

## Eastern District Leadership Council

### **Mission/Purpose:**

The mission of the Eastern District Leadership Team is to support the professional growth and development of health and physical education (HPE) professionals across the district, with the ultimate goal of enhancing the health and well-being of students. By providing resources, professional development opportunities, advocacy efforts, and networking platforms, the Leadership Team ensures that district members have the tools they need to deliver high-quality education that promotes lifelong physical activity and wellness.

In addition, the Leadership Council is committed to fostering culturally responsive leadership and promoting diversity within the health and physical education field. The team strives to create an inclusive environment where all educators and students, regardless of background, have equitable access to opportunities, representation, and resources.

The Eastern District Leadership Team also serves as a liaison between SHAPE America and its district members, ensuring that national initiatives, policies, and resources are effectively communicated and implemented at the district level. The team is dedicated to fostering an inclusive and collaborative environment that encourages innovation and equity in HPE education.

### **Goals:**

#### **1. Engagement and Support of Members:**

- **Goal:** To actively engage district members by providing timely and relevant resources, professional development opportunities, and advocacy efforts that meet their needs.
- **Actions:**
  - Disseminate SHAPE America resources, updates, and information to district members.
  - Organize events, webinars, and workshops to enhance professional practice.
  - Encourage participation in national and regional SHAPE America conferences and initiatives.

#### **2. Professional Development and Growth:**

- **Goal:** To offer ongoing professional development opportunities that equip educators with the skills, knowledge, and tools necessary to succeed in the evolving field of health and physical education.

## Eastern District

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- **Actions:**

- Facilitate webinars, workshops, and mentorship programs for HPE professionals, especially early-career educators.
- Provide student-focused development programs to support the next generation of HPE professionals.
- Encourage certification, leadership training, and continuing education for district members.

### 3. **Advocacy for Health and Physical Education:**

- **Goal:** To advocate for policies and practices that promote the importance of health and physical education in schools, and ensure that all students have access to quality HPE programs.

- **Actions:**

- Lead district advocacy efforts for state and local policies supporting HPE.
- Mobilize members to participate in SHAPE America's national advocacy campaigns.
- Educate members on how to effectively advocate for HPE in their own communities and schools.

### 4. **Student Engagement and Mentorship:**

- **Goal:** To engage and support undergraduate students preparing to enter the health and physical education profession, providing them with mentorship, resources, and leadership opportunities.

- **Actions:**

- Establish a mentorship program pairing students with experienced HPE professionals.
- Promote and facilitate student participation in SHAPE America events and conferences.
- Offer scholarships, research grants, and leadership awards to undergraduate students.

### 5. **Collaboration and Networking:**

- **Goal:** To foster a collaborative community of HPE professionals who share best practices, exchange ideas, and support one another in advancing their careers and improving their teaching.

- **Actions:**

- Encourage cross-district collaborations and partnerships among educators, institutions, and local organizations.

## Eastern District

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- Create opportunities for networking and peer support through online forums, conferences, and regional events.
- Highlight district members' accomplishments and best practices in newsletters and on social media.

### 6. Equity and Inclusion in HPE:

- **Goal:** To promote equity and inclusivity in health and physical education, ensuring that all students, regardless of background, have access to quality education and opportunities for physical activity.
- **Actions:**
  - Provide resources and training on culturally responsive and adaptive physical education practices.
  - Support underserved schools and communities with targeted programs and initiatives.
  - Advocate for equitable funding and resources for HPE programs in low-income and minority communities.

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As a member-driven organization, we are committed to advancing the quality of health and physical education across the district through engagement, advocacy, professional development, and a strong focus on equity, diversity, and inclusion. By fostering a culture of collaboration, mentorship, and inclusivity, we work to ensure that every HPE professional and student has the support they need to succeed. Through strategic leadership and a shared vision, the Eastern District and its members aim to create a lasting impact on the health, wellness, and equitable opportunities for future generations of diverse leaders and students.

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## Eastern District Director – Role and Responsibilities

### Position Overview:

The Eastern District Director serves as the primary leader and representative for SHAPE America's Eastern District. The Director is responsible for guiding and supporting district members, overseeing district initiatives, and serving as a liaison between SHAPE America and the district's members, schools, and institutions. The Director works closely with the Eastern District Leadership Council to ensure the district's goals align with SHAPE America's mission to promote quality health and physical education.

