

# ND SHAPE Update

September 2, 2022

## NDSU Grad Credit Available

NDSU and ND SHAPE are working together again to bring you this graduate credit exploring ways to bring SEL to your classroom using the *health.moves.minds* program from SHAPE America.

Sign up for this credit to learn how you can make a difference in your students' lives, as well as bringing servant leadership into your school. [To register, click on the link!](#)

This will be the theme for this year's *health.moves.minds* event. We are excited to share with you this opportunity to either empower your students with SEL lessons in health and PE class, or to use these lesson to raise funding for your HPE programs, your schools, or a charity of your choice.



## Board Member Nominations

We are currently looking for members that are interested in making a difference in our HPE field, organization, and state to join our Board of Directors. Nominations will be open until September 10, 2022.

Please consider submitting your name for a position on our board. We are always looking for new faces and ideas to help lead our organization.

[To submit, please go to our form on this page.](#)

## Tobacco Prevention Curriculum for High Schools

If your high school is in need of a tobacco prevention curriculum, we would like to recommend "Know the Truth" from the Truth Initiative. This curriculum aligns with National Health Education Standards, and is a self paced interactive curriculum.

This curriculum has been created by Truth Initiative and Kaiser Permanente, in collaboration with the American Heart Association, on vaping prevention and resources to quit made available at no cost to students and teachers.

[To access it, please follow this link.](#)






## About Us

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The North Dakota Association of Health, Physical Education, Recreation and Dance was established in 1928, with Fred Spalding from Valley City as our first President. While the field of education has had many changes in the past 90+ years, and we changed our name our name change in 2015, our mission has stayed the same—**To encourage and provide professional development and support for HPERD professionals.**

We accomplish our mission through professional development, newsletters, and networking among our members.

We are made up of public and private school teachers, collegiate professors, and health professionals that believe in the importance of active living.

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 [ndshape.org/](http://ndshape.org/)

# KINDNESS