

ALLIANCE NEWS

81st SCAHPERD Convention and Exposition

Volume 8, Number 1
February 2008



NEWSLETTER OF THE SC ALLIANCE FOR
HEALTH, PHYSICAL EDUCATION,
RECREATION AND DANCE

MISSION statement

The mission of SCAHPERD is to promote health, physical activity and wellness among the state's citizens through effective leadership, professional development, education and advocacy.



*Future Professionals
of South Carolina*

Newsletter Editor
Crystal Bedford

Message from SCAHPERD President

The 2007 convention in Myrtle Beach was a great success! I hope you enjoyed it as much as I did. I trust that you came away inspired by some of the sessions you attended and refreshed from a little time away from your routine. A little "ocean therapy" can go a long way. I would like to thank the Convention Planning committee for organizing such a wonderful convention. Also, thanks to all of you who presented sessions and the membership for attending and supporting the convention.

After attending a retreat in Hilton Head after the holidays, I am convinced that the leadership for SCAHPERD is strong and committed. I would like to encourage you to be more active in your associations, whether you decide to join the board, serve on a committee or support your leaders in other ways. Please take advantage of the opportunities that SCAHPERD offers throughout the year. In March, SCDancing Festival is being held at Coker College. It promises to be a "moving" time! Keep your eyes open for info flashes and newsletters announcing other opportunities presented by SCAHPERD. The website also will list events and link you to other happenings.

The New Year is here and what will 2008 bring? What will you bring to 2008? The time is right to advocate for healthy lifestyles. With 66% percent of our adults overweight and the trend increasing in our children, the need is strong for people in our professions to lead the nation in wellness. Whether you teach dance, physical recreation, health or work in the field in another capacity, you are making a difference one person at a time. Now, decide if you can broaden your reach and be more involved in advancing a cause for the health of the state and the nation. Pick something you are passionate about and persist. Some of us make resolutions to improve our life, often including bettering our health. Lead by example; it can be very influential. I look forward to a stimulating year. Be well. ●

"Let your vision be world-embracing, rather than confined to your own self."

— Bahá'u'lláh



SCDAncing 2008 Festival March 7-9 Deadline Has Changed

Dear Dancer(s),

The South Carolina Dance Association would like to invite you to the 2008 SCDAncing festival to be held at Coker College, March 7-9. For more information on the festival please visit www.scahperd.org, click on the SCDA link and then the SCDAncing festival link.

The deadline for early registration has been extended and should be postmarked by February 22. Registrations will be taken at the door with an additional \$10 late fee. If your institution is not yet a member of SCDA or you need to renew your membership, visit www.scahperd.org and click on membership (or institutional member on the festival page).

Hope to see you in Hartsville for this exciting event!

Warm Regards,

Lauren Scott
SCDA President



Another Million Dollar Year

Katy Kent

SC State Coordinator for JRFH/HFH

A big "Thanks" goes to all of our hard working colleagues who coordinated a Jump Rope for Heart or Hoops for Heart event in 2007. And a bigger "THANK YOU" goes to the students and their families who participated and collected donations to help fight heart disease. South Carolina's efforts raised \$1.4 million for the American Heart Association!

What a great partnership — The American Heart Association and SCAHPERD! Your efforts helped to provide professional development opportunities for so many teachers and helped to keep our professional membership fees at a reasonable price.

You all deserve a pat on the back! Again, thanks for being lifesavers! ●

**Check the website at
www.scahperd.org
for grants, workshops and
professional development**

**Mark Your
Calendar.....**



The 81st SCAHPERD Convention and Exposition

November 13-16, 2008

The Kingston Plantation
Embassy Suites' Resort
Myrtle Beach, SC

Southern District AAHPERD Annual Convention

Feb. 13-16, 2010

Myrtle Beach Convention Center

Executive Director's Message

Bonnie-jean Buckettt

It's a Year of New Beginnings!

