

2022

# International School Health Education Conference Agenda



Wednesday, August 3, 2022

8:20-8:30am

**Opening Remarks & Welcome!** MAHPERD President, Danielle LaRocque

8:30-9:30am

## Keynote Address

### Dr. Michael Fowlin



Dr. Michael Fowlin, better known as Mykee, is no stranger to the stage. He has been formally acting since age 11, but started creating voices (via prank calling) at age 9. In addition to his talents on stage, he has an undergraduate degree in psychology from Evangel University, in Springfield, Missouri, and in the fall of 2001, he attained a doctorate degree in clinical psychology from Rutgers University. Oddly enough, he suffers from delusions of grandeur, for, while performing, he is convinced that every audience member is his patient.

His programs combine both his professional acting talents and his psychological training. His mission is to create an atmosphere of worldwide inclusion, not just tolerance, towards all people. He has worked extensively with all age groups [Centralny.co](http://Centralny.co) in the United States and in other countries. His work has included peer mediation, diversity trainings, gender equity workshops, and violence prevention seminars.

He hopes that all audience members will leave his performance with that wonderful, awakening feeling of beauty: the beauty within one's self and the beauty within others; the celebration of our differences, and the acceptance of our shared experiences.

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9:30-9:40

**Transition to next session**

9:40-10:40am

**Session I**

**Student Centered Activities: Teaching lessons and activities in a student-led classroom.**



Do you want to increase motivation, enthusiasm, and movement in your classroom? Let's explore a variety of activities that promote student engagement, activate prior knowledge, and encourage academic conversations with student discourse. Activities are designed to get students out of their seats and interact while using skills-based health education methods. Participants will leave with student-led activities that can be used as assessments, instant and exit activities, and opportunities to practice health skills

**Presenter:** Mike Craig has been a health and PE teacher in East Hartford, CT for 14 years. He is on the executive board of CTAHPERD and a member of the CT Health Cadre. He provides professional development across the state of Connecticut. He was awarded the 2020 Connecticut AHPERD Health Teacher of the Year and the 2022 SHAPE America Eastern District Health Teacher of the Year.

10:40-10:50am

**Transition to next session**

10:50-11:50am

**Session II (Choice of two)**

**Presentation #1**

**The Latest in Concussion Management of Student-Athletes**

Some of the objectives of this presentation will include:

- Describe how to recognize the signs and symptoms of a concussion.
- How to manage/treatment a concussion.
- Understand the DPH regulations surrounding this injury.
- Identify individuals of a concussion management team and the roles they play.
- Understand the return to learn and return to play guidelines.
- Learn about prevention strategies.



**Presenter:** Diane Sartanowicz, MS, LAT, ATC

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## Presentation #2



### **“Anxiety in the Rear-View Mirror”**

This session helps us to examine anxiety in ourselves, our families, our students. We will practice some tried and true skills to help us cope with this common mental health issue.

**Presenter:** Claudia Brown, (Retired) Director of Health & Physical Education North Reading Public Schools, MA; Adjunct Salem State University; Adjunct, Boston University

11:50am-12:30pm EST

**MAHPERD Sponsored Luncheon ~ Enjoy! ☺**

12:30-1:30pm EST

**Session III (Choice of two)**

## Presentation #1



### **Promoting Public Health and Student Advocacy**

In this engaging workshop, participants will focus on Public Health and student advocacy. Together we will explore the social and systemic factors that create barriers to student health and well-being, examine how these factors affect populations differently and stress the importance of health equity and literacy. Strategies to empower young people to be agents of change in their communities will also be presented. Participants will leave with lessons and resources that enhance student’s understanding of Public Health and challenge them to reimagine their responsibilities for advancing health equity.

**Presenters:** Cheryl Todisco, Health Education Director, Boston Public Schools; Jackie Salvesen, Health Educator, Andover Public Schools



## Presentation # 2

**\*Conference Sponsor**



### **THE GREAT BODY SHOP: Skill-Based Health Education, K-8.**

This session focuses on the essential need to address the National Health Education Skill Standards of analyzing influences, accessing information, communication, decision making, goal setting, self-management, and advocacy. Moving beyond just acquiring information to demonstrate health skills is our goal for students! Come learn how THE GREAT BODY SHOP, a K-8 comprehensive health education curricular resource provides students with multiple opportunities to practice skills, specific to the standards, and in a variety of situations. Participants will enjoy an interactive session which will overview the 2022-23

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curriculum and engage participants in several skills-based lessons.

