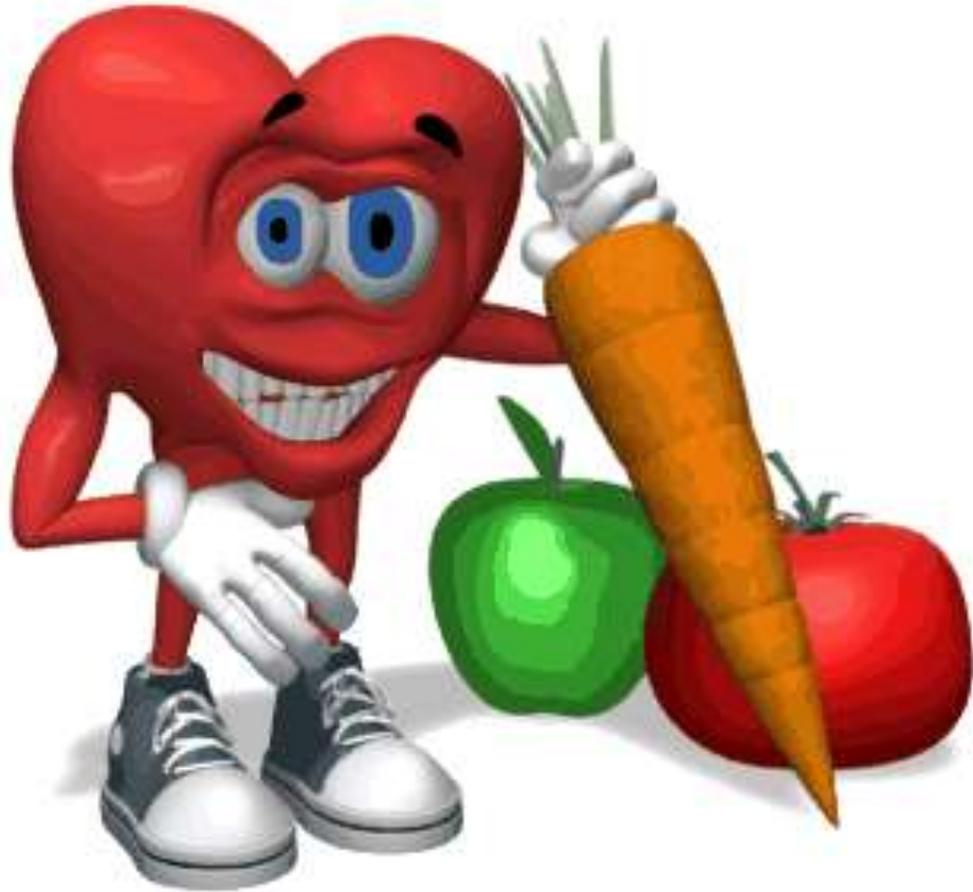


Health Educator Workshop

April 28, 2018



Purser Hall – Central Washington University



9:00-9:50

Presenter: Shannon Gedo

Title: The Digital Approach to Health and Wellness

Description: In the 21st Century, teaching foundational health concepts in a meaningful way is essential for students' overall success. EVERFI provides free, digital programs that can help teach those important health concepts in an engaging way. This session will highlight EVERFI's FREE digital resources surrounding topics like: social-emotional learning, healthy lifestyles and eating, alcohol education, and prescription drug abuse prevention. Teachers will see how technology can assist in learning these concepts, how to setup free teacher accounts, and how these programs fit within their scope and sequence for health!

Room: 114

Presenter: Dave Scattergood

Title: Current Drug Trends and Educational Tools

Description: An overview of current drug trends, what drugs do to the mind and body and a presentation of award winning educational tools from Foundation for a Drug-Free World.

Room: 201

Presenter: Emily Maughan

Title: Substance Abuse Prevention Tools for Middle Schools

Description: This presentation will give specific details about the "LifeSkills Grant" that OSPI has available for middle schools throughout the state. This grant will pay for the Botvin LifeSkills Curriculum, which is a substance abuse prevention curriculum. The presentation will also talk about what works and what doesn't work in substance abuse prevention, as well as provide counselors with current resources available on the topic.

