

ALLIANCE NEWS

Volume 9, Number 2
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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.



South Carolina
SCAAHIE
Association for the Advancement of Health Education

Where the Action is

SCAPES



*Future Professionals
of South Carolina*

Newsletter Editor
Shannon Koch

SHAG – STAY HEALTHY, ACTIVE, AND GROW WITH US!

Deb Miller
SCAHPERD President



The AAHPERD and Southern District Convention in Tampa was an incredibly exciting and rewarding experience for me because many of our SCAHPERD members received national awards and presented outstanding programs. Special kudos go out to **Andrew Lewis** who received the **AAHPERD Honor Award for Distinguished Service** to the Professions of Health, Physical Education, Recreation, and Dance. Andrew has now received the Honor Award at the state, district, and national levels. In addition, he also received both Southern District's **Presidential Award** as well as the **Service Award**, as he was President in 2002-2003 and Parliamentarian this past year. **Debbie Holcombe** received the **Southern District Secondary Physical Education Teacher of the Year Award**. Debbie teaches and is the department chair at James F. Byrnes High School in Duncan, SC. Her class motto is "You do not have to be an athlete to be healthy." **Kim Speer** received the **AAHPERD 2009 JRFH Coordinator of the Year Award**. Kim teaches physical education at the South Carolina School for the Deaf and Blind in Spartanburg and coaches the Hoppin' Hornets Demonstration Team. I hope all of you will congratulate each of these winners whenever you have the opportunity!

For the past two years, the Southern District convention has been combined with the national AAHPERD convention. Next year, however, we will have the golden opportunity to host Southern District in Myrtle Beach as well celebrate our own 82nd state convention. The new Southern District President Jacque Harbison revealed her convention theme with the title "Into the Wind." How appropriate it is for us to have everyone sail to the beautiful Grand Strand area for our joint convention. Bonnie, Pam, Kym, and I spent countless hours in meetings talking about the convention details for 2010. At each meeting everyone applauded how organized South Carolina was already – even though the convention was ten months away. I have to thank all of the past-presidents of each Association, as they have organized all of YOU into numerous committees.

Let's not be complacent; *we still need many more volunteers AND program presenters*. The deadline for program submissions is June 1st. Get together with a couple of your friends and submit a program that shares your teaching techniques ("Best Practices") with professionals across all 13 states. What are the key "Trends and Issues" that are facing your work setting? What type of "Experiential" workshop or program would meet the needs of teachers, health educators, coaches, dancers, athletic trainers, or our future professionals? How does any of your "Research" apply to the diverse job settings of our members? How can we improve the health and well-being of our children, youth, adults, and aging population in South Carolina as well as the nation? I have submitted my program proposal and I challenge each of you to submit one too!

Remember, as the host state, your SCAHPERD membership enables you to attend this joint Southern District and state convention without AAHPERD membership, a savings of \$135.00! I can't wait to see all of you at the Myrtle Beach Convention Center February 10-14, 2010. Now I just need Pam and SCDA to teach me the SHAG. ●

Home a little over a week since...

Pamela O'Briant
SCAHPERD Past President

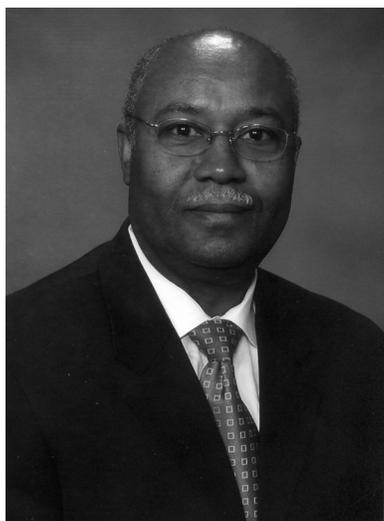


Home a little over a week since attending the AAHPERD convention in Tampa, Florida; I have had some time to reflect on the convention and what it means to be a part of the Alliance. The convention was full of lots of exciting and informative sessions. Some of the sessions I attended were: *Women's Health, Pilates, Caribbean and Latin Dance, a Dance Film Festival* and a *Tap class* where I learned the Shim Sham. Those who learned the Shim Sham were invited up on stage during Kaleidoscope to perform. Yes, yours truly joined in the fun!

