

From Vision,
to **REALITY!**



2008

**HEALTHY SCHOOLS
I N S T I T U T E**

Summer Conference

June 17-20, 2008 | Lenoir-Rhyne College | Hickory, NC

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Welcome!

Dear Participants:

The North Carolina Department of Public Instruction, the North Carolina Department of Health and Human Services, and the North Carolina Public Health Foundation welcome you to the 2008 Healthy Schools Institute (HSI)!

HSI is a team-oriented approach for developing a Coordinated School Health Program. It is built around the eight components of a Healthy School:

- Health Education
- Physical Education
- Child Nutrition Services
- Safe School Environment
- Worksite Wellness
- School Health Services
- Family and Community Involvement
- School Counseling, Psychological & Social Services

In addition to the keynote speakers and breakout sessions in the areas of Obesity, Mental Health, School Environment, Injury/Violence and Sexual Health, we have added Activity Sessions and longer Skill-Building sessions in the areas of: Advocacy, Grant Writing, Needs Assessment, Evaluation, and Action Planning. These sessions are presented by the NC Comprehensive School Health Training Center at Appalachian State University, the Department of Health Education and Promotion at East Carolina University, the North Carolina PTA, North Carolina Alliance for Health and Healthy Carolinians.

We encourage you to take advantage of the depth and variety of sessions being offered over the next four days and to communicate with your team to attend those that will most benefit your schools and communities.

Be sure to join us for the Tuesday night “Welcome and Networking” Activity Night and Picnic at Cromer Cafeteria and the Annual Tacky Banquet on Thursday evening. Wear your “Tacky-est” outfit or your Reality TV attire and join the fun!

The Department of Public Instruction and the State Board of Education are committed to helping schools improve the health and wellness of students and staff by being proactive and by providing technical support to schools and communities. We realize that schools cannot accomplish this task alone; through partnerships and commitments of resources, we will continue to create healthy and safe environments for our students.



We hope your experience will be a pleasant and productive one. If we can help you during this conference, please feel free to ask for assistance!

Enjoy the Institute!



General Information

Conference Location

Lenoir-Rhyne College, 625 7th Avenue, NE, Hickory, NC 28603 (campus map attached).

Conference Lodging

Conference participants will stay primarily in the Living Learning Center (LLC) or Price Village on the campus of Lenoir-Rhyne College. Room keys will be distributed in the LLC Lobby and will be collected on Friday morning in the Centrum Lobby. There will be a charge of \$50 for each key or access card not returned on Friday morning. If you plan on leaving before Friday, a room key drop off-box will be located in the Belk Centrum Lobby.

Janet Matthews will be the on-site Conference Housing Liaison. Please contact her with questions or concerns about housing while at LRC at (828) 291-6839.

Emergency Numbers

In the event of a life-threatening emergency, call 911 immediately. All emergency numbers are located in a booklet inside each dorm room. If someone needs to reach you in the event of an emergency, they may contact the LRC Security Services Officer on Duty Cell at 828-328-7146.

Information Desk

Someone will be available to answer questions at the Information Desk in the Centrum Lobby from 8:00 am until 3:00 pm each day. Other questions should be directed to Healthy Schools Staff.

Conference Events and Meals

All meals are in the cafeteria or on Shaw Plaza. Meal tickets will be distributed at registration and collected for each meal. If you misplace your meal tickets, please find Kea Alexander for replacements. Note that Wednesday dinner is on your own. The following meals and events are included in your registration fee:

- Lunch on Tuesday
- Picnic Dinner on Tuesday evening
- Breakfast and Lunch on Wednesday and Thursday
- Annual Tacky Banquet on Thursday evening (spice up the evening by coming as your favorite reality TV star)
- Breakfast on Friday
- A FREE health screening (sign up Tuesday)
- Door prizes, session handouts, and souvenirs

Health Screenings

WakeMed will be providing various health screenings on Wednesday and Thursday mornings. Sign up for screening times during registration on Tuesday. Results will be given on a walk-in basis during lunch on Wednesday and Thursday in the Fireside Lounge.

Continuing Education

In order to receive 24.0 contact hours for continuing education credits you must participate in the entire conference. No partial certificates will be awarded. In addition, an application has been submitted to award up to 13.0 Continuing Education Contact Hours (CECH) for certified health education specialists (CHES). SOPHE (the Society for Public Health Education), including its NC Chapter, is a designated multiple event provider of CECH by the National Commission.



Conference At-A-Glance

June 17-20, 2008

TUESDAY, JUNE 17, 2008

9:00 – 3:00 pm	Registration (Living Learning Center Lobby)
12:00 – 1:00 pm	Lunch (Cromer Cafeteria)
1:00 – 3:00 pm	General Session and Keynote Speaker (Belk Centrum)
3:00 – 3:15 pm	Break (Belk Centrum Lobby)
3:15 – 5:00 pm	General Session (Belk Centrum)
5:00 – 5:30 pm	Break (on your own)
5:30 – 7:00 pm	“Welcome and Networking” Activity Night and Picnic (Cromer Cafeteria)

WEDNESDAY, JUNE 18, 2008

6:00 – 7:45 am	Health Risk Appraisals (Living Learning Center First Floor)
7:30 – 8:15 am	Breakfast (Cromer Cafeteria)
8:15 – 9:30 am	Keynote Speaker (Belk Centrum)
9:30 – 9:45 am	Break (Belk Centrum Lobby)
9:45 – 10:45 am	Concurrent Sessions (Rhyne Classrooms)
10:45 – 11:00 am	Break (Belk Centrum Lobby)
11:00 – 12:00 pm	Concurrent Sessions (Rhyne Classrooms)
12:00 – 1:00 pm	Lunch (Cromer Cafeteria)
	Screening Results (Fireside Room)
1:00 – 1:15 pm	Break (Prepare for Activity)
1:15 – 2:30 pm	Activity Sessions (Belk Centrum, Shaw Plaza, Morteز Classroom)
2:30 – 2:45 pm	Break (Prepare for Session)
2:45 – 3:45 pm	Concurrent Sessions (Rhyne Classrooms)
3:45 – 4:00 pm	Break (Belk Centrum Lobby)
4:00 – 5:00 pm	Concurrent Sessions (Rhyne Classrooms)
5:00 pm	Dinner (own your own)

THURSDAY, JUNE 19, 2008

6:00 – 7:45 am	Health Risk Appraisals (Living Learning Center First Floor)
7:00 – 7:30 am	Reflection (Fireside Room)
7:30 – 8:15 am	Breakfast (Cromer Cafeteria)
8:15 – 9:30 am	Keynote Speaker (Belk Centrum)
9:30 – 9:45 am	Break (Belk Centrum Lobby)
9:45 – 12:00 pm	Concurrent Skills Building Sessions (Rhyne Classrooms)
9:45 – 12:00 pm	Staff Wellness Pilot Group <i>by invitation only</i> (Rhyne 152)
12:00 – 1:00 pm	Lunch (Cromer Cafeteria)
	Screening Results (Fireside Room)
1:00 – 1:15 pm	Break (Prepare for Activity)
1:15 – 2:15 pm	Activity Sessions (Belk Centrum, Shaw Plaza, Morteز Classroom)
2:15 – 2:30 pm	Break (Prepare for Session)
2:30 – 4:45 pm	Concurrent Skills Building Sessions (Rhyne Classrooms)
4:45 – 6:00 pm	Break (on your own)
6:00 – 7:30 pm	Annual TACKY BANQUET and Guest Speaker (Cromer Cafeteria)

FRIDAY, JUNE 20, 2008

7:30 – 8:15 am	Breakfast (Cromer Cafeteria)
8:15 – 9:45 am	General Session and Keynote Speaker (Belk Centrum)
9:45 – 10:00 am	Break (Belk Centrum Lobby)
10:00 – 12:00 pm	School Health Success Panel and Keynote Speaker (Belk Centrum)
12:00 – 12:30 pm	Closing Remarks/Certificates/Door Prizes (Belk Centrum)



Conference Overview

Tuesday | June 17

9:00 – 3:00 | REGISTRATION

LOCATION: Living Learning Center Lobby

12:00 – 1:00 | LUNCH

LOCATION: Cromer Cafeteria

1:00 – 2:00 | OPENING GENERAL SESSION

2:00 – 3:00 | KEYNOTE ADDRESS

“Culture of Wellness”

LOCATION: Belk Centrum Auditorium

PRESENTER: Chris Lineberry, MSA
Principal; Jack Harmon Elementary School

SESSION OVERVIEW:

If current trends continue, our generation will be the first to outlive their children. Schools are now legally required to provide a minimum of 30 minutes of physical activity daily and school leaders are being challenged to balance achievement and wellness. During two school years, Richfield Elementary School incorporated 60 minutes of physical activity into the school day, integrated healthful living into the curriculum on a daily basis, reduced BMI and obesity rates while raising achievement and decreasing staff absences. Chris will discuss the implications of this program, the successes the school has achieved, as well as the importance of reversing national trends in obesity.

