

C.A.H.P.E.R.D.

California Association for Health, Physical Education, Recreation and Dance

June/September 2004

Volume 2, Issue 1

LA Units #406 & #401

CAHPERD President-elect, Freddie Thompson-Esters



Freddie Thompson-Esters

Hollywood High and LAUSD are proud to have Freddie Thompson-Esters as our next CAHPERD State President from Southern California.

Freddie wants to thank every one for your vote of confidence in electing her to this position. She is looking for volunteers to fill positions on her team for the 2006 conference in Garden Grove. She will be representing Sacramento, Southern California and LAUSD. Your support is essential for the next two years.

Freddie is working on a theme for 2006.

You are invited to brainstorm with her.

Keywords: Attitude, Advocacy, Leadership- "YOU" -Educators Looking Ahead. Please join her in supporting your professional association, CAHPERD!

Freddie visited the California Middle School Physical Education Workshop at CSU, Fullerton in July and the Dance & Movement Workshop for Educators at Lake Tahoe Community College. She attended a public hearing of the first draft of the CA Physical Education Content Standards presented by Dianne Wilson-Graham held at L.A. County Board of Education.

Save these dates: March 17-20 for Monterey 2005 CAHPERD State Conference

Contact Freddie at Hollywood HS, Performing Arts Magnet Dance/PE (323) 461-3891 X256 [Don't leave messages on Voice Mail- have school put a message in her mailbox] Home (310) 608-5878
FreddThomps@aol.com

LAUSD Physical Education Advisory Board [K-12]

The Physical Education Advisory Board meets monthly under the guidance of Middle School Director, Jeanie Leighton and Janice Collins, Specialist to discuss issues that affect physical education in grades K-12. Other members include: Dr. Betty Hennessy, PE Consultant from L.A. County Office of Education, Dr. Elosia Gonzalez, Director LA County Health Physical Activity Program, and Wendy Selin, Advisor, Nutrition Network Physical Activities Program.

Past and present items: a) The development of a PE Web page should be up soon. This will have links to the information that new and seasoned teachers will need to keep current with best practices in Physical Education, conferences and workshops. b) LAUSD will offer Professional Development to give teachers guidelines for implementing the CA *Framework* and the *content standards*. c) *Fitnessgram* training will include suggestions on how to have students improve their scores and be more active every day. The Local District Superintendents want the *Fitnessgram* scores to improve. d) The District submitted a PEP Grant application to Washington DC [this was not awarded]. e) The new California Education Code of Regulations for PE will require High Schools to have these 8 components in their Physical Education program: 1) Team Sports 2) Individual/Dual Sports 3) Dance & Rhythms 4) Aquatics 5) Combatives 6) Gymnastics/Tumbling 7) Mechanics of Body Movement 8) Effects of Physical Activity on Dynamic Health. Does your High School PE program meet these new state accreditation requirements?

If your school is interested in having teachers learn how to use heart rate monitors, PDA's and Tri-Fit computers for assessment, John Kwan, Instructional Technology Applications Facilitator is available to provide technology training. Contact Chad Fenwick, PE Advisor (213) 241-5446.



Advisory Board Meeting:

L to R seated: Janice Collins, Chad Fenwick, Betty Hennessy, Eloisa Gonzalez, Wendy Selin, Cyndi Martinich, Jeanie Leighton
L to R standing: Jean Sais, John Kwan, Kurt Krueger, guest, Freddie Thompson-Esters, Barbara Hupp

Barbara Hupp, Past President

LA Unit has grown this year and made progress with PE in LAUSD. Welcome Unit 401. We need your support, as we must keep Physical Education in the forefront of Education during these times of strained budgets.

Finally there is a 'PE' person at the Beaudry Bldg! After a 12 year vacancy, Donna Kimura's replacement has been named ... Chad Fenwick. The Obesity Motion provided the funding for this PE Advisor position, as well as funding to update the 1985 Guidelines Instruction (or the secondary "Pumpkin" book) as many call it. The new Instructional Guide will be aligned to the State Framework, Content Standards and the National Standards. Chad will be busy in his new position. Congratulations!

The State conference held in Pasadena was a great success. We hope to see you next year in Monterey, my favorite place!