A lot has happened since our last newsletter in August. The convention was a great success. I commend the 2007 planning committee for all the excellent programs that were presented to the 903 people who attended. We tried new ways of operating the convention and registering on-site was modernized. Some people have asked why we always have the convention at Myrtle Beach since the upstate people have to travel so far. Certainly the draw of the beach may entice people to come, and possibly bring their families for the weekend escape. However, the main reason is the space that is available to us at the Kingston Plantation. No other facility in the state has enough room to host the dance and physical education sessions while offering the hotel at the site. We have investigated Greenville, Columbia and Hilton Head in the past. Greenville was a possibility with the new convention center, but still could not accommodate our sessions. We have contracts for the Kingston Plantation for 2008, 2010, 2011. The advantage for signing contracts that far in advance is that it keeps the cost of the rooms down to a minimal inflation rate. If you notice, there is no 2009 convention listed. That is because we will be hosting the Southern District AAHPERD convention in February. Because that convention can draw up to 5,000 members from the 13 states, the convention will be held at the Myrtle Beach Convention Center. So dates you need to remember are: Nov 13-16, 2008 at the Kingston Plantation and Feb 13-16, 2010 at the Myrtle Beach Convention Center. We will be forming committees to begin work on the 2010 convention this winter. If you are interested in helping in this major undertaking, please contact your association president. The more people we have working, the less time it will take to complete each assigned task.

Congratulations to James (Skip) Strainer, Jr. who has been selected as the new State Department of Education Physical Education and Driver Education Consultant. He will replace Dr. Ruth Earls who retired last May. Skip has public school as well as collegiate level teaching experience. His wife is a physical education teacher in the Lexington 4 School district. Skip stated that "Although this position is much different than

teaching, I look forward to serving South Carolina students and teachers in this challenging new role". Skip will also act as the liaison between the SCAHPERD board and the State Department of Education.

Congratulations to Suzette McClellan, Director of Professional Services at the Public Health Office in Sumter. She was elected to the National Commission for Health Education Credentialing Board. This is a first for anyone in South Carolina to be elected to this board.

Andrew Lewis, from the College of Charleston, is running for President-Elect of the American Alliance for Health, Physical Education, Recreation and Dance. Andrew has been the Past President of SCAHPERD, the Past President of SDAHPERD, as well as held many offices in both organizations. The election process will occur in Dallas, in April at the national convention. Best wishes, Andrew!

Our website (SCAHPERD.org) has an incredible amount of information. We are constantly updating conference, grant and workshop information. SCDA is hosting a festival at Coker College in March and SCPEAP is offering a variety of workshops. The site also has lots of links to other valuable information. I suggest you check it often. We currently have generic website pictures on the homepage. If you would like to have some of your students or action pictures displayed, please send them electronically to the office (SCAHPERD@colacoll.edu). If you include students, please be sure to have them and their parents sign waivers to be able to post them on the website. Also, make sure that Crystal has your email address so info flashes can be sent in a timely manner. If your school district has a block on "mass email sending," let them know that SCAHPERD is a professional organization and is not sending spam.

Speaking of websites, the National Association of Secondary Principals has posted a new "PE Walk-through Evaluation" on the home page of their website (www.principals.org). The article explains that NASPE (National Association of Sport and Physical Education) recently created an evaluation tool for physical

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EXECUTIVE DIRECTOR'S MESSAGE

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educators. The tool can be adapted for a quick 2-4 minute walk through evaluations by the principal to monitor and evaluate the physical educator and the physical education setting. Take time to review this tool as many principals may adopt this evaluation form.

What's happening in Washington? The Fitness Integrated with Teaching Kids (FIT Kids) Act (HR 3257) was introduced in the US House of Representatives in July to improve standards for physical education in the nation's schools. The act would add physical education measures to those used for assessing accountability with No Child Left Behind. States would have to demonstrate progress toward the

national goal requiring 150 minutes of PE per week for elementary schools and 225 minutes per week in middle and high schools. Progress would be reported on school report cards. The bill has been signed to the House Committee on Education and Labor. To read more information regarding the bill, go to: <http://thomas.loc.gov/>.

