

# NORTHEASTERN

## DISTRICT NEWSLETTER



FEBRUARY 2009



### PRESIDENTS MESSAGE



Hello, Northeastern District members.

My name is Lori Dusek,

I am looking forward to this term of service as President of the Northeastern District of IAHPERD.

I am currently the Physical Education Teacher at Arbury Hills Elementary School and have been for the past eight years. Throughout my teaching career I have taught all levels of Physical Education, from Preschool through Junior College. I truly love my vocation.

I became involved with NED after I received the 2004 grant. Before becoming president elect, I served as a Delegate and also received Elementary Physical Education Teacher of the Year for 2006. Now that you know a little about me

let me tell you what my focus will be in this year of service for the NED members.

First, let me express to you how important it is to be involved in the operations of NED and the IAHPERD organizations. Your involvement will benefit not only your profession, but also you personally. NED is by far the largest district in Illinois and its important leadership is here to work for all Northeastern District members. The social events, mentoring opportunities, grants, scholarships, conferences, conventions, specific programs, awards, recognition, workshops, leadership opportunities and many more activities. We as members and supporters will decide what programs continue to succeed, but only by getting involved. Time, family, work, and coaching are all options to consider when balancing schedules and making decisions to get more involved in the NED or IAHPERD. But, as a mother of five children and out of that five is a set of triplets, it was possible for me to balance my time to work together with my colleagues for the greater cause ....the children and our profession.

Second, I want all NED members to be your own public relation specialist. Bridge the gap between professionals in your building, school district, and community. Use various resources to toot your own horn for yourself or one of your fellow professionals in your field. Tell and show everyone how truly great you are in your profession. For example, apply for the NED grant or professional awards. Send photos or written progress of your classes to the local newspapers. Remember, our profession is one of the greatest services given in education. Healthy bodies and healthy minds make better learners. I pass this quote on to you as it was past on to me by a mentor. The people who make the difference in other people's lives are not the ones with the most credentials, the most money, or the most awards; they are the ones that care.

So, I urge all new faces and veterans in the profession to continue to send the right messages in and out of your schools. Get involved further as members and in the profession. Please begin to strongly consider executive board and committee positions. It would be the right decision....do not be left out - help create your future in your profession and allow the administrators, family, and co-workers in your life, to stand in your corner....we need each other!

*Lori Dusek*

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## Meet YOUR 2009 Executive Board

### Other members you should know to contact for:

President: Lori Dusek  
Arbury Hills Elementary  
[ldusek@summithill.org](mailto:ldusek@summithill.org)

Awards: Marcey Siegel  
[marcey@the-siegels.com](mailto:marcey@the-siegels.com)

President-Elect: Kathy Houston  
Pheasant Ridge Elementary  
[kathyhouston@hotmail.com](mailto:kathyhouston@hotmail.com)

Governmental Affairs: TBA

Highlight Awards: Marianne Biedrzycki  
[mbiedrzycki@d181.org](mailto:mbiedrzycki@d181.org)

Past President: Janet Madden  
Andrew H.S.  
[jmadden@d230.org](mailto:jmadden@d230.org)

Scholarship: Don Scherrer  
[donlenore@comcast.net](mailto:donlenore@comcast.net)

Treasurer: Marilyn Bloechle  
[Mbloechle@comcast.net](mailto:Mbloechle@comcast.net)

Shape-Up Illinois: Terri Andrews  
[Terri\\_andrews@ipsd.org](mailto:Terri_andrews@ipsd.org)

Secretary: Millie Wostratzky  
[mwostratzky@comcast.net](mailto:mwostratzky@comcast.net)

Blue Ribbon Health: Marcia Berke  
[purplemmm@comcast.net](mailto:purplemmm@comcast.net)

Delegate At Large: Vicky L. Nordhem  
[vnordhem@d125.org](mailto:vnordhem@d125.org)

Blue Ribbon PE: Chris Beese  
Elementary & Middle [cbeese@northbrook28.net](mailto:cbeese@northbrook28.net)

Delegate At Large: John David  
[johnjacobdavid@gmail.com](mailto:johnjacobdavid@gmail.com)

Blue Ribbon PE: Mike Godlewski  
High School [mgodlewski@maine207.org](mailto:mgodlewski@maine207.org)