Being a member of the Alliance either at the national or state level offers many benefits. One of these benefits is having a voice to effect change. The most exciting thing I got to do at the convention was vote in the Alliance Assembly. I have been waiting three years for this privilege. Some of the issues were controver-

sial, but in the end I feel that the right decisions were made. I felt proud to be a part of the process and to have a voice. As a member of the Alliance, you have a voice. If we all use that voice, we can help guide this state to a healthier lifestyle. Let your voice be heard. As a new mother, the second most exciting thing that happened to me at the convention was a full night's sleep!

Now that the National/Southern District convention has concluded, planning will start in earnest for the Southern District convention in Myrtle Beach, 2010. We will need members to serve on committees to help the convention run smoothly. Contact your Association's Past Presidents to volunteer. I would also like to encourage you to submit a session to be considered for the convention. The deadline is June 1st. Don't wait to share your talents. I feel confident that South Carolina is going to be a great host for Southern District. Let's head "Into the Wind." ●



Andrew Lewis,
AAHPERD Honor
Award Recipient for
Distinguished Service
to the Professions
of Health, Physical
Education, Recreation,
and Dance.

Debbie Holcombe, South
Carolina Teacher of the
Year receiving the 2009
SDAAHPERD Teacher
of the Year plaque in
Tampa, Florida.



IN THE NEWS...

Twenty-one students from Belvedere Elementary traveled to Advance, NC to participate in the Piedmont Triad Stacking Competition. The students are members of the Belvedere Stacking Club, sponsored by Kim Gracey and Linda Duckett. They all placed in one or more events, with several stackers breaking the South Carolina records. ●

For 15 minutes, 459 students at Hammond Hills Elementary participated in the National Recess Week celebration sponsored by the Cartoon Network by engaging in a game of 4 square. The students were part of over 7,000 students nationally who helped to break the Guinness Book of World Records for the game. As an added bonus, Hammond Hills was lucky enough to receive one

of ten grants for \$10,000 for the physical education program at the school. Corine Esposito, the physical education instructor at Hammond Hills, said that "the money would be spent on equipment so that everyone at the school can be physically active one way or another." ●

NEWS FROM SCPEAP
The economy and budget issues of the state have made plans for SCPEAP next year unclear at this time. Stay tuned.

News from the Executive Director

Dr. Bonnie-jean Buckett

Dockjock4@aol.com



After attending the Southern District/AAHPERD convention in Tampa, the reality of next year has hit. We are less than one year from hosting the Southern District AAHPERD convention in Myrtle Beach. Representatives from the 13 Southern states are ecstatic about coming to Myrtle Beach as well as others throughout the country. So be sure to mark your calendar now and reserve your hotel room as soon as we post the listing. Remember, the convention will be at the Sheraton Convention Center in February 2010.

Visit Our Web Page

On the home page you will find the logo for the Southern District Convention. South Carolina needs to showcase our programs this year. Please consider giving a presentation at the SDAHPERD convention. Think of what you do well and offer a presentation to your fellow professionals from the southern states. Proposals are due by June 1, 2009, so put on your thinking cap and let's share with other professionals. Also, if you have not signed up to lend a hand for our joint convention, please contact your Association past president. The more people we have working, the better our convention will be and less work for everyone.

Our web page has a new face! You will notice at www.scahperd.org that there is a member's only tab. Click on it and join us in our own chat room. In order to visit the chat room you will need the code **1301** which will be good until the next newsletter in August. In an effort to go "green" the board has a listing (with a separate code). Instead of traveling for committee meetings, we now have a committee chat room available to all Associations and SCAHPERD committee chairs. In order to facilitate that "room" the chair will need to contact Shannon at the SCAHPERD office at 803-786-3384 to arrange for a time and obtain the code to let his/her committee know what time to "join the chat" in the "committee" room. Also, you will notice that only SCAHPERD members will be able to upload our newsletter.