By the end of this session participants will be able to:

- List two causes of the current child obesity epidemic
- Describe two barriers to implementation of school wellness programming
- Identify three specific strategies to implement staff or student wellness programming

PRESENTER OVERVIEW:

An educator for 10 years, Chris Lineberry received his undergraduate and master's degrees from the University of North Carolina at Charlotte, where currently he is pursuing his doctorate in educational leadership. Chris has been an assistant principal in a middle school in an urban setting with 80% of students at or below the poverty level, an administrator in a magnet school of the arts in a large metropolitan district for grade levels 6-12, and a principal in a Pre-K through 8th grade school in Stanly County. He currently serves as Principal at Jack Harmon Elementary School in Queen Creek, Arizona. Chris is co author of the 2005 *Promoting a Successful Transition to Middle School* by Akos, Queen, & Lineberry.

3:00 – 3:15 | BREAK

3:15 – 4:00 | GENERAL SESSION

“Bend the Trend: The Rest of the Story”

LOCATION: Belk Centrum Auditorium

PRESENTER: Tracy Linton, MPH
*Health Promotion & Wellness Coordinator
NC State Health Plan*

SESSION OVERVIEW:

A case study will be presented illustrating the successful school worksite wellness program that helped the Washoe County School System create a better environment for teachers, staff and students. Ms. Linton will introduce trends in North Carolina health care costs while effectively making a case for Return on Investment (ROI) as it relates to worksite wellness programs. Learn the real story behind health management and how to define the paradigm shift from treating “just” the disease to the overall total value of health—*integrated health management*. Find out how wellness programs and disease management can help “bend the trend” for health care costs.

By the end of this session participants will be able to:

- Identify national and NC trends in healthcare costs
- Define health management and integrated health management
- Identify where on the healthcare line trend can we start to “bend”
- Make the case for worksite wellness

PRESENTER OVERVIEW:

Tracy has over ten years professional experience in health care with for-profit, non-profit, state and federal government agencies. Currently, she works for the North Carolina State Health Plan as a Health Promotion and Wellness Coordinator. In this role, Tracy uses her expertise in health promotion, wellness, and public health to identify programs and resources needed to provide worksite wellness for state government employees. Currently, Tracy is working with state and county governments to bring worksite wellness to teachers and public school staff. Before coming to work at the State Health Plan, Tracy worked on a federal contract with the United States Department of Health and Human Services, Centers for Medicare and Medicaid Services (CMS).

Conference Overview

Tuesday | June 17

4:00 – 4:15 | “The Extras”

LOCATION: Belk Centrum Auditorium

PRESENTER(S): Dave Gardner, PhD
Director; Corporate and Community Health, Wake Med

Sarah Langer, MPH
HIV/AIDS Policies and Programs Consultant; NCDPI

SESSION OVERVIEW:

If we want students to be fit, healthy and ready to learn; we need teachers and other professionals that work with students to be fit, healthy and ready to teach and work too! Corporate and Community Health at WakeMed will provide clinical tests of full lipid with glucose, height/weight, waist girth and interpretation of results. Sign up for screenings on Tuesday, June 17, at the Registration Table staffed by Wake Med from 10:30-3:00 pm.

Anyone up for a challenge? Healthy Schools is sponsoring the 2008 Pedometer Challenge. Pick up your log card, pedometer and set your stride after the last general session on Tuesday, June 17, and get as many steps in as you can by 8:15 am on Friday, June 20, 2008. The pedometer is yours to keep! Submit your log card at the registration desk Friday morning for your chance to win the grand prize.

4:15 – 5:00 | “An Anti-Obesity Program for Kids that Works and Is Fun to Boot! In-School Prevention of Obesity and Disease (IPOD)”

LOCATION: Belk Centrum Auditorium

PRESENTER: Judy Martino
Grant Program Specialist; North Carolina Alliance for Athletics, Health, Physical Education, Recreation and Dance (NCAAHPERD)

SESSION OVERVIEW:

Armed with a 3-year grant from the Health and Wellness Trust Fund, NCAAHPERD initiated the In-School Prevention of Obesity and Disease (IPOD) program. This preventative intervention program is aimed at attacking the obesity epidemic in its infancy. Physical Education teachers are trained in SPARK (Sports, Play and Active Recreation for Kids). SPARK is a researched based PE curriculum that addresses moderate to vigorous activity, fitness and academic achievement, skills development and fun! We wish to coordinate our efforts with those of all NC health groups and organizations, particularly public school health education, LEAs and SHACs, in an effort to continue as a leader for a healthier North Carolina.

By the end of this session participants will be able to:

- Describe at least two components of IPOD
- Identify at least three effective strategies for physical education and health education to compliment each other in an IPOD trained school.

PRESENTER OVERVIEW:

Judy Martino was hired by NCAAHPERD as the Grant Program Specialist in February 2007 to set-up and administer the In-School Prevention of Obesity and Disease (IPOD) initiative. Her career began as a teacher/coach and she spent 19 years as an NCAA Division I coach at USC, UNC and NCSU and 10 years as a professional coach. She was the founder and Executive Director of a National Coaches Association (5 years) with a membership of over 3,000 presently.

5:00 – 5:30 | BREAK (on your own)

5:30 – 7:00 | “Welcome and Networking” Activity Night and Picnic

“Reality-Get Real!”

LOCATION: Cromer Cafeteria

PRESENTER: Ron and Melanie Champion
Holden Beach, NC





Conference Overview

Wednesday | June 18

6:00 – 7:45 | HEALTH RISK APPRAISALS – WakeMed

LOCATION: Living Learning Center, 1st floor classroom

7:30 – 8:15 | BREAKFAST

LOCATION: Cromer Cafeteria

8:15 – 9:30 | KEYNOTE ADDRESS

“Dancin’ with the EPA: The K-12 World”

LOCATION: Belk Centrum Auditorium

PRESENTER: Henry Slack, MS
Indoor Air Program Manager; Environmental Protection Agency Atlanta Regional Office

SESSION OVERVIEW:

When you Dance with the EPA, you’re stepping toward better conditions in your building, which lead to better learning without extra costs. EPA programs allow school partners to “lead” with low and no-cost improvements to the buildings. “Polka” at preventing problems and avoid negative publicity that can disrupt your community. It’s easy to begin!

By the end of this session participants will be able to:

- List the three most dangerous indoor pollutants
- Identify what works better than testing the air (and costs much less)
- Understand how changing the school building can raise test scores – and save money!

PRESENTER OVERVIEW:

Henry Slack grew up in the small town (then) of Decatur, GA, riding his bicycle to school, and sassing his father. He now lives in the Atlanta suburb of Decatur GA, riding his bicycle to work, and being sassed by his teenagers. He earned a BS in Chemistry from Rhodes College in Memphis, then an MS from Georgia Tech at the School of Mechanical Engineering, becoming a professional engineer in 1988. He has managed EPA’s indoor air program in Atlanta since 1992, well before the Mold Rush started, and dealt with indoor problems from aldehydes to zucchini. Besides EPA, he has had special assignments to the CDC’s National Center for Environmental Health, and to the Government of Barbados.