Delegate At Large: Mary Norge-Drent  
[norgedrent@yahoo.com](mailto:norgedrent@yahoo.com)

Delegate At Large: Katherine Meyers  
[kmeyers@LTHS.net](mailto:kmeyers@LTHS.net)

Delegate At Large: Cindy Thomas  
[cthomas@d230.org](mailto:cthomas@d230.org)

**Please contact us for more information about the NED and how you can become more involved.**

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## MEMBER PROFILE

### NED Member: Marcey Siegel

**Teaching School Position and number of years:** Physical Educator at Manor Hill Elementary School, Lombard, I have been at Manor Hill since 1992

**Born:** Chicago,

**Colleges attended:** Adelphi University, New York, Goddard College, VT; North Central College Naperville., Naperville

**Hobbies:** Reading, Walking my dogs, attending Theatre and Dance, Spending time with family.

**Favorite Restaurant:** For quick and healthy: Chicks and Salsa in

**Most-visited website:** [www.wellnessresources.com](http://www.wellnessresources.com)

**Something Few People Know About You?** In addition to teaching Physical Education, I choreograph high school musicals. This year I choreographed a middle school musical which was directed by my daughter!

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## Illinois Advocacy News

### IAHPERD SPONSORS NEW LEGISLATION ON HEALTH-RELATED PHYSICAL FITNESS TESTING

This year, IAHPERD and its advocacy partners will be introducing legislation that will require all public schools to test the health-related physical fitness status of students in the fifth, seventh and ninth grades. The bill is called the **Illinois Student Health Fitness Act (ISHFA)**. If the bill passes, Illinois will join six other states that already require fitness testing and reporting.

Scores will be submitted on-line by the teacher to the Illinois State Board of Education or its designee. The data will be compiled and will be reported on each school district's Illinois School Report Card, which comes out the next fall. The School Report Card will report the percentage of students from that school at each of the three grade levels who have achieved fitness levels in the healthy fitness range. The actual identity of individual students and information about their individual scores will be protected. No individual student will be identified in the data-gathering process, except at the local school level.

This legislation is intended to inform parents and taxpayers about the healthy level of fitness of students at the selected grade levels. It is intended to be an important tool in combating childhood obesity and in the promotion of student wellness.

The following comments come from retiring Director of Advocacy for IAHPERD, Beth Mahar, who says "This is a hugely important piece of legislation. We want and need the support of our professional teachers and of our future professionals. We will need their help to get this bill passed, particularly in these lean budget years for the State of Illinois. ISHFA, if it becomes law, can help our profession in many ways. It is my hope that teachers will embrace this bill and not be afraid of the accountability that goes with it. Physical fitness is a journey that all physical educators understand. I

There are obviously many questions that teachers may have regarding this legislation. Some frequently-asked questions and answers are included in this article

#### **FREQUENTLY-ASKED QUESTIONS FROM TEACHERS:**

**1. WHAT PHYSICAL FITNESS TEST WILL BE USED?**

The actual test battery will be chosen by the ISBE, however, IAHPERD is recommending the use of Fitnessgram. This is the most widely used health-related fitness assessment in the country.

**2. WHAT TEST ITEMS WILL BE USED?**

The Pacer or one-mile run/walk; curl-ups; pushups; and the backsaver sit and reach tests.

**3. WHY IS BMI NOT INCLUDED?**

This assessment was left out of our recommendation for a couple of reasons. Parents and the public sometimes consider this to be an invasive measurement and would likely oppose its inclusion. The State is tracking BMI currently through school nurses and school physical forms and with the cooperation of physicians in various counties. There are plans to expand this data-gathering. IAHPERD agrees that BMI data is an important tool in child health promotion and are satisfied that this is being addressed by the Illinois Department of Public Health.

**4. WHY CAN'T SCHOOLS CHOOSE TO GIVE THEIR OWN TESTS?**

For the same reason that all schools must give standardized tests in math, science and reading. In order to make comparisons across the state, and from school to school, each school must administer the same test. We need to standardize the physical fitness tests in order to get valid data.

## Illinois Advocacy News

### IAHPERD SPONSORS NEW LEGISLATION ON HEALTH-RELATED PHYSICAL FITNESS TESTING

**5. WHEN WILL THE TESTS BE GIVEN?**

There will not be one designated test date, however, test results must be submitted by April 1<sup>st</sup> of each year. Teachers will have a lot of choice regarding when they administer the tests.