Room: 205

10:00 – 10:50

Presenter: Elizabeth Clymer

Title: Cancer Happens: Impacting Teens for Life

Description: Cancer Happens is a FREE e-learning program that provides cancer prevention and health promotion strategies for middle and high school students. The course provides a basic understanding of cancer, risk factors (including tobacco use, nutrition and exercise, sun safety, and HPV), and coping skills. Participants will learn how to use curricula materials and web-resources, as well as implement program effectively in their classroom and/or community.

Room: 114

Presenter: Lyndsay Morris

Title: Teaching with the Brain and Body In Mind: Infusing Mindfulness into Your K-12 Setting

Description: Schools across the country are implementing mindfulness into their school day, resulting in improved feelings of community, increased self-regulation, decreased behavioral referrals and an improvement in attendance.

In this highly interactive workshop, you will learn how to integrate breathing techniques, short mindfulness activities and simple "train the brain" games into your K-12 setting. After a general overview of the latest research in neuroscience, trauma and mindfulness, participants will engage in

thoughtful discussion, experience hands-on, ready to implement activities and learn how schools across the country are building strong hearts, minds and bodies with these practices.

Room: 205

Presenter: Rebecca Parker

Title: Incorporating Culture & Social Justice in Health

Description: Participants will learn ways to incorporate culture and social justice lessons into a health curriculum. The goal of these lessons is to help educators and students build/develop a positive community atmosphere within their classroom and school environment. These lessons include the "culture bag project" and the "name tag project" which offer educators an opportunity to talk about how community, culture and relationships can affect overall health and well being.

Room: 208

Presenter: Curt Jordan

Title: Emotional Empowerment Through Parkour

Description: "Parkour is an alternative to traditional exercise using a wide variety of skills to help children and adults become more playful, confident and capable. It is a non-competitive physical discipline for overcoming obstacles and moving through our environment. Parkour aims to build confidence, determination, self-discipline, and responsibility for our own actions. It encourages creativity and community, respect for others and the environment. Parkour promotes the importance of failure and the acceptance of fear. We are all scared at times and that is an essential part of growth. We all fail at times and that is an important step toward success. Parkour teaches a variety of "failing" techniques on the path to mastering a skill. Our interactive lecture on parkour as part of the school curriculum will show you how Parkour empowers students to better themselves, others, and the future."

Room: Gym upstairs

11:00 – 11:50

Presenter: Derek Severson

Title: Sexual Consent Campaign for Secondary Students

Description: Social Norms focus on the strengths of a community and create positive peer pressure. Sexual consent is a critical part of sexual health education.

How can you use social norms to promote the importance of sexual consent?

In this session you will learn how Highline Public Schools implemented a Social Norms campaign to influence students and their larger community to make healthy choices. Attendees will learn the process of creating their own campaign and work through the complexities of discussing sexual consent with their students and families.

Room: 114

AD for SPU

Presenter: EWU students

Title: You eat what?

Description: In this session, learn about the most effective ways to help 6-12th graders learn and care about nutrition. We will focus on teaching how to read and use nutrition labels and restaurant nutritional guides and how to advocate for healthier food choices. We'll show you interactive, current instructional strategies to keep students engaged in learning.

Room: 201

Presenter: Bianca Smith

Title: Healthier by Design

Description: Why do we eat what we eat? As it turns out, our environment plays a huge role in the food choices we make. This session will reveal the secrets to human eating behaviors and how youth and adults can modify their home and school environment to positively influence their intake of healthy foods. This session is courtesy of behavioral economics specialist and registered dietitian, Bianca Smith from OSPI Child Nutrition Services.

Room: 205

Presenter: Paul Clinton

Title: Movement Enhances Learning - Connecting the mind and body

Description: The neuroscience of movement and learning over the past 30 years has revolutionized our understanding of the brain/body connection but much of our culture still views the brain as separate from the body. This session will look at the neuroscience and how to apply it in practice in our classrooms and how to overcome the brain/body disconnect bias that is still prevalent in education.