### Key Responsibilities:

#### 1. Leadership and Representation:

- Serve as the primary spokesperson for the Eastern District at SHAPE America events, conferences, and meetings.
- Represent the district's interests and advocate for its members at the national level, ensuring alignment with SHAPE America's strategic goals.
- Attend **monthly district director's meetings** with the SHAPE America CEO to discuss organizational updates, district-level needs, and national initiatives.
- Serve on **various SHAPE America committees and panels**, contributing to national discussions, policy-making, and program development.

#### 2. Communication and Resource Dissemination:

- Act as a conduit for information from SHAPE America, partners, and networks, ensuring timely and relevant dissemination to Eastern District members.
- Share resources, updates, and opportunities (e.g., webinars, workshops, scholarships) via district communication channels, including newsletters, social media, and direct outreach.
- Ensure that all district members are aware of SHAPE America's benefits and resources available to them.

#### 3. Member Engagement and Support:

- Oversee programs and initiatives designed to engage and support the district's members, including teachers, students, and early-career professionals.

## Eastern District

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- Identify and address the professional development needs of district members by facilitating webinars, workshops, and conferences.
- Foster a sense of community within the district by promoting networking opportunities and collaborations among members.

### 4. **Committee Oversight and Strategic Planning:**

- Work with the Leadership Council to form and oversee district committees (e.g., Student Engagement, Professional Development, Advocacy) that address key priorities for the district.
- Guide the development and execution of the district's strategic plan, ensuring alignment with SHAPE America's goals and member needs.
- Regularly evaluate the effectiveness of district programs and adjust strategies based on member feedback and outcomes.

### 5. **Event Coordination and Conference Support:**

- Support the planning and execution of SHAPE America's regional and national conferences, particularly in providing student-focused programming, professional development opportunities, and networking events.
- Collaborate with conference planning committees to ensure that Eastern District members are engaged and represented.

### 6. **Advocacy and Policy Leadership:**

- Lead advocacy efforts within the district, working with local and state governments to promote health and physical education policies that benefit students and educators.
  - Mobilize district members to participate in advocacy initiatives and campaigns that align with SHAPE America's policy priorities.
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## **Eastern District Leadership Council – Role and Responsibilities**

### **Position Overview:**

The Eastern District Leadership Council is composed of members who work in collaboration with the Eastern District Director to provide guidance, leadership, and support for the district's activities. Council members serve on key committees, help shape district strategies, and ensure that the district remains responsive to the needs of its members.

### **Key Responsibilities of Council Members:**

#### **1. Support the Eastern District Director:**

- Collaborate with the Director in setting district goals, developing programs, and implementing strategic initiatives.
- Provide advice, feedback, and support on district-level decisions and actions.

#### **2. Committee Leadership and Participation:**

- Serve as chairs or members of district committees (e.g., Student Engagement, Professional Development, Advocacy) to drive specific initiatives.
- Ensure that committee work aligns with the district's overall objectives and SHAPE America's mission.
- Actively participate in committee meetings, lead projects, and report progress to the council and the Director.

#### **3. Member Engagement and Outreach:**

- Assist in engaging Eastern District members, promoting participation in district events, programs, and professional development opportunities.
- Act as ambassadors for SHAPE America, encouraging new memberships, involvement, and connections among district members.

#### **4. Communication and Dissemination:**

- Help disseminate information from SHAPE America and district leadership to members through various channels (e.g., email, social media, newsletters).
- Ensure members are aware of district updates, events, and opportunities for professional development.

## Eastern District

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### **5. Event and Conference Support:**

- Support the planning, promotion, and execution of district events and SHAPE America conferences.
- Encourage member participation in regional and national conferences, as well as student presentations and workshops.

### **6. Advocacy and Policy Involvement:**

- Assist in district-level advocacy efforts, working with the Director to promote health and physical education policies.
- Mobilize district members for state and local advocacy campaigns.

### **7. Ongoing Development and Feedback:**

- Provide feedback on the effectiveness of district programs and services, helping to shape future strategies based on member needs and priorities.
  - Participate in ongoing professional development opportunities to stay informed on the latest trends and best practices in health and physical education.
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## Eastern District Initiatives & Programming

### 1. District Needs Assessment

- **Survey Members:** Conduct a needs assessment survey to gather information about what your district members need most—whether it's professional development, resources, or advocacy efforts.
- **Data Analysis:** Analyze the survey data to identify the most common challenges and areas where members feel unsupported or under-resourced.

