session will participate in teaching and learning activities experienced by first and second grade students as they gained competence and confidence throughout the year.

Presenter: Liz Giles-Brown, Learning on the Move     Location: Rockland     Discipline: Elem PE
Tools to Increase Fitness Knowledge:  
Skills to Improve Fitness for Life
The greatest gift we can give our students is the joy of lifetime fitness and staying active throughout their lives. This activity-based session will take participants through a process of assessing our student’s health related fitness, evaluation, and action steps.

**Presenter:** Pam Powers, US Games/OPEN  
**Location:** Rockport  
**Disciplines:** MS/HS PE

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ACEs 101: Nothing Gets Left at the Door
Children experiencing trauma don’t leave their life circumstances at the classroom door. Adverse Childhood Experiences (ACEs) can make it hard for children to show up with “learning-ready” brains. Traumatized children have difficulty meeting both the academic and social challenges of school. Without a doubt, trauma is not just a mental health issue, and if left unaddressed by schools, students are unlikely to achieve academic and social success. Our schools care about students and their futures. Our schools use amazing best practices to improve aspirations, test scores, college going rates, and retention rates, but still we are losing too many of our students. As teachers and school administrators we know we need to do better. But how? This session takes a look at ACEs and the impact of these experiences on school success. What we know from ACEs is that a trauma informed approach is needed in schools and without acknowledging and responding to the impact adversity has on developing brains and on social and emotional development, we will never close the achievement gap. This session seeks to share the very basic information of the ACEs study and what that means for educators, students, parents, and communities.

**Presenter:** Brittany Ray, MSAD 37, TREE  
**Presenter:** Ashley Cirone, Lara Thomes TREE  
**Location:** Schooner  
**Disciplines:** All

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FLAG Football in Schools
Learn how the NFL FLAG football kit can excite students to become more physically active! This hands-on session will get participants moving while becoming familiar with the variety of ways NFL FLAG football kits can be used in your school. **THIS IS A DOUBLE SESSION. The first 25 to pre-register will receive a flag football kit. One kit per school system. Even if you’re not one of the first 25 to pre-register you are welcome to attend and learn about the program.**

**Presenter:** Thomas Winiecki, & Katie Hoffmann, Maine Dairy & Nutrition Council & Fuel Up to Play 60  
**Location:** Owls Head  
**Disciplines:** All

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SAVE THE DATES!

75th MAHPERD Annual Conference  
November 1-3, 2020  
Samoset Resort, Rockport
 ACTION! Team Games with MVPA Assessment
Action packed non-traditional activities are sure to keep your students constantly moving, strategizing, and working together. These games are teacher friendly and all-inclusive with the best only from Gopher equipment. Join us for these one of a kind activity ideas while tracking your activity using our FITstep Pro uploadable pedometers!

**Presenter:** Scott Roy, GOPHER  
**Location:** Spruce Head  
**Disciplines:** All PE

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Wait . . .How Does That Work? A Crash Course in Transgender Sexual Health
Targeted for health and sexual health educators, this session will provide participants with foundational information about the sexual health needs and challenges faced by transgender youth. Topics will include: the impact of hormone replacement therapies and gender affirming surgeries on sexuality, risks, and pleasure; an overview of common sexual health disparities among trans youth and health promotion and screening suggestions to reduce their incidence; discussion of gender affirming language regarding body parts, sexual orientation, and coping with gender dysphoria; gender affirming approaches to family planning challenges for trans youth and adults; case examples of common questions from trans youth; and a time for open questions of concern to individual participants professional lives. Discussion will approach a frank topic with humor and welcome learners of different levels. However, some base knowledge of transgender terminology is assumed.

**Presenter:** Quinn Gormley & Oliver Jones, Maine TransNet  
**Location:** Monhegan  
**Disciplines:** Health

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Why Am I Doing This? Addressing Standards in Unit & Lesson Plans
This session is geared towards current students and new professionals. Many new professionals come up with exciting unit and lesson plans, but find it difficult to identify the ultimate learning outcome or standard(s) it meets. This session will help attendees understand ways to link content to state and national outcomes and standards and to evaluate if programs are meeting goals.

