

# North Carolina Alliance for Athletics, Health, Physical Education, Recreation, Dance, and Sport Management



President  
**Deanna Morris**  
[deanna@ncshape.org](mailto:deanna@ncshape.org)

President-elect  
**Chris Walker**  
[Chris@ncshape.org](mailto:Chris@ncshape.org)

Vice-President  
**Dr. Kymm Ballard**  
[kymm@ncshape.org](mailto:kymm@ncshape.org)

Executive Director  
**Artie Kamiya**  
[artie@ncshape.org](mailto:artie@ncshape.org)

June 25, 2020

## Dear NC SHAPE Members and Friends:

We sincerely hope this finds you and your family safe and healthy. During this current crisis, helping young people stay healthy and physically active has become more important than ever and your professional contributions can help assure this happens. We appreciate Governor Cooper's understanding on teaching and promoting important life enhancing health education skills. He was recently quoted during the concern of our states spike in COVID19 to open schools, which **“are vital to learning, physical fitness and social interactions and for many students it's also a place for healthy meals, safe environments, stability and routine.”** As health and physical educators, our professional community has always strived to teach students the necessary skills to maintain their physical, mental, and social-emotional health — and now, during this pandemic, our lessons and activities are helping entire families stay healthy!

Since the crisis began, our NC SHAPE's goal has been to provide factual, up-to-date information and resources to support the entire educational community. Many of these resources would be critical to share with your colleagues – especially administrators and other decision-makers for the return to school during the 2020-2021 academic year. Physical Education and Health Education are part of a well-rounded program set forth in the Every Student Succeeds Act (ESSA). We will continue to work with the health and physical education community to gather a variety of distance-learning resources — many requiring no specific technology or equipment — to provide schools with short-term solutions for teaching and self-care. You can expect more of these resources to come online in the future.

We also are happy to share things that are in development now with national partners that we will continue to share with you to help inform re-entry plans. Action steps include:

- **Sharing school re-entry guidelines and resources:** [SHAPE America's “School Re-Entry Considerations”](#) were created in consultation with CDC and other state and district leaders. This guidance includes specific, evidence-informed guidelines and operating procedures to keep school communities mentally and physically safe as we shape a new approach to learning. [You can download it here.](#) In sharing with your administration, this Blog, [“Why Educational Leaders Must Inspire a Culture of Health and Well-Being in Schools”](#) was written Brian Creasman, a school superintendent to help promote health and physical education may help also.

In collaboration, the NC Department of Public Instruction (NCDPI) and NC Department of Health and Human Services (NCDHHS) have released resources for you to use and share for re-entry, [Lighting Our Way Forward](#), [Strong Schools NC](#) . [Lighting Our Way Forward](#) contains many useful resources including [lesson plans](#) for teaching COVID related Healthful Living objectives.

- **Developing new professional development and resources:** NC SHAPE has created a growing series of professional development webinars features live and

placed on our members on demand page for members to sure free. You can access the [On Demand PD page here](#) and join [NC SHAPE for access here](#).

Furthermore, through the partnership with CDC, SHAPE America has created a companion document to the ReEntry Guidelines. These new tools can ensure schools have ongoing support for implementation of the re-entry guidelines throughout the upcoming school year. And, because social distancing and isolation have had such a profound impact on student learning and mental health, we will be curating practical, trauma-informed resources — including training videos for preservice teachers — to meet students where they are physically and emotionally. Meanwhile, please utilize these free resources:

[Access the K-12 School Reentry Teaching Strategies Workbook here](#)

[Customizable student survey for reentry](#)

[Crosswalk for SHAPE America National Standards & Grade-Level Outcomes for K-12 Physical Education and CASEL Social and Emotional Learning Core Competencies](#)

[Campbell University created physical education program guidelines](#) and can be used for guidance in other classes. You can locate the [guidance here](#) and other at home resources on the [NC SHAPE COVID Resource page](#).

- **Sharing re-entry guidance from other countries:** NC SHAPE will be presenting a webinar soon by Daniel Inman, former Guilford County teacher now teaching in Germany in the re-entry phase of schools. We have asked him to share his experiences at an upcoming Free Zoom Webinar in mid-July. Join our Facebook Group for details <https://facebook.com/groups/2305590>

This is a fast-moving and evolving situation. NC SHAPE and NC Healthy Schools' previous work in promoting wellness and local planning/policy through the Whole School, Whole Community, Whole Child framework has laid an important foundation to help better inform local decision making now. And while we are actively working with educators at all levels to find the answers you need, we are also prepared to adapt to whatever the future may bring. The bottom line is we are here as a partner to support schools and the communities they serve. We look forward to continuing to serve all educators in meeting the needs of their students and families. As always, we look forward to any and all opportunities to work with you and other shareholders across North Carolina.

***CALL TO ACTION: We strongly suggest you review these guidelines (links) and share them with your district coordinators, Superintendent, Principals, and other community leaders to advocate for safe Health Education, Physical Education, Athletics, After School programs and other physical activity during the school day as we re-enter schools from COVID19.***

*Please share this letter, these links, and resources with everyone you can at school and in your community. We can all walk through this together and provide excellent opportunities for our students. Be a part of [NC SHAPE](#), and lets work together. All are welcome!*

Sincerely,



Artie Kamiya, Executive Director  
NC SHAPE