9:30 – 9:35 | ADAPTED ENERGIZER

PRESENTER: Chris Mackey
*Healthy Communities Coordinator;
NC Office on Disability and Health*

9:35 – 9:45 | BREAK

9:45 – 10:45 | CONCURRENT SESSIONS

INJURY/VIOLENCE: “Preventing Child Abuse: The REALITY of What Works (and why it’s So Important!)”

LOCATION: Rhyne 249

PRESENTER(S): Stacy Pendarvis
*Prevention Coordinator;
Child Advocacy Center, Inc.*
Anne Barnes, MA Ed
Children’s Trust Fund Consultant; NCDPI

SESSION OVERVIEW:

Why and how is the prevention of Child Abuse important to the future health of a child/adult? And what really works to prevent it? Come to this interactive session and hear about evidence-based practices that are really working in communities across the state, including a new approach to sexual abuse prevention and programs that strengthen all types of families.

MENTAL HEALTH: “Getting a Grip for Students & Staff: Practicing Mindful Stress Management”

LOCATION: Rhyne 252

PRESENTER: Rebecca Reeve, PhD, CHES
*Senior Advisor for Healthy Schools-DHHS;
NC DHHS Division of Public Health*

SESSION OVERVIEW:

Never ending demands? Finding resistance to change? Stress levels rising? At capacity? Self management grows through attention, awareness, understanding and compassion. We will explore breathing, body scanning, sitting and walking skills based on the national model developed by Jon Kabat-Zinn in medical centers across the country. We will address the professional and personal applications of mindfulness practice. These simple techniques can improve your life and become part of your tool kit for successfully working with students, families and colleagues.

By the end of this session participants will be able to:

- Describe at least two components of mindfulness practice
- Experience four mindfulness practices and choose one to implement upon returning home
- Describe two ways that mindfulness could be incorporated in a coordinated school health system
- Identify at least one resource to contact upon returning home

OBESITY: “Henderson County’s Next Top Model”

LOCATION: Rhyne 253

PRESENTER: Tricia Stauffer, MPH
Health Promotion Coordinator; Henderson County Department of Public Health

SESSION OVERVIEW:

School employees have a unique opportunity to model healthy behaviors for children. To help them do this, the Fit For Life program provided on-site aerobic, yoga and tai chi classes at four schools. Walking challenges, complete with pedometers, encouraged school employees to compete with one another to take at least 10,000 steps each day. Health screenings and wellness classes were also held, all providing tools for school employees to become Henderson County’s next top models of healthy behaviors!

By the end of this session participants will be able to:

- Identify a source of funding for physical activity and nutrition programs
- Identify potential program partners in his/her own community
- Recognize potential barriers in working within the school setting

SCHOOL ENVIRONMENT: “Extreme Makeover School Edition (Safe Routes to School)”

LOCATION: Rhyne 255

PRESENTER: Judi Lawson Wallace
Nationally Certified Trainer for Safe Routes to School; NC Department of Transportation Safe Routes to School Program

SESSION OVERVIEW:

Long lines of idling cars waiting to pick up and drop off kids is bad for children’s health (or contributes to many children’s sedentary lifestyle), and schools with these

lines have poorer air quality, according to the EPA. Safe Routes to School presents healthy alternatives with demonstrated success in communities across the country. NC communities are making great strides, too. Learn how you can create a healthy environment for schools in your community and make kids healthier, too.

By the end of this session participants will be able to:

- Introduce the Safe Routes to School Program with its goals of preventing obesity by encouraging more physical activity and reducing traffic congestion around schools to improve air quality
- Show the results in communities with successful programs, both nationally and in NC
- Share workable ideas, both short- and long-term that schools and communities can implement to make their students healthier

SEXUAL HEALTH: “Win, Lose or Draw: Sexual Health is Not a Game”

LOCATION: Rhyne 256

PRESENTER: Sarah Langer, MPH
HIV/AIDS Policies and Programs Consultant; NCDPI

SESSION OVERVIEW:

This fun and interactive session (with prizes!) will reveal how NC teens are at increased risk for acquiring HIV/STIs and becoming pregnant and the state health statistics that support this reality. According to the School Health Education Profiles Survey, middle and high schools are not always following the guidelines set forth by the State. However, “Opting Out” is not an option for schools. DPI has partnered with East Carolina University to develop an interactive on-line module for administrators to enhance knowledge of General Statute 115c-81(e) and HIV prevention objectives in the Standard Course of Study, as well as parent support.

By the end of this session participants will be able to:

- Identify the prevalence of youth risk behaviors relating to sexual health
- Dispel myths concerning state policies and guidelines
- Advocate that sexual health be taught as required in their schools

10:45 – 11:00 | BREAK

LOCATION: Belk Centrum Lobby



Conference Overview

Wednesday | June 18

11:00 – 12:00 | CONCURRENT SESSIONS

INJURY/VIOLENCE: “The Real World: Helping Teenagers Through It”

LOCATION: Rhyne 249

PRESENTER(S): Amy Stiles, MS
*Health Education Trainer;
NC School Health Training Center*

Denise Pittillo, MA Ed
Abstinence Consultant; NCDPI

SESSION OVERVIEW:

Come participate in effective, interactive classroom activities in the area of unintentional and intentional injury prevention. Activities demonstrated will include the objectives that address accidents, ATV/motorcycle safety, bullying, violence, substance abuse, suicide, and depression. These activities are a part of six-step lesson plans developed by the NC Association for the Advancement of Health Education (NCAAHE) and the NC School Health Training Center (NCSHTC) to meet the health education objectives in the *Standard Course of Study*.

MENTAL HEALTH: “Step It Up and Recognize Early Warning Signs of Brain Disorders”

LOCATION: Rhyne 252

PRESENTER: Linda Swann, M Ed
Family Advocate-Lee Harnett Family Support; NAMI North Carolina

SESSION OVERVIEW:

This session is based on a monograph from NAMI entitled *Parents and Teachers as Allies*. This resource was created to help families and school professionals identify the key warning signs of early-onset mental illnesses in children and adolescents in our schools and focuses on the specific, age-related symptoms of mental illnesses in youngsters. The publication is intended to provide an educational tool for advancing mutual understanding and communication between families and school professionals. Attendees will receive free copies of the monograph.

This session will address the warning signs of major early on-set neurobiological brain disorders in children and adolescents: ADHD, Anxiety, Bipolar, Depression, Conduct Disorder, and Oppositional Defiant Disorder and compare the differences between a young child's symptoms/ behaviors and those of an adolescent.

By the end of this session participants will be able to:

- Recognize the warning signs of major brain disorders in children and adolescents

- Appreciate the family burden of having a child with these disorders
- Understand the need for early intervention and treatment and how we all can help

OBESITY: “Real Resources for Healthy North Carolina Schools”

LOCATION: Rhyne 253

PRESENTER: Shauvon Simmons-Wright
*North Carolina Relationship Manager;
Alliance for a Healthier Generation*

SESSION OVERVIEW:

This presentation will showcase the Alliance for Healthier Generation's Healthy Schools Program available to schools in North Carolina. The Healthy Schools Program supports schools in the development of school environments that promote healthier eating and physical activity for students and staff.

