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Physically Active Classrooms Institute

Making the ConneCTion – Physical Activity and Academic Achievement

Amanda Aldred, School Nutrition Specialist
New England Dairy & Food Council

Amanda Aldred, RD, SNS - is a School Nutrition Specialist at New England Dairy & Food Council (NEDFC). NEDFC is the state and regional office of the National Dairy Council (NDC), managed by Dairy Management, Inc., a non-profit organization for U.S. produced dairy products on behalf of America's dairy farmers. Amanda is responsible for implementing Dairy Council's nutrition programs in Connecticut schools and executing local campaigns to increase the visibility of New England dairy products. Prior to this position Amanda was the Food Service Director for Naugatuck Public Schools. She is a member of the American Dietetic Association, the School Nutrition Association, and a graduate of the University of Connecticut's Coordinated Program in Dietetics.

Carol Ciotto, Professor
Central Connecticut State University

Carol Ciotto has served as a professor at Central Connecticut State University in the Department of Physical and Human performance for the past 8 years. She spent 21 years serving as a physical education teacher in West Hartford, an assistant principal in Hartford and a principal in East Hartford. Carol has served on the CTAHPERD Executive Council as VP for Physical Education and Dance and is the President Elect for 2011-2012. In addition she serves as a member of the strategic planning committee for EDA and is a member of the Connecticut Cadre of Physical Education Trainers. Carol has presented at various conferences at the state, national and international levels over the past 29 years. Throughout her career she has received the CCSU Excellence in Teaching Award (Honor Roll) in 2009-2010, Superintendent's Service Award in 2000, Connecticut Association of Schools Program Award in 2000, CTAHPERD Elementary Teacher of the Year Award in 1998, Hershey's National Excellence in Teaching Award and Service Award in 1994, CIAC Outstanding Coach of the Year Award in 1993 and the CTAHPERD Outstanding Program Award in 1985. Carol has a true passion for teaching and learning and is committed to continuous service to the field.

Nancy Duwenhoegger, 2011 Healthy Schools Program Champion
Alliance for a Healthier Generation

Nancy Duwenhoegger is a physical education (PE) teacher at Loring School in Minneapolis, Minnesota. Duwenhoegger is responsible for a number of creative initiatives that make her school a healthy environment. Currently, the Loring School places great importance on PE and ensures that each PE class is 60 minutes and that recess precedes lunch. Duwenhoegger also remodeled the academic health program to reflect a greater focus on teaching topics relevant to fitness and nutrition, reduced the amount of unhealthy foods served at school holiday events, removed staff vending machines from school grounds and introduced physical activity breaks into classrooms. Her work with the Alliance for a Healthier Generation—an organization founded by the American Heart Association and William J. Clinton Foundation to reduce the prevalence of childhood obesity—helped her access the resources, through its Healthy Schools Program, necessary to affect widespread healthy change at Loring. The Bronze National Recognition Award the school received from the Alliance for a Healthier Generation is in large part due to her effort. The Alliance for a Healthier Generation is pleased to announce Nancy Duwenhoegger as a 2011 Healthy Schools Program Champion.

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Lisa James, High School English Teacher
Portland School District

With a bachelor's degree in English from Skidmore College and a master's degree in Liberal Studies from Wesleyan University, Lisa James is in her 10th year teaching 9th-12th grade English. In addition to serving as a cooperating teacher and mentor to beginning teachers, Lisa is continually reflecting on how she can improve her own teaching practice. Through the practice of dance, yoga, running, and most recently, Taekwondo, physical activity has also always been an important part of her life.

Phyllis Jones¸ K-12 Physical Education and Health Coordinator
Regional School District 10

Phyllis Jones is the K-12 PE/Health Coordinator at Regional School District 10 in Burlington, CT. She also teaches physical education and health at the elementary and high school levels and serves as the chairperson for the district's Coordinated School Health Team. She is a former BEST portfolio scorer and currently serves as a Master Mentor, TEAM Coordinating Committee member and Reflection Paper Reviewer. She is the Facilitator for the CT Cadre of PE Trainers.

Tony Loomis, Secondary Physical Education Teacher
Naugatuck Public Schools

Tony Loomis is a secondary physical education teacher in Naugatuck, CT. In 2005 he received the CTAHPERD Outstanding New Professional Award. He is a leader among colleagues; mentoring new teachers, writing curriculum, and facilitating professional development workshops in Naugatuck. He also represented the physical education department during their latest NEASC evaluation. Tony has presented on topics such as Increasing Motivation and Participation in Physical Education, and Incorporating Technology into Physical Education. Along with being a Cadre member, Tony was part of the CT Physical Fitness Assessment Committee, 3rd Generation. He enjoys being a role model for his students through practicing a physically active lifestyle.

Rich Keegan, Physical Education Instructor
Simsbury High School

Rich Keegan is the author of "Global Games for Diversity Education, Teaching 21st Century Diversity Skills." Rich is a member of the Connecticut Cadre of Physical Education Trainers for the State Department of Education. Rich has been a Physical Education Teacher and Challenge Course Facilitator for the past 19 years In Simsbury Connecticut. He currently teaches Diversity and Leadership in Simsbury High School's Physical Education classes.

Stephanie Myers, Relationship Manager, CT/NY
Healthy Schools Program, Alliance for a Healthier Generation

Stephanie Myers is the Healthy Schools Program Relationship Manager for New York and Connecticut at the Alliance for a Healthier Generation. She currently works with over 130 schools to create environments where physical activity and healthy eating are accessible and encouraged. Stephanie earned her B.A. in Sociology from Boston College and her Masters of Public Health at the Columbia University Mailman School of Public Health. Her background also includes working for Providence Regina House, where she established a new food and clothing bank in south Seattle and for Food Lifeline, where she managed two food rescue programs. In Stephanie's spare time, she enjoys travelling, yoga, snowboarding and competing in open water swimming events and triathlons.

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Jean Mee, Consultant, Physical Education and Comprehensive School Health Education
Connecticut State Department of Education

Dr. Jean Mee is currently the State Department of Education's consultant for physical education and comprehensive school health education, and adjunct professor in CCSU's Department of Exercise Science and Physical Education where she teaches Adapted Physical Education. She has served as a school district administrator, teacher of physical education PreK-12 and school health, fitness consultant, adventure educator, professional developer and athletic trainer. Dr. Mee's degrees are in physical education, counseling, educational leadership and adult education in health and human services. Dr. Mee has been promoting physically active learning for adults as well as youth for decades and is internationally considered an expert on the subject. Her early work in infant and toddler aquatics and movement education, as well as post-mastectomy rehabilitation, has been featured in the New York Times. Recently, she has been quoted in the Hartford Courant and the Toronto Star on the subject of physically active learning. Programs such as Games Design for Purposeful Teaching and Learning, Play with Purpose, Building Self Esteem through Play and Team Building through Adventure Play, are frequently-requested programs designed and presented by Dr. Mee.

Justin McGlamery, Adventure Education Coordinator and Adjunct Faculty
Saint Joseph College

Justin McGlamery is the Adventure Education Coordinator and Adjunct Faculty at Saint Joseph College. He has been facilitating Therapeutic Adventure groups, teambuilding programs, Health Rhythms Drumming groups, and teacher trainings, as well as teaching Adventure and Experiential Education and Leadership & Group Dynamics classes at Saint Joseph College for the past eleven years, working primarily with teachers, faculty, college students, adolescents and special-needs populations. Justin has presented about using experiential activities to engage learners and to enhance teaching at many regional, national and international conferences. In addition to his passion for teaching and learning with people, Justin is a parent, a musician, poet, actor, activist and community organizer, and is co-author of: Focus Your Locus: Activities that Focus the Power of Individuals and Groups, published by Wood 'N' Barnes, Bethany, OK 2010.

Samantha Murr, Second Grade Teacher, Regional School District 10

Samantha Murr is a second grade teacher at Harwinton Consolidated School, part of Regional School District #10. Samantha is an active member of the building's Coordinated School Health Team and has been implementing physically active learning in her classroom for several years. She works closely with colleagues and administration and recently facilitated a workshop for her colleagues demonstrating some of her strategies and techniques in the classroom.

Chris Ortiz, Training and Program Design Coordinator, High Five

Chris Ortiz is High 5's training and program design coordinator. While he has developed and directed adventure programs in a variety of settings, his passion continues to be in training and sharing ideas with other educators. He has worked with a variety of clientele, including schools, summer camps, universities, corporations and social service organizations. Chris regularly presents at regional, national and international conferences where he shares innovative programming and activity ideas. He is a contributor to High 5's Adventure by the Handful blog.

