

2008 Healthy Schools Institute Agenda (5-28-08)

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 Welcome and Overview (Belk Centrum) and **Keynote:** Chris Lineberry-Culture of Wellness
3:00-3:15 PM Break (Belk Centrum Lobby)-Healthy Snacks
3:15-5:00 PM **General Session:** Tracy Linton-Employee Wellness and Greg Moore-IPOD (In-school prevention of obesity and disease) (Belk Centrum)
5:00-5:30 PM Break (on your own)
5:30-7:00 PM Activity and Dinner (Shaw Plaza or Cromer Center Lobby if rain)

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:** Henry Slack-Indoor Air Quality (Belk Centrum)
9:30-9:45 AM Break (Belk Centrum Lobby)

9:45-10:45 AM Concurrent Sessions

- Injury/Violence:** Anne Barnes (DPI)-Preventing Child Abuse: The REALITY of What Works (and why it's So Important!)
Mental Health: Rebecca H. Reeve (DPH)-Getting a Grip for Students and Staff: Mindfulness Stress Management
Obesity: Tricia Stauffer (Henderson County Public Schools)- Henderson County's Next Top Model
School Environment: Judi Lawson Wallace (DOT)-Extreme Makeover School Edition (Safe Routes to School)
Sexual Health: Sarah Langer (DPI)-Win, Lose or Draw: Sexual Health is Not a Game

10:45-11:00 AM Break (Belk Centrum Lobby)

11:00-12:00 PM Concurrent Sessions

- Injury/Violence:** Denise Pittillo (DPI) & Amy Stiles (NCCSHTC)-Successful Teaching Ideas for a Kid Nation
Mental Health: Linda Swann (NAMI)-Parents & Teachers as Allies: Recognizing Early-Onset Mental Illness in Children & Adolescents
Obesity: Shauvon Simmons-Wright (Alliance for a Healthier Generation)-Healthy Schools Program (HSP)
School Environment: Lashon Blakely (EPA), Ashley Featherstone & Nancy Otergard-Regional Tools for Schools
Sexual Health: Michael Harney (WNCAP)-HIV/STD/Hepatitis 101

12:00-1:00 PM Lunch (Cromer Cafeteria), Screening Results (Fireside Room)

- 1:15-2:15 PM Concurrent Activity Sessions-TBA (Belk Centrum, Shaw Plaza, Fireside Room, Moretz Classroom)
Walk: Johanna Chase (DPI) (Shaw Plaza)
Dancing: Linda Harrill and Ken Rudisill (Belk Centrum)
HOP Sports: Evie Houtz and Lesley Richmond (Moretz, Room 112)
Yoga: Meg Van Staveren (Moretz, Room 107)

2:30-2:45 PM Break (Belk Centrum Lobby)

2:45-3:45 PM Concurrent Sessions

- Injury/Violence:** Helen Hill (Green County Public Schools), Rita O'Sullivan & Dan Garson-Agent-SHAC & School Health Center: Team Up to Serve Students
Mental Health: Carolyn Sexton (DPH) & Susan Vaudrevil- Here's the 'Reality': To be a 'Survivor' and Succeed in School, Access to Health Insurance Plays a Critical Role
Obesity: Tracy Bates (DPH)-Successful Students: Resources to Support Local Wellness Policy
School Environment: Nancy Langenfield (Charlotte)- The Biggest Bully: How Youth Risk Behavior Data Can Influence Policy
Sexual Health: Johanna Chase (DPI)- Effective Human Sexuality/ AUM Education For NC Public Schools

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3:45-4:00 PM Break (Belk Centrum Lobby)-Healthy Snacks

4:00-5:00 PM Concurrent Sessions

Injury/Violence: Janice Selekmán-Bullying Prevention

Mental Health: Cheryl Pierce (Iredell-Statesville Schools)- The Amazing Race for Positive Behavior Support in Schools (PBS)

Obesity: Karen Clark (NC Prevention Partners)- Extreme Makeover: The SBE and NC Prevention Partners Resolution to Prevent Obesity in Schools

School Environment: Romie Herring & David Lipton (DPH)-This Week with Romie and David

Sexual Health: Jim Burchell (CIS Thomasville)- Teen PEP: How to Make Peer Education a Reality in Your School/Community

Wednesday Night Dinner on 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:** Janice Selekmán-Sex Education & Medical Accuracy (Belk Centrum)

9:30-9:45 AM Break (Belk Centrum Lobby)

9:45-12:00 PM Concurrent Sessions –*Repeated in afternoon*

Needs Assessment: Donna Breitenstein (Appalachian State University)

Evaluation: Terri Mitchell (Appalachian State University)

Advocacy: Ashley Perkinson (PTA) and Charlotte Ranz (NC Alliance for Health)

Grant Writing: Dawn Grant (East Carolina University)

Action Planning: Debi Nelson (Healthy Carolinians)

9:45-12:00 PM Staff Wellness Pilot Group (need room to accommodate about 40 or so)

12:00-1:00 PM Lunch (Cromer Cafeteria), Screening Results (Fireside Room)

1:15-2:15 PM Concurrent Activity Sessions-TBA (Belk Centrum, Shaw Plaza, Fireside Room, Moretz Classroom)

Walk: Sarah Langer (DPI) (Shaw Plaza)

Dancing: Linda Harrill and Ken Rudisill (Belk Centrum)

Hop Sports: Evie Houtz and Lesley Richmond (Moretz, Room 112)

Tai Chi: J.P. Nelson (Moretz, Room 107)

2:15-2:30 PM Break (Belk Centrum Lobby)

2:30-4:45 PM Concurrent Sessions

Needs Assessment: Donna Breitenstein (Appalachian State University)

Evaluation: Terri Mitchell (Appalachian State University)

Advocacy: Ashley Perkinson (PTA) and Charlotte Ranz (NC Alliance for Health)

Grant Writing: Dawn Grant (East Carolina University)

Action Planning: Debi Nelson (Healthy Carolinians)

2:30-4:45 PM Staff Wellness Pilot Group

4:45-6:00 PM Break (on your own)

6:00-7:30 PM Dinner-TACKY BANQUET (Belk Centrum)

Keynote: Kwain Bryant

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FRIDAY JUNE 20, 2008

7:30-8:15 AM Breakfast (Cromer Cafeteria)

8:15-9:45 AM **Keynote:** Cookie Newsom-Diversity (Belk Centrum)

General Session: Jessica Gerdes-Policy Updates

9:45-10:00 AM Break (Belk Centrum Lobby)

10:00-12:00 PM **Panel:** School Health Success Stories: Janel Lingle, Alexander County Schools, Mary Smith, McDowell County Health Department, Laura Anderson, ECU

General Session: Daniel Cockman, Healthy Schools Superintendent of the Year (Belk Centrum)

12:00-12:30 PM Departure (Belk Centrum Lobby)

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.

An application has been submitted to award 13.0 Continuing Education Contact Hours (CECH) for certified health education specialists (CHES). SOPHE, including its chapters is a designated multiple event provider of CECH by the National Commission.