**Presenter:** Christopher Nightingale, UMaine  
**Location:** Schooner  
**Disciplines:** New Professionals & Students

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Cultivating Mindfulness in Your Daily Practice
There is no doubt that teaching health education is vitally important, as well as intense. The demand of what, and how, we teach sometimes creates a pace that pushes us into automatic pilot. This workshop will encourage you to take a look at your personal and classroom practices. It will challenge you to stop blasting through the tremendous charge we have and instead develop a new way of attending to yourself, your curriculum, and your students. Being mindful lends itself to increasing one's ability to: deal with stress and regulate emotions more effectively; improve thinking; improve general health; positively impact personal performance; be more resilient; and decrease burn out...and this is just the start of the list! Join us to cultivate more mindfulness in your daily practice!

**Presenter:** Stacey Vannah, Brunswick H.S.  
**Location:** Penobscot Bay  
**Disciplines:** Health/All
CATCH Go Dough: School Wellness Funds Made Simple
Maine AHPERD has teamed up with CATCH Global Foundation to make it simpler for schools to raise and spend funds to support their wellness efforts. “GO Dough” empowers your campus to raise funds online and spend those dollars on whatever wellness needs or initiatives you see fit. No limited catalogues of equipment to choose from. No restrictive vendor lists. No red tape. Best of all, 80% of funds raised go directly back to the schools and 5% to MAHPERD! Sound interesting? Come to this session to learn more about how to get started and plan your fundraising campaign.

**Presenter:** Linsday Edgar, CATCH Global Foundation  **Location:** Rockland  **Disciplines:** All

Adapted Physical Education Sharing Session
Please join us with ideas to share about activities that you are doing in your own APE classes and leave with some great ideas from others!

**Presenter:** Andrea Lee, Reeds Brook M.S.  **Location:** Ebb Tide  **Disciplines:** APE

FLAG Football in Schools
A continuation of the 2:30 - 3:30 session. Must have attended the first hour.

**Presenter:** Thomas Winiecki, & Katie Hoffmann, Maine Dairy Nutrition Council & Fuel Up to Play 60  **Location:** Owls Head  **Disciplines:** All

Icebreaker & Teambuilder Activities for K-12 Students
This session is designed to provide a ton of super easy and fun activities to play with your students. The equipment is easy to set up, the instructions are simple, and the activities will be a hit. The activities can be used for an entire lesson, beginning of the year icebreakers, team building, or warmup/cooldown.

**Presenter:** Maria Corte, GOPHER  **Location:** Rockport  **Disciplines:** PE

Rhythm of Life: Dance
Life has a rhythm and timing to every movement we perform. As teachers, we need to help students gain an understanding and appreciation of rhythmic movement. Join in this creative dance session that breaks the mold on the perceptions of what dance is and isn’t.

**Presenter:** Pam Powers, US Games/OPEN  **Location:** Camden  **Disciplines:** Dance
Tuesday Session 9  8:00 - 8:50 a.m.

Mind Blowing Low Budget Activities for PE & After School
This session will highlight several new activities, games, and lessons that will create excitement in your physical education class and beyond the school day.

**Presenter:** Dana Welch, MSAD 15  
**Location:** Rockland  
**Discipline:** Elem PE

Health Education Sharing
K-12 Health education teachers are invited to gather for a networking and sharing session. Guided discussions will focus on content topics and skills-based lessons. Participants are encouraged to bring examples of curriculum, lessons, and assessments.

**Presenter:** Karyn Bussell, MSAD 59  
**Location:** Penobscot  
**Discipline:** Health

RAD for Teens: Self Defense & Personal Empowerment for Middle & High School
Learn more about the benefits of self defense training through a combination of discussion and interactive activities.

**Presenter:** Karen Grotton, Personal Empowerment Safety Training  
**Disciplines:** All  
**Location:** Owls Head

Mindfulness in Education: Calm, Cool Kids in School
This dynamic and experiential workshop designed to assist Maine educators understand the neuro-development of the student brain aligns with ACEs & trauma and social/emotional development of our youth. Participants will develop an understanding of reactive and responsive learners, be introduced to Mindfulness in Education and the practices educators can effectively embed in their everyday teaching for optimal student learning.

**Presenter:** Kellie Bailey, RSU 71  
**Location:** Schooner  
**Disciplines:** All

Speed & Agility Fundamentals & Training
This presentation will cover the fundamentals required to maximize stride frequency and optimize stride length for increased speed; enhance the ability to start, stop and change direction while maintaining balance for increased agility; movement quality versus quantity; movement preparation for performance and recovery.