Advocacy

We have been very busy in the SCAHPERD office since last January. Info flashes have really helped in our effort to support the Health and Fitness Act of 2005, which will hopefully preserve many health, physical education and nursing positions throughout the state. In February,

SCAHPERD held a coalition meeting inviting over 20 organizations to join in the advocacy effort on the various health, dance and physical education legislative efforts. We were successful in having a variety of organizations join in the effort to contact the legislators at the senate and house level in SC. Although we were not successful in getting the minutes increased to 90 for physical education in this stressful economic times, our efforts are at least to maintain the 60 minutes with some accountability given by the districts. Take the time to write your legislator to let him/her know how you feel about keeping the minutes, criteria and assessment component from the Health and Fitness Act of 2005. We will be posting a new advocacy letter that you can use as a model to write to your legislator. Just check out the web page.

Nationally, SCAHPERD President-elect, Kym Kirby and I will be traveling to Washington, DC in June to call for the passage of the Fit Kids Act, which is a bill that would amend the No Child Left Behind bill to add physical education as a required core subject. The bill would also require schools to report on the state level as to their program and progress in meeting the criteria.

New Columns

We are also adding new columns to our newsletters. One section will be called "In the News" and the other "Advocacy for Our Profession." If you have some newsworthy information to share with the other professionals in the state, please contact Shannon (email schaperd@columbiasc.edu) or call her at the office. The more we share with each other, the more we learn and feel apart of the profession. ●

HEALTH TIDBITS

CHECKING FOR HEAD INJURIES

When a person hits his/her head, check for a concussion by asking him/her to follow your finger, solve a math problem, or to answer what happened five minutes ago.

If he/she seems confused, dizzy, has a memory loss, nausea or sleepy, seek medical attention immediately. When in doubt, send them to the emergency room.

Thank You, Extraordinary Coordinators!!

Kathy Kent

State Coordinator for Jump Rope and Hoops for Heart

As the State Coordinator for Jump Rope and Hoops for Heart, I would like to thank each person individually for all of their efforts in promoting heart health in their school and workplace. However, for fear that I would omit someone; I am writing to thank all who coordinated a Jump Rope or Hoops for Heart event this school year! Although “thank you” is a phrase of two small words, it is sincerely meant with HUGE appreciation.

It is said that understanding comes when a person walks in another man’s shoes, and that also applies to the voluntary work of all coordinators. Only a person who has coordinated an event can understand the extent of time, energy, commitment, and efforts that goes into planning, organizing, executing, and completing a school-wide project. While every event is different, the

work that is involved is always above and beyond the ordinary. That’s why JRFH and HFH coordinators are extraordinary!

Ordinary people usually don’t get involved; ordinary people do only what is necessary; ordinary people don’t strive to make a difference. But add the “extra” to ordinary and you get a person who willingly gets involved in the fight against our nation’s #1 and #3 killers, heart disease and strokes. You also get a person who does more than is necessary to promote the health and physical well being of their students. And, you get a person who strives to make a difference in the lives of many other people.

So, THANK YOU for being EXTRA-ORDINARY. Your work has made a difference in the promotion of heart health, research, and education. ●



To the left is a photo of the quilt from the 30 years collection of Jump Rope for Heart T-shirts from Sarah Jane Armstrong, Kim Speer, and Kathy Kent.



Above is the photo of the Principal from the South Carolina School for the Deaf and Blind after the students at her school “pizzaed” her after the kids exceeded their giving goal for Jump Rope for Heart.

GRANTS AVAILABLE

Help support girls’ teams in your community. GoGirlGo! Ambassador Team Awards sponsored by Gatorade will offer \$50,000 to girls’ teams that lead a service project to encourage other girls in sport and physical activity. Each team will receive \$2,500. Go to the Gatorade web page to meet the July 17th deadline.

