

# WAPHERD

## Annual Southeast District Workshop

In Cooperation with The  
American Heart Association

Thursday March 5th, 2009

Come and Enjoy:  
New Activities to promote  
healthier kids, networking,  
and dinner!

This workshop is FREE of  
Charge!!!

Please Mail this form by February 28th to:

Kristi Hansen  
11601 W. Lincoln Ave  
West Allis, WI 53227

You can also Fax #: 414-546-5734 or e-mail to: [hansenk@wawm.k12.wi.us](mailto:hansenk@wawm.k12.wi.us)

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If you have any questions please contact:

Kristi Hansen

Phone: 414-604-3200

Ext. 3246 Voice Mail: 6616

Fax: 414-546-5734

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Please join us at Nathan Hale High School For the Southeast District Workshop:

Nathan Hale High School  
11601 W. Lincoln Ave  
West Allis, WI 53227

5-5:50– **Dinner, Check-in, and Southeast district update**

6:00-6:45– **Breakout Session One:**

**Choice 1: Stop it out in PE– Presented by Joel Nellis from Hillside Elementary-Brookfield**

STOMP is a combination of percussion and movement that makes for an enjoyable adventure in PE. Using basketballs, brooms, shovels and just about anything you can find, STOMP is far from the typical "dance" units. Students get the chance to break away from the rigidity of rules that are associated with sports and get to develop their creative side in a fun and energizing way. Teachers will get to explore STOMP for themselves and learn the basics of how to implement STOMP in their classrooms

**Choice 2: Safe-Chi™ - Fundamentals of Self Defense– Presented by DiAnn Stasik**

Physical self defense in today's society is no longer an option; it's a necessity. Come and learn about the following components of self defense: the Personal Space Concept, the Psychology of the Attacker, the Physical Weakness of the Attacker and the Power of Words. The focus will be on the most common Frontal and Rear and the Defensive Responses to various attacks which are effective and easy to learn. Finally, participants will learn a pattern of movements to help keep the mind and body fit for defense. Participants will learn self defense tactics from the following fighting arts: Tae kwon do, Kung Fu, Krav Maga, Aikido, Karate, Tai Chi and much more.

6:50-7:35– **Breakout Session Two:**

**Choice 1: “Glow in the Dark Hoops for Heart...Ready, Set, Lights Off!!!”**

**Presented by Patty Kestell**

Energize your students as you add Glow in the Dark Hoops for Heart, Wanna Be a Bulldog (or your mascot) Relay, and other fun activities to your American Heart Association Hoops for Heart event! Come participate and experience for yourself what a blast your students will have shooting baskets in the dark!

**Choice 2: Eating Disorders - Self Inflicted Violence (Cutting) - Real Issues - Real Answers**

**Speaker: Lois Stefanowski from the InFormed Foundation**

An increasing number of children and adolescents are "crossing the line," engaging in self destructive behavior such as anorexia, bulimia, compulsive overeating and self injury (cutting). Experience a powerful presentation that includes compelling videos on these topics. Understand signs and symptoms of these addictions. Become aware of the role of the media and other cultural influences leading to these actions. Learn how to respond appropriately to those who may be caught up in these destructive behaviors.

**Please e-mail, fax, or mail form to  
Kristi Hansen by February 28th,  
2009:**

11601 W. Lincoln Ave

West Allis, WI 53227

Phone 414-604-3200 voicemail: 6616

Fax# 414-546-5734

E-mail: hansenk@wawm.k12.wi.us

**Name:** \_\_\_\_\_

**School:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Please check two break out sessions you tentatively plan on attending.**

**Session 1:**

\_\_\_\_ **Stomp for 4th/5th grade**

\_\_\_\_ **Self Defense (secondary)**

**Session 2:**

\_\_\_\_ **Hoops for Heart Glow in the dark**

\_\_\_\_ **Eating Disorders/Cutting**