In addition, Chad Fenwick was elected the new CAHPERD President for greater LA.

I will move to the Region Representative position for Region #45, which Freddie's election left vacant. Thanks for all your support the last 5 years. See you at all the trainings and conferences!

Lastly, 1,000 LAUSD PE teachers can make a difference! Please join CAHPERD and participate with your school in the new Local Districts. We need 8 District Representatives to have CAHPERD meetings closer to your schools. Then the 8 Reps would attend the monthly meetings downtown. Let's keep everyone informed. Volunteer to help your profession! The CAHPERD meetings are held monthly on Wednesdays at 4:30pm at UTLA HDQTRS, 3303 Wilshire Blvd. Room #948.

The dates are:
11/3, 12/8, 1/26, 2/23, 3/30, 4/22, 5/25.

The first meeting, 9/29 was held at Jason Skinner's house in Redondo Beach.

If you have CAHPERD questions I will try to help you! Contact me at: bhupp@lausd.k12.ca.us, Salvin Special Education Elementary (323) 731-0707 X242

Quality Daily Physical Education K-12

Visits to Local District Superintendents—Districts A-K

Last school year, CAHPERD officers visited every local District superintendent to improve PE District wide! This was quite an undertaking. Our efforts helped raise awareness about PE, our 8 year plan, and the *Fitnessgram* scores. Here's a quick recap:

District A—Deborah Leidner was very supportive and ready to implement positive changes to update awareness for health and fitness during Physical Education classes.

District B—Sue Shannon agreed in the need for: a) professional development, even in elementary schools b) training for principals on progressive Physical Education.

District C—Bob Collins wants monthly meetings for PE teachers (reps from each school) to keep up to date with the Physical Education standards.

District D—Ronnie Ephraim wanted to have the best local district she could with model schools at elementary, middle and high school levels for her local district to take pride in.

District E—Dr. Seal was interested in the new Physical Education models to be implemented in all the new schools.

District F – Richard Alonzo wants all new schools to have the best PE programs possible.

District G – Sharon Robinson wanted to see the *Fitnessgram* scores improve.

District H - Rowena Lagrosa was impressed by the Sound Body Sound Mind Fitness Centers in her district.

District I — Sylvia Rousseau wanted to improve physical education in her district according to the PE Framework.

District J – Dale Vigil was interested in model schools at Elementary, Middle School and High school levels.

District K – Myrna Rivera is supportive for the improvement of Physical Education K-12.



Fitnessgram Training: Barbara & Lori



Professional Development:
Patrick Henry M.S.



More than 1,500 Health, Physical Education, Recreation, and Dance professionals packed into the Hilton Hotel in Pasadena, March 4th-7th for the 71st Annual CAHPERD State Conference. Freddie Elaine Thomson-Esters, from Hollywood High School was elected CAHPERD President. Jo Schillinger, dance teacher from Pacoima MS was elected VP for the Dance Division.

A notable highlight of the conference was the Friday evening “Dance Gala” in which the following LAUSD schools participated: Bancroft MS, Gardena HS, Washington Prep HS, Hollywood HS, Westchester HS, Millikan MS, and Pacoima MS.

Many people were honored with awards at the state convention. Patricia Harvey, past unit president received the Exemplary Leadership Award since retiring from LAUSD.

Many HPERD professionals in their fields of interest attended the various sessions. The keynote speakers were very motivational. This was a great convention! See you next year in Monterey!

PE & Dance Committee — UTLA



Chad Fenwick opening Franklin HS Professional Development Day
May 22, 2004

Chad Fenwick has worked hard to have “Year One” of the Eight-year plan implemented. He sat in on the negotiations for the following: smaller class sizes, implementation of elementary PE teachers and a PE person downtown. Chad is now the PE Advisor at the Beaudry Bldg accomplishing that objective, but we are still working on secondary class size reduction and obtaining an elementary PE program.

Watch for future salary point classes on the Ca. Code Regulation components for your high school PE program.

Jason Skinner, a PE Teacher at Cooper Community Day School will be the new Union Chairperson. He hosted the first meeting at his home in Redondo Beach!

