



*MiCSHA, Your School Health Coordinators, presents...*

# CONNECTING WITH KIDS THROUGH SCHOOL HEALTH

**Boyne Highlands Resort  
June 18-19, 2015**



## ***A Welcome from MiCSHA...***

Welcome to Connecting with Kids Through School Health. Michigan Coordinated School Health Association (MiCSHA) is excited to sponsor our first conference on Coordinated School Health/Whole Child. This model focuses on all aspects of a healthy learning environment for students.

MiCSHA is an open source network of 24 coordinating sites in Michigan, serving as hubs for delivering evidence-based programs driven by current state and local data, research and educational requirements. We partner with school communities and parents toward a common goal of increasing student achievement and positive outcomes.

The key curriculum offered through MiCSHA is the Michigan Model for Health<sup>®</sup>. The Michigan Model is an evidence-based, comprehensive and sequential K-12 health education curriculum. MiCSHA provides curriculum training and technical support to local school districts.

We are glad you can join us for the next two days, and look forward to building a long-term relationship in supporting students in Michigan.

Taryn Mack  
MiCSHA President

Charlie Yeager  
MiCSHA President-Elect

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*The Sault Tribe of Chippewa Indian's CDC funded Partnerships to Improve Community Health (PICH) project is a proud sponsor of "Connecting with Kids through School Health"*



**Visit MiCSHA at [www.micsha.org](http://www.micsha.org)**

**MDHHS is proud to be a sponsor of the 2015 MiCSHA Conference and its efforts to promote the Michigan Model for Health curriculum, comprehensive school health education and collaboration among school and health professionals.**



**Michigan Department of Health & Human Services**

RICK SNYDER, GOVERNOR | NICK LYON, DIRECTOR



# Means More

United Dairy Industry of Michigan

United Dairy Industry of Michigan is a proud sponsor of  
“Connecting with Kids through School Health”

## CONFERENCE AGENDA

### Day One

Thursday, June 18, 2015

8:00am - 9:00am

*Registration and Breakfast*

*\*We encourage you to visit our Information/Vendor Tables\**

9:00am - 9:15am

**Welcome and Introductions**

9:15am - 10:30am

**Keynote Speaker: Dave Spurlock**

Main Conference Room



David Spurlock, Coordinator of Health, Physical Education, Athletics, ROTC, and Wellness in the Charleston County School District in South Carolina, is hailed as “one of the titans of physical education in the US,” by Harvard Medical School researcher and author Dr. John Ratey, “he is one of the biggest reformers in this country.” Spurlock, a retired coach and PE teacher, is now an experienced presenter, who is regularly asked

to speak at conferences, throughout the country, on how the integration of daily physical activity improves learning and behavior. His practical application of movement in the classroom is currently a subject of research by The Medical University of South Carolina and Johns Hopkins University School of Medicine.

10:30am - 10:45am

*Break*

10:45am - 12:00pm

**Choose from one of the following sessions:**

**A. Keynote's Breakout Session**

Room TBD

*Dave Spurlock*

Continuing the conversation of the importance of movement, physical activity and academic performance.

**B. Connecting with Students Using Sharpies, Post-it Notes, Index Cards, and Other Easy to Use Materials.**

Room TBD

*Kris Nelson, M.Ed., LMSW*

This workshop will discuss strategies that stress the importance of getting to know students, building rapport and relationships in the classroom.

**C. School Health Partners: Schools + Nurses = Safe and Healthy Students**

Room TBD

*Evilia Jankowski, MSA, RN, BSN*

This presentation will demonstrate the growing need for health care services in the general education population. The School Health Partners (MiCSHA, SCHA-MI and MASN) will be identified and current efforts to collaborate in supporting school health issues will be discussed. The role of the School Nurse will be highlighted.

**D. Supporting Homeless Students: A Countywide Navigation Plan**

Room TBD

*Sara Orris, BSW*

Participants will be able to navigate a countywide system that is supported by a myriad of educational, community and formal systems to maximize each student's potential for success.

**E. Using the ASCD Whole Child Model to Integrate Coordinated School Health Into the School Improvement Planning Process**

Room TBD

*Steve Sukta, MA and Bev Schroeder, MS*

Participants will learn how to use the Whole Child model for school improvement and how it integrates with the CDC's School Health Model. Examples of goals, strategies, and activities will be shared.

12:00pm - 1:15pm

*Lunch*

***\*We encourage you to visit our Information/Vendor Tables\****

1:15pm – 2:30pm

**Choose from one of the following sessions:**

**A. Online Tools for Your Coordinated School Health Team**

Room TBD

*Karen Krabill Yoder, MA*

Online assessment tools will be highlighted, including the newly revised HSAT (Healthy School Action Tool), with information about several additional tools as well.

**B. Social Emotional Learning within an MTSS Approach**

Room TBD

*Lisa Jo Gagliardi, MPA*

Presentation, geared toward elementary schools, will address MTSS (Multi-Tiered System of Support) and the importance of Social Emotional screening and learning within that system approach. Intervention scenarios will be provided, including the recommended Tier I prevention curriculum and suggested Tier II options. Correlations to PBIS efforts will be shared.

**C. Challenging Students to S.T.A.N.D. Out From the Pack**

Room TBD

*Jeff Thompson*

Geared toward middle and high school students, this presentation will address the *Life of an Athlete* model to reach and motivate students to make positive decisions on substance use and abuse.

**D. Whole Child Connections Among Sex Education, Common Core Standards, School Climate, and Family Engagement**

Room TBD

*Wendy Sellers, RN, MA, CPC*

This workshop will demonstrate how effective sex education programs enhance the Whole School, Whole Community, Whole Child initiative.

