

**MARK YOUR OCTOBER CALENDAR**

4 – Advanced Movers volleyball game NHS vs CyFalls 4:30/5:30 at NHS

9 - Advanced Movers VB game SWMS 5:15/6:15 at SWMS

9 – Advanced Movers VB game SOMS 5:15/6:15 at SOMS

9 –Advanced Movers VB game SBMS 5:30/6:30 at SBMS

1 0- SBHFTA Board Meeting 3:45 at WSC

10 - 9 week grades due

11– Professional Development day with campus

14– Holiday – no school

16– Advanced Movers VB game MMS 5:30/6:30 at MMS

16- Advanced Movers VB game LMS 5:15/6:15 at LMS

16– Advanced Movers Volleyball SFMS 5:15/6:15 at SFMS

25- Advanced movers Football game MHS vs Cy Ridge 7:00pm Tully

29- Advanced Movers Volleyball SWHS vs Jersey Village 4:30/5:30 at SWHS

31-Advanced Movers Football game SWHS vs Cy Falls 7:00 Tully

HEALTH FITNESS

NEWSLETTER

October 2019



To our National Award Winners for America’s Healthiest Schools and to our SBISD J Landon short mini grant winners!

**Healthiest Schools**:

2018-2019 BRONZE WINNERS

* Bunkerhill Elementary
* Frostwood Elementary
* Hollibrook Elementary
* Memorial Drive Elementary
* Cedar Brook Elementary
* Treasure Forest Elementary

**Second Year Winners:**

SILVER WINNERS:

* Wilchester Elementary

BRONZE WINNERS

* Edgewood Elementary
* Housman Elementary
* Landrum Middle School
* Meadow Wood Elementary
* Pine Shadows Elementary
* Rummel Creek Elementary
* Spring Shadows Elementary
* Westwood Elementary

**J Landon Short Mini Grant Winners:**

CBE – Courtney Roberts & Marla Squires – Cardio Drumming for all

PSE – Teresita Nino – Cardio Drumming for all

WCE – Paula Baker – Mindful Movement

**FitnessGram –** the state has yet to purchase licensing for the current school year, so please be patient. Just keep your recorded results somewhere safe. I will let you know when it will be available online.



**High School Student Leadership trip** is scheduled for November 7th at SHSU. Please send Leslie Wylie the names of your students/athletes that will be attending.

**Mark your Calendar for this new Advanced Movers opportunities**:

Wednesday, November 13th – Food Drive Swim Meet at the SBISD Natatorium, 6:00pm. This is a fun meet where the swimmer dress up and have all kinds of fun relays and such.

**Employee Wellness Kickball Tournament** will be November 2nd at SpringSpirit. Get a team of at least 8 people and join us for some fun! Register [here](https://docs.google.com/forms/d/1BBYVQBbZJDOH3dh38NHkPR6jRliEilzXjjofVEOtfe0/edit?edit_requested=true) .



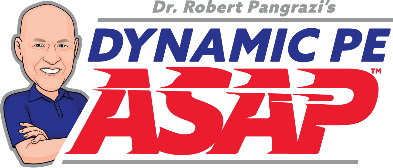


**SBHFTA NEWS:**

Sign up for TAHPERD’s Annual Convention now at <https://www.tahperd.org/web/Online/Events/Annual_Convention/Online/Events/Annual_Conference.aspx?hkey=074d7eb2-d4b7-4fbf-aae7-0f49c0120259> .

Members of SBHFTA may apply for a scholarship to help with the cost of TAHPERD. Details for that will be coming soon – be on the lookout for an email from Anne Daily.

The SBHFTA vendor fair was a huge success. Our next SBHFTA meeting will be November 21st at Wilchester Elementary – 3:45. Hope to see you there!



Need easy and quick health fitness lesson plans K-8?

Check out <https://www.dynamicpeasap.com/> . Amazing skill progression, and lesson plans aligned to national standards.

