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# Academic Standards

## Physical Education and Health Newsletter November 2022

Welcome to November, where the cool air and beautiful weather are upon us. I'm sure some of you are already getting your students excited with your holiday lessons.

In this edition you can find out on how to celebrate this months "**World Kindness Day**" and "**Eating Healthy Day.**"

**World Kindness Day** is an international observance on November 13th. It was introduced in 1998 by the World Kindness Movement. It is observed in many countries including Canada and Australia, to name a few. World Kindness day is a day when people share random acts of compassion to help strangers, give back to the community, or teach children the value of niceness. How is your school helping to build a culture of kindness, empowerment and inclusion. [Click here](#) for ideas from SHAPE America. Let's encourage our students to learn from World Kindness Day and be kind every day.

Did you know November 2nd is **Eating Healthy Day**? What is Eating Healthy Day?

Eating Healthy Day was established to remind people of the importance of managing their diets, and awareness of what they put in their bodies. As health science advances, we have learned how including certain elements in our diet can improve or hinder our health to a long and healthy life. [Click here](#) to find out how to celebrate Eating Healthy Day.

With the holiday season upon us, here are some links to holiday games:

[Keeping Kids in Motions](#)  
[Open Phys. Ed. Holiday Games](#)  
[YouTube Holiday Games](#)

Wishing everyone a wonderful happy and healthy Thanksgiving with friends and family.

## UPCOMING EVENTS!



Health and Physical Education  
Convention! November 2nd - 3rd at the  
Phoenix Convention Center. Come  
network, connect and learn something  
new with Physical Educators and Health  
teachers presenting new innovative  
standards-based sessions and fun  
activities you can bring back to your  
classes. **Keri Schoeff and I will be  
presenting each day so don't miss  
it! [Click here](#) to register**

Live webinar hosted by ADE School  
Safety and Social Wellness:  
Comprehensive Physical Activity  
Programs and the integration of SEL  
presented by Angela Budovsky-Robinson  
and Keri Schoeff. [Click here](#) for more  
more details.

Have you checked out the Physical Education Data Project?

The [Physical Education Data Project](#) is an online tool utilized by the Arizona Department of Education that offers insights into physical education course offerings and participation rates in Arizona schools. The Dashboards allow users to explore the state's physical education data, exploring statewide geographic comparisons, county-/district-/school-level reporting, enrollment information, and trends in enrollment over time.

[Click Here for Physical Education Professional Development Opportunities](#)

**Is your school looking for some specific Physical Education professional development? Click the link and fill out the form. [District Professional Development](#)**

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