### 2. Professional Development Opportunities

- **Regional Workshops and Webinars:** Offer virtual or in-person workshops and webinars focusing on relevant topics such as inclusive physical education, mental health integration, or adaptive physical education.
- **Certification Programs:** Provide opportunities for members to pursue certifications in specialized areas of physical education or health education, such as fitness assessment tools or SEL (social-emotional learning) integration.
- **Mentorship Programs:** Pair experienced members with newer professionals for one-on-one mentorship.

### 3. Curriculum and Resource Sharing

- **Create Resource Hubs:** Develop an online platform where members can share lesson plans, activities, and instructional resources, especially those tailored to specific needs (e.g., low-income schools, urban districts).
- **Culturally Responsive Practices:** Provide resources on incorporating culturally relevant pedagogies in physical education to better serve diverse student populations.
- **Seasonal Challenges/Initiatives:** Introduce seasonal challenges such as "Spring Fitness Week" or "Fall Wellness Challenge" to engage teachers and students alike.

### 4. Advocacy and Policy Support

- **Lobbying Efforts:** Mobilize members to advocate for state-level policies that support physical education funding and standards.
- **Public Awareness Campaigns:** Organize district-wide campaigns to raise awareness of the importance of physical education in holistic child development.
- **Engage with School Administrators:** Encourage members to work with school boards and administrators to advocate for adequate PE time and resources.



## 5. Collaboration and Partnerships

- **Partnerships with Local Organizations:** Partner with local health organizations, parks, and recreation centers to offer joint programs that encourage physical activity beyond the classroom.
- **Cross-District Collaboration:** Facilitate collaboration between members in different states or regions within the district to share best practices and programs that have worked successfully.

## 6. Member Recognition and Engagement

- **Awards and Recognition Programs:** Create district-level awards for outstanding contributions in PE and health, such as "Teacher of the Year" or "Innovator in Physical Education."
- **Member Spotlights:** Feature outstanding members in newsletters or on social media to highlight the great work happening in the district.
- **Engagement via Social Media:** Build an active social media presence with regular updates, success stories, and resource sharing.

## 7. Equity and Access Initiatives

- **Support for Underserved Schools:** Identify schools or members in underserved communities and offer targeted support, such as grants, resources, or tailored professional development sessions.
- **Inclusive Physical Education Initiatives:** Ensure that district programming includes initiatives around adaptive PE, inclusive practices, and accessibility for students with disabilities.

## 8. Student-Centered Programs

- **Student Wellness Councils:** Encourage schools to form student-led wellness councils, where students can take an active role in planning and promoting physical activities.
- **Fitness Challenges:** Create student-friendly fitness initiatives that schools can adopt to engage students in health and physical literacy.

## 9. Regular Communication Channels

- **District Newsletter:** Send out monthly or quarterly newsletters with updates, resources, and highlights from around the district.
- **Virtual Town Halls:** Host regular virtual town halls or forums where members can share concerns, ideas, and suggestions for district-level initiatives.

#### **10. Ongoing Evaluation and Feedback**

- **Annual Review:** Conduct an annual review of the district's programs, member satisfaction, and the impact of initiatives to continuously improve.
  - **Feedback Loops:** Establish mechanisms for members to provide ongoing feedback on district initiatives.
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## Professional Development

### 1. Themed Professional Development Tracks

Offering professional development opportunities in key focus areas can provide targeted support for educators at different levels of experience and interest. Some examples include:

- **Technology in Physical Education:** Workshops that focus on how to integrate fitness apps, wearables, and digital assessment tools into PE classes.
- **Social-Emotional Learning (SEL):** Sessions on incorporating SEL into physical education to help students manage emotions, set goals, and work as a team.
- **Adaptive Physical Education (APE):** Training for PE teachers on how to adapt their curriculum for students with disabilities, ensuring inclusivity and accessibility.
- **Trauma-Informed Practices in PE:** Educating teachers on the impact of trauma on student performance and behavior and how to create safe, supportive environments in PE.

### 2. Certification and Specialization Programs

Offering certifications in key areas can not only benefit educators professionally but also enhance student outcomes. Some certification programs to consider include:

- **Physical Best Certification:** This is SHAPE America's own program that promotes health-related fitness and assessment in schools. Offering training on this would be a great professional development initiative.
- **First Aid/CPR Certification:** Host classes to certify PE teachers in first aid, CPR, and emergency care, equipping them with crucial skills for safety in physical education settings.
- **Yoga and Mindfulness:** Certify teachers in yoga for kids or mindfulness practices, offering them tools to help students focus and reduce stress.
- **Strength and Conditioning:** Provide certifications or workshops in strength and conditioning fundamentals, especially for high school educators working with student-athletes.

