

2017

MAHPERD School Health Education Conference Agenda

“Soaring to Excellence!”



Thursday, August 3, 2017

7:45-8:30am

Registration

8:30- to 9:30am

Opening Remarks & Welcome! MAHPERD President, Heidi Bohler

Keynote: Pam Garramone, Positive Psychology Speaker & Coach

Unleash Your Inner Happy and Stress Less!

It can be exhausting and draining over time to take care of others day after day. There are so many demands on our time between our personal lives and professional lives that it can be downright overwhelming at times! Now, it's time for you to have fun, laugh, relax, and learn techniques you can implement every day to feel happier and less stress. Learn simple, scientifically proven skills that increase well-being and happiness.

9:45-10:45am

Session I (Choice of three)

Gender Identity and Expression

A conversation with Ilene and Kathy to discuss how to create school communities that are safer and more inclusive for all, terminology, resources, the gender unicorn and best practices around LGBTQ+ people and the school setting. There will be time for Q & A.

Presenters: Ilene Sharpe, Health Educator ~ Wellesley Public Schools; 2010 MAHPERD Health Educator of the Year & Kathleen M. Brophy, Fitness & Health Educator ~ Wellesley Public Schools; SHAPE America Eastern District High School Physical Education Teacher of the Year 2016

Practicality! Skill Based Health Activities

This presentation will be discussing different skills based health activities that can be integrated into a classroom for middle or high school students. It will also touch upon ways to use social media to emphasize skills-based health and create assignments.

Presenter: Samantha Whitney, North Reading High School - Health Education Graduate of Ithaca College, Master of Ed. in HPE

On your mark, get set, GOAL!

In this hands-on workshop, Health Educator Cheryl Todisco will help you structure a unit on the National Health Education Standard of Goal-Setting for middle school students. Participants will leave with a comprehensive scope and sequence rich in learning objectives and instructional strategies, along with the necessary materials to successfully integrate technology, literature and strategic games into each lesson. By employing this skills-based unit into your curriculum, your students will demonstrate the ability to use goal-setting strategies to enhance health.

Be ready to collaborate, juggle, communicate and create as we explore S.M.A.R.T. goals. Participants are encouraged to bring their laptops and the seedlings of a personal goal. *Rationale: Goal-setting skills are essential to help students identify, adopt and maintain healthy behaviors. This standard includes the critical steps that are needed to achieve both short-term and long-term health goals. These skills make it possible for individuals to have aspirations and plans for the future.*

Presenter: Cheryl Todisco, 2016 MAHPERD Health Educator of the Year; Health Educator Andover Public Schools, Andover, MA

11:00am-12:00pm

Session II (Choice of two)

Positive Education - Implementing Positive Psychology in Schools

Positive Education is a new kind of exceptional education, where the science of wellbeing and flourishing meets best practice teaching and learning. In this workshop, you will learn ways to include Positive Psychology - the Science of Happiness - into your existing lessons and school climate.

Presenter: Pam Garramone, Positive Psychology Speaker & Coach

The Greatest Challenge: Teaching substance use and abuse to older teens

Teaching substance use/abuse education is one of the most challenging topics to cover in health education. It is especially true with older students who have various substance use experiences. Within the same class you will have non-users, users and abusers. How can you teach to all of them? How can you challenge them to think outside their personal experience? In this session, you will experience an overview of some of the lessons and approaches we use to facilitate conversations about risks of addiction, cultural traps for teens, enabling, and social norming.

Presenters: Susan Shields Wellness Coordinator at Lincoln-Sudbury Regional High School in Sudbury, MA; Wellness Coordinator of the Year in 2009; Sarah Greeley Wellness Educator, Lincoln-Sudbury Regional High School in Sudbury, MA.

12:00 – 12:50pm

Lunch (On your own but not alone!)

& Exhibits ~Visit our exhibitors for many resources to support your health curriculum!

1:00-3:00pm

Session III Special (2) hour session for all participants

Let's Have Fun in Health Class Today!

Interactive skills-based health education is a crucial part of any fun and effective health class. This session will provide participants with lessons and activities that will facilitate them to effectively create an energized health class appropriate for all students. Special attention will be paid to assessments, differentiated lessons and literacy strategies. These student-approved lessons and activities will breathe new life into any health class.

Presenter: 2016 National Health Teacher of the Year, Melanie Lynch

3:10 -4:10pm

Session IV (choice of two)

Teaching Mental Health in a Skills-Based Program

This session is designed to support secondary educators as they teach the topic of mental health to their students. This topic provides excellent opportunities to support skill development so that students have the tools they need to enhance or protect their own mental health and the health of others. This session will include background research and will focus on strategies and activities for skill development within the context of mental health.

Presenters: Sarah Benes EdD, CHES, Senior Director and Lecturer, Graduate Health Sciences, Merrimack College; Holly Alperin, Ed.M., MCHES, Clinical Assistant Professor University of New Hampshire

The New Health Education Teacher Education Standards (HETE). What do they mean for pre-service training?

CAEP has approved the new HETE standards. If you are a trainer of health educators or just want to know the latest standards for the training of health educators, attend this session. The HETE impact how teachers are trained and ultimately how we teach our PreK-12 students. Come and learn how to prepare for 21st century skills-based health education.

