

ND SHAPE Elections

Sept 15, 2023

ND SHAPE Board Elections

With only 10 days before our Fall Conference, it is time to hold our elections. Below you will find information on all of the candidates. The election is open until **9:00 pm, September 22, 2023**. You will be receiving a separate invite to Survey Monkey to vote. It will be sent to the email we have on file. If you are having difficulty accessing the form, please email ndshape@gmail.com.

Remember, you must be a current member to vote.



Sarah Smith

I am an elementary PE teacher at Longfellow Elementary in Minot. I have been teaching for 15 years and have been an ND SHAPE member since I started teaching. I am married and have three amazing kiddos. I love giving my students knowledge on how they can be healthy for life. Physical education is one of the most important part in my students school day.



Jason Steele

Jason holds his Masters in Education from University of Jamestown. He is also an OPEN National Trainer. Jason has received many awards for his work in PE, including: 2018 and 2020 ND SHAPE Elem. PE TOY, 2020 ND SHAPE Board President, and the 2021 ND SHAPE Honor Award. He teaches K-5 Elementary PE at Perkett Elementary. In his free time, Jason enjoys hunting, fishing, and spending time with his family.



Chelsea Hendricks

I have taught health and physical education at West Fargo High School for 16 years. I helped develop and revamp our P.E. curriculum in 2010 to include a variety of options such as dance, weights and dual and individual sports. I have presented at SHAPE America Central District convention and at the

North Dakota SHAPE conference. I have taught as an adjunct at Minnesota State University Moorhead. I am a recent recipient of the North Dakota SHAPE dance teacher of the year. I served as department chair for three years for health/P.E. at WFHS. I have my master's degree in education leadership. After 16 years of teaching, I feel I am ready to help serve the field of health and P.E. at a state level.



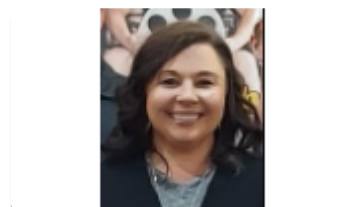
Bill Nelson

Bill is in his 12th year as PE Teacher at Jamestown Public Schools, 10th - Head Athletic Development, 9th - Head FB Coach. He holds 17 years of Teaching experience, and 26 years Coaching experience (5 years Collegiate Strength & Conditioning, 21 years HS/MS) Bill has been married for 25 years to wife Stephanie (Anne Carlsen Center), two boys - Will (19), Bo (17)



Sarah Beckedahl

I am going into my 21st year in the education field with eighteen of those years being a physical education teacher! Previously, I had served on the NDAHPERD board in many capacities for over a decade. I was the 2009 NDAHPERD Middle Level TOY and look forward to sharing my knowledge and experiences with the ND SHAPE community if chosen. Recent leadership achievements I have been involved with as the department head at Jim Hill Middle School in Minot, ND are: In 2022 as a team we applied and won The National Foundation for Governors' Fitness Councils "Don't Quit" Grant and received a brand new \$100,000 fitness center for our school. We have also worked to create a strong Unified Physical Education mentoring program and deliver the highest quality physical education to all students we work with!! Thank you for your consideration!



Ten Days Until Conference!

We are closing in on our Fall 2023 Conference, featuring Kate Cox and Jay Reading! Read more about them below. Jay will also be hosting a Pre-Conference session on Disc Golf on Sunday, Sept 24, from 1-4 pm at Hillside Park Disc golf Course. [Registration can be filled out here!](#)

Continued Education Credit information is below.

Jay Reading Pre-Conference and Disc Golf Presenter

Jay Reading is a five-time World Putting Champion and a three-time Pro World Mixed Doubles Champion. With over 100 professional wins, Jay added to this list at last year's Dynamic Disc Open in the Pro Masters 50+ division. In 2002 he established a non-profit called The Edge (Educational Disc Golf Experience) program, which provides schools and youth programs with curriculum and equipment to get disc golf in schools.



Jay will be presenting a 3 hour Pre-Conference session on Disc Golf, all attendees will leave with an EDGE disc and mini disc, AND an opportunity to receive a \$2,000 EDGE disc golf school package. He will also be exhibiting and have a session during our conference.

Kate Cox-Keynote Presenter!

We have secured Kate Cox as our main conference presenter!

Kate is a Nationally Board Certified Physical Educator who is passionate about physical literacy and high-quality professional development. Kate is the 2017 CAHPERD Middle School Teacher of the Year (TOY) & the 2018 SHAPE America Southwest District Middle School TOY. Along with being an OPEN National Trainer, Kate is an Instructional Coach for the Health and Physical Education Collaborative (H-PEC) and has worked with the California Subject Matter Projects for Health and Physical Education. Kate's been teaching 4th-8th grade Physical Education at Corte Madera School in Portola Valley for 21 years, & has presented at many state, national, and international conferences.



Continued Education Credits Available

ND SHAPE and NDSU are again offering Continued Education Credits for the fall. Click the link below to learn more.

[Conference Credit](#)

[Health.Moves.Minds Credit](#)

Networking and Sharing Resources Survey

ND SHAPE is offering a \$50 cash prize incentive to fill out a [networking and sharing resources survey](#) in preparation for the 9:00am Networking session at the Fall Conference. Here is the Survey. You must complete it before September 20th to be eligible for the drawing of ONE \$50 cash prize at 9:30am during the conference.

Conference Hotel

Hampton Inn and Suites

2020 Schafer Street

Bismarck (Right by the Community Bowl or BSC campus)

\$88.20 for Sunday Night September 24th.

Room block under ND SHAPE.

Block releases on September 3rd, so book early!



Conference Schedule at a Glance

Sunday, September 24, 2023

1:00-4:00 pm Disc Golf with Jay Reading (Registered event)

6:00-8:00pm Social

Craftcade

405 N 4th St, Bismarck



Monday, September 25, 2023

Simle Middle School

7:00-8:00 am Registration/Early Risers Session I Gyms

8:00-8:50 am Breakout Session II Gyms/Classrooms

9:00-9:50 am Coffee Talks Commons

9:50-10:10 am Exhibits Commons

10:15-11:00 am Breakout Session III Gyms/Classrooms

11:10-12:00 pm Breakout Session IV Gyms/Classrooms

12:00 -1:00 pm Lunch & Awards Ceremony Lunch Provided

1:10- 2:00 pm Breakout Session V Gyms/Classrooms

2:10- 3:00 pm Breakout Session VI Gyms/Classrooms

3:00- 3:30 pm Closing/Door Prizes Registration Area



Conference One Pager Final - Google Sheets.pdf

[Download](#)

202.3 KB

Please note that sessions are subject to change.

First Year Teacher Nomination Form

Do you know a teacher that has been hired to start teaching this fall?

They can benefit from a free membership to ND SHAPE! Just fill out the

nomination form below to give them the gift of networking, latest



professional information, access to professional development, and most importantly, a \$1 million liability insurance policy for their educational activities.

[Click here to access the nomination form.](#)

Consider a health. moves. minds.® Fundraiser for your school

Positively impact your school with a health. moves. minds.® Fundraiser this school year. You'll earn up to 50% back to your school and teach students positive habits that last a lifetime. #healthmovesminds

Teach your students to let kindness serve as their moral compass ... and receive up to 50% back to your school!

The health. moves. minds.® Fundraiser was designed to teach students critical life skills -- kindness, respect, philanthropy, advocacy -- and to demonstrate the importance of daily physical activity and giving back to the community.

- Share donations raised with a 501(c)(3) charity of your choice -- your school (HPE or Health) or local charity.
- Earn Cougher gift cards towards new PE equipment.
- Receive a special banner for your school to display your tradition of helping others in need.
- Receive a \$1000 into your SHAPE America Select Professional Membership when you raise \$2,000 or more.
- Use the SEL-focused health, moves, minds, lessons and activities to benefit your students and the entire school.
- Incorporate new mind-lessons focused around the Get Kindness Guide New Theme, combining adventure racing and teambuilding activities.
- Expand on the curriculum by using Learning Outcomes developed for these physical activity-themed Fundraising Rewards.

Learn more at healthmovesminds.org.

Fundraising Rewards

- \$25 Reward: 1000 Cougher Gift Cards
- \$50 Reward: 2000 Cougher Gift Cards
- \$100 Reward: 4000 Cougher Gift Cards
- \$200 Reward: 8000 Cougher Gift Cards

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#healthmovesminds

Looking to Pay It Forward?
With the health. moves. minds.® Fundraiser, earn 25% back to your school and share 25% with a 501(c)(3) charity of your choice!

[LEARN MORE](#)

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#healthmovesminds

Need funding for your HPE program?
Earn up to 50% back to your school with the health. moves. minds.® Fundraiser.

[LEARN MORE](#)

health
Inspire healthy habits.

moves
Teach kids to thrive physically and emotionally.

minds
Fuel active minds.



About Us


 Facebook  @ndshape

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.

 Bismarck, ND, USA

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 ndshape.org/

KINDNESS