

ND SHAPE Update

October 17, 2022

ND SHAPE Election Results

We would like to congratulate Tyler Hetland for being confirmed as VP General, and the following for election to the ND SHAPE Board: Kelsey Higginson-Minot State, Amanda Messner-Williston Public Schools, Wade Messner-Williston Public Schools, and Alaina Reller-West Fargo Public Schools.

We are looking forward to working with this great group of professionals!

Health Literacy Month

Did you know that October is Health Literacy Month? There are many resources to help you with your students, take a look at the list we have put together for you here:

[Health Education resources available at SHAPE America](#)

[Mental Health Literacy](#) is full of evidence-based mental health information.

The story behind [health literacy can be found here](#)

National Institutes of Health has a [list of their own resources here](#)

Recommendations for [Reproductive Health Education](#)

[National Health Education Week](#)

[FDA Vaping Curriculum and Resources](#)

Twitter All Stars

Are you on Twitter, but not sure who to follow? Wondering where people are getting their great ideas from? Here are a couple of our favorites to share with you:

SHAPE America--@SHAPE_America

ND SHAPE--@NDSHAPE

@carmelhealth

@PerkettPE

@OPENPhysEd
@physedreview
@Mr_C_PE
@MrBiehIPE
@HDPhysEd
@MrSpringPE
@foes4sports
@thepespecialist
@phys_educator
@WannaTeachPE
@justybubPE
@ElemPE1
@KateCoxPE

Please keep in mind this is just a starting point. There are hundreds more out there with great content, just waiting for you to discover them!



ND SHAPE State Conference 2023

Our conference is scheduled, and we are looking forward to seeing you February 19-20, 2023, in Fargo, ND!



Our keynote will be Andy Milne, and we have many other awesome presenters scheduled! Registration will be open December 1, and [check out our website often to see updates!](#)

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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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KINDNESS