

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:

Presenter: Dr. Carri Kreider & 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.

Presenter: Dr. Carri Kreider & 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:

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:

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:

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:

Presenter: Curt Jordan

Title: Emotional Empowerment Through Parkour

Description: An interactive lecture on how parkour as part of the school curriculum empowers students to better themselves, others, and the future.

Room:

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:

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:

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:

Presenter: Don Hollis

Title: They Know Better! – Or Do They? Getting Student Behavior Back Under Control

Description: Every year it is more challenging to keep student on-task. As teachers, we want to do our best to help our students to succeed. However, we often lack the tools to accomplish this daunting task!

Want to learn a scientifically proven way to improve student behavior, regardless of the topic or activity?

Come away with some skills that you can implement on Monday that will quickly put you back in control of your class.

In this jam-packed session, you will learn time-tested, research based strategies and techniques designed to:

- Decrease teacher and student frustration
- Improve student focus
- Systematically teach appropriate, on-task behavior
- Drastically reduce problem behavior
- Increase instruction time

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:

Presenter: Anna Gottlieb

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:

Presenter: Janelle Knowlton

Title: Teen Link – Youth Mental Health Promotion & Suicide Prevention

Description: About 1 in 5 high school students seriously considered suicide in the past 12 months (2016 Healthy Youth Survey). We can also see from this survey that more and more youth are experiencing higher levels of depression and anxiety. Teen Link operates a statewide peer helpline and chat service (at 866-TEENLINK or www.866teenlink.org) as well as conducts suicide prevention in schools. During this session we will discuss an overview of the school based sessions as well as outcomes from those trainings. We will review our peer helpline and chat service and include outcomes and observations.

Room:

Presenter: Jennifer Winslow

Title: Youth Suicide Prevention Health Curricula

Description: Every week, in the state of Washington, two youth die by suicide. Suicide is the second leading cause of death for youth between the ages of 10 and 24. School plays an important role in youth suicide prevention. The Crisis Clinic now offers three health curricula designed to be taught by classroom teacher or counselors, and appropriate for students at the elementary, middle, and high school levels. This presentation will give an overview of each curricula and how it fits within the Health And Physical Education Standards through the Office of Superintendent of Public Instruction.

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:

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:

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:

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:

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: