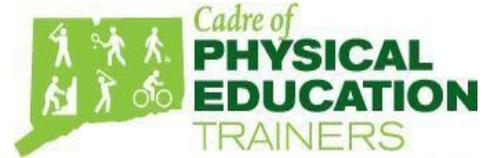




**Election Day Physical Education & Health Education
Professional Development
November 7, 2017; 8:30-2:30
Hamden High School
2040 Dixwell Avenue, Hamden, CT 06514**



8:30-9:15 AM AUDITORIUM -- GENERAL SESSION: The Opioid Crisis Affects Everyone		
9:30-11:30 AM MORNING SESSIONS		
CPR in Schools	CPR must now be taught in school! The workshop will feature review of AED and CPR instructional materials, open discussion and Q & A. Recognizing whether and when AED use and CPR are needed will be addressed with explanations and demonstrations. This session is intended to address concerns and alleviate fears at the prospect of teaching these important and required skills in schools.	Gloria Bindelglass, RN, BSN Education Specialist, Advanced Cardiac Life Support, Advanced Pediatric Life Support
Manipulating You!	This workshop focuses on motor skill performance and will provide activities that weave various equipment into a unit theme called "manipulatives." Skill progressions, concepts and game application will be explored. Come prepared to be active! Appropriate for elementary grades.	Shirley Hughes Physical Educator Ridgefield Public Schools Cadre of Physical Education Trainers
Mastery-Based Learning	Standards? Mastery? Competency? Proficiency? This session reviews how each of these terms are related. The facilitator will examine the process that several districts are taking as they move toward standards/mastery/competency/proficiency based learning and grading in Health and PE. Learn how to implement this style in your classes starting tomorrow!	Tony Loomis Health & Wellness Curriculum Resource Teacher, Wallingford Public Schools Cadre of Physical Education Trainers 2014 National HS Physical Education TOY Phyllis Jones K-12 PE/Health Coordinator Regional School District 10 Cadre of Physical Education Trainers, President
Utilizing Social Media to Build Community and Fight Opioids and Risky Behaviors Among Teens: An Asset-Based Approach	Building connections with our youth is a key factor in raising positive outcomes. Today's opioid crisis is hitting our communities hard but we can use people power to combat the negative influences. Come discuss how a community coalition is utilizing social media to build a bridge between youth and their community. There are numerous ways to make positive communication with today's teens and help build connections. We have created a tool that can access crisis/help services in a mode friendly to youth. This topic is a follow-up to the General Session.	Paige Nelson Consultation Center at Yale, Director of Drug-Free Communities Hamden Coordinator, Hamden Positive Choices Coalition
Effective Strategies and Learning Activities for Kindergarten Physical Education	Participants will explore several types of activities and games that will engage kindergartners, examine the effect that imagination and storytelling have on young children's understanding of the rules and roles of group games and learn to play several active games that pair with stories which they can utilize with their young children. Participants will also collaborate with colleagues to share effective strategies.	Amanda Amtmanis Physical Educator, Middletown Public Schools CTAHPERD Vice President Physical Education & Region I Coordinator

Engaging Aquatics	This workshop is designed to engage swimmers of all levels. Enhance your aquatics unit with new swimming challenges, interdisciplinary lessons, and fun activities. Share the amazing things that you currently implement, brainstorm with your peers, and be prepared to be flooded with great activities to bring back to your program. Participants will observe high school students performing various skills and activities in the pool. (Workshop participants will stay high and dry on deck.)	Jay Cebula Physical Educator, Hamden Public Schools, Iron Man Triathlete, Cadre of Physical Education Trainers
Hot Topic Roundtables	Share ideas, challenges, successes and strategies with PE and HE colleagues in a rotating roundtable discussion format on topics such as: <ul style="list-style-type: none"> • Grading in Physical Education • Supporting other content areas through PE and vice-versa • Adapted PE: Inclusion vs Adapted PE program • Health Education: How to engage the learners • Possible other topics selected by participants <i>Participants encouraged to bring resources to share.</i>	Ellen Benham Secretary/Treasurer CAAHPE Adjunct Professor, CCSU Cadre of Physical Education Trainers
A Moment of Mindfulness for the Professional Educator	As dedicated educators, we tend to put the needs of the students we serve ahead of our own, often at the expense of our own well-being. If we lack of social-emotional strategies to deal with the stress and emotional intensity of our job, our effectiveness as teachers may diminish. Over time, our daily stress level can lead to burnout, which is a major issue with our colleagues in education. The practice of mindfulness can help us develop our social-emotional skills, which may prevent long-term burnout and help us deal with stressful events. With you as an active participant, we aim to make available to you some of the tools and techniques that have helped us cope with the demands and challenges we face in and out of the classroom.	Kahseim C. Outlaw Health & PE Teacher at Lyman Hall High School, Wallingford CT Mindfulness Practitioner Grad student in Integrative Health and Healing at The Graduate Institute Melissa Cittadino-Zigmont Health Teacher at Sheehan High School, Wallingford CT Mindfulness Practitioner Grad student in Integrative Health and Healing at The Graduate Institute
LGBTQ 101: Supporting Students with Cultural Competency	This workshop will provide information pertinent to teachers regarding lesbian, gay, bisexual, transgender and questioning youth in schools. The following topics will be covered: vocabulary for a supportive teaching environment, overview of gender development, legal protections for transgender students, and an overview of medical treatment of transgender adolescents.	Kathryn Tierney, MSN, APRN-BC, Family Nurse Practitioner Clinical instructor and lecturer for Yale University School of Nursing and Quinnipiac University
Rookie Rugby	Rookie Rugby is the non-contact version of rugby developed for schools and communities to easily introduce a new game to the students and promote health for boys and girls. USA Rugby has outlined a complete curriculum of small area games to get the kids having fun, enhance motor skills development and learn basic Rugby skills. The games are simple to demonstrate and the only equipment needed is a Rugby ball. This curriculum has won awards around the world for promoting healthy kids. Come learn about the fastest growing sport in America and the newest Olympic sport. Kids fall in love with Rookie Rugby because it's something totally new and promotes fun, quick paced games. Grade levels 3-12. Session will be outdoors, weather permitting. Be prepared to move.	Andrew Marullo Physical Education Teacher; SCSU Men's Rugby Coach; CT Rugby Youth Development Officer
Spikeball!	This Spikeball Inc presentation is to teach physical educators of all levels about the sport of Roundnet and how they can implement it into their curriculum. We will talk about how to modify the rules and equipment so that any students regardless of age or ability can improve their motor skills, movement patterns and physical literacy.	Representatives of Spikeball, Inc.
11:30 – 12:30 LUNCH -- PROVIDED BY HAMDEN HIGH SCHOOL		