By the end of this session participants will be able to:

- Understand the services available through the Healthy Schools Program
- Prepare participants to enroll their schools in this program

SCHOOL ENVIRONMENT: “Healthy Learning Environment Leads to Higher Performance”

LOCATION: Rhyne 255

PRESENTER(S): Lashon Blakely
*IAQ Tools for Schools Coordinator;
EPA Region 4 Office of Air and Radiation*
Nancy Ostergard
*NC Cooperative Extension;
Buncombe County*
Ashley Featherstone
*Engineering Supervisor;
WNC Regional Air Quality Agency*

SESSION OVERVIEW:

This session will engage the audience in a discussion about practical management behaviors that lead to students and teachers experiencing improved indoor air. Research has shown that students often perform better in a healthy environment. Presenters will discuss school improvements achieved through adopting EPA's Indoor Air Quality (IAQ) Tools for Schools program. Attendees will gain an overview of the IAQ Tools for Schools Kit. Past recipients of EPA Indoor Air Grants will be available to answer questions about similar work in schools.



Conference Overview

Wednesday | June 18

SEXUAL HEALTH: “The Sage and the Students”

LOCATION: Rhyne 256

PRESENTER: Michael J. Harney, Jr.
*Prevention Educator/Street Outreach Worker;
Western North Carolina AIDS Project*

SESSION OVERVIEW:

A wise woman named Margie told me to say “the words” at school before the children get infected, because it is too late to say them afterwards. Let’s talk about HIV/STI/Hepatitis prevention education and anatomy at age appropriate levels with a reality base, instead of holding back quality information and tools used in producing healthy students. Then do it in Spanish and other languages.

Your objective is to learn where information resources are found online and in your community in order to cover this subject matter with accuracy and guide others to it. You should also be able to remember and repeat 1-800-CDC-INFO (232-4636) and www.cdc.gov when you are asked for information about HIV/STI/Hepatitis prevention education tools.

Knowing what is myth and what is not can be helpful for a clear understanding of this information. Using common sense examples and an open mind about the diversity of the people we serve acts to provide reduced stigma and a safe zone of trust. Practicing what you learn is paramount.

12:00 – 1:00 | LUNCH

LOCATION: Cromer Cafeteria

1:00 – 1:15 | BREAK (Prepare for Activity)

1:15 – 2:30 | ACTIVITY SESSIONS

“Yoga for the Real World”

LOCATION: Moretz 107

PRESENTER: Meg van Stavern, MPH
American Council on Exercise Certified Group Fitness Instructor; Yoga Fit Certified Instructor (Level I, II, III, Pre Natal), and Worksite Wellness Specialist; Physical Activity and Nutrition Branch; NC Division of Public Health

SESSION OVERVIEW:

Have you ever felt overwhelmed by the “Real World” and needed a way to physically and mentally regroup? If so, this session is for you! Participants will have the

opportunity to learn and practice a variety of gentle yoga poses and will include breathing techniques for relaxation and poses to increase strength, balance, and flexibility. All experience levels are encouraged to attend. Prior to concluding the session a question/answer session will be provided to offer suggestions on how to incorporate the practice of yoga into your “Real World”. Come dressed in loose comfortable clothing and bring a yoga mat or large towel. Feel free to bring a pillow or blankets for comfort, although they are not required. As with all physical activity, consult with your physician prior to engaging in any new activity. Pose modifications can be provided to accommodate those with orthopedic injuries or concerns.

“So We Think We Can Dance”

LOCATION: Belk Centrum Auditorium

PRESENTER(S): Linda Harrill Rudisill and Ken Rudisill
Gaston County SHAC

SESSION OVERVIEW:

If your mama don’t dance, we can as we move and groove for our physical, emotional and social health! From the *Cupid Shuffle* to *Jive Bunny* to *Shag to Boot Scoot* to *The Hustle* to *Tighten Up* and *The Bus Stop*...we will be Dancin’ for the HEALTH of it!!!!

“Get Moving with Be Active HOPS”

LOCATION: Moretz 112

PRESENTER(S): Lesley Richmond and Evie Houtz
*Youth Programming;
Be Active North Carolina*

SESSION OVERVIEW:

Participants will be introduced to an exciting, multimedia physical activity/education tool to raise interest and participation in movement. This tool can be used in physical education (PE), recess, after school programming and staff wellness. Wear your workout gear and be ready to sweat!

“Be the Biggest Loser: Get Up and Get Movin”

LOCATION: Shaw Plaza

PRESENTER: Johanna Chase, MA, CHES
Healthy Education Consultant; NCDPI

SESSION OVERVIEW:

Put your tennis shoes on and join us for a walk around campus. Get your heart rate up while enjoying the view. Bring a friend to talk about how much fun you are having at HSI 2008!



Conference Overview

Wednesday | June 18

2:30 – 2:45 | BREAK (Prepare for Session)

2:45 – 3:45 | CONCURRENT SESSIONS

INJURY/VIOLENCE: “Improving Adolescent Health in Rural Schools: A Partnership with the UNC-CH School of Education”

LOCATION: Rhyne 249

PRESENTER(S): Helen Hill, BA
President; NC School Community Health Alliance

Rita O’Sullivan, PhD
Associate Professor, UNC-CH School of Education; Director of the Center for Evaluation, Assessment and Policy Connections (EvAP), UNC-CH

Dan Garson-Angert, PhD
Clinical Services Coordinator for School Health Centers; Children and Youth Branch, NC Division of Public Health

SESSION OVERVIEW:

This presentation will offer an innovative model of a university-community partnership for developing rural school health initiatives, School Health Advisory Councils, and comprehensive and coordinated approaches to school-based adolescent health using collaborative evaluation in rural settings. An overview of collaborative evaluation and the first phase of a pilot study, based on a partnership between the Center for Evaluation, Assessment and Policy Connections (EvAP) at the University of North Carolina, Chapel Hill, School of Education and the Rural School Health Improvement Project of the NC School & Community Health Alliance, will be presented. The focus of the presentation will be on the evaluation of the Greene County High School Comprehensive Adolescent Health Care Program, a program which integrates comprehensive health services, coordinated school health approaches and a SHAC in a broad, community-based, partnership. A specific emphasis will be on the role of a logic model in improving school health initiatives.

CROSS CUTTING: “Here’s the ‘Reality’: To Be a ‘Survivor’ and Succeed in School, Access to Health Insurance Plays a Critical Role”

LOCATION: Rhyne 252

PRESENTER(S): Carolyn Sexton, RN, MPH
Clinical Consultant; Children and Youth Branch, NC Division of Public Health

Irma Robledo
Health Check Coordinator; Montgomery County

SESSION OVERVIEW:

Access to health insurance plays a key role in keeping students healthy and ready to learn and is the first step towards meeting the complex needs of your kids. Learn about NC’s child health insurance programs and acquaint yourself with resources that can help you get kids covered. Through group work, you will identify strategies for insuring kids that use school and community infrastructures that already exist. Help your kids be “Survivors” and earn the prize – success in the “Real World.”

By the end of this session participants will be able to:

- Discuss key features of NC’s Child Health Insurance Programs: Health Check (Medicaid for Children) and NC Health Choice
- Access to research findings related to the importance of being insured and current data on uninsured children and youth in NC
- Participate in group work to identify strategies for insuring kids that use school and community infrastructures that already exist
- Consider piloting a child health insurance outreach strategy as they objectively assess the needs of young people in their community and identify required resources

OBESITY: “Successful Students: Resources to Support Making Local Wellness Policies a Reality”

LOCATION: Rhyne 253

PRESENTER: Tracy Bates, MPH, RD, LDN
NC Division of Public Health

SESSION OVERVIEW:

Local Wellness Policies can make a significant impact on the nutrition and physical activity environment for children and youth. These policies and student wellness are the shared responsibility of everyone involved in the school day including school administrators, teachers, Child Nutrition staff, families, the PTA, school board



Conference Overview

Wednesday | June 18

members, School Health Advisory Councils (SHAC) and students. Learn about the advocacy, educational, media relations and evaluation tools and resources that can help you to make Local Wellness Policies and healthy schools a reality.