**6. ISN'T THIS GOING TO BE A LOT OF WORK FOR THE TEACHER?**

Maybe, but the process will be made as painless as possible. Scores will be reported on-line. Free training on test administration will also be available on-line. In most schools, the teacher will only be testing one or two grade levels.

**7. IS THIS GOING TO COST SCHOOLS ANYTHING?**

It may cost the school about \$25.00 for a test manual and CD; however, no software will be necessary to report scores. Schools that already are using Fitnessgram may choose to use their software to communicate with their students' parents, but that will not be a requirement.

**8. HOW DOES IAHPERD EXPECT ME TO BE ABLE TO TEST ALL OF MY STUDENTS WHEN I ONLY SEE THEM TWICE (ONCE, THREE TIMES) A WEEK? THIS IS A HUGE SACRIFICE OF TIME FOR ME.**

Yes, we understand the sacrifice of time for testing and for practicing for the test, as well. Our estimate for testing is three class periods. Ultimately, though, fitness score reporting can become an effective tool to increase physical education time for students. Schools with PE waivers may learn that they need to reinstitute daily PE to improve student fitness. Teachers will also be able to use the concept of improving fitness in advocating for better programming, more time with students, improved facilities, etc.

**9. WHAT ABOUT DISABLED STUDENTS? ARE THEY TESTED, TOO?**

They may be, depending on the wishes of their parents and their doctors.

**10. WHAT DOES THE STATE GET OUT OF THIS?**

Mostly, data, and lots of it. But the State is not the only beneficiary of this data. County and city health departments will be able to see the areas of greatest need in obesity prevention and health promotion. In the local community, increased opportunities for physical activity can be developed and funded.

**11. WHY USE THE SCHOOL REPORT CARD?**

For several reasons---it is an existing vehicle for reporting testing information and won't cost the schools anything additional. Also, the format of the School Report Card will ultimately enable comparisons of fitness achievement to academic performance. This "brain" connection is becoming more and more well-known. Also, putting physical fitness on the School Report Card may help elevate the importance of physical education when compared to traditional "academic" studies, just by being included along with the other tested subject areas.

**12. WHERE CAN I READ THE TEXT OF THE BILL AND FOLLOW THE PROGRESS OF THIS BILL?**

When the bill is formally filed in the Legislature (in late January or early February), it will be given a bill number. Check the IAHPERD web site for this number and for a link to the General Assembly web site to read the full text of the bill and to follow its progress.

**13. HOW CAN I HELP GET THE ILLINOIS STUDENT HEALTH FITNESS ACT PASSED?**

You should go on the [www.iahperd.org](http://www.iahperd.org) web site and sign up for email alerts on advocacy. You will then receive updates and requests for contacts with your legislators when the time is appropriate to lobby for the bill. Meanwhile, engage your colleagues in conversation about the bill, stay informed, and promote healthy physical fitness concepts in your teaching.

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## **NOW ACCEPTING APPLICATIONS! TEACHER OF THE YEAR (TOY) AWARDS**

### **\*Young Professionals of the Year**

### **\*Elementary PE Teacher**

### **\*Middle School PE Teacher**

### **\*High School PE Teacher**

### **\*Health Teacher**

### **\*Dance Teacher**

### **\*Adapted PE Teacher**

### **\*Leisure Education Teacher**

Each year the Northeastern District (NED) invites you to nominate or apply for TOY (Teacher of the Year) Awards. These are the awards available. Do you know of any individual who fit into any of the categories? If so, go to the IAHPERD website and print out a nomination form or an application form ([www.iahperd.org](http://www.iahperd.org)) and complete them and send them to Marcey Siegel.

If you feel pride in what you do in your program, I challenge you to apply for one of these awards. It's easier than you think.