**E. Children's Experiences With Nature and Outdoor Play**

Room TBD

*Seema Ibrahim, MA*

Presentation will discuss the benefits of nature and outdoor play for children's development and success.

2:45pm – 4:00pm

**Plenary Session**  
**Toddlers to Teens and All the Stages in Between**  
Main Conference Room  
*Ken Horn*



Neuro-Scientific breakthroughs now provide us with incredible insight into the workings of the brain and body-mind systems. Together we will explore the ages & stages of brain growth & development from toddlers to teens. You will learn about the multi-media brain and its conflicts with the "Dinosaur brains of adults." Together we will explore what we now know & understand about brain growth and development. You will leave with a new understanding of how the brain works and grows along with practical ideas for enhance brain growth and the learning of today's students.

## Day Two

### **Friday, June 19, 2015**

8:00am - 9:00am

*Breakfast*

*\*We encourage you to visit our Information/Vendor Booths\**

9:00am – 10:15am

**Choose from one of the following sessions:**

**A. Coordinating Community and School Efforts to Enhance Student Success**

Room TBD

*Crystal Palmer, LMSW, Carlynn Nichols, LMSW, and Cynthia Cook, PhD.*

Presentation will provide participants a greater understanding of the Coordinated School Health (Whole Child) model, the Systems of Care framework, the common components between Coordinated School Health and Systems of Care and the need for school and community partnerships.

**B. Teen Trends: What They're Up To and How They're Getting There**

Room TBD

*Dianne Perukel*

This presentation will provide information on alcohol and drug trends, energy drinks, marijuana, synthetic drugs, prescription drugs, and over the counter drugs. Also, includes nearly 100 items used to conceal drugs.

**C. Staff Wellness: How to get Involved**

Room TBD

*Stacey Sills, M.Ed.*

This presentation will include ways to implement a staff wellness program and activities that can be used to get started.

**D. Health Innovation Efforts in Early Childhood: What's PEACH got to do with it?**

Room TBD

*Crystal D'Agostino, MSW and Lauren Nichols, MPH*

Presentation will explore the role nutrition and physical activity play in a child's development and learning.

**E. Using Bean Bags and Balls to Connect Kids to School Health**

Room TBD

*Mary Ann Short, MA*

Interactive session using bean bags and balls to connect kids and health. This will connect components of health education to all areas of academics while merging the physical, mental, and emotional dimensions of health education into the daily lives of students.

10:15am – 10:30am

*Break*

10:30am – 11:45am

**Choose from one of the following sessions:**

**A. Fuel Up to Play 60® - Forming Student Leaders in Health and Wellness**

Room TBD

*Brianna Banka, MS, RDN, and Jenice Momber*

Become familiar with the program that can develop student leaders and health advocates for their peers. Fuel Up to Play 60® is designed to engage and empower youth to take action for their own health by implementing long-term positive changes for themselves and their school.

**B. A Healthy Balance: Navigating Mental Health Services for Student Achievement**

Room TBD

*Holly Douglas, LMSW, ACSW and Susan Benson, MA*

Participants will take on roles in targeted, solution-based exercises to gain a deep understanding of mental health challenges which require a coordinated systems approach in order for students to stabilize and be able to achieve.



**C. What Educators can do to Reduce Mean Behavior in School**

Room TBD

*Marcia McEvoy, PhD.*

Research-based and systematic strategies for reducing school-based cruelty will be shared, including intervention/prevention, activating bystanders, and ways to increase empathy, kindness and tolerance.

**D. Farm to School: Cafeteria, Classroom, Community**

Room TBD

*Michelle Walk, MA*

Opportunities to connect food to learning in the cafeteria, classroom, and community.

**E. Baseball vs. Pizza: Changing the Way We Talk to Teens About Sexuality**

Room TBD

*Heather Alberda, BA*

Presentation will be based on the book *For Goodness Sex...Changing the Way We Talk About Sexuality, Values, and Health* by Al Vernacchio.

11:45am – 12:30pm

*Lunch*

*\*We encourage you to visit our Information/Vendor Booths\**

12:30pm – 1:15pm

**Plenary**

**Success and Challenges: Ypsilanti Community School District-Wide Coordinated School Health Team 2013-2015**

Room TBD

*Sharon Sheldon, MPH, Cynthia J. Bowers, A.T.C./Ret, M.Ed., and Mary Beno, M.Ed.*

Panel Discussion Format: Three priority areas that were addressed after districts completed the HSAT will be discussed and shown to have improved. Also, will discuss the breadth of community partnerships and how it supported success.

1:15pm – 1:45pm

**Door Prizes and Closing**

Main Conference Room

## **Thank you to our generous sponsors**

### **Gold:**

Sault Tribe's CDC funded Partnerships to Improve Community Health (PICH) Project

United Dairy Industry of Michigan (UDIM)

### **Silver:**

Michigan Department of Education

Michigan Department of Health and Human Services

### **Bronze:**

### **Friend of Children's Health:**

### **Door Prizes:**

Charlie Yeager

Eastern Upper Peninsula Intermediate School District

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## **Please visit our Information/Vendor Booths**

- Planned Parenthood of West and Northern Michigan
- Michigan's Safe Delivery of Newborns Law
- Henry Ford Macomb Hospital
- Stone Crest Center

## **Continuing Education Information**

If you are receiving continuing education credits for educators, nursing or social work, you must **sign-in** and **sign-out** at the area set-up by registration **each day**.

### **Educators:**

### **Nurses:**

### **Social Workers:**