### 3. Peer-to-Peer Mentorship Programs

Develop a mentorship program where more experienced educators can guide newer teachers in the profession. This could include:

## Eastern District

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- **Virtual Mentorship Circles:** Small groups of teachers meeting online once a month to discuss challenges, share resources, and problem-solve.
- **One-on-One Mentorship:** Pair experienced educators with newer teachers for a more intensive mentoring experience, focusing on classroom management, lesson planning, and innovative teaching methods.
- **Leadership Training:** Offer leadership development for mid-career educators interested in becoming department heads, district coordinators, or even SHAPE America leaders.

### 4. Webinar and Online Learning Series

Offer a series of online webinars that allow teachers to participate in ongoing learning without leaving their schools. Topics could include:

- **Creating Culturally Responsive PE Programs:** Offering strategies for making physical education relevant and inclusive for diverse student populations.
- **Using Data in PE:** Teach educators how to collect and interpret data on student performance and physical health to inform and improve their PE programs.
- **Remote and Hybrid PE:** As schools continue to explore remote and hybrid learning environments, offer sessions on how to deliver effective PE lessons through virtual platforms.

### 5. Annual District-Wide Conference or Professional Development Day

Host an annual in-person or virtual professional development conference for the Eastern District. This event could feature:

- **Keynote Speakers:** Invite experts in physical education, health, and wellness to deliver talks on trending topics and best practices.
- **Breakout Sessions:** Allow teachers to choose from a variety of workshops that meet their specific needs, whether they want to explore new activities, curriculum models, or wellness strategies.
- **Resource Fairs:** Connect educators with companies, non-profits, and organizations that offer relevant tools and resources for physical education.

### 6. Hands-On, Active Workshops

Active, hands-on workshops help teachers experience the content they will teach. Examples include:

- **New Activity Demos:** Introduce new sports, games, or fitness activities that teachers can implement in their classes, such as non-traditional sports like Ultimate Frisbee, Spikeball, or parkour.
- **Inclusive Play Strategies:** Workshops where educators engage in activities that can be easily adapted for all students, including those with physical and cognitive disabilities.
- **Team Building and Cooperative Games:** Offer interactive workshops focused on team-building exercises, teaching educators how to use cooperative games to promote communication, trust, and social skills in their classes.

## 7. Professional Learning Communities (PLCs)

Foster the creation of Professional Learning Communities within the district, where small groups of educators meet regularly to:

- **Share Lesson Plans:** Collaboratively create and review lesson plans for feedback and improvement.
- **Discuss Challenges and Solutions:** Create a safe space where teachers can talk about challenges in their classes and brainstorm potential solutions with peers.
- **Book Clubs and Research Groups:** Groups could read and discuss new research or literature related to physical education, health, and wellness, keeping teachers on the cutting edge of their field.

## 8. Recognition and Incentives

Encouraging ongoing professional development can be supported by offering:

- **Continuing Education Credits (CEUs):** Provide CEUs for teachers who complete professional development programs to help them meet licensure or recertification requirements.
- **District Awards for PD Completion:** Recognize teachers who go above and beyond by participating in professional development, such as "Outstanding Professional Development Participant of the Year."
- **Grant Programs for PD:** Offer grants or financial assistance for teachers who want to attend national conferences, further their education, or obtain specialized certifications.

## 9. Feedback-Driven Development

After each professional development event, collect feedback from participants to ensure that future events are tailored to their needs and interests. You could:

- **Exit Surveys:** Ask participants to complete short surveys at the end of workshops or sessions to rate the value and provide suggestions for future topics.
- **Focus Groups:** Periodically hold small focus groups with educators from different regions of your district to discuss what's working well and what additional support they need.