Note: Completed applications should be sent to the NED Award Chair: Marcey Siegel, 397 Carleton Ave. Glen Ellyn, IL 60137

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## **The Highlight Award**

The Highlight is an award given by NED and is designed to spotlight a segment of your total program. Examples of past winners range from computerized assessment tools to school-wide pedometer challenges. Your highlighted program should be creative, innovative or unique so other Physical Educators and Health Educators can value from your expertise and the program. For more information on applying for the Highlight Award, you can visit: [www.iahperd.org](http://www.iahperd.org) or if you have questions please contact the chairperson of the Highlight Award Program:

Marianne Biedrzycki @ [mbiedrzycki@d181.org](mailto:mbiedrzycki@d181.org)

*The Highlight Award Program is only open to teachers who teach with the Northeastern District.*

To find out more information and to download an application visit:

<http://iahperd.org/northeastern/>

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## **NED'S GRANT PROGRAM**

Each fall and spring NED members will have the opportunity to apply for a \$500 grant to enrich their school's physical education program. Applicants for the spring meeting March 9, 2009 will need to complete the written grant proposal ([www.iahperd.org/northeastern](http://www.iahperd.org/northeastern)) and verbally present to the NED Board. At the conclusion of the general meeting the Board will choose a grant winner based on several criteria such as need, number of students that will benefit from the grant, etc. Soon after the meeting, the grant winner will receive a letter of congratulations. In addition to the \$500 grant, three \$100 Palos Sports gift certificates will be awarded in a raffle drawing. Everyone in attendance who are NED members at the meeting will receive a raffle ticket for the drawing.

Note: A raffle winner can only win once within a year. The money is only to be used for school equipment, not personal items! The same format will be used to award grants at the fall NED business meeting. The same format for the raffle tickets will also be the same at the fall NED business meeting and four \$100 Palos Sports gifts certificates will be raffled off at the NED business meeting at the IAHPERD State convention.

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## **NED'S Student Scholarship for 2009.**

If you are a student member of IAHPERD and attending a college or university within the Northeastern District of the Association, which includes schools in Will, DuPage, Lake, and suburban Cook counties, you are eligible as a candidate for a \$1000 scholarship.

This scholarship is awarded to an undergraduate student majoring in health education, physical education, recreation, and/ or dance, and who will be a full-time student during the fall 2009 semester. The scholarship will be awarded at the Northeastern District awards dinner in October of 2009.

Sometime, at the end of the month or early in March you will receive a letter containing an application and specific directions to follow for this scholarship. Be sure to follow the directions completely in order to be considered as a candidate. The Scholarship Committee will make every effort to evaluate all applications fairly.

Note: All materials must be submitted and postmarked by May 29, 2009.

Once again, Congratulations to the last year's winner Zachary Bickel, from Concordia University.

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## **NED Fall Retreat**

Northeastern District Fall Retreat is undergoing some changes. Due to some scheduling conflicts and the economy we will not be holding the Fall Retreat at Lake Geneva, WI. Williams Bay this year. The Northeastern District will still present some great workshop programs for all our members. The NED board will be deciding on a location at our Starved Rock meeting. We will be sending out information on this great workshop as soon as possible. So please look for the information in the next newsletter.

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# 2009

## UP-COMING EVENTS:

<b>FEB 6-7<sup>th</sup></b>	<b>Leadership Conference @ Starved Rock</b>
<b>Feb 27<sup>th</sup></b>	<b>DuPage County Institute Day Naperville North H.S. – 8am-1:30pm Contact: John Fiore at 630-420-6822</b>
<b>March 1<sup>st</sup></b>	<b>TOY Award Applications deadline!</b>
<b>March 6<sup>th</sup></b>	<b>Southern Illinois PE &amp; Health Conference SIU – Carbondale 8:00 a.m.</b>
<b>March 9<sup>th</sup></b>	<b>NED MEETING – Fudruckers @ 7:00 pm 1500 Branding Lane, Downers Grove, IL Apply for NED’S Spring Grant!</b>
<b>March 18<sup>th</sup></b>	<b>SHAPE-UP ILLINOIS, Springfield <a href="mailto:Terri_andrews@idsp.org">Terri andrews@idsp.org</a></b>
<b>March 31<sup>st</sup>- April 4<sup>th</sup></b>	<b>AAHPERD Convention Tampa, FL</b>
<b>TBA</b>	<b>NED Fall Retreat</b>
<b>Oct 18<sup>th</sup></b>	<b>NED Awards Banquet Maggiano’s Oakbrook, IL</b>
<b>Nov. 19<sup>th</sup>-20<sup>th</sup></b>	<b>IAHPERD State Convention Pheasant Run Resort St. Charles, IL</b>

**Please also check the IAHPERD website for additional events & info.**