

Free Be Fit 2 Learn II Training
Improving Academic Achievement Through Physical Activity
For All Children

8:00 a.m. to 4:30 p.m., **June 8th and 9th, 2016**

At the Capitol Building (West End) in the Brynhild Haugland Room on the Ground Floor

REGISTRATION IS REQUIRED

To register, contact Sara Upgren, supgren@nd.gov 701.328.2228 by June 3, 2016

Please note, you have to register for the conference **AND** you also have to register at this separate link for graduate credit if you wish to take it for credit:

1 Graduate Credit Available through NDSU for \$75. Register for Credit at:

https://epayment.ndus.nodak.edu/C22800_ustores/web/product_detail.jsp?PRODUCTID=6190&SINGLEST_0RE=true

Lunch is on your own and can be brought or purchased in the Capital Café. Light snacks will be provided.

Who should attend?

Elementary, high school, and middle school classroom/title teachers and principals.

The goal of Be Fit 2 Learn II is to enable K-12 staff and students to understand the benefit of 60 minutes of activity a day with an emphasis on incorporating technology into activity/movement in a classroom setting to improve academic achievement. This two-day workshop is designed to develop the whole child, challenging the students' minds and bodies, utilizing technology with different learning and teaching styles. **The first 25 registered participants will receive a tool kit, valued at over \$300**, which will provide the materials needed to implement 60 minutes of physical activity in your school classroom. **This is an active training and you will be moving so please dress for movement and comfort (sweats, jeans, tennis shoes, etc.). Please bring an iPad, Tablet and/or smart phone to apply technology apps that will be introduced throughout the training.**

Who is conducting the training?

Lois Mauch M. S. Ed Lois has her Master's Degree from Virginia Tech in Health and Physical Education. She has published two books and several articles in the National Journal for Sport, Physical Education and Strategies. Lois was the National Association for Sport and Physical Education Teacher of the Year at the state and district levels in 1998. Currently, Lois is employed with Interactive Health Technologies, (IHT) the largest physical education platform available.

Dr. Ann Goldade, Ed.D. Ann has her Ed.D. in Educational Administration from the University of South Dakota. She is a Master Trainer with ABL & has extensive training with Jensen Learning. She has been a special education teacher at all grade levels PreK-12, a SPED Assessment Coordinator, an Asst. Professor at MSUM in teacher preparation & the Director of Special Education / Director of Student Support Services for KIPP throughout her teaching career. During her doctoral study, she reviewed and implemented research-based strategies measuring the effect of brain principle strategy instruction on learning. Ann currently consults with schools that are interested in actively working to implement brain principle strategy instruction in their school building. She is a ND native and currently resides in Houston, Texas.

Holly Inniger, M.S. Ed. Holly has her Master's Degree in Curriculum and Instruction with an emphasis in Technology from the University of St. Thomas in St. Paul, MN. Holly uses technology daily in her role as iPad/Technology Integrationist, and is always finding new technologies and websites to actively engage her teachers and the students they teach. Schoology, Reading Renaissance, Google Apps, and iPad apps are a few of the highlights in which she is an expert. Holly is a native of Barnesville, MN; she attended Concordia College in Moorhead, and took on the role of Integrationist after spending 15 years in the classroom.

For more information, contact: Judy Thomson at 701.328.2722 or jlthomson@nd.gov



North Dakota Department of Public Instruction
Kirsten Baesler
Superintendent of Public Instruction

www.nd.gov/dpi



North Dakota Department of Health
Terry Dwelle, M.D., M.P.H.T.M.
State Health Officer

www.ndhealth.gov