School Health
Professional Development &
Training Opportunities

2007-2008
(School Year)
Includes summer 2007

Offered by:

North Carolina Healthy Schools, a collaboration of the Department of Public Instruction & the Department of Health and Human Services, with funding from the Centers for Disease Control & Prevention,

Department of Public Instruction,
Healthful Living Section,

The North Carolina
Comprehensive School Health Training Center, and

The North Carolina Alliance for Athletics, Health, Physical Education, Recreation and Dance
Registration Required

“Racing Toward Health and Achievement”
The North Carolina Healthy Schools Institute
June 26-29, 2007
Lenoir-Rhyne College
CEU CREDITS: 2.4

This year's Institute will offer a variety of sessions presented by recognized leaders in many areas, including Staff/Personal Wellness, Safe Schools, Physical Education/Activity, Health Education, Nutrition, Tobacco, Abstinence Education, HIV/AIDS, and all eight components of Coordinated School Health. For complete information on the Institute, visit www.nchealthyschools.org

$250.00 total cost per person for early registration by May 15, 2007
(double occupancy per person)*
$300.00 total cost per person for late registration after May 15, 2007
(double occupancy per person)*
$200.00 total cost per person if making lodging reservations off campus on their own off campus (per person).

For more information about the Healthy Schools Institute, contact Anne Barnes Jenks, PANT Consultant, at (919) 807-3909 or email ajenks@dpi.state.nc.us

NCAAHPERD-North Carolina Alliance for Athletics, Health, Physical Education, Recreation and Dance Statewide Annual Convention
November 7-10, 2007
CEU CREDITS: 1.3 - 1.8

Once each year, NCAAHPERD hosts its statewide convention. NCAAHPERD members and guests gather for the opportunity to grow professionally, collaborate with colleagues, renew old friendships and meet new friends. Pre-convention meetings and workshops are held on Wednesday, with the regular convention going Thursday, Friday, and a 1/2 day Saturday. Held at the Koury Convention Center in Greensboro each fall, the annual NCAAHPERD Convention offers several days of workshops, classroom presentations and participation sessions that cover every aspect of the NCAAHPERD organization.

NCAAHPERD Professional Members - *$50 ($65.00 after October 22, 2007)
NCAAHPERD Student Members - *$10 ($20.00 after October 22, 2007)
HOTEL ROOMS AVAILABLE AT A SPECIAL RATE
* registered and paid before October 22, 2007

For more information about the NCAAHPERD Convention, contact Greg Moore, NCAAHPERD Assistant to the Executive Director, at (888)-840-6500 or email ncaahperd@ncaahperd.org
The NC School Health Training Center will hold the Family Life Institute at Appalachian State University (ASU) June 10-22, 2007 (with the weekend of June 16-17th off). The FLI offers teachers and other professionals who work with youth the opportunity to become highly qualified through this valuable and intensive two-week training experience. Teachers of Healthful Living, Grades 6 through High School, Health educators in Public Health Departments, School Counselors, Youth Leaders Working in Prevention Education and School and Public Health Administrators should attend. Participants will be able to explain the goals and objectives of family life/sexuality education; demonstrate knowledge of basic content and concepts about reproductive health, sexuality, relationships, and prevention of risks; describe trends in adolescent culture, including sexual behavior and risk taking; discuss protective factors and assets to help families and communities reduce unintended pregnancy and HIV/STD infection; differentiate between abstinence until marriage only, abstinence-based, and comprehensive family life/sexuality education; apply guidelines for compliance with state law and local policy; identify characteristics of effective prevention programs and evidence-based curricula; demonstrate comfort in teaching and presentation skills; integrate concepts of tolerance, social justice, and appreciation for diversity into planning and implementing programs for youth; determine needs and assets of adolescents most vulnerable to sexual exploitation and risk taking, including GLBTQ youth, incarcerated youth, and youth living in fragile or impoverished communities; and demonstrate skills and advocacy to develop and support youth programs which are nurturing and effective. Applications will be accepted until June 1, 2007 or until filled.

*Note: If a student has never applied to or attended Appalachian State University, there is a $45.00 non-refundable application fee (for credit only).