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Michelle Owens, National Student and Employee Wellness Manager
Alliance for a Healthier Generation's

Michelle Owens is the National Student and Employee Wellness Manager for the Alliance for a Healthier Generation's, Healthy Schools Program. She provides technical assistance, professional development training and resource brokering for schools across the country working to create healthier environments by infusing more physical activity opportunities, healthy eating options and nutrition education into their schools for students and staff. Michelle most recently worked with the Healthy Out-of-School Time Coalition to create National Physical Activity and Healthy Eating Standards for Afterschool Programs. She is currently on the board of the NC Afterschool Coalition, on the planning team for North Carolina's Obesity Prevention Plan with Eat Smart, Move More NC Executive Committee and a committee member of the Dare County Obesity Task Force. Michelle's previous work includes; reading and family support trainer for Johns Hopkins University and the Success For All program, program director for the Champs Academic Enrichment program, and an elementary and middle school special education teacher. Michelle currently resides in the Outer Banks of NC and she enjoys volunteering in various projects with her local running club and community center, running on the beach with her dogs, fishing, kayaking and gardening.

Bob Pangrazi, Education Consultant
Gopher Sport

Robert Pangrazi is a Professor Emeritus at Arizona State University and an Educational Consultant for Gopher Sport and The U.S. Tennis Association. Dr. Pangrazi's physical education textbooks have sold more than 750,000 copies. Pangrazi has published over 50 textbooks and 100 research and professional articles. He has been a keynote speaker for 39 state and district conventions and an invited speaker at nearly 400 national and international conferences. He regularly conducts training sessions for schools and universities and is regarded as a motivational speaker. His approach to elementary school physical education has been used worldwide by the Department of Defense Dependents Schools, nationally by the Edison Project, and is used in hundreds of public, private and charter schools across the U.S.

Casey Pilkington, Physical Education Teacher,
New Fairfield School District

Casey Pilkington is an elementary school physical education teacher in New Fairfield, Connecticut. She has been recognized as a "Shining Star" in the New Fairfield School District and received an Exemplary Elementary School Program award in 2010 from the Connecticut Association of Schools. Casey is a recipient of the 2011 Unsung Heroes Award and has presented at CTAHPERD and AAHPERD annual conventions. Her newest endeavor includes being a member of the CT Cadre of Physical Education Trainers.

John Smith, Education Consultant
FlagHouse

John L. Smith has taught physical education at every level, pre-school through college, for 40 years. A graduate of Montclair State University in 1971 with a B.A. in Health and Physical Education and in 1972 with a M.A. in Physical Education, John taught physical education in the Ridgewood, N.J. Public School system for 16 years before moving on to teach physical education at the Ho-Ho-Kus, N.J. Lloyd Road School for 23 years. He has presented workshops and convention sessions in over 35 states and at 200 local, state and national conventions. Known professionally for his creative teaching and unique approach to teaching, John retired from teaching in 2011 and is now working as an educational consultant for FlagHouse Inc. At FlagHouse he is directing their Educational Services Department, creating new products, writing product activity guides and presenting workshops at conferences and conventions nation-wide.

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Kim Thibodeau, Program Director
Recess Rocks!

Kim Renee Thibodeau, Recess Rock's program director, has been with the program since inception. A professional spokesperson for kinesthetic wellness and a licensed movement teacher, she has brought the science of learning through movement to children and adults since 2004. Kim has a diverse background in a variety of movement forms including classical ballet, jazz, modern, tap, Middle Eastern belly dancing, PilatesR, Hatha yoga, tai chi, qi gong, and hula hooping. She is licensed in ZumbaTM and The NIA Technique®, belted in tae kwon do, and is a Mind Body member of the IDEA Health and Fitness Association. Recently she designed and implemented the Nutrition and Physical Demonstration Activity for the State of Connecticut Department of Health, and was a guest presenter at Goodwin College, the Hartford Mayor's Conference, the TEDX conference and Go Red for Women. Currently she lives in Connecticut with her husband and three children and continues to design and lead a variety of wellness programs.

Judy Treu, Research Associate
Yale-Griffin Prevention Research Center

Judy Treu is a Research Associate at the Yale-Griffin Prevention Research Center (PRC) who has extensive experience in developing health promotion materials for various audiences. Her work focuses on implementing and evaluating school-based nutrition and physical activity programs (including Nutrition Detectives™ and ABC for Fitness™), developing other related programs for middle school and high school students, and playing a role in other community-based and clinical research projects. She is a registered dietitian with a bachelor's degree in health and a master's degree in nutrition, and has prior work experience at the Pennsylvania State University and the University of Massachusetts.