Room: Gym upstairs

Lunch – 12:00 – 12:50

1:00 – 1:50

Presenter: Laurie Dils

Title: Sexual Health Education Best Practice

Description: How can teachers be most effective teaching sexual health education? What about splitting boys and girls for puberty education? How do you answer values-laden questions? What are some strategies for addressing topics like gender expression? Is an annual HIV assembly OK for meeting our state requirements? This session will provide an overview of "best practice," as well as practical tips, lesson ideas and resources.

Room: 114

Presenter: EWU students

Title: What influences teens?

Description: An interactive session focusing on the current and most prevalent influences that are affecting our middle and high school students' decisions and behaviors. Let's dive into new ways to approach this hot topic.

Room: 201

Presenter: Dawn Graff-Haight

Title: A Tool Kit for Writing Assessments

Description: This session will provide you with a tool kit for writing prompts for assessing health education standards. Sample prompts will be shared, and participants will practice writing prompts using a nifty template.

Room: 208

Presenter: Mark Niezgoda, MSW

Title: Youth Suicide Prevention Training

This is a 2 hour session

Networks for Life is a certified training for school faculty, individuals in the field of education, and any adult who works directly with youth.

Content in this training includes:

Policies, procedures, and roles of the professional and institution in youth suicide prevention, intervention, and post-vention

Skills to identify, explore, and intervene signs of suicidal ideation

Communication with students and their families about depression and suicide

Laws and ethics in confidentiality and reporting

Tools to support youth after a suicide loss

This training will provide current youth resources available for youth in the state of Washington.

Room: 205

2:00 – 2:50

Presenter: Judy Beard

Title: It's a Rap!

Description: Get Prepared

For great information will be shared

To introduce new content. Or create a formative assessment.

You won't want to miss, overlook or skip, this

creative session will surely inspire You to continue to teach like your hair is on fire!

Room: 114

Presenter: Dave Scattergood

Title: Current Drug Trends and Educational Tools

Description: An overview of current drug trends, what drugs do to the mind and body and a presentation of award winning educational tools from Foundation for a Drug-Free World.

Room: 201

Presenter: Mark Niezgoda, MSW

Title: Youth Suicide Prevention Training

Continued from last session you must attend the entire session.

Presenter: Melissa Boswell

Title: Sugar: The Hidden Killer

Description: Stop by to look at how students can explore the sugar content of the foods they eat frequently and how the documentary FED UP can be used in our classrooms.

Room: 208

3:00 – 3:50

Presenter: Ken Turner

Title: Heath Standards ASSEMBLED! Putting grade-level learning outcomes into action

Description: Do you know the eight Health standards, six core ideas, and myriad of learning outcomes? In this interactive session, participants will learn (and play) through 3-4 engaging lessons utilizing grade-level outcomes with specific core ideas. Educators will leave with fresh ideas of only using grade-level outcomes in their class (or gym) with OSPI's Health lesson template, and reflect on what topics or outcomes they are currently not covering in their teaching practice. All K-12 educators welcome!!!

Room: 114

Presenter: Kylie Pybus

Title: Confident Me! Promoting Body Confidence and Self Esteem

Description: Student success is tied to the way they see themselves. Giving them the opportunity to improve or change their thoughts about their body, having greater confidence, and build positive self-esteem can help increase their academic achievement. The Confident Me! curriculum is a free, research driven curriculum that supports student growth. You will leave this session with revised six sessions covering the main themes of Appearance Ideals, Competing and Comparing Looks, Media and Celebrities, Body Talk, and Being the Change.

Room: 201

Presenter: Melissa Boswell

Title: Embracing the Tech Revolution

Description: Stop by to see what apps and programs can be used to enhance student learning. From Kahoot, Red Cross First Aid App, Fooducate, TeamShake, Decision Roulette, Padlet and more, there are a lot of ways to engage with students using technology. Please bring what you use to share with the rest of us too!

Room: 208

Upcoming Workshops and Conferences

SHAPE America Western District

June 25-27

Borah High School

Boise High School

Details:

<https://www.shapeamerica.org/about/districts/regional/default.aspx>

Washington state clock hours available

SHAPE Washington Annual conference

October 12-13

Wenatchee Convention Center

Wenatchee, WA

Details: shapewa.org

West's Best Workshop

February 2, 2019

Seattle Washington