**Presenter:** Heath Pierce, UNE; Dan Gish, Lewiston HS & Kawika Thompson, Strong Elementary School  
**Location:** Rockport  
**Disciplines:** Coaches

Games, Games, Games
Fun teacher created games that focus on movement, strategy, teamwork, individual, fine motor skill development, as well as state and national standards through active play. This is a hands-on workshop where you will learn how to bring new ideas into your classroom that your students will love. We will cover games for grades K-12 that focus on medium to large class sizes. **This is a repeat session from Sunday.**

**Presenter:** Tim Taggart, Palos Sports  
**Location:** Spruce Head  
**Disciplines:** All/PE
Tuesday Session 10  9:00 - 9:50 a.m.

Elementary Physical Education Sharing for K-5
This session provides attendees with the opportunity to share and hear ideas from other professionals in an open format as well as a small group roundtable discussion.

Presenter:  Lynn D’Agostino, Brunswick School District  Location: Spruce Head  Disciplines: PE

 radKIDS Personal Empowerment Safety Education
The radKIDS® Personal Empowerment Safety Education is a developmental curriculum that meets or exceeds educational requirements and standards in elementary physical education and health curriculum in all 50 states. This hands-on activity-based curriculum empowers children with what they can do instead of what they cannot. Come play like a kid, practice plans of action, and learn what radKIDS® has to offer.

Presenter:  Karen Grotton Pelletier, Personal Empowerment Safety Training  Location: Owls Head  Disciplines: All

Incorporating Dance & Movement into PE Programs
Learn how to incorporate dance and movement activities into your physical education programs.

Presenter:  Danielle Drouin, Drouin Dance Center  Location: Camden  Disciplines: Dance

Nutri-tips for Teens: Re-thing Your Drink & Re-Assess Your Snacks!
This session will identify messages that will resonate with teens to bring about changes in their food and beverage choices for better health. The presentation will include the latest information on teen’s eating patterns and their impact on health and academic performance. The session will also include an interactive food and beverage demonstration.

Presenter:  Anne-Marie Davee, UNE  Location: Schooner  Disciplines: Health

Animal Assisted Education
Trauma informed pedagogy in health education. Best practices in animal education for students with ACEs histories.

Presenter:  Denise Allen, MSAD 51  Location: Monhegan  Disciplines: Health

Apps, Sites & Tweets
Come learn about the latest and greatest web-based tools to help improve your classroom efficiency and connect with other likeminded professionals.

Presenter:  Tim Farrar, Lewiston Public Schools  Location: Penobscot  Disciplines: All
Social Emotional Learning Through Cooperative Play
Helping students navigate social interactions has grown increasingly more important in recent years. Participants will engage in activities designed to assist their students in becoming aware of the differences within their own class and school community. Resources will be provided to help teachers create socially responsible students.

Presenter: Pam Powers, US Games/OPEN  
Location: Rockland  
Discipline: Elem PE

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Fitness Activities to Help Your Students Meet Their Goals
This session will share a variety of fitness activities that can help your students meet their fitness goals. A description of the activity, alignment with National Physical Education K-12 Standards/Grade Level Outcomes, and assessment ideas will be shared. This is an activity-based session.

Presenter: Irene Cucina & Ryan Croatti, Plymouth State Univ  
Location: Rockland  
Disciplines: All PE

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Feedback & Student Success
In a growing trend to demonstrate teacher effectiveness, we must ensure that feedback we are giving to our students is precise, understood, used by the students and leads to student improvement. This session will discuss feedback strategies, ways to use feedback for student improvement, and demonstrate some teaching methods to help us do what we do even better.

Presenter: Nick Lyons, Durham Community School  
Location: Owls Head  
Disciplines: Elem PE

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Benefits of Well-Being
This program will focus on tools, resources, and incentives that your health benefit plan provides to you and your family. Learn how you can earn incentive dollars and save healthcare money by simply choosing healthy behaviors. Start maximizing your benefits and become a better healthcare consumer.

Presenter: Michael Booth, Maine Education Association Benefits Trust  
Location: Penobscot Bay  
Disciplines: Health

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Salt Lake ‘20
national convention & expo
April 21-25, #SHAPESLC

www.maineahperd.org  
2019 Conference Program  
Page 25
Physical Literacy Screening, Referral Resources & Reimbursement

Learn about the work of the PrevME program at Maine Medical Center. They are developing an office-based physical literacy screening assessment for school-age children by health care providers. Children with inadequate physical literacy will be referred to resources that have been identified, and developed, in local schools and communities. This session will review the specifics of the screening assessment, describe the current state of resource development and reimbursement, and review ongoing needs to enable implementation of this program throughout Maine.

