

2019

MAHPERD School Health Education Conference Agenda

HEALTH EDUCATORS: INSPIRE. EMPOWER. TRANSFORM.



Wednesday, August 7, 2019

7:45-8:20am

Registration -FOYER

BALLROOM

8:20- to 8:30am

Opening Remarks & Welcome! MAHPERD President, Brian McNally

8:30-9:30am

Keynote Address:

Dr. Irene Cucina, Plymouth State University; AAHPERD Past President

Based on the extent of research supporting skills based health education including the benefits of teaching health related skills for a lifetime of healthy choices, the trend in school health education programs is slowly shifting from content driven curricular to skills based curricular. Now it is time to give control to your students allowing them to be in charge of their own learning. Ideas on how to empower your students to direct learning that is realistic, relevant and meaningful to them will be shared.

9:30-9:40am

Networking Break

9:40-10:40am

Session I (Choice of two)

BALLROOM

Improving Student Well Being Through Comprehensive School Health and Whole Child Education: The CSH framework supports mental, emotional, social, physical and nutritional well being in school environments and has been around for many years (Joint Consortium for School Health, 2018). However, the depth of this framework has never been fully understood by school districts. The words comprehensive school health and whole child approach has been discussed in many districts/school boards but the question that often comes up is “When are we going to take what we know and make it what we do?” It has been stated that “healthy students are better learners” (Murray, Hurley, & Ahmed, 2015). Therefore, we need to ensure we are taking care of our students overall wellbeing. During this session we will discuss practical ways we can support well being within our schools.

Presenter: Kim Hordal-Hlewka , Assistant Principal, Michael Phair JH, EPSB
(Supt./Principal/Director Track)

BALLROOM

SEL in Health: With all the distractions and pressures students face daily the need to infuse social-emotional learning in the classroom is a must. Participants will examine the similarities between health skills and social emotional learning competencies, and learn strategies that foster purpose and deep connections within the classroom and beyond.

Presenter: Deanna Romero, SHAPE CO Health Education Teacher of the Year, and SHAPE America the Central District Health Education Teacher of the Year.

10:40-10:50am

Networking Break

Session II (Choice of two)

10:50am-11:50 am

BALLROOM

Assessment in Skills Based Health Education: Multiple choice questions play a useful role in quickly measuring what students know in terms of health facts. However, performance-based assessment in health education goes beyond gauging the health facts students retain, to measuring the skills students gain. During this session, participants will be introduced to a variety of assessment strategies used to assess what students know and are able to do as the result of a quality health education course.

Presenter: Dr. Irene Cucina, Plymouth State University; AAHPERD Past President

BALLROOM

Project Here Games: Making Substance Use Prevention Fun Again: Project Here Games is a novel website-based app that provides Massachusetts middle school teachers with a fun, educational tool to teach substance use prevention and support development of healthy decision-making skills among students. Based on the latest substance use prevention and social emotional learning research, this interactive web-app adapts to the student user, prompting them to reflect on their personality, gain knowledge, and practice critical substance use prevention skills — decision-making, myth-busting, communication and coping with stress. Project Here Games is a component of Project Here, a collaboration between the Office of the MA Attorney General and the GE Foundation that provides free research-based substance use prevention education resources to public middle schools across the state. Participants in this session will discuss unique ways to incorporate Project Here Games in their classroom and provide students with an engaging educational experience.

Presenter: Ivy Schmalzreid, MPH, Senior Program Manager Project Here

(Supt./Principal/Director Track)

11:50am-12:30 pm

Lunch (On your own but not alone!)

BALLROOM

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

12:30-1:00pm

1:00-2:00pm

Session III (Choice of (3) sessions)

BALLROOM

Today's Health for Today's Student: Participants will gain firsthand experience in applying Skills-based Health education strategies by engaging in mini-health lessons. Learn how easy it is to use hands-on, interactive, engaging activities to accompany your Skills-based Health education program and bring your health class to life. You will leave with ideas you can implement tomorrow.

Presenter: Deanna Romero, SHAPE CO Health Education Teacher of the Year, and SHAPE America the Central District Health Education Teacher of the Year.