$930.25 6 hours in-state graduate credit
$756.25 6 hours in-state undergraduate credit
$475.00 Non-credit (conference fee)

Housing, banquet, parking and administrative costs:
$391.00 per person for 3-4 per suite
$484.00 per person for 2 per suite

Suite arrangement with single bedroom, 2 baths, living and kitchen area per suite

For more information about the Family Life Institute, contact Dr. Donna Breitenstein, Director of the NC School Health training Center, at (828) 262-2292 or email breitenstein@appstate.edu
School Systems May Request These Professional Development Opportunities

### Un-Wrapping the Mystery of the Impact of the State Law and the Healthful Living Standard Course of Study on Sexuality Education

This is a one-to-three hour presentation for parents, health education teachers, administrators, and school board members. The presentation includes HIV/STD and teen pregnancy local statistics, data on North Carolina high school youth sexual risk taking behaviors, the state law and state board policies that guide what is taught in the classroom regarding sexuality education. For more information about scheduling this presentation contact Sarah Langer, HIV/AIDS Policies and Programs Consultant, at 919-807-3867 or slanger@dpi.state.nc.us.

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### Health Education

**2007-2008 Training of Trainers**

Training of Trainers (T.O.T.) workshops will target lead elementary, middle, and high school level health education teachers or Healthful Living Coordinators in each LEA throughout the state. The goal is to have one lead health education trainer in each LEA that will provide support for effective K-12 school health education instruction. Trainers will be empowered to conduct workshops in their LEAs on: building capacity for K-12 Health Education; accessing and analyzing data; curriculum; instruction and assessment strategies; and the correlation between health and academic success. For more information about scheduling a T.O.T. contact Johanna Chase, Health Education Consultant at 919-807-3857 or jchase@dpi.state.nc.us.

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### Health Education

This traveling training will visit four regions in the state twice per year to train teachers on effective instructional delivery (Fall 2007 and Spring 2008) and will target teacher training for K-12 Health Education teachers. Components include: identifying benchmarks, lesson planning, material selection criteria and accessing resources including Writing Across the Curriculum, Balanced Curriculum, the North Carolina Graduation Project (for high school teachers), and the Health Education Assessment Project. For more information about scheduling this training contact Johanna Chase, Health Education Consultant at 919-807-3857 or jchase@dpi.state.nc.us.
The NC School Health Training Center offers workshops for teachers and other school personnel in the skills-based North Carolina Standard Course of Study in Healthful Living Education. For information about the following workshops or to schedule a workshop, contact Dr. Donna Breitenstein at 828-262-2292 or breitenstein@appstate.edu.

**Violence Prevention Education** (middle school and high school) –
This one-day workshop for teachers, counselors, and nurses describes the factors contributing to youth violence and demonstrates activities for the prevention of bullying and harassment. The workshop will assist schools in meeting the State Board of Education Anti-Bullying/Anti-Harassment Policy. Safe and Drug-free Schools funding can be used for this training.

**Life Skills Training** –
An evidence-based, middle school program, LST is a nationally recognized curriculum which shows behavioral change in reducing the use by middle school students of alcohol, tobacco, and marijuana. The program has a strong emphasis on developing social skills, including refusal of negative peer pressure. Safe and Drug-free Schools funding can be used for this training.

**Project TNT (Towards No Tobacco)** –
The curriculum is intended for grades 6 or 7 and is effective in reducing initiation and the regular use of cigarettes and spit tobacco. The program is a skills approach to prevention which aligns well with the tobacco objectives in the NC Standard Course of Study. Safe and Drug-free Schools funding can be used for this training.

**Making a Difference: An Abstinence Approach to Preventing HIV/STD and Teen Pregnancy**–
This is a middle school curriculum with national recognition as effective in reducing risk-taking behavior. The lessons are interactive and fun and materials are teacher-friendly. Abstinence Until Marriage funding can be used for this training.

**Preventing HIV/AIDS/STD/Teen Pregnancy with an Emphasis on Abstinence** (update - middle school and high school) –
This workshop is specifically designed to help teachers implement the Abstinence Until Marriage mandate and objectives in the NC Standard Course of Study. Current information about the risks and prevention of HIV, sexually transmitted diseases, and teen pregnancy is included. Abstinence Until Marriage funding can be used for this training.

**Abstinence & Puberty Education** (teachers, counselors & nurses, grades 4-6) –
The onset of puberty is occurring at younger ages and school personnel can learn strategies for teaching about this sensitive topic. The training also provides a basis for teaching about abstinence and reproductive health. Abstinence Until Marriage funding can be used for this training.

**Baby Think It Over** –
Teen pregnancy prevention and parenting education are the goals of this workshop for teachers of Health or Family & Consumer Sciences and counselors. Generation 5 + RealCare training are available and include how to manage the program and activities to support the state objectives in both subject areas. Abstinence Until Marriage funding can be used for this training.
Parent Power: The Role Parents Play in Teen Sexuality Education -
Parents are a key resource in the lives of youth and this training will help parents recognize the sexual risks facing youth today. It also gives basic information about HIV, STDs and teen pregnancy, positive ways to communicate with youth about sexuality, and how to practice positive parenting for prevention. Abstinence Until Marriage funding can be used for this training.