Mark your Calendar for these dates! Committee meetings will be held on monthly House of Rep nights:

11/3, 12/8, 1/26, 2/23, 3/30, 4/22, 5/25.
Free dinner for all!

Union questions? Contact Jason at Cooper Day School (310) 832-0679

Physical Education Advisor, Chad Fenwick



Chad Fenwick’s office,
Beaudry Bldg. 25th floor
(213) 421-5446
chad.fenwick@lausd.net

My background: 15 years of teaching experience at Patrick Henry MS, UTLA Chairperson for PE & Dance, PE Advisory Board member, PE Advisor K-12, and CAHPERD Unit #406 President.

My goals: For LAUSD to develop a more progressive PE program which provides opportunities for all students to be successful and learn skills to be healthy the rest of their lives. As an advisor I want to continue to expose children to comprehensive and sequential PE experiences. We need to provide good, quality professional development for PE teachers, recognize schools that are providing outstanding PE programs, educate the administrators in charge of PE as to what a good quality PE program looks like, and convince decision makers that PE is just as important as any other class offered in school. This is not an easy task. We must all work toward the following goals: improve our own school’s PE program, set good examples of quality teaching, offer to do professional development, attend CAHPERD/UTLA-PE meetings, and attend at least 2 PE workshops or conferences per year and join professional associations: CAHPERD/AAHPERD. We must keep focused on the long range goal, prioritize, understand how to change district policies and stay dedicated to our goals.

Denise Robinson, Treasurer drobin2@lausd.k12.ca.us

Denise enjoys rollerblading during a professional development day at Patrick Henry Middle School. She is a new PE/APE staff member at Robert Fulton College Preparatory.

Jump Rope for Heart and Hoops for Heart are CAHPERD’s major fundraisers. Contact Jeff Starr (310) 889-2289 for more info. Please have a fundraiser for the American Heart Association/CAHPERD and earn sports equipment for your school, and prizes for your students! Don’t miss the CAHPERD sponsored S. District Workshop on Nov. 6 at CSUN. A salary point is available by adding Patrick Henry MS clinic (ropes course, climbing wall, and cooperative/team building activities) on Nov 13.

Please support your professional teacher’s association and join CAHPERD. Contact Denise at Robert Fulton’s PE Dept (818) 785-8624 X252



PE Award Recipients—Middle School, Recreation & Board Member ... LAUSD's Best!



Keli Koppel, Secretary

[818] 785-5475 X132

Van Nuys Middle School won the Southern California District CAHPERD award for Middle School of the Year.

Our PE program focuses on social skills and character development. Visitors are always welcome to come view our Model School program, novel activities and instruction.

L-R: Tony Delgado, Principal, Betsy Klein, Ed Banke-PE Chairman, Christina Votrian, Keli Koppel, Jason Mikels. Not pictured: Kurt Krueger



Normandie Neigh from a "World Fit for Kids" was honored with the Recreation Award for her work with after school programs in LAUSD.



L to R: Barbara Hupp, Marlene Cantor, Chad Fenwick

Marlene Cantor was honored as elected official for her support with the soda ban and Obesity Motion. CAHPERD thanks her for her support of healthy and fit students in LAUSD.

Southern District Conference

CSUN

November 6, 2004

Salary Point Class—see flyer!

Keep Informed at...
CAHPERD.org

COMING SOON - *Watch for the PE Webpage at LAUSD.net*
 Thanks to the Tech Committee and Kurt Krueger, Van Nuys MS.
See us at www.lausd.net for Physical Education info check the PE webpage.

CAHPERD
 1501 El Camino Ave., Suite 3
 Sacramento, CA 95815-2748



New CAHPERD Officers: **L-R Seated:** Denise Robinson-Treas., Barbara Hupp-Region Rep, Freddie Thompson-Esters President Elect, Jeff Starr-Jump Rope for Heart Rep, Normandie Neigh-Recreation Rep **L-R Standing:** Israel Orevi, Chad Fenwick-Unit Pres., Keli Koppel-Secy, Jason Skinner-PE Committee Chairman UTLA, Alonia Alexander & Piccola Atkins at the Stephen Wise Private Elementary School (6/04).

NAME
SCHOOL