



# PUBLIC SCHOOLS OF NORTH CAROLINA

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WWW.NCPUBLICSCHOOLS.ORG

May 28, 2008

Dear Healthy Schools Institute Participant:

North Carolina Healthy Schools would like to thank you for registering for the 2008 Healthy Schools Institute: From Vision to Reality! We are planning an enjoyable and productive Conference for you and are excited that you will be attending. In addition to this letter, we have enclosed (1) driving directions, (2) a map of the Lenoir-Rhyne College campus, and (3) *important information, including what to bring and emergency numbers for your loved ones at home*. An updated Agenda At-A-Glance is available by going to [www.nchealthyschools.org](http://www.nchealthyschools.org), clicking on the Conference page, and then clicking on the Agenda link.

**Registration:** We will begin Tuesday, June 17, 2008 from 11:00 a.m. until 1:00 p.m. in the Lobby of the Living & Learning Center. Late Registration will be in the Lobby of the Belk Centrum from 1:30 – 5:00 p.m. Lunch is included in your registration fee and will be available in the Cafeteria (located in Cromer College Center) from 12:00 noon – 1:00 p.m. The conference will begin promptly at 1:00 p.m. in Belk Centrum Auditorium.

**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.

We hope the enclosed information will help make your week more comfortable. Remember, you will be housed in college dormitory space and will eat most of your meals in a college cafeteria. Please bring a youthful heart and a spirit of adventure – the experiences shared staying in the dorms have built friendships and strengthened working relationships for teams in the past!

Please take a moment to complete and fax or email the [Skills Building Session Sign-Up](#) form by June 6, 2008 to Kea Alexander at [kalexander@dpi.state.nc.us](mailto:kalexander@dpi.state.nc.us) or 919-807-4046. This will assist us in preparing for these sessions.

After you review the enclosed information, please feel free to contact me at [slanger@dpi.state.nc.us](mailto:slanger@dpi.state.nc.us) or (919) 807-3867 if you have a question. I look forward to seeing you in Hickory!

Sincerely,

Sarah Langer, Chair  
2008 Healthy Schools Institute

## K-12 CURRICULUM, INSTRUCTION AND TECHNOLOGY

Wandra C. Polk, Ph.D., Director | [wpolk@dpi.state.nc.us](mailto:wpolk@dpi.state.nc.us)

6341 Mail Service Center, Raleigh, North Carolina 27699-6341 | (919) 807-3817 | Fax (919) 807-3826

AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER

## General Information

**Location:** Lenoir-Rhyne College, 625 7<sup>th</sup> Avenue, NE, Hickory, NC 28603 (map attached).

**Conference Lodging:** Conference participants will stay primarily in the Living and 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.

Kea Alexander will be the **on-site** Conference Housing Liaison. Please contact her with questions or concerns about housing while at LRC at (919) 332-5954.

**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 a.m. until 3:00 p.m. each day. After 3:00 p.m., housing questions should be directed to Kea Alexander at the number listed above. Other questions should be directed to Healthy Schools Staff.

**Conference Events and Meals:** All meals are in the cafeteria or on Shaw Plaza. 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.

**What to Bring:** All participants staying on campus will receive a linen packet, which contains 2 sheets (both flat), pillow w/case, 2 towels and a washcloth. You may want to bring a blanket, a fitted sheet (twin bed), additional towels and washcloths and an alarm clock. It is also recommended that you bring clothing that can be layered, as it is often difficult to keep constant temperatures in the classrooms and dorms through the summer. Each room has a cable connection if you would like to bring your own TV w/connector and the common area at LLC has a TV and DVD player. The campus has wireless connection and a computer user name and password that will be posted so you can use the computer labs. For more information visit: [www.lrc.edu/event-services/summerinformation.htm](http://www.lrc.edu/event-services/summerinformation.htm)

Activity sessions will take place after lunch on Wednesday and Thursday. Sessions will have you jumping, dancing, walking and stretching. Bring your tennis shoes, workout clothes and a yoga mat (optional) if you would like to try yoga and tai chi.

## Directions

These directions will take you directly to the Living Learning Center (Registration). If you mapquest these directions they may be incorrect as construction in November 2007 resulted in a new route to Lenoir-Rhyne Blvd.

From Interstate 40:

Take Exit 125 "Lenoir-Rhyne College" Exit.  
Turn North onto Lenoir-Rhyne Blvd.  
Pass the Tripps and Rock-ola Restaurants and go thru three lights. At fourth light take a left onto Tate Boulevard.  
Go to next stop light and take right onto 127 North.  
Go thru three lights and at fourth light take a right.  
Go .4 of a mile and take left onto Stasivich Place.  
Take a right onto 8<sup>th</sup> Avenue  
Take a left onto 6<sup>th</sup> Street NE. The Living Learning Center will be on your left

From Charlotte Airport/Gastonia:

Coming out of the airport, take Billy Graham Parkway North (left lane) to I-85 South.  
Take I-85 South to Gastonia, about 15 minutes away.  
Take the exit for US 321 North (exit 17) and turn left at the light.  
Take US 321 North until the highway intersects I-40 (exit 43).  
Take I-40 East to exit 125 -- follow directions for "From Interstate 40" above.

From Boone:

Follow US 321 South to Hickory. As you come into Hickory, you will cross Lake Hickory.  
Turn left at Arby's at the first stop light after going over the bridge.  
Follow that road up the hill and around the curve to the fourth street on the left, which will be 12th Avenue N.W.  
Turn left and follow to the stoplight (this will be a T-intersection).  
Turn right onto 6th Street N.W. Take the 2nd left onto 9th Ave. NE.  
Go through three stoplights.  
After the third stoplight, take the first right onto 3rd Street N.E.  
Take an immediate left onto 7th Avenue N.E.  
Proceed up the hill to the stop sign.  
Take left onto Stasavich Place  
Take a right onto 8<sup>th</sup> Avenue  
Take a left onto 6<sup>th</sup> Street NE. The Living Learning Center will be on your left

<p>Note: If you are arriving after 3:00 PM on Tuesday, June 17<sup>th</sup>, you will need to register at the Belk Centrum. From the Living Learning Center, <b>walk</b> towards 8<sup>th</sup> Avenue NE. Cross over 8<sup>th</sup> Avenue NE and follow towards the left. The Belk Centrum is on your right. There is limited parking.</p>
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