**Presenter:** Michele LaBotz, Maine Medical Center  
Christopher Pribish, InterMed PA &  
Christina Holt, UMedGym  

**Disciplines:** All  

**Location:** Rockport

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What’s Voice Got to Do With It?

What's Voice Got To Do With It? WE HEARD THEIR VOICES LOUD AND CLEAR. The TREE model has been extensively informed by conversations in schools throughout Maine. These conversations have made it clear that schools must support SEL –Social and Emotional Learning - but not through a packaged curriculum. We believe that SESEL - Student Empowered Social and Emotional Learning - helps create socially and emotionally safe educational environments thus improving the overall health of the community. Come learn about how "Somedays" and "Microadventures" can create an environment where kids love school.

**Presenter:** Brittany Ray, MSAD 37 & TREE  

**Location:** Monhegan  

**Disciplines:** All

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Fitness Super Shuttle for K-12 Students

These modified relay races are fast-paced workouts that never stop! Students will experience a high intensity, fat burning, strength & conditioning workout by shuttling a wide variety of fitness equipment in unique ways, to & from each other. This indoor/outdoor workout will totally disguise running. You will learn how to take a traditional relay race & turn it into an action-packed workout. **This is a repeat session from Sunday.**

**Presenter:** Maria Corte, GOPHER  

**Location:** Spruce Head  

**Discipline:** PE

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Middle & High School Physical Education Sharing

Join your fellow middle school and high school physical education teachers to share ideas, techniques, and best practices during our annual sharing session.

**Presenter:** Tim Farrar, Lewiston HS  

**Location:** Schooner  

**Disciplines:** MS HS PE

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Welcome to the 2019 MAHPERD Annual Conference!
General Session  11:10 am to 12:30 pm
Knox County Ballroom

Greetings from
Susan Berry, MAHPERD President
Deb Smith, MAHPERD Executive Director
Carol Ciotto, SHAPE America, Eastern District Executive Director

Keynote Presentation
Sponsored by USGames/OPEN

Pam Powers

SHOULD LIFE BE FAIR!

What may be considered fair to one individual may not seem equitable to another. As educators, we have a responsibility to promote equity, empower our students, and advocate for responsible social behaviors. Join Pam as she guides us through a journey of eye-opening realizations and empowerment to create socially responsible youth.

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HEALTHY PARKS, HEALTHY PEOPLE

Endnote Presentation by Laura Cohen

Chief of Interpretation and Education at Acadia National Park

Tuesday, November 5, 2019  11:00 - 11:45 am

Laura Cohen, Chief of Interpretation and Education at Acadia National Park, will talk about the role of national parks as gateways to good health for people and the planet. Ms. Cohen will provide an overview of Acadia National Park's formal and informal education programming and discuss ways that national parks can play a role in healthy habits for the mind, body, and soul.

Laura has held numerous leadership positions since she started her career at Haleakala National Park, HI. She has served as Chief of Interpretation and Education Prince William Forest Park, as well as Interpretive Media Specialist and Acting Deputy Chief of Interpretation and Education at the National Mall and Memorial Parks. Laura has also completed acting roles as the Chief of the Office of Education and Outreach for the National Parks Service (NPS) Natural Resources, Stewardship & Sciences Directorate and Interpretive Program Specialist for the NPS Office of Interpretation and Education. She has also held Park Ranger positions at Marsh-Billings-Rockefeller National Historical Park and at Haleakala National Park before moving to Acadia National Park in her current role. Cohen served as the Acting Chief of Interpretation and Education for Acadia National Park from February to July of this year.
is the proud sponsor of

Teachers of the Year

In honor of award recipients, US Games, OPEN, and BSN Sports are providing our recipients with:

- TOY 1/4 ZIP PULLOVERS
- $200 GIFT CERTIFICATES
- RECOGNITION BANNERS
- TOY TRAINING WEBINAR

Nick Kline, NBCT
Northeast Regional Manager / OPEN National Trainer
607-423-4403 | nkline@usgames.com | Twitter: @PEtop5
2019 Teacher of the Year Award Winners