12:30 – 2:30 PM AFTERNOON SESSIONS

<p>TRI-Federation 2016 Debut Projected 45,000 national participants this year</p>	<p>Experience an emerging sport/activity played by 3 teams at the same, featuring unique patented equipment and game properties. TRI teaches the basics of international sport features and is a hybrid of Rugby, Aussie Rules, Gaelic Football, Team Handball, Football, Soccer and Basketball packaged into one. As a PE activity, TRI is ACTIVE, INCLUSIVE and DYNAMIC. Focusing on social, physical, mental and emotional betterment of students, the game increases analytical decision making, encourages communication and diplomacy, while developing motor skills and awareness. TRI Federation is now offering both flag and tag for PE and interscholastic competitive tournaments. The concepts, tactics and value of TRI for students and athletes will be explained by elite Football players/coaches, and promo giveaways will be offered throughout the demo. Weather permitting the drills and game will be outside or in gym space demonstrating how to easily setup for size and participation constraints.</p>	<p>Chad Upshaw Former, NFL Tight end – Panthers & Broncos University of Buffalo Football Assistant Basketball Coach – Greens Farms Academy</p> <p>Camillo Ferrari Former, Western Connecticut Receiver Assistant Receivers Football Coach Jonathan Law High School</p>
<p>Spikeball!</p>	<p>This Spikeball Inc presentation is to teach physical educators of all levels about the sport of Roundnet and how they can implement it into their curriculum. We will talk about how to modify the rules and equipment so that any students regardless of age or ability can improve their motor skills, movement patterns and physical literacy.</p>	<p>Representatives of Spikeball, Inc.</p>
<p>A Responsive Guide to P.E. and Health</p>	<p>An interactive workshop on classroom management, positive approaches to behavior and class climate. Activities will include icebreakers, energizers and team-builders to get you started on a responsive approach to P.E. and Health.</p>	<p>Casey Aiezza Physical Educator New Fairfield Public Schools; Cadre of Physical Education Trainers</p> <p>Jack Hudak Physical Educator New Fairfield Public Schools</p>
<p>Winning Activities- Small-Sided Games- Secondary level</p>	<p>Our favorite activities are special for many reasons -- they develop personal and social responsibility, level the playing field, promote moderate to vigorous activity, have unique variations, and are developmentally appropriate. Be prepared to move. "It's all fun and games" until somebody asks how they address Common Core Standards in PE and health, and ELA/Literacy and Math.</p>	<p>Mike Cebula Physical Educator, Hamden Public Schools, Iron Man Triathlete, Cadre of Physical Education Trainers</p> <p>Alex Camire Physical Educator, Hamden Public Schools</p>
<p>You Just Got Gamified!</p>	<p>Tap into some of the secrets from the computer game and internet marketing world to turn your most boring transitions, class routines and behavioral objective into engaging activities that make your teaching easier, focused and fun for everyone. Audience: K-9</p>	<p>Rich Keegan Physical Educator, Simsbury Public Schools Cadre of Physical Education Trainers, Author of <i>Global Games for Diversity Education: New Ways of Learning in the 21st Century</i> (Available for purchase at the workshop)</p> <p>Brian LeBlanc Physical Educator, Simsbury Public Schools</p>

