

I'd like to thank you for the opportunity to attend the 79th NYS AHPERD Conference last week. I was able to attend many informative sessions, I'm excited to bring back many things to my department and begin implementation into our program at Clarence High School. The conference really focused on Technology, I sat thru sessions that connected us with new apps, forms and chat groups to get new ideas in the world of Secondary PE.

This year's conference was titled "Skills for Longevity", the keynote speaker, David Meinz, quoted a study done in Sweden that found 30% of longevity was genetic and 70% was up to the individual and their actions. Our PE profession has the opportunity and responsibility to influence and teach the effects of Health and the importance of being a physically educated student to our youth. This year's conference gave us the tools to do just that.

Again I'd like to thank you for the opportunity. Many of the activities I did attend really helped to incorporate a student center learning environment in our classes. Some provided technology to create highly engaging students and I truly think that learning will become more relevant and exciting.