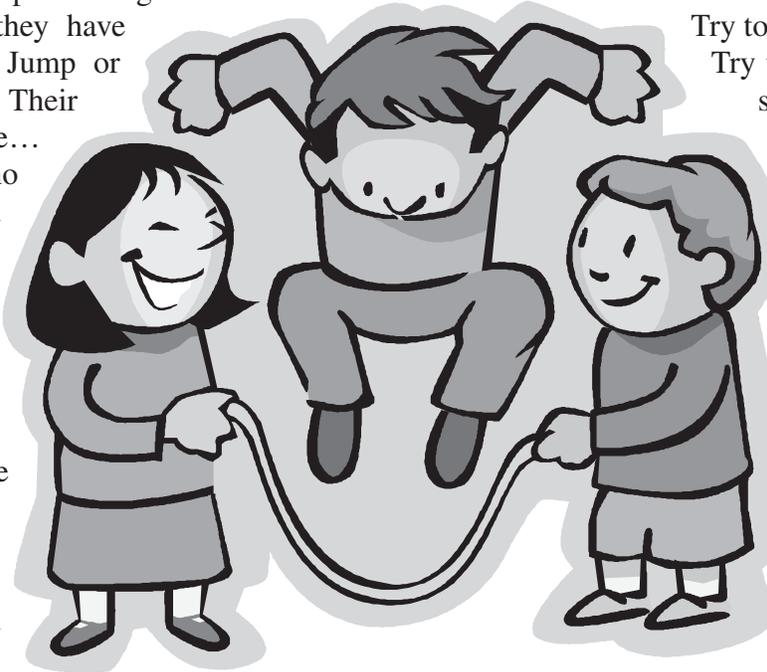
During the months of January – March, I will try to attend all workshops, festivals and conferences being offered by SCAHPERD associations. I hope to meet with all our membership and pass along information about the organization. Remember, SCAHPERD can only be as strong as its weakest link... Be part of the building process... ●

"I can't do Jump Rope or Hoops for Heart this year!"

I overheard some people talking at the convention about how they have not been able to do a Jump or Hoops for Heart event. Their reasons were justifiable... no time, no interest, no support. But can you imagine what would happen to SCAHPERD and our annual convention without the support of the American Heart Association?

As I thought about the conversation, I was reminded about a phrase that teachers hate to hear their students say which is, "I can't." Most teachers are quick to remind the student to say, "I'll try." With this in mind, I would like to encourage you "to try" to hold a Jump or Hoops for Heart event this year.

There are many ways to conduct an event. You can work it into your program and meet state standards at the same time. Try something new! Try it in PE class. Try it after school. Try to involve some eager parents



who like to help at your school. Try to involve a business partner. Try to challenge a neighboring school. Try it on a small scale or a grand scale. The point is, just TRY. We all know the value of team work and how success comes when we work together. Let's continue South Carolina's great tradition of giving! Support the organization that supports our professional organization and help save lives at the same time!

For information on how to get started, contact your local AHA representative or check it out online at: <http://www.aahperd.org/jump/> or at <http://www.aahperd.org/hoops/index.html>.

Feel free to contact me at: kkent@greenville.k12.sc.us

Kathy Kent
SC State Coordinator for JRFH/HFH

Striving to be Great in '08!!!

Greetings from your new SCAPES president

SCAPES is geared up and ready to begin a year filled with opportunities! In November, the term of the newly elected board began and we are diligently preparing for the year. I would like to thank and congratulate Patrice Shearin for a rewarding term as the 2007 president of SCAPES. She achieved many significant successes during her tenure, so I have a tough act to follow! Additionally, I would like to welcome Tammy Hodges as the President-Elect. Tammy is a National Board Certified physical educator at Cowpens Elementary School. I look forward to working closely with her for the next two years and I am delighted to have her on board.

I would like to thank you all for your support during the SCAHPERD Convention in November. Your efforts and participation were critical to our success. Your involvement makes it possible for us to provide you with the best professional development opportunities. I anticipate having an extremely productive 2008 and look forward to serving as SCAPES president.

Major initiatives for SCAPES in 2008 include:

- Increasing our professional development opportunities to include various regions across the state
- Increasing our visibility in the community
- Revisiting our level of commitment to members.

If you would like information on how you can become involved and assist in our efforts, please do not hesitate to contact SCAPES. Visit the website at www.scahperd.org.

Andrea Whetstone
President

Where the Action is

SCAPES



SCAPES Call for Nominations

Do you know an outstanding Physical Educator that is worthy to be called the Teacher of the Year? The South Carolina Association of Physical Education and Sports would like to recognize individuals who are outstanding teachers and professionals. The 2008 deadline for nominations is **April 15, 2008**. Please complete the form below or download it from www.SCAHPERD.com. Send nominations to Kathy Kent, Chair of the SCAPES Awards Committee at kkent@greenville.k12.sc.us or fax to 864-355-2194 or mail to Kathy Kent, Bryson Middle School, 3657 S. Industrial Drive, Simpsonville, SC 29681.

To be eligible the nominee must have a minimum of 5 years teaching experience and be a current member of SCAHPERD and SCAPES. The nominee will receive an application packet which must be submitted to the Awards Committee by **June 5, 2008**. The application requires completed forms, essays, three letters of recommendation, and evidence of teaching abilities (including a lesson plan and a video.) The winner will be announced at the annual convention in November.

If you have questions, please contact Kathy Kent at the addresses listed above.