By the end of this session participants will be able to:

- Understand the Local Wellness Policy Requirement as part of the USDA Child Nutrition Reauthorization
- Recognize existing policies that support the Local Wellness Policy including the NC State Board of Education Healthy Active Children Policy, SHAC requirement, and NC Nutrition Standards for Elementary Schools
- Utilize advocacy, educational, media relations and evaluation tools and resources for Local Wellness Policy implementation

SCHOOL ENVIRONMENT: “The Biggest Bully: How Youth Risk Behavior Data Can Influence Policy Change”

LOCATION: Rhyne 255

PRESENTER: Nancy Langenfield, RN,MS, AE-C
Director of Coordinated School Health Services; Charlotte-Mecklenburg Schools

SESSION OVERVIEW:

Charlotte-Mecklenburg Schools had an anti-bullying policy in place. Its effectiveness was called into question; however, when the 2007 Youth Risk Behavior Survey (YRBS) data was presented. It was not only the victims who reported the bullying and harassment to be problems—more than 53% of middle school and 40% of high school students said that bullying was a problem in their school. Find out how YRBS data and student voice influenced development of a stronger district policy.

SEXUAL HEALTH: “Lost In Translation: Understanding Human Sexuality Education K–HS”

LOCATION: Rhyne 256

PRESENTER: Johanna Chase, MA, CHES
Health Education Consultant; NCDPI

SESSION OVERVIEW:

Participants will understand the multifaceted definition of human sexuality education, become grounded in best practices, and identify strategies for seeking common ground within local school systems to deliver effective K–HS human sexuality health education. This instruction

is outlined in The School Health Education Act (GS 115c-81 (e1)), The NC Health Education Student Outcome Objectives in The NC Healthful Living Standard Course of Study, The National Health Education Standards, and various other state and federal resources.

3:45 – 4:00 | BREAK

LOCATION: Belk Centrum Lobby

4:00 – 5:00 | CONCURRENT SESSIONS

INJURY/VIOLENCE: “True Confessions: Were you a Bully, a Target, or a Watcher?”

LOCATION: Rhyne 249

PRESENTER: Janice Selekman, DNSc, RN, NCSN
Professor; University of Delaware

SESSION OVERVIEW:

This presentation will describe the components of bullying, who bullies and how it is done, including cyberbullying. It will discuss the effects of bullying on the bully, the target, and the watchers. Finally, we will address how to establish a bully policy, measures to prevent bullying, and interventions when bullying is occurring.

MENTAL HEALTH: “The Amazing Race for Positive Behavior Support”

LOCATION: Rhyne 252

PRESENTER: Cheryl Pierce, BS
PBS Chairperson; Northwest Elementary School

SESSION OVERVIEW:

The Northview Elementary PBS team will share their three-year journey to reduce negative student behavior with increased positive reinforcement.

By the end of this session participants will be able to:

- Understand the beginning steps for PBS implementation
- Identify ideas for step-by-step progression from school level to classroom level to student level behavior through positive behavior support
- Identify ways to promote staff buy-in for successful implementation
- Understand interventions to reduce frequent office referrals
- Use tips teachers can use the next day in their own classrooms for better classroom management

Conference Overview

Wednesday | June 18

OBESITY: “Extreme Makeover School Edition: The SBE and Prevention Partners Resolution to Prevent Obesity in Schools”

LOCATION: Rhyne 253

PRESENTER(S): Karen Clark, MD, MHA
*Health Promotion Manager;
NC Prevention Partners*

Julie Knaack, MPH, RD, LDN
*Consultant; Zone Health Program;
NC Prevention Partners*

SESSION OVERVIEW:

Childhood obesity affects one in three children in North Carolina. Research confirms that overweight children are less attentive, perform poorly on standardized tests, and suffer more absenteeism than their healthy weight peers. This session will uncover the evidence of how childhood obesity affects learning and achievement in schools, discuss how local wellness policies lay the foundation for changes in the school environment, and introduce the Zone Health Obesity Prevention Toolkit, a must-have tool for redesigning your school’s nutrition and physical activity environments. Attendees won’t believe the difference their school makeover makes in the lives of their students, faculty, and staff.

SCHOOL ENVIRONMENT: “This Week with Romie & David”

LOCATION: Rhyne 255

PRESENTER(S): Romie Herring, CIH
*Industrial Hygiene Consultant Supervisor;
Occupational and Environmental Epidemiology Branch, NC Division of Public Health*

David Lipton, CIH
Industrial Hygiene Consultant; Occupational and Environmental Epidemiology Branch, NC Division of Public Health

SESSION OVERVIEW:

We will discuss and illustrate examples of conditions and practices that have been observed in North Carolina schools that may contribute to poor indoor environmental quality. We will provide information about sources of poor indoor environmental quality related to: outdoor sources, inside activities, building materials and contents, maintenance and operations, heating ventilation and air-conditioning and housekeeping. In addition we will discuss methods to improve the indoor environment in schools targeting solutions that are inexpensive and can easily be implemented by teachers and staff.

There has been an increase in the use of antibacterial soaps, hand sanitizers, disinfectant wipes, antimicrobial

cleaning products and sanitizers in schools. We will examine types of anti-microbial agents found in classroom settings, appropriate use, and benefits and risks, and controversies surrounding the use of these products.

SEXUAL HEALTH: “Teen PEP: How to make Peer Education a Reality in Your School/Community”

LOCATION: Rhyne 256

PRESENTER(S): Jim Burchel, M Div
*Pregnancy Prevention Program Director;
CIS Thomasville/Thomasville City Schools*

Mary Jane Akerman, MBA
*Wellness Coordinator; CIS Thomasville/
Thomasville City Schools*

Teen PEP Peer Educators
Thomasville High School

SESSION OVERVIEW:

If you believe it’s a good idea to empower high school students to be well-informed and make healthy decisions about sex and to pass this information on, this workshop is for you! Teen PEP is a science based curriculum with over 10 years of implementation, and is proving very successful in Thomasville. The workshop will highlight these successes by hosting several peer educators in a panel discussion. Additionally, you’ll receive a wealth of “how-to” from faculty advisors on implementation.

5:00 | DINNER ON YOUR OWN



Conference Overview

Thursday | June 19

6:00 – 7:45 | HEALTH RISK APPRAISALS – WakeMed

LOCATION: Living Learning Center, 1st floor classroom

7:30 – 8:15 | BREAKFAST

LOCATION: Cromer Cafeteria

8:15 – 9:30 | KEYNOTE ADDRESS

“Sex: Don’t Say It; Don’t Teach It; Don’t Do It”

LOCATION: Belk Centrum Auditorium

PRESENTER: Janice Selekman DNSc, RN, NCSN
Professor; University of Delaware

SESSION OVERVIEW:

Why are Americans so uncomfortable discussing sex? This presentation will explore the impact of this discomfort on what we teach our children and how we teach our children. We will discuss what works and what doesn't; what parents want and what they don't want; what the school boards don't want; and what we need to teach our children so that they can have the knowledge and skills they need to be healthy and productive adults.

By the end of this session participants will be able to:

- Differentiate the components of abstinence only sex education with that of comprehensive sex education
- Identify approaches that work and those that do not related to sex education

PRESENTER OVERVIEW:

Janet has her BSN from the University of Pittsburgh; MSN in Nursing of Children and Doctorate in Nursing Science from the University of Pennsylvania; is past Chair of the Department of Nursing, University of Delaware, where she is currently a full professor. She is Editor of *School Nursing: A Comprehensive Text*, which is THE premiere resource for school nurses, Column Editor for *Pediatric Nursing*, Pediatric Nursing Educator of the Year, 2006, Society of Pediatric Nurses and over 100 publications on topics ranging from ADHD and learning disabilities, body modification, bullying, performance enhancing drugs and more.

9:30 – 9:45 BREAK

LOCATION: Belk Centrum Lobby



9:45 – 12:00 | CONCURRENT SESSIONS (Repeated in Afternoon)

“Setting the Stage through Effective Needs Assessment”

LOCATION: Rhyme 249

PRESENTER: Donna Breitenstein, EdD
Professor and Coordinator of Health Education; Appalachian State University

SESSION OVERVIEW:

Needs assessment skills are essential for writing grants and planning health education and health services. In this session, participants will learn to plan strategies for receiving input from partners in CSHP; identify, create, and implement needs assessment strategies for coordinated programs; and prioritize SHAC activities for the greatest benefit for healthy children and youth.