COMPASS ROOM

Teaching Body Confidence in Middle School; the Dove Self-Esteem Program: Students struggle with confidence and body image issues. This session will share research on how low body confidence may impact students' ability to learn as well as participate in normal activities throughout the day. The Dove Self-Esteem Program is a free single or 5 lesson program that addresses internal and external influences that bombard us daily on what appearance ideals are, and offers opportunities for students to practice skills around accessing information, decision-making and advocacy. Learning Objectives: Discuss the importance of teaching

appearance ideals, positive self-talk and analyzing influences to students; Summarize the skill standards students will practice during the Dove Self-Esteem Program; Demonstrate how to access the free program and use with their students.

Presenters:

Danielle Petrucci, 2018 MAHPERD Health Teacher of the Year; MAHPERD VP of Health Division; Jessica Lawrence, Director Caim Guidance; *Sponsor of the School Health Education Conference

Session Title: Child Sexual Abuse Prevention: Every Child, Every Grade, Every Year!

BALLROOM

Child sexual abuse is a widespread problem in our society. "Every 11 minutes, child protective services substantiates, or finds evidence for, a claim of child sexual abuse." Of all the victims under the age of 18, two out of three are 12-17 years old. Prevention at every grade level is critical! During this presentation and small group work, participants will explore tools and resources for evaluating existing PK-8 health education efforts and discuss strategies for implementing child sexual abuse prevention within a comprehensive approach to health education. (RAINN, 2019)

Presenters: Barbara Burditt and Heidi Pound, **Children's Health Market** *Sponsor of the School Health Education Conference

(Supt./Principal/Director Track)

2:00-2:10pm

Networking Break

2:10-3:10pm

Session IV Choice of (2) sessions

BALLROOM

Health as a Foundation for School Communities: Connecting Research and Practice:

This session will provide the process of integrating health within the workings of a Junior High School from before the school even opened. From the design, to hiring the staff, to yearly themes- health has been at the forefront. The goal of this session is to share the journey of taking research and bringing it to life within a school.

Presenter: Kim Hordal-Hlewka , Assistant Principal, Michael Phair JH, EPSB

(Supt./Principal/Director Track)

BALLROOM

Round Table Discussions with MA High School Students about Health Classes and the Needs of Students ~ Speakers: Representatives of the MA DESE ~Massachusetts Gender Sexuality Alliance (GSA) Leadership Council

3:15-4:15pm

Session V *Special (1) hour session for all participants*

BALLROOM

Moving for ALL! You will feel so good moving to the music with Michelle Fox, Dance Professional from Fred Astaire Studio in Franklin, MA and Kathy Brophy, Guest Artist. They will also perform for us at the end of our wonderful dance lesson!

Song: Piano in The Dark by Brenda Russell **Style of dance:** Rumba

Choreography: Collaboration of FADS Colleagues

Although the LGBTQ+ rights movement has made significant progress, local LGBTQ+ youth continue to be at risk. A 2016 survey of Metro-West high school students revealed that LGBTQ+ youth are four times as likely to self-injure and five times as likely to attempt suicide. These risks can be mitigated by access to accepting communities and affirming institutions. To learn more about support for local LGBTQ+ youth, contact OUT Metro-West at www.outmetrowest.org. Their free youth programs meet in Framingham, Newton, and Wellesley and connect LGBTQ+ youth with friends and role models.

Michelle Fox, Director and instructor, stepped onto the dance floor at the age of six and has never left. At sixteen, she landed her first professional show as a soloist for the North Star Ballet. She has studied and performed a broad range of styles including ballet, modern and ballroom and received a B.F.A. in Dance Performance from the Hartt School at the University of Hartford. Michelle has been professionally competing for over ten years in both American Smooth and Rhythm. Michelle is a six-time Open Rhythm champion for Fred Astaire New England, and 2010 Rising Star Rhythm Finalist of the Fred Astaire World Championships. She was a featured dancer with the cast of Dancing with The Stars in the Disney Christmas Parade of 2009 and has trained with world-renowned dancers such as Tony Dovolani, Elena Grinenko, Jose Decamps, and Joanna Zacharewicz.

