



## *2018 2<sup>nd</sup> Annual School Health Education Conference*

*“Student Engagement = JOY of Learning!”*



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### *Conference Schedule*

#### **Wednesday, August 1, 2018**

**7:45-8:30am**

**Registration**

**8:30-9:30am**

**Opening Remarks & Welcome!** MAHPERD President,  
Barbi Kelley

**Keynote:** *Scott Todnem, 2017 Illinois Health Educator of the Year~ Scullen Middle School in Naperville, Illinois*

**Health Education: a life-saving, life-changing, and life-sustaining experience.**

As Health Ed teachers, we have the difficult task of creating a classroom experience that permeates the lives of our students, now and forever. We can rise to that challenge! Let's look at our curriculum with a big picture view in order to find clarity. Play to your strengths as an educator, learn to love your mistakes, and be that class facilitator you were meant to be. Health = life. The rest is just details.

**9:40am-10:40am**    *Session I (choice of three)*

**Hydroponic Gardening: Improving School Food Options Through Coordination**

In this session you will learn about the problem with food, the benefits of hydroponic gardening, and how your students can lead school nutrition improvements using a coordinated approach. Participants will also learn how to make your own, low budget, hydroponic garden for your classroom and will be provided example learning activities for student engagement.

**Presenter:** *Danielle Petrucci, Health Educator~ Miles River Middle School, Hamilton-Wenham Public Schools, 2018 MAHPERD Health Educator of the Year*

**CATCH My Breath Youth E-Cigarette Prevention Program**

CATCH My Breath Youth E-Cigarette Prevention Program (CMB) includes a best-practices based curriculum for middle and high schools. Created by researchers at the University of Texas School of Public Health, CMB is based on a Social Cognitive Theory model of prevention and aligns with National Health Education Standards and the Massachusetts Comprehensive Health Curriculum Framework. The 4-lesson program uses peer facilitators to guide classroom activities that increase students' knowledge, motivations to abstain from e-cigarettes and build skills for resisting peer and media influences. Through funding from CVS Health CMB is free to schools across the U.S. Youth e-cigarette use is an emerging public health crisis. In this session, participants will learn how schools across the U.S. are using CATCH My Breath to deliver e-cigarette prevention education to their students and how to access this free program for use in their own schools.

**Presenters:** *Marcella Bianco, CATCH My Breath Program Manager & Harriette Sullivan, M.A. Ed., Health Teacher at Wareham Middle School in Wareham, MA*

**"Shooters and Shivers, Weed and Worries and Block Bottom: Games for Drug Prevention."**

In this workshop participants will explore how board games can be created by students to show the progression of addiction, benefits of protective factors and the importance of decision making. Participants will play student-made game examples and walk away with exemplars and a rubric for implementing the project in a class setting.

**Presenters:** *Holly Breen and Jackie Salvesen collectively have over 30 years of health education teaching experience at the high school level. They have created a comprehensive skills-based health education program at Andover High School to help students make healthy choices. Holly holds a Masters Degree in Health Education from Cambridge College and Jackie has a Masters Degree in Public Health Nursing. Both have high energy and are committed to making learning fun and creative.*

**EXHIBITOR SET-UP 11:00am -4:00pm**

**10:50-11:50am Session II (choice of two)**

**Health Class "A La Carte"**

This session will be packed with skills-based, student-centered activities for a variety of topics to be used in your 7-12 Health Education classes. Participants will be actively involved in the lessons during this session. All lesson plans, worksheets, and assessments will be made available for you to immediately implement into your health education curriculums. Topics will include: Communication, Decision-Making, ATOD, Goal-Setting, Texting and Driving, LGBTQ.

*Presenter: Jessica Wright, 2017 New York State AHPERD Health Educator of the Year*

**Increasing Skill Competencies in Health Education: Helping Students Show What They Know! (Skills-based/K-8)**

This session focuses on the essential need to address the National Health Education Skill Standards of analyzing influences, accessing information, communication, decision-making, goal-setting, self-management and advocacy. Moving beyond just acquiring information to demonstration of health skills is our goal for students! Come learn how THE GREAT BODY SHOP, a K-8 comprehensive health education curricular resource provides students with multiple opportunities to practice skills, specific to the standards, and in a variety of situations. Participants will enjoy an interactive session which will overview the 2018-2019 curriculum and engage participants in several skill-based activities.

*Presenter: Heidi Pound & Barbara Burditt, Children's Health Market, Sponsor*

**11:50am-12:50pm**

*Lunch (on your own but not alone!)  
Exhibits - Visit our exhibitors for many resources  
to support your health curriculum!*

**1:00-2:00pm Session III (Choice of two)**

**Awesome things in a Health Education Classroom!**

A variety of hands on activities will be discussed that are teacher AND student approved. Activities have proven to keep students engaged while having fun in classroom. Please feel free to bring your favorite activity to share as well.

*Presenter: Jeni-Lee Cash Jordan, 2017 Maine AHPERD Health Educator of the Year*

### **SES, SEE For SEL!**

Come learn how to implement social emotional strategies (SES) to create a social emotional environment (SEE) in a social emotional learning (SEL) classroom! Participants will be able to identify strategies to show students that they care about them while creating a stable classroom environment suitable for social emotional learning. Understand specific strategies such as quick check-ins, word choice, and explaining why skills based health education is so important to students to make them feel good, so they can be successful.