**Employee Wellness Water Challenge** begins Monday, Sept. 30th and ends October 27th.

All employees who drink at least 320 ounces of water per week will be entered into a weekly drawing for filtered water bottles or Pitchers.  Two water bottles will be given away each week.  This is an individual challenge so all who are interested and participate has a chance to win.  You may sign up at anytime during the challenge at [SBISD Water Challenge](https://docs.google.com/spreadsheets/d/1tfXt3EeEcX2diDA0yaJeSKWdtvrMw8ZtvN-0NWuUH9M/edit?usp=sharing)

**in the gym…..**

**Remember our District Wide Health Fitness Focal Points while planning your lessons!**

MHS Feeder pattern- locomotor skills, core, hand/eye coordination

NHS feeder pattern – locomotor skills, core, strength, technique/form

SHS feeder pattern – jumping, core, mobility/flexibility

SWHS feeder pattern – agility, core/balance, throwing

Ann King, from WAIS, has shared a great link on classroom management – Check it out at <http://ow.ly/cJqq50whXiY>

|  |  |
| --- | --- |
| [https://mk0bloggophersprvo63.kinstacdn.com/wp-content/uploads/2019/09/ClassActivity-MiddleSchool-PE-322.jpg](http://ow.ly/cJqq50whXiY) | [Classroom Management Strategies: Using Commands, Echoes, and Sound Effects](http://ow.ly/cJqq50whXiY)  ow.ly  Learn how to increase MVPA by keeping students engaged with Commands, Echoes, and Sounds. Save time during transitions and instructions, and keep moving! |

**DISTRICT NEWS – MUST READ!!!**

**KickUp: Submitting Out-of-District Credit Requests**

This process will allow all employees to request professional learning credit for out-of-district events such as conferences, region service center trainings, and outside professional learning experiences into their log in KickUp.

Key Information:

* Go to your KickUp account and (1) BROWSE EVENTS; (2) select YOUR LOG; and (3) select SUBMIT EVENT.  Follow the instructions provided in KickUp to complete each field in the form.
* It is essential that descriptions of the professional learning and how it aligns to your current assignment are included.
* Tags are important and required in order to get credit for your out-of-district request. Please select all appropriate tags: credit type, event type, focus areas, and the learning environment. Specialty Credit Type require preapproval from the associated department.
* Once you save your request, you must go back into the submitted event to upload files.
* Uploaded certificates must include date(s) and hours. If a certificate is not available, you must attach official documentation from the organizers of the event about the type of learning, date(s), and awarded hours. This might include, programs, agendas, activity logs, etc. Dates on the certificate need to align with the dates that you have put on your event request.
* If you are requesting a GT Specialty Credit Type, it must be TAGGED as GT or credit will not be awarded. This credit type has two approval layers. (1) Advanced Academics Department Approval; (2) PPL Team Confirmation
* Once you submit your event request, your log will show that the event request is “PENDING.” Once the event has been approved and confirmed by the PPL Team, the hours will appear on your log with a green check mark next to the title. It may take a couple of weeks to process your request. Please email adrian.rutherford@springbranchisd.com or contact him at x2462 if you have any additional questions.

**KickUp: Submitting Personalized Professional Learning Requests**

Employees can now utilize a process created by the Personalized Professional Learning team to request credit for personalized learning. This credit honors learning gained in non-traditional as well as traditional modalities and gives employees a process for backing their request for professional learning hours.

Key Information:

* Complete your initial request for personalized professional learning through Google Forms at tinyurl.com/SBISDLearns.
* Once you have completed this form, return to your KickUp account and (1) BROWSE EVENTS; (2) select YOUR LOG; and (3) select SUBMIT EVENT.  Follow the instructions provided there in KickUp to complete each field in the form.
* It is essential that detailed descriptions of the professional learning, how it aligns to your current assignment and goals, and how you will demonstrate your learning over time are included.
* You will propose a reasonable amount of credit hours for your learning submission.
* Note: Awarded credit hours will not equate to the actual time spent reading, viewing, synthesizing, designing, creating, applying, etc. Example: I am going to read an article regarding guiding academic conversations and will work to apply the strategies in my classroom. Although this may extend over several days, a fair amount of awarded credit hours might be two (2) hours, keeping in mind that some of the time spent is my actual job and not new learning.
* Tags are important and required in order to get credit for your personalized request. Please select all appropriate tags: credit type, event type, focus areas, and the learning environment, Learning Forward Standards, and T-TESS Dimensions (if appropriate). Specialty Credit Type require preapproval from the associated department.
* Once you submit your Personalized Professional Learning request, your log will show that the event request is “PENDING.” Once the event has been approved, you can begin your personalized learning.
* Once you have engaged in your learning and are ready to submit evidence of application, you will go back into the submitted event request to upload files and/or provide links, etc.
* Once you upload your evidence, the PPL Team will review your submission documents.  They will either request additional information or will CONFIRM your previously approved learning submission.  Once your event request shows as “Confirmed,” the hours will appear on your log.
* It may take a couple weeks to confirm your submitted evidence. Please email Alana Morris or Lesli Brown if you have any additional questions or need clarification.