## 10. Ongoing Support After Training

Provide resources and follow-up support after professional development sessions to help educators implement what they've learned:

- **Resource Packs:** Give teachers access to downloadable toolkits, lesson plans, and activity guides that they can immediately use in their classrooms.
  - **Coaching Support:** Offer virtual coaching sessions where educators can work one-on-one with an expert to refine their new skills and receive personalized feedback.
  - **Online Forums:** Create an online space where participants can continue discussions, ask questions, and support each other after professional development events.
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## Future Professional Support

### 1. Outreach and Early Engagement

- **Campus Ambassadors:** Recruit SHAPE America ambassadors from local universities who can act as liaisons between SHAPE and their peers. They can promote events, share resources, and engage fellow students in professional development opportunities.
- **Workshops and Panels:** Host regular on-campus or virtual workshops where professionals in the field, including current HPE teachers, administrators, and SHAPE America leaders, discuss their career paths and offer advice to undergraduates.
- **Classroom Visits:** Arrange guest speakers or SHAPE America representatives to visit health and PE methods courses to introduce students to SHAPE America and the benefits of membership.

### 2. Professional Development for Students

- **Student Membership Program:** Promote SHAPE America student memberships that offer access to discounted events, webinars, and exclusive resources. Highlight the importance of professional development early in their careers.
- **Student-Exclusive Webinars:** Create a series of webinars specifically for undergraduate students, covering topics like "How to Succeed in Your First Year of Teaching" or "Innovative Teaching Strategies in HPE."
- **Student Mentorship Program:** Pair undergraduates with experienced HPE professionals for mentorship. This could include resume building, mock interviews, and lesson plan reviews, as well as career guidance.

### 3. Internship and Teaching Practicum Support

- **Internship Matching Program:** Partner with local schools and districts to help undergraduates find student teaching placements and internships. Facilitate partnerships between SHAPE America and university programs to streamline the placement process.
- **Practicum Support Group:** Establish support groups or forums where student teachers can share experiences, seek advice, and discuss challenges they encounter during their practicums. These could be moderated by experienced HPE professionals.

#### 4. Engagement in SHAPE America Events

- **Student Track at Conferences:** Offer student-focused programming at SHAPE America conferences, including workshops on starting a career, resume writing, networking tips, and emerging trends in health and physical education.
- **Student Presentations:** Encourage students to present their work or research at regional and national SHAPE conferences. Create a special "Undergraduate Presentation" category to lower the barrier for first-time presenters.
- **Networking Opportunities:** Host student networking mixers at conferences where undergraduates can meet established professionals in an informal setting, fostering connections that could lead to job opportunities and mentorship.

#### 5. Recognition and Awards for Students

- **Student Leadership Awards:** Create district-level awards for outstanding undergraduate students who show promise in HPE leadership or advocacy. Recognize these students at SHAPE America events to build their confidence and visibility within the field.
- **Research and Innovation Grants:** Offer small grants for student research projects, allowing them to explore innovative practices in physical education or health education. This can help build their professional portfolio and contribute to the field.

#### 6. Career Support and Job Readiness

- **Resume and Cover Letter Workshops:** Provide workshops focused on building strong resumes and writing compelling cover letters tailored to HPE roles. Include guidance on how to highlight fieldwork, student teaching experiences, and certifications.
- **Mock Interviews:** Host mock interview sessions, either virtually or in person, where undergraduates can practice interviewing for HPE positions and receive feedback from seasoned professionals.
- **Job Board Access:** Provide access to a job board where SHAPE America members can find postings for entry-level HPE positions in schools or related organizations.

#### 7. Scholarships and Financial Assistance

- **Scholarships for Students:** Offer scholarships to undergraduates pursuing degrees in health or physical education to assist with tuition, certification exams, or professional development expenses.
- **Conference Grants:** Provide financial support for students to attend SHAPE America's national or regional conferences. This could be particularly impactful for students from underrepresented or underserved communities.



## 8. Student-Led Initiatives

- **Create Student Chapters:** Encourage universities to form SHAPE America student chapters. These chapters can organize their own professional development events, social gatherings, and advocacy initiatives on campus.
- **Advocacy Opportunities:** Involve undergraduates in SHAPE America's advocacy efforts by inviting them to participate in campaigns to promote physical education policy at the state or federal level. This could be a great way for students to develop leadership and advocacy skills.

## 9. Online Communities and Support Networks

- **Student Forums and Social Media Groups:** Create online forums or social media groups exclusively for undergraduate HPE students where they can share resources, ask questions, and build community with their peers across the district.
- **Virtual Office Hours:** Offer regular virtual office hours where SHAPE America leaders or experienced HPE professionals are available to answer student questions and offer career advice.