Dana Welch
Burchard A Dunn School
Teacher of the Year
Elementary Physical Education

Roxanne Mayhew
Songo Locks Elementary School
Teacher of the Year
Elementary Health Education

Erin Bjorkdahl
Bonny Eagle High School
Teacher of the Year
Secondary Health Education

Rose Marie R. Angell
Bowdoin, Bowdoinham, Harpswell & Topsham Schools
Teacher of the Year
Dr. Richard H. Bartlett
Adapted Physical Education

Rick Kramer
Poland Regional High School
Teacher of the Year
Secondary Physical Education

2019 OUTSTANDING FUTURE PROFESSIONALS

Katie Beaudoin - University of New England

Jocelyn Chaput - University of New England

Megan DeMorris - University of New England

Jamie Dillon - University of Maine Farmington

Cody Elliott - St. Joseph’s College

Carly Perreault - University of New England

Zachery Phinney - Husson University
MAHPERD Past Honor Award Recipients

Layperson’s Award

1986 Edward Miller, N. Warren Bartlett, Deborah Deatrick, YMCA Sanford/Springvale
1987 Richard Bartlett, MDOE; Bill Green, WCSH; Boothbay Region YMCA
1987 Wayne Barclay, AHA
1989 Cathy Braden Knox
1990 Dr. Lani Graham, ME DHS, Paulette Leblanc, Family Planning Assn of America
1992 Dr. Zsolt Koppanvi, MCH
1993 Marge Medd
1994 Michael Fiori, Downeast Pharmacy, Inc.
1995 DeEtte Hall, ME DHS; Barbara Gordon, Mid Coast Hospital of Bath
1998 J. Duke Albanese, Commissioner of Ed.
1999 Robert Cobb, University of Maine
2000 Dora Anne Mills, ME DHS
2001 Bill Primmerman, MDOE
2003 Elanna Farnum
2004 David Stockford, MDOE
2005 Dennise Whitley, AHA; Karen O’Rourke, ME. Ctr. Public Health
2006 Karen Baldacci, Maine First Lady
2007 Becky Smith, Maine Coalition
2008 Representative Lisa Miller
2010 Heath Pierce, UNE
2012 Catherine Hoffmann, ME Dairy Council
2013 Gary Urey, AHA
2018 Kristie LeBlanc, Somerset Public Health

Worthy of Praise (continued)

1999 Katharyn Zwicker, Gary Spinney, Lynne Haynes, Dodi Saucier
2000 Barbara Godfrey
2002 Christine Standefer, Bruce Jones
2003 Barbara Hanscom
2006 Michele Danois, Stephanie Swan
2007 Sue Nile, Carolyn Gross
2008 Deb Smith
2009 Kathy Sutton
2011 Gary Spinney
2012 Jayne Chase, Susan Berry, Sue Kelly
2016 Elaine Michaud, Liz Giles-Brown

Distinguished Leadership

1980 Patricia Gallagher, Loris Booker, Mattie Gagnon
1981 Ian MacKinnon, Robert Crumier, Molly Call
1982 James Sullivan, Marilyn Layman, Wally LaFountain, Lucy Lindsey, Florren Harlow
1984 Ron Thompson, Raymond Miclón, Bill McManus, Joni Averill
1986 Margaret Wescott
1987 Peter Doran
1989 Stephen Butterfield, Peter LeVasseur
1990 Christine Bearce
1998 Katherine Wilbur, Dianne Rossi
1999 Jocelyn Dill
2000 James Rog
2004 Liz Giles-Brown
2009 Marge Queen
2011 Glenn Reif
2013 Stephanie Swan
2014 Christine Standefer
2015 Kathy Sutton
2018 Barbara Godfrey

Highest Praise

1982 Diann Perkins
1988 Claire Drew, Royal Goheen
1998 Lee Gilman Scott
1999 Caroline Gentile, Walter Abbott
2000 Joseph Pechinski, Paula Hodgdon
2008 Stephen Butterfield, Katherine Wilbur
2011 Jo Dill
2012 Christine Bearce
2014 Marge Queen
2015 Paula Hodgdon
MAHPERD Presidents 1945 - 2019

