



#113-21

**Commonwealth of Virginia
Virginia Department of Education
Superintendent's Memo #113-21**

DATE: April 30, 2021
TO: Division Superintendents
FROM: James F. Lane, Ed.D., Superintendent of Public Instruction
SUBJECT: **Virginia Health and Physical Activity Institute, July 12-14, 2021**

The Virginia Department of Education and the [Virginia Association of Health, Physical Education, Recreation and Dance](#) extend an invitation to all administrators and teachers to attend the [Healthy Kids, Healthy Virginia 2021 Health and Physical Activity Institute](#). The 2021 Institute will be a fully virtual event held on **July 12-14, 2021**.

The 2021 Institute will provide opportunities for sharing effective teaching and learning practices that support the whole child approach to education, ensuring that each child is healthy, safe, engaged, supported, and challenged with the goal of improving the health, educational performance, and long-term success for all students in Virginia's schools. The Institute will feature several nationally acclaimed educators, National and State Teachers of the Year, and a variety of engaging workshops and general sessions that focus on:

- Virginia is for Movers! Active classroom strategies for all ages;
- prioritizing social and emotional learning;
- planning for learning and ensuring positive outcomes for all students;
- building teacher capacity and instructional expertise through [new and innovative teaching and learning practices](#) for the Standards of Learning for [Health Education](#), [Physical Education](#); and
- gathering new ideas and strategies that support a well-rounded education through concurrent learning sessions that focus on nutrition education, alcohol and other drug

education, social and emotional health, violence prevention and healthy relationships, safety and injury prevention, healthy environment, lifetime fitness activities, employee wellness, active recess, cooperative and collaborative learning, adapted physical education, certified personal trainer credentialing, standards-based assessment, integrating technology and instruction, and dances your students will beg you to do.

For more information

The [registration](#) and the [Call for Presenters form](#) are available online. If you need additional information about the 2021 Health and Physical Activity Institute, please contact Vanessa Wigand, Coordinator for Health and Physical Education, Office of Science, Technology, Engineering, Mathematics and Innovation, by email at Vanessa.Wigand@doe.virginia.gov, or by telephone at (804) 225-3300; or Dr. Jacqueline Williams, Professor, James Madison University, by email at williaja@jmu.edu.

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