PHYSICAL FITNESS AND ACADEMIC SUCCESS

More than 2.4 million Texas students were in a study that showed that the more physically fit the student, the more likely they were to do well on the state’s standardized test and have good school attendance. Fit students were also less likely to have disciplinary referrals. For the complete report visit www.texasyouthfitnessstudy.org.

SCDAncing Festival 2009

Ashley Stock
SCDA President



The SCDA board has been working diligently on the SCDAncing festival for the fall of 2009. There is truly SOMETHING for EVERYONE!!! Regardless of what you teach- dance, physical education, health, fitness, etc. You will find classes that meet your needs and exceed your expectations. We have amazing guest artists already lined up including Gerri Houlihan, Casey Noblett and danah bella. We are thrilled and hope that you will join us!

Ballet Spartanburg and Converse College have graciously donated their space to host the 2009 SCDAncing Festival October 16-18. Additionally, SCDA has teamed up with the Marriott of Spartanburg at Renaissance Park as the official hotel. Registration for the festival is \$25 for K-12 student groups, \$35 for all other students, and \$45 for professionals. You must be a SCDA member in good standing to register for the festival.

Register now at www.active.com. Hotel reservations may be made by calling 800-327-6465 and be sure to mention that you are with SCAHPERD/SCDA room block to receive our special rate.

Amazing guest artists are already lined up for the festival. Classes will be offered in modern, ballet, jazz, tap, hip-hop, cultural dance, yoga, pilates and composition to name a few. There will also be a college scholarship audition for eligible festival participants who plan on becoming a dance major in South Carolina. Please plan on joining us!!!! For up-to-date details visit our link on the SCAPHERD website at www.scahperd.org.

Please mark your calendars and join us for an amazing experience! ●



◆ DATES TO REMEMBER ◆

- ◆ AAHPERD will host a Physical Education Conference in Myrtle Beach, October 7-9, 2009.
- ◆ SCDAncing Festival – October 16-18, 2009 in Spartanburg, SC.
- ◆ **February 10-14, 2010** – Southern District Convention at Myrtle Beach, SC. If you are interested in submitting a presentation proposal, the deadline is June 1, 2009. Go to the Southern District website for more information, click on District Convention and information is located under the current Tampa convention, or contact Cam Kerst-Davis at cam7777@edge.net.

ADDRESS OR EMAIL

Throughout the year, members change their email or snail mail address. In order to serve you better, please make sure that the office knows about these changes.

Some people have listed addresses that are not the mailing address. If your mailing address is different than your residence address, please inform Shannon.

On your next membership application, we will be asking if you would care to receive the newsletter electronically instead of snail mail. First of all it will be 2-4 weeks quicker. Secondly it will make us go greener and/or save on mailing/printing costs.

Healthy Schools Program

Do you want to help a school become a healthier place for students to learn and for staff to work, but you don't know where to begin? Do you recognize the positive benefits of healthy eating and physical activity for students, but you don't know how to incorporate these lessons into your work? Are you convinced that you cannot get any assistance in creating a healthier school environment without paying for this kind of support? For the help and tools you need, **join the Healthy Schools Program's Network for free!**

The Alliance for a Healthier Generation – a joint partnership between the American Heart Association and the William J. Clinton Foundation working to combat childhood obesity across the U.S. – knows schools are powerful places to not only teach children the academic skills they need to succeed, but also healthy habits for life. The **Alliance Healthy Schools Program provides free, comprehensive support and recognition** to develop healthier school environments.

Anyone interested in making schools healthier places for students to learn and staff to work can join the Healthy Schools Program's Network at HealthierGeneration.org/schools and receive access to a wealth of resources at no cost. Sign-up is quick and easy, so join today for immediate access to tools and support for a healthier school.

Where the Action is

SCAPES



Tammy Hodges
SCAPES President



I hope everyone had a wonderful school year so far. The end is drawing near. I'm not really sure where it went. Do you feel the same way? It won't be long now before we are starting a new school year wondering where our summer went. So I want you to think about something. Next year we will be hosting the Southern District Convention in Myrtle Beach and we want you and your colleagues to join us. Mark your calendars and give your principals a heads up that this is an event that you just can't pass up. The biggest plus is that you don't have to be a member of AAHPERD to attend! I can't wait to see you there!