**Presenters:** *Jeff Bartlett, Danielle LaRocque~ Health Educators, Danvers Public Schools & MAHPERD Health Division Past & Present VP*

### **2:10-3:10pm Session IV (choice of two)**

#### **Hidden Connections in Health Ed.**

Enhance the student experience in Health Ed and promote fun in learning. Focus points will include how to hide a long-term agenda, using slow reveals and cliff hangers to build excitement in class activities, and ways to ensure the crossover of skills and concepts across weeks of the quarter, semester, and school year(s). Create more "aha" moments in your classroom!

**Presenter:** *Scott Todhem, 2017 Illinois Health Educator of the Year*

#### **SBHE 2.0: Taking Your Skills-Based Classroom to the Next Level**

Are you ready to enhance your skills-based health education program? Looking for new ideas and strategies to engage students? If so, this is the session for you! We will explore ways to advance your practice inside and beyond your classroom! You will leave this interactive session with ideas to use in your classroom in September!

**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*

### **3:15-4:00pm (All participant session)**

Kathy Brophy, "Teachers in Motion" ~ *Special Activity for All Participants!*

*Thursday, August 2, 2018*

***EXHIBITS 8:30-4:00pm***

***8:30-9:30am Session I (Choice of two)***

**Health Education Formative Assessments:**

This session will share a variety of quick formative assessments that can be used in a health classroom but can be modified for any class. Feel free to bring any formative assessments that work in your classroom to share.

**Presenter:** *Jeni-Lee Cash Jordan, 2017 Maine AHPERD Health Educator of the Year*

**Storytelling in Health Class**

The art of storytelling in teaching: how and why to use the power of stories, anecdotes, and personal narratives to strengthen the teaching experience. Examples will include read alouds, article reviews, personal accounts, and student reflections. Share and tell time included.

**Presenter:** *Scott Todhem, 2017 Illinois Health Educator of the Year*

***9:40-10:40am Session II (Choice of two)***

**“How it is done. Transforming curriculum to skills-based and SEL aligned”**

**Presenters:** Marblehead Public Schools Health Education Staff

**Increasing Skill Competencies in Health Education: Practice Makes Perfect!**

This interactive session focuses on the essential need to address the National Health Education Skill Standards of analyzing influences, accessing information, communication, decision-making, goal-setting, self-management & advocacy. Moving beyond information to demonstration of health skill competency is our goal for students! Participants will practice building critical Social and Emotional Learning (SEL) skills across the 10 health topics comprising a comprehensive health education program. Come participate and brainstorm strategies for helping students (K-8) show what they know!

**Presenter:** Heidi Pound & Barbara Burditt, Children’s Health Market, *Sponsor*

### **10:50-11:50am Session III (Choice of two)**

#### **Health Class "A La Carte"**

This session will be packed with skills-based, student-centered activities for a variety of topics to be used in your 7-12 Health Education classes. Participants will be actively involved in the lessons during this session. All lesson plans, worksheets, and assessments will be made available for you to immediately implement into your health education curriculums. Topics will include: Communication, Decision-Making, ATOD, Goal-Setting, Texting and Driving, LGBTQ.

**Presenter:** *Jessica Wright, 2017 New York State AHPERD Health Educator of the Year*

#### **Construct the cornerstones of a caring community with SEL skills**

This engaging, hands-on workshop will spotlight the SEL competencies of social awareness and relationships skills. Participants will “walk in the shoes of others” and leave with highly effective, learning activities to help students build the life skills and healthy mindset needed to communicate clearly and respectfully as well as take the perspective of and empathize with others. Teaching positive social behaviors through active learning will give your students the necessary strategies to maintain rewarding relationships, seek needed supports and contribute to an inclusive, safe, caring school environment. Come build a kinder future.

**Presenter:** *Cheryl Todisco, Health Educator ~Andover Public Schools & MAHPERD 2016 Health Educator of the Year*

### **11:50am-12:50pm Lunch~ (on your own but not alone!)**

**12:50-1:20pm** **\*\*Dedicated Exhibit time-Visit our exhibitors for resources to support your health program!**

### **1:20-2:20pm Session IV (Choice of two)**

#### **Confident Me! A Free Middle School Body Confidence Program**

Confident Me! is a self esteem program for all students in middle and high school. Using skills-based health lessons, the program focuses on:

- Challenging unrealistic sociocultural ideals of appearance
- Media literacy with respect to these ideals
- Reducing appearance comparisons and appearance conversations
- Encouraging body activism and positive behavior change

Participants will leave with free lesson materials, a clear understanding on how to implement the lessons, and incentives around implementing it in their school community.

**Presenter:** *Danielle Petrucci, Health Educator~ Miles River Middle School, Hamilton-Wenham Public Schools, 2018 MAHPERD Health Educator of the Year*

**Integrating SEL into skills-based lessons.**

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

**2:30-3:30**            ***(All Participants)***

**Round Table Discussions**

Topics you have chosen! A great professional networking hour to share ideas, support one another and learn new initiatives, talk over lesson plans and content/assessment as well.

**Presiders:** *MAHPERD Health Division VP's: Danielle LaRocque, Mary Connolly & Danielle Petrucci*

**3:30-3:45**    ***Closing: Raffle & Professional Development Points***