Looking Back... with an Eye to the Future

Edie Ellis, PhD, CHES
SCAAHE President

"Whether or not we realize it, each of us has a special gift inside us just waiting to surface! We owe developing these gifts not only to ourselves, but those around us as well. The important thing here is not what your gift is as much as that you develop it so that you can share it with those around you, and in the process further your own personal life! Once we have identified our special talents, it doesn't matter whether or not we find immediate success in them. What does matter that we take a step each day towards our intended goal!"

— Josh Hinds

I hope that that the New Year has gotten off to a great beginning for each of you. As we move into 2008, I think we should reflect on some of our accomplishments and successes from 2007, and recognize the achievements of our membership.

I would first like to thank Dr. Shelley Hamill for her leadership of SCAAHE during a year that saw many changes. Shelley, almost single-handedly, was able to develop and distribute our first SCAAHE newsletter in several years. She diligently worked with the other leaders in SCAHPERD to get our web page up and running. She was also supportive of my efforts to develop a SCAAHE brochure, as well as one for our future professionals. She has enabled our association to continue to provide support, unity and services for health educators throughout South Carolina.

I would also like to thank those who served as officers, committee chairs and members, and future professionals. I look forward to working with many of you again, and am truly excited about our new Board members who bring "new blood," new ideas, new levels of enthusiasm, and diversity to our group.

We had a number of members who I feel deserve special recognition for their successes in 2007. They are:

- Kristy Ackerman who received the Rising Star Prevention Professional Award from the SC Association of Prevention Professionals and Advocates (SCAPPA). This award recognizes a rising drug and alcohol prevention professional for outstanding contributions to the field of prevention. Kristy also serves as one of our Members-at-Large.
- Richard Krejci, who was recognized as the Health Education Professional of the Year. Dr. Krejci has created over 250 linked web pages containing specific health education concepts, and created over 40 different "Turning Point" slide shows designed to encourage students to join in the classroom presentation sessions. He is on the SCAHPERD Board and serves as a member of the SCAAHE Constitution and By-Laws Committee and the Awards Committee.
- Suzette McClellan, who became the first South Carolinian to be elected to the National Commission for Health Education Credentialing (NCHEC) as a member of the Division Board for Professional Development. Suzette was also selected as the Health Educator of the Year for DHEC.



She continues to serve as the Chair of the CHES committee for SCAAHE.

- Deb Miller, who won the nomination for President-Elect of SCAHPERD. Dr. Miller has long been recognized as one of the outstanding leaders and health educators in South Carolina. She most recently served as President of SCAAHE (2006), and has given numerous presentations at state, regional and national conventions.
- Lori Phillips, who received the Outstanding Contribution to Health Education Award. Lori is a proficient grant writer, employs best practices for community-based health promotion programs, and advocates for a smoke-free environment. She is in her second term as SCAAHE Secretary and is a member of the Awards Committee.
- Doug Taylor, who was recognized for his customer service and leadership with the HIV reporting system, and received the Excellence in HIV/STD Prevention Award. He diligently worked with the regions and contractors to problem solve and to assure quality reporting and services. He is a past president of SCAAHE.
- Lavell Thornton received the CDC/DHPE Leadership Award in June 2007 for her state and national efforts for Health Education advocacy. Lavell is the immediate past president of the National Directors for Health Promotion and Education (DHPE). She is currently the President-Elect of SCAAHE.
- Megan Weis, who was also a recipient of the Health Education Professional of the Year Award. Megan is a state and national leader in the area of violence surveillance and data collection. She has also served as co-facilitator for the CHES study sessions which are offered twice a year. Megan is also serving as a member of our Awards and Membership Committees.

During 2007, SCAAHE partnered with DHEC's Office of Public Health Education to celebrate National Health Education Week (October 15-20) and to sponsor two CHES study sessions. With SDE Healthy Schools, we also co-sponsored a workshop for elementary classroom teachers called GRAND SLAMS that was offered at the SCAHPERD Convention in November.

With and eye to the future, I want to welcome those "first-

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LOOKING BACK...

Continued from page 6

timers” and all of you who are rejoining SCAAHE after a leave of absence, and encourage you to be actively involved in our association. We cannot survive without your continued support and contributions. My charge to each of you, including those of us who have been members for years, is to encourage one more person to join SCAAHE in 2008 and to attend our **Annual Convention**. This year’s theme is “Live Healthy/Move Others,” and will be held at Kingston Plantation in Myrtle Beach, **November 13-16**.