SCAPES officers have been busy working on our responsibilities for the convention. Right now our biggest task is to

fill the committees so they can begin their duties. We are so appreciative of our members that have agreed to serve on a committee and give of their time. It is also a great time to recruit great teachers in our state to present at the convention. If you are interested, long on to the AAHPERD website and then click on districts to open the southern district website. The deadline to complete a convention proposal form is June 1, 2009. Don't let the date pass you by.

SCAPES is also trying to make some changes to our website. When you have an opportunity, stop by and check it out. We will continue to make updates throughout the summer. If you see something that is not on there that should be, let me know. We are here to service you and meet your needs. Have a great summer. I will see you at the convention! ●

Bring Your "A Game"

Kym Kirby

SCAHPERD President Elect



While recently attending the AAHPERD convention in Tampa, I spoke with the president of GAPHERD who was excited that Georgia was passing legislation to require fitness assessment of public school students, first through ninth grades. I also heard that Tennessee recently introduced a bill requiring 150 minutes of PE in elementary school (daily PE) and 225 minutes in middle school. Their legislation also included regular physical education assessment and instruction by physical education specialists. The list goes on and on of states which are now considering and/or passing legislation with the ultimate goal of helping to counter the increase of childhood obesity. As I scanned through some of the different legislative actions online, I saw something very familiar... much of the language and content is in line with the South Carolina Student Health and Fitness Act (SHFA) of 2005. Four years ago, South Carolina led the way with this legislation advocating for the health and well being of our students. What is disappointing for me, is that now, while other states are moving ahead, even in these tough economic times, South Carolina seems to be moving backwards. Different components of the SHFA are being suspended/postponed for various reasons... not just the economy. Teachers are losing jobs, physical education minutes are being cut, assessments are being suspended – the once groundbreaking legislation (which many are now

mirroring) seems like it is slowly being dismantled. So what do we do?

SCAHPERD sent out an info-flash a few months back to request that you write or call your legislators to voice your support of the SHFA and the importance of it and many of you responded. It's important that we don't stop there. We need to continue to do all we can to **advocate** for what we believe to be in the best interest of our students and citizens of South Carolina. This will take **action** from many... the "squeaky wheel" is the one that is heard!

Bonnie and I will be going to Washington, DC in June for a leadership conference and will have the opportunity to meet with some of our state leaders. We will encourage each of them to support the *Fit Kids* legislation as well as to continue to fund the *Carol M. White PEP Grant*. We will also plan to meet with Rep. Gresham Barrett, who will be running for South Carolina governor in 2010. It is never too early to let our voices be heard, just in case he wins!

In order for South Carolina to continue to lead the way in "promoting health, physical activity and wellness among the state's citizens..." it will continue to take action on all of our parts. SCAHPERD is committed to that and will keep you informed and provide you with information through the website and through info-flashes. Please give Shannon Koch (sjkoch@columbiasc.edu) your email information if you have not been receiving information. Let's not be left behind! ●

A Message from the SCAAHE President

Lavell R. Thornton, MPH, CHES
SCAAHE President



Happy Spring! The flowers are in bloom and so is SCAAHE as we work our agenda for the year. We had a very good board meeting on March 2, 2009. The agenda covered a wide range of topics including finalizing the SCAAHE Committee Chairs List, designating our SCAAHE representatives to the SCAHPERD Committees, discussing operational issues within SCAAHE and with SCAHPERD, and establishing a meeting schedule for the year. Please consider joining one of our committees. We are still in need however for a Legislative Committee Chair. We cannot affect change if we do not get informed and be a part of the solution.