## 10. Bridge to Employment

- **Alumni Networking Program:** Connect recent graduates with alumni who are currently working in HPE fields. This could include alumni panels, informational interviews, or even shadowing opportunities.
  - **Post-Graduation Support:** After graduation, continue supporting students through a "First-Year Teacher Support Program," offering access to mentorship, webinars, and resource toolkits to help them transition smoothly into their teaching careers.
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## Timeline for Engaging and Supporting Undergraduate HPE Students

### August – September: Early Engagement and Awareness

#### 1. Outreach and Campus Engagement

- Recruit SHAPE America **campus ambassadors** at local universities.
- Contact **HPE programs** to arrange **classroom visits** and introductory SHAPE America presentations.
- Distribute materials about SHAPE America's **student membership benefits**.

#### 2. Student Networking and Social Media

- Launch a **student-exclusive online community** (e.g., Facebook group or forum).

## Eastern District

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- Host a **virtual kickoff event** to introduce students to SHAPE America, the upcoming events, and professional development opportunities for the year.
- 3. **Mentorship Program Recruitment**
  - Begin recruitment for the **student mentorship program**, pairing undergraduates with experienced HPE professionals.
  - Promote mentorship applications and connect interested mentors and mentees.

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### October – November: Building Professional Development and Engagement

1. **Webinars and Workshops**
  - Organize the first of the **student-exclusive webinars** (topics: "Navigating Your First Practicum" or "How to Build Your Professional Network").
  - Offer **resume and cover letter workshops** to help students prepare for internship and job applications.
2. **Student Track at Regional Conferences**
  - Encourage undergraduates to attend regional SHAPE America events.
  - If a **regional conference** is scheduled during this time, feature a student-focused **networking mixer** or panel discussions tailored for undergraduates.
3. **Scholarship and Award Applications**
  - Open applications for **student scholarships** and **leadership awards**.
  - Begin promoting **research and innovation grants** for students interested in developing projects.

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### December – February: Reflection and Career Preparation

1. **Student Teaching Support**
    - For students about to start their teaching practicums, offer a **practicum support group** or **webinar** on navigating the student teaching experience.
    - Provide **mock interview sessions** and **job search support** as students begin thinking about future employment.
  2. **Student-Led Initiatives**
    - Launch student chapter initiatives, encouraging **SHAPE America student chapters** to organize their first events of the year (e.g., social gatherings, professional development workshops).
  3. **Recognize Student Achievements**
    - Announce early recipients of **student leadership awards** and **scholarships**. Highlight winners in newsletters and on social media to motivate other students to engage.
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### March – April: Engagement at SHAPE America National Conference

#### 1. National Conference Student Track

- Promote the **national SHAPE America conference** to students, offering **student registration discounts** and **conference grants** to support attendance.
- Host **student-focused sessions** at the conference, including networking events, career workshops, and opportunities for students to present research.

#### 2. Student Presentations

- Encourage undergraduates to submit research or presentation proposals for **undergraduate presentation slots** at conferences or district-level events.
  - Provide guidance for first-time presenters to support their success.
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### April – May: Post-Graduation Support and Reflection

#### 1. First-Year Teacher Support

- For graduating students, provide access to the **First-Year Teacher Support Program**, including mentoring, webinars on transitioning into full-time teaching, and a toolkit for first-year teachers.

#### 2. Final Webinars and Wrap-Up

- Offer a final **student-focused webinar** (topics: "How to Transition from Student to Professional" or "Emerging Trends in Physical Education").
- Hold a **reflection session** for students who participated in the mentorship program, evaluating the program's success and areas for improvement.

#### 3. Planning for Next Year

- Conduct a **survey** of student members to gather feedback on the year's initiatives and professional development offerings.
  - Use this feedback to plan for the next academic year, refining the student programs based on student needs and interests.
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### Ongoing Engagement Throughout the Year

- **Student Mentorship Program:** Once the mentorship pairs are established, maintain regular check-ins and offer guidance to ensure the relationships are productive and mutually beneficial.
  - **Student Forums and Social Media:** Keep the online community active by posting updates, discussion prompts, and resources regularly to encourage engagement.
  - **Resource Sharing:** Throughout the year, provide students with **teaching resources**, job postings, internship opportunities, and grant information through the online community, newsletters, and at SHAPE America events.
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## Committees to Consider

### 1. Student Engagement and Mentorship Committee

- **Purpose:** To design and implement initiatives that engage undergraduate students, including the mentorship program, outreach activities, and campus ambassador recruitment.
- **Responsibilities:**
  - Recruit mentors and manage the mentorship pairings.
  - Plan student outreach events and engagement strategies (e.g., guest speakers, classroom visits).
  - Support the development of SHAPE America student chapters.
- **Ideal Members:** Experienced HPE professionals, recent graduates with fresh perspectives, and college faculty who have strong connections with undergraduate students.