My goals this year are to continue to work with our future professionals; for they are indeed are the future of this association and health education and promotion; to complete the revisions of our Operating Codes; and to better serve our members. With this in mind, I hope to submit in the near future, a survey regarding your needs as health educators, and how SCAAHE can help meet those needs. The SCAHPERD web page has a listing of all SCAAHE Board members. Please feel free to contact any of us via email for questions, comments or suggestions. We have several important dates upcoming in the near future:

- ❖ April 9-13 – AAHPERD/SCAHPERD Convention, Dallas/Ft. Worth, TX

- ❖ April 26 – CHES Certification Exam. Go to the NCHEC web site to apply online.
- ❖ May 15 – deadline for submission of proposals to present at the SCAHPERD Convention in November. I encourage you to submit a proposal and become involved in expanding the knowledge and skills of our members.

In February of 2010, SCAHPERD will be hosting the Southern District AAHPERD Convention in Myrtle Beach. This will be an exciting time for all of us, and we will need MANY volunteers to make the convention a success. This is where we as South Carolinians get to shine! Because of the district convention, we will not host a state conference in November of 2009, but instead will be welcoming thousands of participants from twelve other states in February.

I am excited about our prospects for 2008, and hope to see your special gifts develop as you become involved with SCAAHE and we work toward common goals. ●

SCDA President

Lauren Scott

SCDA has lots of wonderful news to share! First we’d like to welcome our new president-elect, Ashley Stock. Ashley has taught dance at the College of Charleston for the past 9 years. She has performed and choreographed with companies in Alabama, Massachusetts, Tennessee, New York and South Carolina. In 1998, Ashley traveled to Poland to be a part of the *Silesian Dance Theatre*. She has choreographed and performed in many musicals in the Charleston area and performed extensively with the Robert Ivey Ballet where she is now the Associate Director. We are very fortunate to have her valuable experience.

The 2007 convention was a huge success. Several fabulous dance educators from across the state joined in providing a variety of classes to make for a well rounded, quality convention. Todd Rosenlieb joined us as the guest artist and was extremely well received. His classes were packed with dancers eager to learn Erick Hawkin’s inspired technique and all were ecstatic with what they received. Todd additionally provided very useful feedback to all who made the Kaleidoscope performance a huge success.

Todd and his company, Todd Rosenlieb Dance, will join us again March 7-9 for the SCDancing festival to be held on the campus of Coker College. Join us for an exciting 3 days of classes and performances. More information

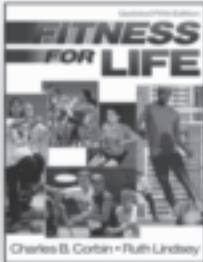
can be found by visiting www.scahperd.org and clicking on SCDA and then the SCDancing festival link. Early registration will be accepted through February 22 and registration will be allowed at the door with a late fee of \$10.

We are already eagerly preparing for the 2008 SCAHPERD convention. Proposals for teaching sessions should be submitted through the website at www.scahperd.org no later than May 15th. Please consider sharing your brilliance with SCDA members; all submissions are welcome! Additionally, SCAHPERD is hosting the annual Southern District convention in February of 2010. Be thinking about class proposals and performance submissions for this exciting event.

The first board meeting will be held February 9 at 10:30 a.m. in the SCCDE on the Columbia College campus. For updates on SCDA happenings please visit our myspace page at <http://www.myspace.com/scdanceassociation>. Any questions, email me at ltscott@gmail.com. ●



Prepare students to be physically active throughout their lives



Charles B. Corbin • Ruth Lindsay



Charles B. Corbin
Guy G. LeBlanc
Andy S. Lumsden

Fitness for Life: Middle School is a new text for grades 6-8 that's designed to teach students important lessons about personal fitness at a critical time in their development. Students participate in a wide variety of physical activities while learning movement skills and concepts, the components of health-related physical fitness, the benefits of a physically active lifestyle, and more. They also learn skills to help them handle bullying, peer pressure, and other social concerns.

The high school text, *Fitness for Life, Updated Fifth Edition*, provides more in-depth coverage of physical fitness and related topics while focusing on lifetime physical activities. Social skills such as respect for differences and conflict resolution are also addressed. The high school text emphasizes self-assessment of fitness, self-management skills, and critical thinking skills to help students develop a personalized physical activity plan.

Both the middle school and high school texts help students meet NASPE learning standards and are accompanied by teacher ancillaries that make teaching the course a breeze.



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