As an instructor, Michelle has been awarded Top Female Teacher in New England two years in a row, and was among one of the few teachers to be awarded a national Freddy Award. She was a featured instructor for NECN's 'Wedding Week' and then became a full time manager at the Belmont Fred Astaire in 2008. Michelle earned the title Manager of the Year in 2008 and 2009 and she has trained many instructors to become successful teachers and managers. Michelle met Adam in 2012 and the two have been a dynamic team of entertainers and instructors. The two are very excited about owning a studio of their own, and building a community in Franklin where everyone who wants to can experience the magic of dance.

Kathy Brophy, Guest Artist, has been in the Health and Wellness field for the past 26 years. She is in her 12th year as a Fitness and Health Teacher at Wellesley High School. She is the 2015 MAHPERD (Massachusetts Association for Health Physical Education Recreation and Dance) High School Physical Education Teacher of the Year, as well as the 2016 SHAPE (Society of Health and Physical Educators) America Eastern District High School Physical Education Teacher of the Year. She has had a passion for ballroom dance for several years and is currently taking lessons at the Fred Astaire Dance Studio in Franklin, MA. She has enjoyed competing at the amateur level in The Boston Open Same-Sex Dance Championships and the April Follies which is the longest standing same-sex competition in North America. In 2018 Kathy placed 2nd in Smooth and was named American Rhythm champion from NASSPDA (North American Same-Sex Partner Dance Association). Kathy cannot imagine life without dance and wants to continue to share this wonderful form of exercise and creative expression.

Evening Wellness Activities! ☺

Sunset Cruise off Pickering Wharf

Dinner~ With friends you've met today!

Shops/Walk on Pier!

Thursday, August 8, 2019

8:30-9:30am

Session I (choice of three)

BALLROOM

The Realities of being an Administrator and Supporting Whole Child Education

Plato... noted that people are not sheep, and leaders are not shepherds; Plato regarded the leader as the weaver, whose main task was to weave together different kinds of people into the fabric of society. (Maak, 2007, p. 340).

From policy to Leadership Quality Standards there are many factors that administrators face when supporting not only their staff but the entire school community in which they call home. During this session you will hear one administrators story about how she used policy and leadership standards to support the journey of whole child education within her school.

Presenter: Kim Hordal-Hlewka , Assistant Principal, Michael Phair JH, EPSB

(Supt./Principal/Director Track)

BALLROOM	<p>Calm Space Navigation Learning to navigate through difficult emotions is key to building resilience. In this workshop, you will apply research-based strategies for teaching emotional regulation to teens. You will be provided with several lesson plans and activities that culminate in a personalized, student constructed, blueprint for emotional management. Presenter: Jackie Salvesen, 2019 MAHPERD Health Educator of the Year; Health Educator, Andover Publics Schools, Andover, MA</p>
COMPASS ROOM	<p>How can the School Nurse Support Your Health Teaching and Reinforce Classroom Messages in the Health Office? Your RN must know curriculum; join you as a guest speaker on critical topics when another expert voice is desired and collaborate on school community projects/educational outreach - e.g. social norming campaigns, healthy food cook-offs, physical activity challenges, etc.! Presenter: Jenny Gormley, President, MA School Nurses Association *MAHPERD Partner</p>
9:30-9:40am	Networking Break!
9:40-10:40am	Session II (choice of two)
BALLROOM	<p>Relevant Assessments in Health Education Assessments can be grueling for students to take and teachers to grade, but they don't have to be! In this session, participants will explore different assessment strategies and gain resources to create relevant, Skills-based Health assessments that measure students' functional knowledge and growth, and have fun doing it. Presenter: Deanne Romero, SHAPE CO Health Education Teacher of the Year, and SHAPE America the Central District Health Education Teacher of the Year. <i>(Supt./Principal/Director Track)</i></p>
BALLROOM	<p>THE GREAT BODY SHOP: Skill-based health educations, K-8. Is your district now searching for a new resource to support Social and Emotional Learning, Mindfulness, Cultural Awareness, and/or Critical Thinking? If so, ask the question: Why do we continue to overwhelm teachers with several different categorical programs when one current, developmentally appropriate, and medically accurate health education resource can address these topics, and more? THE GREAT BODY SHOP (TGBS) is a K-8 comprehensive health education resource with a long history in Massachusetts. Come join us to learn how TGBS has evolved to address current trends and standards, while continuing to provide hands-on, skill-based lessons for students and their families that do not overwhelm the classroom teacher. Objectives: Participants will: Identify the topics and skills that are included in a comprehensive health education curriculum using CDC's HECAT and the National Health Education Standards as a framework; Explore THE GREAT BODY SHOP as one model for a comprehensive approach to health education; Participate in skills-based activities which demonstrate integration of the National Health Education Skill Standards across all health topics, including Social and Emotional Learning; Analyze their current instructional framework at the district level, and create an action step toward advocating for a comprehensive, skills-based approach to health education Presenters: Heidi Pound, Consultant; Barbara Burditt is the Director of Professional Development and Instructional Support for The Children's Health Market, publisher of THE GREAT BODY SHOP comprehensive health education resource. Barb designs curriculum implementation plans and provides training, support, and technical assistance for school districts across the United States. She also provides professional development workshops on several topics, including Child Sexual Abuse Prevention/Erin's Law, Content Literacy, Bullying Prevention, and Social and Emotional Learning. Prior to joining the team at The Children's Health Market, Barb was a middle school teacher in Maine. * Sponsor of the School Health Education Conference</p>
10:40-10:50am	Networking Break!