Successfully Teaching Middle School Health III (Healthful Living Teachers, 6-8) - Teachers have given the manual and workshop rave reviews. The manual includes six-step lesson plans with high-tech and low-tech options and all support materials for delivering meaningful lessons.

Successfully Teaching High School Health IV (Healthful Living teachers, 9-12) - Complete lesson plans with handouts, transparencies, PowerPoint presentations and games are helping high school teachers fully implement the NC Standard Course of Study in Healthful Living Education. In workshops, teachers learn to use the manual to increase their effectiveness in the classroom.

Using Technology to Teach Healthful Living Education (middle + high school) – This workshop shows teachers the software available on the internet which will enhance their teaching of Health.

Health Education Assessment Workshop – Participants will examine the alignment of curriculum, instruction, assessment and explore the use of rubrics for assessing student performance. It will explore the components of good assessment and begin to experiment with the various resources available for both formative and summative assessment.

Making Proud Choices: A Safer Sex Approach to Preventing HIV/STD and Teen Pregnancy (for youth leaders in out-of-school settings) – This is a two-day, community-based, research-based HIV/AIDS prevention curricula workshop which provides content and skill-building for leaders working with youth in high-risk situations.
Physical Education

The Physical Education Leadership Training (PELT)
CEU Credits: 1.8

Fall and Spring Workshops - This Spring PELT workshop is for physical education teachers and will be held April 26-28, 2007 at the YMCA Blue Ridge Assembly in Black Mountain. The Fall PELT will be held September 20-22, 2007 at the Trinity Conference Center in Pine Knoll Shores. Early bird rates apply for Spring PELT if you register and pay before April 1, 2007, and for Fall PELT if you register and pay before September 1, 2007. CEU=1.8.

- $145.00 Staying off Campus
- $165.00 Staying 3 to a Room
- $190.00 Staying 2 to a Room
- $250.00 Single Room

To register for PELT, visit www.ncaahperd.org or call 1-888-840-6500

The Physical Education Institute
July 9-12, 2007

The institute is scheduled for July 9-12, 2007 in Morehead City at Morehead City Primary. The focus this year is on future ready students in physical education, physical education assessment, brain research, and physical activity for classroom teachers.

For more information on the physical education professional development please contact Kymm Ballard, Physical Education Consultant at 919-807-3858 or kballard@dpi.state.nc.us.

Please Share the Following Information With Your Superintendent

Youth Risk Behavior Survey – This survey provides valuable information about priority health-risk behaviors among North Carolina Youth which can be used to determine and fund health prevention programming and state and local policies. Your school district may be randomly selected to participate in the 2007 Youth Risk Behavior Survey, if selected, be sure your school system contributes to this rich source of data.

School Health Education Profile – This survey collects data from lead health education teachers and principals to assess the current status of school health education at the state level. State and local agencies use this data to establish policies, determine professional development needs, and identify gaps between current health curricula and the Healthful Living Standard Course of Study. The 2006 survey results will be available on the Healthy Schools website at www.nchealthyschools.org/data. For more information on the Youth Risk Behavior Survey or the School Health Education Profile please contact Sarah Langer, HIV/AIDS Policies and Programs Consultant at 919-807-3867 or slanger@dpi.state.nc.us.
Opportunities for Students to Impact Adolescent Health

**HIV/STD Youth Advisory Council**

This council is comprised of ten high school students selected from an open application process which is announced at the beginning of each new school year. The council meets in Durham three times a year and provides input to the state consultants on HIV/STD and teen pregnancy prevention issues. If you know a youth who could impact and be impacted by the council, contact Sarah Langer, HIV/AIDS Policies and Programs Consultant at 919-807-3867 or slanger@dpi.state.nc.us.

**Adolescent Health Advocacy Day**

This event is held in March each year and provides teachers and students an opportunity to speak with their legislators about specific adolescent health issues. In previous years the health topics have included youth access to health care, nutrition and physical activity, tobacco prevention and medically accurate, age appropriate sexuality education.

**Children’s AIDS Network Community Advisory Board**

This board provides an opportunity for family members of an HIV infected/affected child or adolescent, adolescents infected with HIV, and interested youth to give feedback to hospital staff that provide care to HIV infected youth. The board discusses information on HIV/AIDS medications, treatments, and HIV prevention education events. The board meets in Durham six times a year.

For more information on any of the student involvement events call Sarah Langer, HIV/AIDS Policies and Programs Consultant at 919-807-3867 or slanger@dpi.state.nc.us.