Membership is the lifeblood of the association. Thanks to Dr. Ruth Saunders and Dave Brangan on their efforts to update the SCAAHE Listserv. We will also be reaching out to our expired members in a more consistent way. Service is an important ingredient in achieving organizational growth. Articles and informational items are needed for the SCAAHE Newsletter. The newsletter is a reflection of us. It is also an opportunity to share newsworthy items in the profession and all that we are doing. Please email your contributions **by May 15, 2009** to Publicity/Newsletter Chair, Dr. Christine Beyer at cbeyer@ed.sc.gov.

A special thank you is also in order for Megan Weis and

Lillie Hall for facilitating the CHES Study Session that was held on April 10, 2009. As always, they add thought, new subject matter, and variety to the teaching methods. Their efforts to help prepare new CHES are greatly appreciated. The study session is a partnership effort between SCAAHE and SC DHEC Office of Public Health Education. We have 175 Certified Health Education Specialists in South Carolina.

We are so excited about hosting the upcoming 2010 Southern District AAHPERD in Myrtle Beach, SC (February 10-14, 2009). We hope you can join us for the convention. The call for presentations went out several weeks ago. We want South Carolina to really shine, so please consider sharing your work. Health Educators across the state are implementing innovative interventions in schools, work settings, and communities everyday. Bonnie-jean provided us with a convention update at the board meeting and shared how the associations are contributing. SCAAHE is handling many of the logistical arrangements. Past President Edie Ellis is representing us on the Program Committee.

Again, we need your energy, ideas and skills to thrive. Contact information for the SCAAHE Board can be found on the website. Thank you so much for your ongoing support of SCAAHE and all that you do for our profession! ●



Peggy Ondrea
SCAAHE President Elect

It is always exciting when the AAHPERD conference is held close to home. Many SCAAHE members decide which and how many conference(s) they can attend based on budget and time away from work. Location often determines travel time and cost and lodging expenditures. Hopefully, you were able to find the time and money to attend the AAHPERD National Convention & Exposition in Tampa. It provided a great opportunity to access programming that only a convention of its size and scope can offer. The atmosphere buzzed with excitement; the sessions were top notch. I was reminded that what we do as health educators is just so darn important and well, gee, aren't we lucky to go to work each day knowing what we do has the potential to change people's lives for the better. Talking with and listening to health educators who we know personally or through their laudable professional effort has the potential to inspire us to set the bar for ourselves even higher. Comradship is palpable and indispensable. It is just one of the tangible perks that come with being a SCAAHE/SCAHPERD member. If you know people working in a health-related capacity who are not members of SCAAHE, please encourage them to join. I'll be looking for them at the next conference. ●



ADVOCACY FOR OUR PROFESSION

- **PETE ELLIS**, a physical educator in grades k-2 at East-erling Primary, Marion, SC spoke on ESPN's Outside the Lines program regarding the lack of physical activity in schools. "The erosion of PE in the school programs has been a major contributor to the sky rocketing obesity rate." The program further called for the passage of the Fit Kids Act in Congress.
- **CARMEN PLEMMONS**, PE teacher at Lake Murray Elementary in Chapin, SC is inviting parents to come with their children during walking club days. Parents are invited to attend PE class with their child in grades k-2, during 3-5 is fitness testing and they are participating in ACES in May.

Attention Future Professionals

Apply for the opportunity to travel to Johnson City, Tennessee to the Southern District Student Leadership Conference (all expenses paid) Thursday afternoon, Sept. 24 - Sunday, noon Sept. 27, 2009. Go to the SCAHPERD.org website, AWARDS, Student Leadership for the application or call 803-786-3384 for more information. Applications due July 15, 2009.

SCAHPERD T-Shirts

If you missed the chance to buy a SCAHPERD T-shirt at the convention and are interested in purchasing one, please contact the SCAHPERD office for sizes/colors. The cost is \$12.00 per shirt including shipping. There are many sizes and colors to choose from. SCAHPERD office (803) 786-3384.

www.scahperd.org

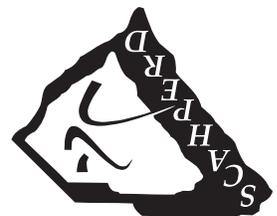
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