PRESENTER OVERVIEW:

Donna Breitenstein is a Professor and Coordinator of Health Education at Appalachian State University (ASU) in Boone, NC. She also serves as Director of the NC School Health Training Center, which is funded by the NC Department of Public Instruction and the Centers for Disease Control and Prevention (CDC). The mission of the center is to provide professional development in HIV/STD and teen pregnancy prevention, violence and tobacco prevention, and comprehensive health education. Dr. Breitenstein taught health education in public schools for 6 years and begins her 34th year at ASU in the fall.

“The Big Give: Grant Writing to Get Those Funds”

LOCATION: Rhyne 252

PRESENTER: Dawn Grant, MPH
*Director of Allied, Public, & Dental Health
Education and Health Careers/Workforce
Diversity; Eastern AHEC*

SESSION OVERVIEW:

Why write grants? Where can grant funds be found? This session on grant writing is a survival kit for SHACs. Learn the essential components of good grants, method and design, evaluation, and more!

PRESENTER OVERVIEW:

Dawn Grant received her BS degree in Community Health from East Carolina University in 1992 and earned her Master of Public Health degree from UNC-Chapel Hill in 1999. During her career she has worked in a variety of public health settings and currently serves as a member of the professional staff at the Eastern AHEC at East Carolina University. Dawn has been a trainer at numerous conferences statewide. In addition to 14 years of experience in writing grants, she reviews grant proposals for the March of Dimes and teaches Grant Writing at two eastern North Carolina Community Colleges.

“Survivor, Hickory: Outwit, Outplay, Outlast (Strategies for Effective Planning & Evaluation)”

LOCATION: Rhyne 253

PRESENTER: Terri Mitchell, PhD
*Assistant Professor of Health Education;
Appalachian State University*

SESSION OVERVIEW:

The focus of this session is to provide a practical model for “planning with the end in mind.” Participants will learn how integral evaluation is to the planning process and will be able to identify the three types of evaluation.

PRESENTER OVERVIEW:

Terri Mitchell has been involved in health education since the early 1990s. She holds an MS degree from the West Virginia School of Medicine and a PhD from the University of Florida. She is currently an Assistant Professor of Health Education at Appalachian State University in Boone.

“Designed to Sell: Advocating for Ideas, Policies, Programs and Practices”

LOCATION: Rhyne 256

PRESENTER(S): Charlotte Rantz
*Program Director; North Carolina
Alliance for Health*

Ashley Matlock Perkinson, JD
Attorney and Lobbyist; NCPTA

SESSION OVERVIEW:

Doing a great job is not good enough. The right people need to hear about it at the right time in the right way to mobilize the resources you need. Advocacy provides the critical link between needs assessment, evaluation, professional development and getting great results for your school.

It's one thing to want change. It's quite another to figure out how to make it happen. Charlotte will discuss how you can turn your opinion into an action item your legislator will listen to. It might be a letter to the editor, an email or phone call to your legislator. It may simply be understanding how you CAN talk to your legislator when you see him/her in the grocery, dry cleaners, restaurant without fear of losing your job! Pick up quick tips on making your voice heard and getting results without having to travel to Raleigh to do it! Ashley Perkinson will provide tips on effective advocacy at the North Carolina General Assembly. She will discuss her experiences as a lobbyist and provide basic information on how things work and how to advocate for your cause at the North Carolina General Assembly.

PRESENTER OVERVIEW:

Charlotte Rantz serves as the Program Director for the NC Alliance for Health, which works to improve the health of North Carolinians by advocating policies that promote wellness and reduce the impact of tobacco use and obesity. She has more than 30 years of experience in marketing and communications. Charlotte is a former news reporter and has extensive experience working in state and national government. She has also been involved in presidential politics on the national level, including her service under President Reagan in the White House. Before everything else, Charlotte was a PE teacher when physical education was part of a child's everyday routine at school.



Conference Overview

Thursday | June 19

Ashley Matlock Perkinson is an attorney and lobbyist at the law firm Everett, Gaskins, Hancock, & Stevens. She is also a lobbyist and attorney for the North Carolina PTA. Ashley was a Phi Beta Kappa graduate of the University of North Carolina at Chapel Hill where she majored in Journalism and Mass Communication. She graduated from UNC School of Law in 2001 where she was a merit scholar. Ashley has worked in the White House, the House of Representatives, and the North Carolina General Assembly. She is currently the secretary of the Wake County Bar and Chair of the Legislative Section of the Constitutional Rights and Responsibilities Section of the North Carolina Bar Association. She is also a graduate of the Education Policy Fellowship Program.

“Lights, Cameras, Action” Planning

LOCATION: Rhyne 256

PRESENTER(S): Sarah Thach, MPH
*Regional Consultant;
Office of Healthy Carolinians*

Debi Nelson, MAEd, RHED
*Interim Director;
Office of Healthy Carolinians*

SESSION OVERVIEW:

Action plan skills are important in long range planning for activities, events, objectives and many other areas. An “Action Plan” is a strategic approach of all of the tasks that you need to carry out to achieve an objective. It differs from a “To Do List” in that it focuses on the achievement of a single goal. Participants will be able to construct an action plan with all necessary elements to complete an objective.

PRESENTER OVERVIEW:

Sarah Thach is a regional consultant for the Office of Healthy Carolinians/Health Education Branch in the NC Department of Health and Human Services, Division of Public Health, serving the nineteen westernmost counties of North Carolina. She provides training and technical assistance to broadbased Healthy Carolinian partnerships to address local health needs and state health objectives. She also provides support to health department based health educators conducting community health assessments. In the past she has developed school based health centers statewide in West Virginia, coordinated clinical training for health professionals, and directed continuing education for health educators. She received her Masters in Public Health in health education from UNC Chapel Hill and her bachelor’s degree in anthropology and women’s studies from Harvard University.

Debi Nelson serves as the Interim Director for the Office of Healthy Carolinians/Health Education Branch. Under her direction, the Office of Healthy Carolinians provides training, resources and facilitates the development of local Healthy Carolinians Partnerships. Prior to this Debi served as one of three Community Development Specialists for the Physical Activity and Nutrition (PAN) Branch. She also worked for Caldwell County Health Department as the Health Education and Health Promotion Supervisor and Public Information Officer. She was also the Executive Director for Healthy Caldwellians; a local Healthy Carolinians certified partnership. Debi holds a BA degree and a MAEd degree in Health and Physical Education.

“Flip that Staff: Building an Infrastructure for School Worksite Wellness”

(This skills building session is specifically for participants of the Pilot School Worksite Wellness Program (Robeson, Clinton City, Vance, Warren, Macon, Jackson, and New Hanover).

LOCATION: Rhyne 152

PRESENTER(S): Sherry Lehman MEd, LPC
School Worksite Wellness Specialist

Elizabeth Zimmerman, MPH, RD
Worksite Wellness Manager

Meg van Staveren, MPH, RD
Worksite Wellness Specialist

Physical Activity and Nutrition Branch,
Division of Public Health

SESSION OVERVIEW:

Members of the pilot School Worksite Wellness program will participate in a four-hour, skills enhancing session that focuses on the benefits of worksite wellness, committee member responsibilities, and HealthStart activities. The session will also highlight some of the North Carolina “Shining Stars” of school worksite wellness and investigate techniques for sharing your own successes stories.