### 2. Professional Development Committee

- **Purpose:** To plan and deliver high-quality professional development opportunities tailored to the needs of undergraduate students and early-career professionals.
- **Responsibilities:**
  - Develop webinars, workshops, and student-focused conference sessions.
  - Identify key topics relevant to undergraduate students (e.g., job readiness, classroom management, new teaching strategies).
  - Coordinate resume-building, mock interview sessions, and career guidance workshops.
- **Ideal Members:** Teachers, university faculty, or district coordinators with expertise in professional development and curriculum design.

### 3. Scholarship and Awards Committee

- **Purpose:** To manage the selection and distribution of student scholarships, research grants, and leadership awards.
- **Responsibilities:**
  - Create transparent application and selection criteria for scholarships and awards.
  - Review applications and select recipients for student scholarships, research grants, and leadership awards.
  - Coordinate recognition efforts at conferences or through district communications.

## Eastern District

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- **Ideal Members:** Teachers, administrators, or faculty members with an interest in promoting academic and professional excellence.

### 4. Conference Planning and Events Committee

- **Purpose:** To coordinate student-focused programming at SHAPE America regional and national conferences, as well as other district events.
- **Responsibilities:**
  - Plan and organize student-specific tracks at conferences (e.g., networking mixers, presentations, workshops).
  - Identify opportunities for students to participate as presenters or panelists.
  - Organize career fairs, meet-and-greets, or other events where students can connect with potential employers.
- **Ideal Members:** Members with experience in event planning, educators who regularly attend SHAPE America conferences, and professionals who have strong industry connections.

### 5. Advocacy and Policy Committee

- **Purpose:** To engage undergraduate students in advocacy efforts and help them understand the importance of public policy in shaping physical and health education.
- **Responsibilities:**
  - Create opportunities for students to participate in local, state, and national advocacy efforts, such as campaigns or letter-writing.
  - Educate students on how to effectively advocate for HPE-related policies.
  - Plan advocacy events or sessions at SHAPE America conferences where students can learn about and participate in shaping policy.
- **Ideal Members:** Teachers or administrators with experience in advocacy, or anyone passionate about advancing HPE policies and education reform.

### 6. Communications and Social Media Committee

- **Purpose:** To manage the district's communications channels, particularly those geared toward undergraduate engagement.
- **Responsibilities:**
  - Regularly update the online student forum and manage the district's social media presence.
  - Highlight student achievements, scholarship opportunities, and upcoming events on social media and in newsletters.

## Eastern District

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- Develop digital content (e.g., videos, blogs, podcasts) featuring student and professional voices within HPE.
- **Ideal Members:** Members with marketing, communications, or social media experience, especially those comfortable using digital platforms to engage students.

### 7. Alumni Relations Committee

- **Purpose:** To create and sustain connections between recent graduates and current HPE students.
  - **Responsibilities:**
    - Develop an alumni networking program where recent graduates can mentor undergraduates or participate in panel discussions.
    - Plan alumni-centered events, such as networking mixers or career panels, to foster relationships between recent graduates and current students.
    - Keep track of alumni accomplishments and share success stories with current students.
  - **Ideal Members:** Recent graduates or early-career HPE professionals who are still closely connected with the challenges of transitioning into the field.
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## Strategies to Leverage Members for Committee Service

### 1. Personal Invitations and Calls to Action

- Send personalized invitations to key district members who have demonstrated leadership, commitment, or interest in supporting undergraduate students and professional development. Highlight their strengths and how their experience can contribute to the success of these initiatives.
- Use general **calls to action** in district newsletters, on social media, and during district events to encourage volunteers. Make sure to clearly outline the purpose and impact of each committee so that members understand how their work will contribute to the profession.

### 2. Create a Clear Value Proposition

- Emphasize the benefits of serving on a committee. This could include leadership development, networking opportunities, resume building, and the chance to shape the future of HPE education. For some, the opportunity to give back and mentor the next generation of HPE professionals is a significant motivating factor.

## Eastern District

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- Offer **professional recognition** to committee members (e.g., featuring them in district newsletters or at events) to incentivize participation and acknowledge their contributions.

