



Justification Toolkit

Join Us in Orlando

The [2019 SHAPE Florida Convention & Expo](#) will take place in Orlando, November 17-19.

But first....

Use This Toolkit to Make the Case to Attend

- Develop talking points using the needs/benefits table to explain to your supervisor/principal how attending the state convention will help you meet the needs of the school's/district's current initiatives.
- Customize and send the justification template letter to your supervisor to set up a face-to-face meeting.
- Review our talking tips before meeting with your supervisor.
- Finally, use this toolkit to share how this professional development experience will lead to more effective teaching and better learners in the classroom.



| School District's Needs | Attendee Benefits |
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| <p>Ensure all students are given the best opportunity to meet the local, state and national standards for health and physical education (HPE)</p> | <ul style="list-style-type: none"> ✓ Discover dynamic ideas to create and deliver a standards-based curriculum so that students acquire the skills, knowledge and behaviors that will lead to living an active, healthy life ✓ Learn best practices for creating an inclusive environment in health and physical education class ✓ Explore the latest tools in measuring how well students are progressing toward achieving the standards for HPE |
| <p>Help students become better learners</p> | <p><i>SHAPE Florida and SHAPE Southern District Teachers of the Year will offer strategies to guide students to access, understand, appraise, apply and advocate for health information and services in order to maintain or enhance one's own health and the health of others. They will also increase students' moderate-to-vigorous physical activity levels in PE and in before-, during- and after-school physical activity opportunities. This can lead to success in the classroom including:</i></p> <ul style="list-style-type: none"> ✓ Increases in academic achievement and test scores ✓ Positive associations with attention, concentration and on-task behavior ✓ Improved classroom behavior and decreased disciplinary issues and reduced participation in high-risk behaviors |



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| <p>Develop expertise in differentiated instruction to meet the learning needs of all students</p> | <ul style="list-style-type: none"> ✓ Gain strategies to refine your approach to teaching and effectively address all students' learning needs ✓ Acquire a sharper focus on teaching the essential ideas and skills of various content areas ✓ Learn new ways to assess, reflect, and adjust content and the learning process to meet student needs ✓ Learn best practices for responding to individual student differences that can lead to a more inclusive learning environment (such as learning style, prior knowledge, interests, and level of engagement) |
| <p>Better understand the whole-child approach to education to ensure students are healthy and successful academically</p> | <p><i>Learn how to implement the Centers for Disease Control and Prevention (CDC) and ASCD's Whole School, Whole Community, Whole Child (WSCC) national model as a framework to improve students' cognitive, physical, social and emotional development.</i></p> <ul style="list-style-type: none"> ✓ Strategies to address the 10 components of the model, including <ul style="list-style-type: none"> ○ using a skills-based approach to deliver health education and promote healthy literacy in schools ○ developing a comprehensive school physical activity program, which includes a well-designed physical education program and opportunities for physical activity before, during and after school. ✓ Resources to implement a skills-based curriculum that will lead students to make healthy choices ✓ Tactics to link CDC's identified "six risk behaviors" to the teaching and instruction of health education |



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| <p>Understand how to maximize opportunities to receive funding for your programs. Each of these programs provides a different experience for your school and students.</p> | <ul style="list-style-type: none"> ✓ American Lung Association: Yoga Power. This unique program teaches students the basics of yoga and lung health and gives them opportunities to raise lifesaving funds for the American Lung Association. ✓ SHAPE America: Health.Moves.Minds. This program teaches young people to care for their MINDS & BODY with a Social Emotional Learning focus. ✓ Mission Possible: Game On! This is a fun fitness fundraiser that combines the ease of an online donation platform with the thrill of an interactive obstacle course based on the TV shows Wipeout & American Ninja Warrior. ✓ Y-Ties: These elastic shoelaces come in over 40 different colors and are popular for elementary students. |
| <p>Explore the latest technologies, services and equipment to improve student engagement and find ways to capitalize on existing school technologies</p> | <p><i>Meet the needs of all learners. Attendees will have the opportunity to try the latest products, services and technology tools geared toward HPE and physical activity in schools. Get access to more than 30 vendors to address how to:</i></p> <ul style="list-style-type: none"> ✓ Maximize student engagement using modified equipment for students with disabilities ✓ Create a personalized, tech-assisted learning environment ✓ Collect meaningful formative data to assess student learning ✓ Manage student data related to standards-based curriculum objectives |



Create active learning environments that can positively affect a broad range of student social, health, behavioral, and academic needs

- ✓ Get the latest research **on the effects and benefits of social and emotional learning (SEL) on students**
- ✓ Learn how to create **positive learning environments** that have caring teacher-student relationships at their center
- ✓ Identify new **instructional practices and strategies** to help you teach, model, and reinforce social and emotional skills in in the classroom
- ✓ Understand the ways that health and physical education achieve SEL competencies and **learn how to communicate this connection** to school administrators.



Justification Letter

<Date>

Dear <Name of Principal or Supervisor>,

With more and more evidence showcasing the benefits of health and physical education for students in the classroom, I am eager to tell you about an upcoming state professional development opportunity that can improve my teaching skills and lead to better learning in the school for all students.

On November 17-19 in Orlando, my professional organization, *SHAPE* Florida – Society of Health and Physical Educators, will be hosting its 2019 State Convention & Expo. As an attendee, I will have an opportunity to gain hands-on experience and learn from *SHAPE* Florida and *SHAPE* Southern District Teachers of the Year who will share how I can:

- Meet the local, state and national standards for health and physical education
- Help students become active learners
- Implement a whole-child approach at our school to ensure students are healthy and ready to learn
- Incorporate practical ideas to infuse more physical activity during the day
- Meet the needs of all students through differentiated instruction
- Meet the needs of all learners to maximize student engagement using the latest technologies
- Create active learning environments that can positively affect a broad range of student social, health, behavioral, and academic needs

Additionally, scheduled presentations are research and evidence-based and incorporate the most recent findings on best practices.

I would appreciate the time to discuss this professional development opportunity and how you can support my attendance.

Sincerely,

<Full Name>

<Title>



Tips for Speaking with Your Principal/Supervisor

1. Request an appointment to speak with your school principal/supervisor.
2. Use the toolkit to match the benefits of attending to specific needs within your school/district. Once the convention program is available online, select specific sessions you plan to attend and share how they align with your specific goals and responsibilities.
3. Read through our [ESSA 10 Top Tools](#) to help answer any questions related to the new federal law and how it will affect your school/district.
4. Use your most recent evaluation to address areas you could improve upon by attending the national convention.
5. Check out our [list of funding ideas](#) to go over with your principal.
6. After the convention, follow up on how you plan to apply what you learned at the convention throughout the school year.
7. Offer to hold a brief training session on new tactics and best practices for the staff who did not attend.