12:00 – 1:00 | LUNCH

Cromer Cafeteria

1:00 – 1:15 | Break (Prepare for Activity)

Conference Overview

Thursday | June 19

1:15 – 2:15 | CONCURRENT ACTIVITY SESSIONS

“Introduction to T'ai Chi Gong”

LOCATION: Moretz 107

PRESENTER: Sifu J Patrick Nelson, MhD
American Nine Lotus Academy

SESSION OVERVIEW:

During this one hour class, Sifu Nelson will introduce participants to the concept, principles and benefits of Chi Gong, which can be described as a type of “Chinese Yoga.” As this introduction is explained, the participants will be coached through a Chi Gong exercise series called “11 Section Standing Brocades.” When practiced in unison with another Chi Gong series called “7 Section Seated Brocades,” the two series’ form what is called “18 Section Jiu Ling Chi Gong.” These exercises combine gentle movements with focused breathing, are excellent means of reducing stress and tension, form the nucleus of San Zhou Chinese Medicine and trace back to the 6th Century AD.

Also during this class, participants will be introduced to the 72 Step T'ai Chi Long Form. Rather than utilizing a watered down approach to simply showing the slow movements of T'ai Chi, Sifu Nelson will expound on the relevance of T'ai Chi movement, dispel common myths of T'ai Chi and illuminate the often untaught applications of Passive/Aggressive Self Defense, which was the underlying purpose of T'ai Chi from the beginning.

“So We Think We Can Dance”

LOCATION: Belk Centrum Auditorium

PRESENTER(S): Linda Harrill Rudisill and Ken Rudisill
Gaston County SHAC

SESSION OVERVIEW:

If your mama don't dance, we can as we move and groove for our physical, emotional and social health- from the Cupid Shuffle to Jive Bunny to Shag to Boot Scoot to The Hustle to Tighten Up and The Bus Stop...we will be Dancin' for the HEALTH of it!!!!

“Get Moving with Be Active HOPS”

LOCATION: Moretz 112

PRESENTER: Lesley Richmond and Evie Houtz
*Youth Programming;
Be Active North Carolina*

SESSION OVERVIEW:

Participants will be introduced to an exciting, multimedia physical activity/education tool to raise interest and participation in movement. This tool can be used in PE, recess, after school programming and staff wellness. Wear your workout gear and be ready to sweat!

“Be the Biggest Loser: Get Up and Get Movin”

LOCATION: Shaw Plaza

PRESENTER: Sarah Langer, MPH
*HIV/AIDS Policies and Programs
Consultant; NCDPI*

SESSION OVERVIEW:

Put your tennis shoes on and join us for a walk around campus. Get your heart rate up while enjoying the view. Bring a friend to talk about how much fun you are having at HSI 2008!

2:15 – 2:30 | BREAK (Prepare for Session)

2:30 – 4:45 | CONCURRENT SESSIONS REPEATED

4:45 – 6:00 | BREAK (on your own)

6:00 – 7:30 | ANNUAL “TACKY” BANQUET

“Reality TV”

LOCATION: Cromer Cafeteria

GUEST SPEAKER: Kwain Bryant
*Health Educator and Senior Consultant;
Empowerment Exchange*



Conference Overview

Friday | June 20

7:30 – 8:15 | BREAKFAST & CHECK OUT

LOCATION: Cromer Cafeteria, Belk Centrum Lobby

8:15 – 9:30 | KEYNOTE ADDRESS

“Recognizing Difference, Seeking Common Ground”

LOCATION: Belk Centrum Auditorium

PRESENTER: Dr. M. Cookie Newsom
Director of Diversity Education and Assessment; UNC Chapel Hill Diversity and Multicultural Affairs

SESSION OVERVIEW:

This interactive presentation will provide a brief introduction of some basic diversity topics (communication, cultural filters, stereotyping) followed by a discussion between participants about the role that diversity plays in the work they are doing, what needs to happen to manage diversity and eliminate barriers to success, with a particular emphasis on black and Latino males.

By the end of this session participants will be able to:

- Gain a better understanding of the need for better cross cultural communication
- Explore one’s own cultural filters and how they impact interaction with others
- Provide baseline information and courage interest in further exploration of diversity issues and how they are integral to the work of health care providers and educators

PRESENTER OVERVIEW:

Dr. M. Cookie Newsom holds a BS in Education, a MA in History and a Ph D in Educational Leadership. Her dissertation addressed the achievement gap and was titled “Lessons in Black and White: White teacher questioning practices of black and white students.” She served as the Director of Student Retention at Clark State College before transitioning to faculty where she was eventually elected chair. She was a research fellow at the Library of Congress for 2002-2003 in the “Cities and Public Spaces in Cultural Context” seminar. She is a certified diversity trainer and consultant, NCBI certified and a graduate of the National Institute for Leadership Development. Dr. Newsom has made presentations at many national conferences including the American Education Research Association, Mid-west Education Research Association, Patterson Research Conference, North Carolina Association of Financial Aid Administrators and American Council on Education. She

is the 2008 recipient of the University Award for the Advancement of Women at UNC-CH. Dr. Newsom currently serves as the Director of Diversity Education and Assessment at the University of North Carolina at Chapel Hill. Dr. Newsom is married (Wayne), has three children (Mike, Chris and Nikki), four grandchildren (Marrisa, Julian, Ella and Sam) and two cats (Agatha Christie and Bucky).

8:15 – 9:30 | POLICY UPDATES

LOCATION: Belk Centrum Auditorium

PRESENTER: Jessica Gerdes, RN, MS, NCSN
State School Nurse Consultant; Children and Youth Branch, Division of Public Health

PRESENTER OVERVIEW:

Jessica Gerdes received a bachelor's degree in nursing from Excelsior College, New York, and a master's in public health nursing from the University of Illinois - Chicago. She is nationally certified in school nursing and has been a school nurse and school nurse consultant for more than 18 years. Her current position as State School Nurse Consultant with the NC Division of Public Health places her at the helm of the state's nearly 1,200 public school nurses. Although she does not directly supervise the school nurses, she and her staff of six regional school nurse consultants provide continuing education, professional development, technical assistance, and consultation to the state's school nurses. In addition, they provide consultation on school health policy and practice to the state's school superintendents, health directors, school health supervisors and parents.

9:45 – 10:00 | BREAK



Conference Overview

Friday | June 20

10:00 – 11:00 | SCHOOL HEALTH SUCCESS PANEL

LOCATION: Belk Centrum Auditorium

“McDowell High School Student Health Council Activities”

PRESENTER: Mary Smith
Health Educator; Rutherford-Polk-McDowell District Health Department

SESSION OVERVIEW:

The Student Health Council was organized in January 2008 and includes a school nurse, two media specialists, Tobacco Prevention Coordinator, Cooperative Extension Agent, McDowell Health Coalition Coordinator, and Health Department Health Educator. Learn how students designed and administered a health survey in which 215 students responded. The top three health concerns included: 1) Sex Education 2) Teen Pregnancy and 3) Drugs/Alcohol/Drinking and students produced videos to educate other students that were aired on Channel 1. The survey results were presented to the school administration, health department and McDowell County Health Coalition and a teen health summit planning committee was organized to include all parties. This session will also explore the feasibility of forming an adolescent pregnancy prevention coalition and including questions in the community health assessment about sex education in the schools. Finally, an online newspaper survey revealed that 80% of community members wanted more sex education in schools.



“Project PULSE: Promoting healthy weight ecologies on small production budgets!”

PRESENTER: Laura M. Anderson, PhD
Assistant Professor & Bilingual School Psychologist; East Carolina University

SESSION OVERVIEW:

Our schools provide an optimal access point for improving healthy weight. Specifically, Dr. Anderson will demonstrate how public health, school psychology, and education can unite in order to incorporate a creative healthy weight program (PULSE) into a Positive Behavior Support (PBS) paradigm. The PBS paradigm will be reviewed briefly, and the integration of healthy weight goals into PBS will be introduced, including the need to include community partners and families within a PBS-healthy weight model.