1945-46 George Albert*
1946-47 Wallace Donovan*
1947-48 Fred Higgins*
1948-49 Henry LaValle*
1949-50 Amy Thompson*
1950-51 James Grooms*
1951-52 Doris Fritz*
1952-53 Frank Downey*
1953-54 Laura Hoyt*
1954-55 Donald Beals*
1955-56 Caroline Gentile*
1956-57 Caroline Gentile*
1957-58 Dana Dougherty*
1958-59 Rose Lambertson*
1959-60 Richmond Roderick*
1960-61 Richmond Roderick*
1961-62 M. Ellen Cassidy*
1962-63 Richard Costello*
1963-64 Paula Drake Hodgdon
1964-65 Fred Douglas
1965-66 Shirley Jones
1966-67 Harold Woodbury*
1967-68 Diann Perkins
1968-69 Verge Forbes
1969-70 Marjorie Bither*
1970-71 Norman Perkins*
1971-72 Paul Leplay
1972-73 Betty Solorzano*
1973-74 Charles Merrill*
1974-75 Lorraine Jordan
1975-76 Al Card*
1976-77 Pat Smith
1977-78 Robert Cobb
1978-79 Claire Drew
1979-80 Royal Goheen
1980-81 Royal Goheen

1981-82 Rhonda Clements
1982-83 Ronald Thompson
1983-84 Ronald Thompson
1984-85 Ronald Thompson
1985-86 David Birch
1986-87 Stephen Butterfield
1987-88 Peter LeVasseur
1988-89 Nancy Kelley-Cram
1989-90 Peter Harrison
1990-91 Katherine Wilbur
1991-92 Jack Sheltmire
1992-93 Colleen Rioux
1993-94 Doug Self
1994-95 Lee Gilman Scott
1995-96 Deyanne Worcester
1996-97 Royal Goheen
1997-98 Darla Castelli
1998-99 Barbara Hanscom
1999-00 Margaret Gould Wescott
2000-01 Nellie Orr
2001-02 Jon Cahill
2002-03 Jon Cahill
2003-04 Rose Angell
2004-05 Mark Savage
2005-06 Kristin Grant
2006-07 Marge Queen
2007-08 Marge Queen
2008-09 Christine Standefer
2009-10 Christine Standefer
2010-11 Jayne Chase
2011-12 Marge Queen
2012-13 Kathy Sutton
2013-14 Elaine Michaud
2014-15 Sara Thurston
2015-16 Andy Gray
2016-17 Kristen Tyler
2017-18 Maria Newcomb

*deceased
Teacher of the Year Award Winners!

