

Happy Spring from your At-Large West KAHPERD representative! Just wanted to quickly introduce myself. My name is Kim Demling and I am excited to be serving on this Board. I am a KAHPERD Past President (08), I am a past University Health Teacher of the Year and I am happy to be working with this present board and believe we are in a great position of forward momentum within our “team” and leadership! As many of you know, I am Kentucky’s Program Manager for the HEALTHY SCHOOLS PROGRAM (HSP), part of the Alliance for a Healthier Generation. Within this position, I am traveling the Commonwealth and working with school districts on Wellness Policy development. This policy work and technical assistance is directly in alignment with ESSA (Every Student Succeeds Act) and the WSCC (Whole School, Whole Child, and Whole Community) Approach. The Healthy School Program’s Assessment has been recommended as a tool for Wellness Councils across the state to use since they receive feedback from HSP and a multitude of resources for Action Planning and Action Plan Improvement which is also aligned with KDE’s initiatives. Health and Wellness programming across the state is being better orchestrated since all of our stakeholders in “this space” are collaborating. Working together in this fashion certainly increases the likelihood that collectively we are “bumping up the Wellness Needle” in Kentucky.

As part of these coordinated efforts, here are some Professional Development (PD)/Workshop/Sessions in the content areas of Physical Education/Physical Activity, Health & Wellness, Employee/Worksite Wellness you might be interested in incorporating into your busy summer:

- June 5<sup>th</sup> KDE/ESSA Update (first one of the summer in Bowling Green, KY)
- June 11-13 KSNA Conference (in Louisville, KY)
- June 12<sup>th</sup> Jefferson County Public Schools- Healthy Schools Program/Moderate to Vigorous Physical Activity PD (Louisville, KY)
- June 13 & 14<sup>th</sup> KAHPERD Summer Workshops (12 hrs.,. PD in Owensboro, KY @ Apollo)
- June 25<sup>th</sup> KDE/ESSA Update (2<sup>nd</sup> one in Lexington, KY)
- June 26<sup>th</sup> KDE/ESSA Update (last one in Ashland, KY)

And the GO365 Team (Employee Wellness) will be hosting Summer Tours across the Commonwealth on the following dates:

*(Events will be approximately 9:30am-3:30pm local time. Lunch and snacks will be provided.)*

<b>Date</b>	<b>County</b>	<b>Location</b>
June 20 <sup>th</sup>	Hopkins Co.	Madisonville/Hopkins Co. Economic Development Auditorium
June 21 <sup>th</sup>	Warren Co.	GRREC
June 26 <sup>th</sup>	Owsley Co.	Booneville Family Life Center
June 27 <sup>th</sup>	Pikeville	Library
July 10 <sup>th</sup>	Oldham Co. (Louisville area)	Oldham Co. HD
July 11 <sup>th</sup>	Boone Co.	Gateway KCTCS
July 16 <sup>th</sup>	Franklin Co.	300 Sower
July 17 <sup>th</sup>	Rowan Co.	Rowan Co H.D.
July 19 <sup>th</sup>	Fayette Co.	Southland Church - Nicholasville campus

*Notes: Dates and locations subject to change. KEHP members who waive coverage are welcome!*

I hope this gives each of you as a member of this specialty professional association, a “Value-Added” perspective. We as the board also hope this gives you a sense of many “INVITATIONS”—an invite to attend and participate in quality PD, an invite to pass this information on to friends in the field and colleagues you can travel with, and an invite to get more involved in this association. We will have some incredible presenters this summer and are also working hard on programming for the Fall Conference at the Embassy Suites in Lexington in November! Please feel free to contact me by e-mail ([kimdemling31@gmail.com](mailto:kimdemling31@gmail.com)) or phone—502-802-0744 if you need any clarification or have questions about KAHPERD involvement, Healthy Schools Program/Alliance for a Healthier Generation, please don’t hesitate to reach out! Hope you all have a wonderful remainder of this Spring semester and upcoming Summer!