PULSE stands for *Promoting Universal Life-prolonging School-family Ecologies*. It is a whole new way of promoting healthy weight behaviors, just as PBS responds to inappropriate/maladaptive behaviors in school children. PULSE is being piloted at the primary, secondary, and tertiary levels at present; however, the ultimate objective will be to implement PULSE as a *comprehensive prevention program* within a healthy school community. This will be an energetic presentation seeking to get schools excited about the future prospects!

“Faculty Fitness (F²)”

PRESENTER(S): William Mitchell and Janel Lingle
Alexander Central High School

SESSION OVERVIEW:

As educators we need to be modeling the healthy habits that we want our students to develop. One way to accomplish this goal is to have a school wide fitness program for the faculty. Our main objective with F² was to develop a program that focuses on the core habits of nutrition, exercise, and weight management. In turn, we had the goal of helping the faculty improve their overall sense of wellness through motivating, fun activities. After attempting other programs that had a limited focus we created a program that we feel meets these criteria. Furthermore, we were determined to create a point system that gave greater rewards to the people that were doing the most to improve their lifestyle habits. People chose teams to help hold each other accountable.

Conference Overview

Friday | June 20

11:00 – 12:00 | KEYNOTE ADDRESS “Building a Healthy School System”

LOCATION: Belk Centrum Auditorium

PRESENTER: Daniel Cockman, EdS
*2007 Healthy Schools Superintendent
of the Year; Thomasville City Schools*

SESSION OVERVIEW:

Dr. Cockman’s talk today will answer the “why’s and how’s” of building a healthy school. He will speak to learning and both physical and psychological needs as well as education for healthy life decisions. The “how’s” include building interest and a nucleus as well as taking time and taking risks. Dr. Cockman pulls it all together with the effects such efforts can have on programs and people.

By the end of this session participants will be able to:

- Learn the three why’s of building a healthy school system.
- Understand the four how’s of success in building a healthy school system.
- Describe results of creating a healthy school system.

PRESENTER OVERVIEW:

Dr. Daniel A. Cockman has been the Superintendent of Thomasville City Schools for 16 years. In 1995 the NC School Boards Association honored him as “North Carolina Superintendent of the Year.” Over ten million dollars in grants have been awarded to the Thomasville City Schools during his tenure. Thomasville High Schools had 7 consecutive years as a high growth high school and Thomasville High School was named one of the most effective high schools in the nation by US News and World Report magazine. Thomasville has led the state in implementing technology in the classrooms. All classrooms, grades 3-12, are equipped with Activ classrooms for computer based instruction and connection to the World Wide Web. Dr. Cockman was named the 2007 Healthy Schools Superintendent of the Year.

Dr. Cockman received his BA from NCSU, MEd from UNC-Greensboro, and EdS from UNC-Greensboro. He has written numerous articles on improving school climate, student participation in activities related to academic performance and school size.

12:00 – 12:30 | CLOSING REMARKS/CERTIFICATES OF ATTENDANCE/DOOR PRIZES/SLIDE SHOW

LOCATION: Belk Centrum Auditorium

PRESENTER: Rebecca Reeve, PhD
Senior Advisor for Healthy Schools, DHHS





Conference Presenters

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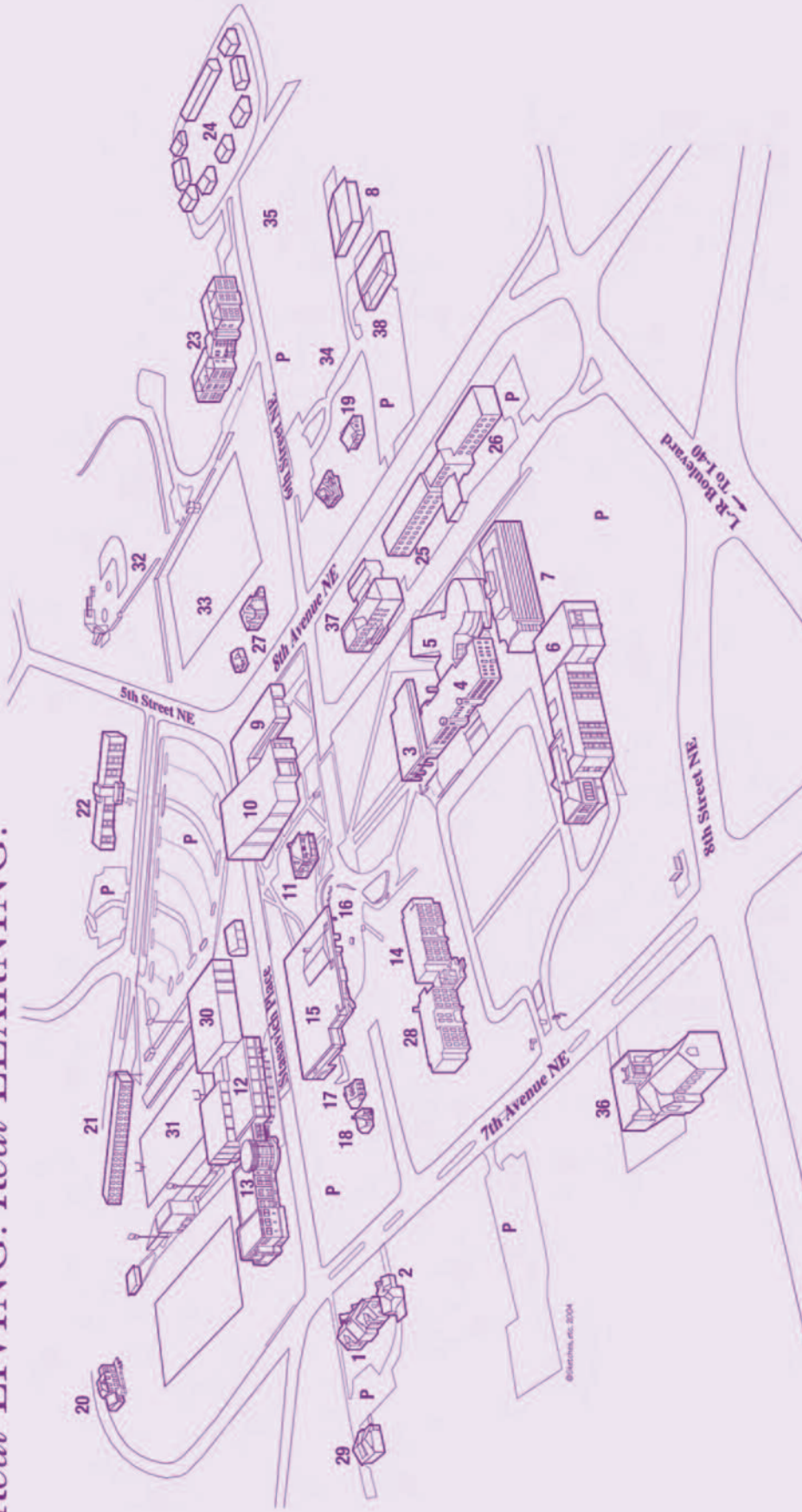
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Real LIVING. Real LEARNING.



ADMINISTRATIVE FACILITIES

1. Office of Admissions and Financial Aid
2. Alumni House
3. Lineberger Administration Building

ACADEMIC FACILITIES

4. Rhyne Building
5. Belk Centrum
6. Rudisill Library and Learning Resource Center
7. Minges Science Building/Observatory
8. Visual Art Center

RESIDENCE FACILITIES

20. President's House
21. Morgan Hall
22. Isenhour Hall
23. Living Learning Center
24. Price Village
25. Fritz Hall
26. Conrad Hall
27. Fraternity Row
28. Schaeffer Conference Hall
29. Guest House

ATHLETIC FACILITIES

30. Shuford Gym
31. Moretz Stadium
32. Baseball Field
33. Soccer Field
34. Softball Field
35. Intramural Field

OTHER FACILITIES

36. St. Andrew's Lutheran Church
37. Highland Hall
38. Maintenance Building
- P. Parking

Lenoir-Rhyne

COLLEGE

Acknowledgements

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