Adapted PE- Secondary Adapted PE- Elementary	<p>This session offers physical education teachers a wide variety of information pertaining to adapted physical education. Ways to design lessons and your classroom environment, IDEA and current laws that authorize, define and affect adapted physical education will be discussed. How to adapt the curriculum, develop lessons and activities from the individualized education plan (IEP) goals and objectives, and various adapted assessments will be addressed.</p>	<p>John Sudusky K-12 Physical Education Department Chair District PPE tester, and physical educator at H.C.L.C. (alternative school)</p> <p>Steve DelGrego Prescriptive Physical Education Teacher & Consultant Hamden Public Schools</p>
Addressing Erin's Law	<p>We will be examining the requirements of Erin's Law, adopted by CT in July 2016 to address children's understanding of sexual harassment, predatory behavior, and sexual assault and equip them with tools to protect themselves. We will be exploring skill-building games and activities designed for the K-5 gym that address the requirements outlined in the law.</p>	<p>Amanda Amtmanis Physical Educator, Middletown Public Schools CTAHPERD Vice President Physical Education & Region I Coordinator</p>
A Gender- Bender Primer: Q&A on Gender for Health Educators	<p>The words, identities and laws continue to change. It can be challenging for an educator to keep up. This session will review the newest updates and guidance from CSDE and CHRO and leave lots of time to explore real world questions, concerns and answers regarding transgender, gender creative, non-binary, gender fluid, genderqueer children and youth.</p>	<p>Robin McHalen True Colors, Inc. True Colors works to create a world where youth of all genders and orientations are valued and affirmed.</p>
CT Physical Fitness Assessment	<p>Overview of CT's Third Generation Physical Fitness Assessment program and resources. This session is intended for teachers who are new to teaching physical education or want a refresher session on appropriate practices and protocols with fitness testing.</p>	<p>Dr. Jean Mee Former State Department of Education PE/HE Consultant Founder, Cadre of Physical Education Trainers</p>
Health & PE Coordinators	<p>Open Forum Discussions (1 hour each):</p> <ul style="list-style-type: none"> • What are your requirements when hiring new PE/H teachers? Are new teachers prepared for the 'real world' of education? • How do you coordinate multiple content areas? Discuss strategies that work and share ideas and suggestions 	<p>Carol Ciotto Central CT State University Faculty CT Cadre of Physical Education Trainers Past President CTAHPERD Co-author, Pass: A Guide to Creating Physically Active School Systems (Available for purchase at the workshop)</p>

Hamden High School, 2040 Dixwell Avenue, Hamden, CT 06514

PLEASE PRINT CLEARLY OR TYPE - - - - - ALL INFORMATION MUST BE COMPLETE

Pre-Registration Deadline – Postmarked by October 27, 2017

Name	
Phone (in case of cancellation)	E-Mail
Complete School Mailing Address including Zip	
Name of School & District	

8:00-8:30 AM	Sign-in & walk-in registration
8:30-9:15 AM	General Session for All Attendees
<p>9:30-11:30 AM workshop choice</p> <p>Available spots will be on a first come basis.</p> <p>Write a 1 next to your first afternoon choice and a 2 next to your second choice.</p> <p>Once workshops are filled, attendees will be assigned to alternate workshops.</p>	CPR in Schools
	Manipulating You!
	Mastery-Based Learning
	Utilizing Social Media to Build Community and Fight Opioids and Risky Behaviors Among Teens: An Assets-Based Approach
	Effective Strategies & Learning Activities for Kindergarten Physical Education
	Engaging Aquatics
	Hot Topic Roundtables
	A Moment of Mindfulness for the Professional Educator
	LGBTQ 101: Supporting Students with Cultural Competency
	Rookie Rugby
Spikeball	
<p>12:30-2:30 PM workshop choice</p> <p>Available spots will be on a first come basis.</p> <p>Write a 1 next to your first afternoon choice and a 2 next to your second choice.</p> <p>Once workshops are filled, attendees will be assigned to alternate workshops.</p>	TRI-Federation
	Spikeball
	A Responsive Guide to P.E. and Health
	Winning Activities-small sided games-Secondary level
	You Just Got Gamified!
	Adapted PE- Elementary & Secondary
	Addressing Erin’s Law
	A Gender-Bender Primer: Q&A on Gender for Health Educators
	CT Physical Fitness Assessment
Health & PE Coordinators	

Make check in amount of \$75.00 per person, payable to **Hamden Public Schools**

Mail check or Purchase Order attached to registration form
by October 27, 2017 to:

**Health & Physical Education Director
Hamden Public Schools
60 Putnam Avenue, Hamden, CT 06517**

Walk-Ins and Mail-Ins postmarked after October 27: Registration cost - \$85.00

Workshop selections for walk-ins will be assigned based on available space and *does not include lunch.*

Registration questions? Contact Amanda Forcucci at AForcucci@hamden.org or 203-407-2209