10:50-11:50am

Session III (Choice of two)

BALLROOM

It's Elementary! Skills-Based Activities for the Elementary Classroom Are you shifting from content-based to skills-based health education? Do you teach at the elementary level or just looking for new student-centered activities? Then this is the workshop for you! Join us for a fun, interactive hour where various skills-based health activities will be shared for each NHES standard. You will leave this session with more “tools in your toolbox” to implement in your own classroom!

Presenter: Marissa Kelleher, Elementary Health Educator, Medway, MA

BALLROOM

Prioritizing the Whole Child; the Opportunities for Leadership to Embrace that Healthy Kids Learn Better Whether you are an educational leader yourself or trying to create buy-in among your school leaders, what does the research say around the inextricable link between health and learning? What are schools and districts doing to address the whole child? What are the best practices within the Whole School, Whole Community, Whole-Child framework? Come to this session to engage in activities to help you think through either providing leadership within your school community or how you can create buy in and address resistance around focusing on the whole child! Learning Objectives: Discuss the importance of addressing the whole child to address education goals; Participate in engaging activities that make the case that healthy kids learn better; Set next steps around what you can take back to your school community.

Presenters: Danielle Petrucci, 2018 MAHPERD Health Teacher of the Year; MAHPERD VP of Health Division; Jessica Lawrence, Director Cairn Guidance; *Sponsor of the School Health Education Conference

(Supt./Principal/Director Track)

11:50-12:30pm

Lunch ~ On Your Own but not Alone! ☺

12:30-1:00pm

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

1:00-2:00pm

Session IV (Choice of two)

BALLROOM

Changing Your Health Curriculum One Step At a Time Revising school health curriculum from content based to skills based can be challenging and overwhelming. Ideas for changing your units of study in health education from content to skills will be shared; including templates that will help with the process.

Presenter: Dr. Irene Cucina, Plymouth State University; AAHPERD Past President

(Supt./Principal/Director Track)

BALLROOM

Stories from the Field: Implementing Project Here in MA Middle School Classrooms Project Here is the innovative collaboration between the Office of the Massachusetts Attorney General and the GE Foundation that provides free research-based substance use prevention education resources to public middle schools across the state. In this session, the dynamic panel of program staff and Project Here middle school health educators will explore how Project Here enables flexible use of resources (both the Online Toolkit & Project Here Games) to teach substance use prevention in and out of the classroom. The panelists will also elaborate on how the program has had direct reach into schools and the positive impact of that reach on the students and communities.

Presenter: Ivy Schmalzreid, MPH Senior Program Manager, Project Here

2:00-2:05pm

Networking Break!

2:05-3:00pm

Round Table Discussions~ ALL PARTICIPANTS! Led by MAHPERD Health Division Leadership
(Supt./Principal/Director Track)

3:00pm

Evaluations/PDP's/Raffle 😊