### 3. Diverse Engagement

- Reach out to members across different levels of experience (early-career, mid-career, and seasoned professionals). Each group brings unique perspectives, and creating a diverse committee will enrich the decision-making and program development process.
- Use **regional representation** to ensure members from various states within the Eastern District are involved, promoting equity in decision-making and ensuring all areas have a voice.

### 4. Offer Flexible Commitments

- Not everyone may have the capacity to serve on a long-term committee, so offer both short-term, project-specific roles and longer-term committee opportunities. Some members may want to contribute to a single event or initiative, while others are willing to commit for a full year.

### 5. Virtual Meetings and Collaboration Tools

- Committees should meet regularly, but offer **virtual options** for participation, especially since the Eastern District covers a wide geographic area. Use online collaboration tools like Slack, Google Docs, or Zoom to facilitate easy communication and project management, allowing members to participate regardless of location.

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## Next Steps for Launching Committees

1. **Create a Call for Volunteers:** Draft a call to action for SHAPE America members, clearly outlining the roles and responsibilities of each committee. Make sure to include the time commitment and expected outcomes to set clear expectations.
2. **Establish Leadership Roles:** Each committee should have a chair or co-chairs responsible for organizing meetings, delegating tasks, and reporting progress. Consider recruiting strong leaders early on to ensure the committees run smoothly.
3. **Kickoff Meetings:** Hold initial kickoff meetings where committee members can meet, set goals, and outline a timeline for achieving their objectives.
4. **Regular Check-Ins:** Set regular check-in points (monthly or bi-monthly meetings) for each committee to discuss progress, challenges, and next steps. Keep communication channels open between committee chairs and district leadership.

## **Drafting a Call for Volunteers**

### **General Call for Volunteers (Email or Newsletter)**

**Subject:** *Join Our SHAPE America Eastern District Committees – Shape the Future of HPE!*

*Dear SHAPE America Eastern District Members,*

*We are excited to announce several opportunities for you to get involved and make a lasting impact on the future of health and physical education! As part of our ongoing efforts to engage and support undergraduate students who are entering the HPE profession, we are forming key committees to help us achieve our goals.*

*We are looking for passionate and dedicated members to join one of the following committees:*

### **1. Student Engagement and Mentorship Committee**

**Purpose:** *Help develop and implement programs to engage undergraduate students and establish a mentorship program pairing students with experienced HPE professionals.*

- **Responsibilities:** *Recruit mentors, organize outreach events, and support student chapters.*
- **Ideal Members:** *HPE teachers, recent graduates, and professionals with a passion for mentoring future educators.*

### **2. Professional Development Committee**

**Purpose:** *Create and deliver professional development opportunities specifically for undergraduate students, including webinars, workshops, and conference sessions.*

- **Responsibilities:** *Plan student-focused professional development events and create resources for early-career professionals.*
- **Ideal Members:** *Teachers, faculty, and professionals with experience in curriculum design and professional development.*

### **3. Scholarship and Awards Committee**

**Purpose:** *Manage the application and selection process for scholarships, leadership awards, and research grants aimed at undergraduate students.*

- **Responsibilities:** *Review applications, select recipients, and coordinate recognition efforts.*
  - **Ideal Members:** *Educators, administrators, or faculty interested in promoting excellence among future HPE professionals.*
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## Eastern District

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*By joining a committee, you'll have the opportunity to:*

- *Shape the next generation of HPE professionals.*
- *Collaborate with like-minded educators and leaders.*
- *Receive professional recognition for your contributions.*
- *Gain leadership experience and help create lasting programs.*

**How to Get Involved:**

*To join a committee or learn more about the roles, please complete [this short form](insert form link here) by [deadline date]. We will reach out to discuss next steps and schedule a kickoff meeting.*

*Thank you for your continued support and dedication to SHAPE America and the health and wellness of students in our district!*

*Warm regards,*

*Joel Frye  
Eastern District Director  
SHAPE America*

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### **Call for Volunteers (Social Media Post)**

**Join a SHAPE America Eastern District Committee!**

We're forming committees to help support and engage undergraduate students in the HPE profession, and we need your help! We're looking for passionate SHAPE America members to join our:

- Student Engagement & Mentorship Committee
- Professional Development Committee
- Scholarship & Awards Committee

Interested? Sign up today [link]! Let's shape the future of health and PE together!

#SHAPEAmerica #HPELeadership #Mentorship #ProfessionalDevelopment  
#EasternDistrict

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