1987 Elementary Phys Ed - Gary Spinney  
Secondary Phys Ed - Dianne Folsom  
Health Education - Stephen Merrill  
1988 Elementary Phys Ed - Nancy Kelly Cram  
Health Education - Cindy Flye  
1989 Elementary Phys Ed - Jocelyn Dill  
1990 Elementary Phys Ed - Barbara Kelly  
1991 Elementary Phys Ed - Christine Bearce  
Middle School Phys Ed - Robert Dyer  
Secondary Phys Ed - Robert Brainard  
1992 Elementary Phys Ed - Michael Smart  
Middle School Phys Ed - William Carr  
Secondary Phys Ed - Donna Jordan  
1993 Elementary Phys Ed - Linda Hansen  
Middle School Phys Ed - Susan Lougee  
Health Education - Kathleen Sutton  
Dr. Richard Bartlett APE Award - Bob Dyer  
1994 Elementary Phys Ed - Becky Varnum  
Middle School Phys Ed - Jana Raspante  
Secondary Phys Ed - Lynne Haynes  
Dr. Richard Bartlett APE Award - Anine Stanford  
Middle School Phys Ed - Mary Ellen Schaper  
Secondary Phys Ed - Darla Castelli  
Health Education - Polly Ireland  
Dr. Richard Bartlett APE Award - Dave Eldridge  
1996 Elementary Phys Ed - Jon Cahill  
Elem/Middle School Phys Ed - Rose Angell  
Secondary Phys Ed - Mark Savage  
Health Education - Jeanne Billings  
Dr. Richard Bartlett APE Award - Dodi Saucier  
1997 Elementary Phys Ed - Karen Hunt  
Middle School Phys Ed - Phil Conley  
Secondary Phys Ed - Carolyn Neighof  
Dr. Richard Bartlett APE Award - Jayne Chase  
1998 Elementary Phys Ed - Dawn Russell  
Middle School Phys Ed - Ivan Braun  
Jr. High School Phys Ed - Laurie Leavitt  
Dance Instructor - Margaret G. Wescott  
Dr. Richard Bartlett APE Award - Joan Sawyer  
2000 Elementary Phys Ed - Kristin Grant Elementary/Middle Phys Ed - Tim Pearson Health Education - Stacy Caruso, Dr. Richard Bartlett APE Award - Kristen Grant  
2001 Elementary Phys Ed - Susan Nile  
Middle School Phys Ed - Lisa M. Ronco  
Secondary Phys Ed - Jim DiFrederico  
Health Education - Kim Bartholomew  
2002 Elementary Phys Ed - Sharon Beaudoing  
Middle School Phys Ed - Barb Hamlin  
Secondary Phys Ed - Jason Pangburn  
Health Education - Marie Potvin  
2003 Elementary Phys Ed - David Norwood  
Middle School Phys Ed - Laura Gardiner  
Secondary Phys Ed - Jeannette Peters  
Dr. Richard Bartlett APE Award - Marcia Grant  
2004 Elementary Phys Ed - Marge Queen  
Middle School Phys Ed - David Wilbur  
HS Phys Ed - Jamie Russell  
Health Education - Susan Lewis  
2005 Elementary Phys Ed - Lori Frost  
Middle School Phys Ed - Brian Cronin  
HS Phys Ed - Shelley Drillen  
Health Education - Cindy Porter-McLaughlin  
Dr. Richard Bartlett APE Award - Merita McKenzie  
2006 Elementary Phys Ed - Rose Prest-Morrison  
Middle School Phys Ed - Barbara Redding  
HS Phys Ed - Karen Reardon  
Health Education - Janet Proulx  
Dr. Richard Bartlett APE Award - Sue Sorg  
2007 Elementary Phys Ed - Kathy Calo  
Health Education - Brenda Weis  
Dr. Richard Bartlett APE Award - Laurie Poison  
2008 Elementary Phys Ed - Jon Woodcock  
HS Phys Ed - Wayne Martin  
Health Education - Sara Doucette  
Dr. Richard Bartlett APE Award - Tim Pearson  
2009 Elementary Phys Ed - Darcy Gulvin  
Health Education - Linda Cote  
Dr. Richard Bartlett APE Award - Mary Ellen Schaper  
2010 Elementary Phys Ed - Jason Pangburn  
Middle School Phys Ed - Elaine Michaud  
Health Education - Stephanie Carter  
2011 Elementary Phys Ed - Eric Pulsifer  
Middle School Phys Ed - Joe Cormier  
2012 Secondary Physical Ed - Tom Hinds  
Elementary Physical Ed - Marcia Grant  
2013 Elementary Phys Ed - Elizabeth Harrington  
Secondary Phys Ed - Tracie Martin  
Middle School Phys Ed - Nancy Curtis  
2014 Health - Bryan Dionne  
Dr. Richard Bartlett APE - Andrea Lee  
Middle School PE - Becky Wetherbee  
2015 Elementary Phys Ed - Nick Lyons  
Middle School Phys Ed - Michele Higgins  
2016 Middle School Health - Amanda Roy  
Elementary PE - Lynn D’Agostino  
Middle School PE - Greggory Rose  
2017 Middle School PE - Barbara Russell  
Elementary School PE - Rebeccca Belmore  
High School PE - Jack Kaplan  
Health Education - Jeni-Lee Cash Jordan  
Dr. Richard Bartlett APE - Clairlynn Roundtree  
2018 High School PE - Dan Gish  
Elementary PE - Anne Printup  
Dr. Richard H. Bartlett APE - Rebeccca Belmore  
Health Education - Denise Allen
VISIT the
EXHIBIT HALL

Sunday
2:00 - 6:00 pm
Monday
8:00 am - 3:00 pm

Lower Level of the Samoset in the State of Maine Room

Atlantic Partners EMS/BHS  Maine Family Planning
BOKS  Maine Mariners Hockey
BSN  Omnikin, Inc
CATCH Global Foundation  Palos Sports
Dove Self-Esteem Project  Spikeball, Inc
ETR.org  Subway of Maine
FitStats Wellness  The Children’s Health Market
GOPHER  US Games/OPEN
Grand Classroom  USTA New England
Maine CDC  WingSpeed Adventures
Maine Dairy & Nutrition Council  Youth Cycle Project

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