Presenter: Mary Connolly, MAHPERD VP Health; Cambridge College, Program Chair, Health and Family & Consumer Sciences M.Ed., CAGS, CHES

6:00 pm to 8:00 pm

Evening Reception

Friday, August 4, 2017

8:30-9:30am

Session I (choice of two)

Human Sexuality Lessons for 11th and 12th grade students.

As teenagers mature and become more analytical in their thinking, the approach to teaching human sexuality needs to meet this developmental stage by working with students on skills that aid in the development of healthy attitudes, behaviors, and sexuality. In this session, you will experience lessons that cover the topics of sexual behavior; sexual consent and pornography. Why the baseball model is outdated. Consent and saying Yes to sexual behaviors. Pornography: The other sex educator.

Presenters: Susan Shields Wellness Coordinator at Lincoln-Sudbury Regional High School in Sudbury, MA; Wellness Coordinator of the Year in 2009; Sarah Greeley

Hooks for Health Education: Building self-efficacy in our students.

This session offers ideas to engage students and to develop a program of practicing health enhancing behaviors in and out of the classroom.

***Presenter:** Claudia Brown, Curriculum Coordinator- Physical Education, Health & Wellness, North Reading Public Schools: MAHPERD Past President*

9:45-11:45am

Session II (choice of two) (These are each 2 hour sessions)

Towards LGBTQ Inclusion In Health Education (Session I)

This session will discuss current research and trends in understanding and serving LGBTQ students. Issues of the differences between sex, gender, and sexuality; the distinctions and intersections between sexual orientation, identity, and behavior; understanding gender-based bullying and violence; and modern trends in inclusive language when discussing issues pertaining to LGBTQ people in the health classroom. Participants will learn how this information can be used to improve school and classroom climate, and will come away with many ideas about how to get started using this information in their classrooms and school communities. This presentation is the first of a 2-part series.

Classroom Strategies For LGBTQ Inclusion In Health Education (Session II)

This session is an opportunity to apply the principles and ideas discussed previously in session I towards LGBTQ Inclusion in Health Education. Session attendees will participate in a variety of activities designed to get students learning and talking about gender and sexual diversity. Participants should come prepared to participate in the activities and share their experiences. All are welcome! This presentation is the second of a 2-part series.

***Presenter:** Lauren Schneider, MST, CHES- Middle School Health Teacher, Emily G. Wetherbee School, Lawrence, MA*

Substance Use 101 and The Adolescent Brain

This session will provide participants with a highly interactive four-class high school curriculum unit in Substance Use and the Adolescent Brain, with a focus on alcohol and marijuana use. The information shared includes the latest brain science and research on substance use, disordered use, and dependence in the still-developing adolescent brain. Participants will be provided with the entire unit PowerPoint presentation and supporting resources. Leave session ready to present or adapt the curriculum for your own schools.

***Presenters:** Mitch Finnegan, Dir. of Wellness Education, Weston Public Schools
Danielle Cooper, Health Educator, Weston High School, Weston, MA*

11:45am-12:45pm

Lunch (On your own but not alone!)

& Exhibits -Visit our exhibitors for many resources to support your health

12:50-1:50pm

Session III (choice of two)

Dying to Be Thin:

As an educator of high school students for over twenty years, Melanie has seen the devastating effects that poor body image and eating disorders can have on a student's academic success, social life, physical health and overall mental health. This presentation will share information on how the media is perpetuating eating issues and body dissatisfaction among our youth and how we as a community can help our youth maintain a healthy body image in a looks-obsessed society. Lesson activities will be included.

Presenter: *Melanie Lynch, 2016 National Health Educator of the Year*

Social Emotional Learning (SEL) and Skills-Based Health Education (SBHE)

Self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. Do these skills sound familiar? Are they Social Emotional Learning skills or National Health Education Skills? In this session, you will learn the difference between SEL and SBHE and how to teach both to enhance teaching and learning and the academic achievement of our youth.

Presenter: *Mary Connolly, MAHPERD VP Health; Cambridge College, Program Chair, Health and Family & Consumer Sciences M.Ed., CAGS, CHES*

2:00-3:00 pm

Session IV (choice of two)

1:1 Digital Initiative? How To Make Your Health Education Curriculum Digital for 21st Century Learners."

This session is designed for educators whose districts have implemented 1:1 technology initiatives (Chromebooks, iPads, etc). Learn how to take your health education classroom from paper to screen, with a focus on Google Classroom and Google Apps for Education, among other technology resources, that will keep students engaged and learning.

Presenters: *Jeff Bartlett, M.Ed; Danielle LaRocque, BS, Health Educators, Danvers Public Schools Danvers, MA*

Analyzing influences, interpersonal communication, and decision-making: Using skills based health to teach human sexuality & healthy relationships.

Attending this session will give participants a different lens with which to view traditional "sex ed" content and offer their students the opportunity to revisit important themes of healthy relationships during a semester of skills-based health units.

Presenter: *Claudia Brown, Curriculum Coordinator- Physical Education, Health & Wellness, North Reading Public Schools, North Reading MA; MAHPERD Past President*

3:00-4:15pm

Professional Networking~ Round Tables

Closing Ceremonies & Professional Development Points