**Presenter:** Heidi Pound is a Regional Program Consultant and Contributing Writer at The Children's Health Market

**1:30-1:40pm EST**

**Transition to next session**

**1:40-2:40pm**

**Session IV**



**Understanding the Why?: Getting Students to Analyze the Influence**

Want some activities to take back to your classroom today? Then this is the presentation for you. In this session Jill will share with you rationale focused on the importance of skills-based curriculum within our health ed. classrooms. As well as, a scaffolded unit focusing on the skill of Analyzing Influences, that includes activities embedded with content topics such as identity, personal values, and various forms of media, that you can use and modify to fit your needs in your classrooms tomorrow.

**Presenter:** Jill Herwig, 2021 MAHPERD Health Education Teacher of the Year; Health Educator, Garfield Middle School-Revere Public Schools

**2:40-2:45pm**

**Transition to next Session**

**2:45-3:15pm EST**

**Session V**

**Round Tables Professional Sharing  
(Facilitators: MAHPERD Health Division)**

**3:15pm**

*Wrap-up for the Day! ~ President Danielle LaRocque*



8:30-9:30am

## General Session

### *Collaborating on a Culture of Health and Wellness: A Team Approach*

**Presenters: Carolyn Rains and Jenna Sorensen**



**Carilyn Rains** has 24 years' experience in the specialty practice of School Health. She is currently the Director of School Health Services for the Plymouth Public Schools. Previous to her role in Plymouth, Carilyn spent 6 years in the role of Nursing Supervisor for the Sandwich Public Schools; she also worked for the Marshfield Public Schools as a school nurse at the high school level for 11 years. Prior to entering the specialty field of School Health, Carilyn worked in Women's Health as a labor and delivery room nurse and childbirth educator for 15 years. In addition, she currently serves on the Plymouth Youth Development Collaborative (PYDC), the Plymouth School Health Advisory Board, where she serves as Chair, and on the Human Rights Committee for The Arc of Greater Plymouth. Carilyn is a member of the MA Department of Public Health's Concussion Advisory Board, the MA Concussion Management Coalition (MCMC), the National Association of School Nurses (NASN) and the Massachusetts School Nurse Organization (MSNO); she is now currently MSNO Advocacy Co-chair and on the Board of Directors representing MA with NASN. Her articles on *Concussion Management* and *Medical Emergency Planning* have been published in the *NASN School Nurse*, a SAGE Publication of NASN.



**Jenna Sorensen** is an adapted physical education teacher and the elementary department head for PE and health with Plymouth Public Schools. She has worked in the special education field for 26 years and in the physical education/APE field for the past 10 years. Jenna works closely with the amazing PE and health educators in Plymouth's elementary schools to develop and align curriculum to the state and national standards, while incorporating a focus on creativity, social relevance, sensitivity, and fun. Jenna has organized various events through the schools for children, families, and staff including group hikes, family mud runs, a mindfulness month, a Couch to 5K, and a daily gratitude mile challenge. Jenna enthusiastically brings her experience as a teacher, group fitness instructor, athlete, and mother of six to her involvement in a variety of professional and extra-curricular interests such as the district's wellness committee, her membership on the board of Dreamride Plymouth, a non-profit organization which encourages and supports youth to set and meet goals, and as host of a bike camp for kids, teens, and adults with disabilities to learn how to ride a 2-wheeled bicycle. Jenna lives in Plymouth, MA with her husband and many teenagers.

9:30-9:40am

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9:40-10:40am

**Transition to next session!**

**Presentation # 1**



**Session I (Choice of two)**

**Get Set, Ready, GOAL!**

Want some activities to take back to your classroom today? Then this is the presentation for you. In this session Jill will share rationale focused on the importance of skills-based curriculum within our health ed. classrooms. As well as, a scaffolded unit focusing on the skills of Goal-Setting & Accessing Reliable Resources, that you can use and modify to fit your needs in your classrooms tomorrow.

**Presenter:** Jill Herwig, 2021 MAHPERD Health Education Teacher of the Year; Health Educator, Garfield Middle School-Revere Public Schools

**Presentation # 2**



**Making Mindfulness Engaging and Accessible**

Mindfulness is a powerful practice with many research-based benefits. During this session, we will discuss the value in mindfulness practice for students and staff as well as learn a variety of strategies and activities that are engaging and practical. These activities can be used by educators in their classrooms as well as in their own personal routines to help develop a consistent practice.

**Presenter:** Leah Lipschitz, Health Educator at Boston Latin School has taught Health and P.E. in Boston Public Schools for the past six years. She is a passionate advocate for mindfulness, yoga and a holistic wellness approach to help students and educators thrive and connect with both themselves and each other. In addition to teaching in BPS, Leah has taught mindfulness and yoga to students, athletes and educators in a variety of settings. She is a certified yoga instructor, a Level 2 Unified Mindfulness coach and a certified YOGABODY breathwork coach.

10:40-10:50am

**Transition to next session**

10:50-11:50pm

**Session II (Choice of Two)**

**Presentation #1**



**Teacher Friendly Technology and Strategies**

Several middle school/lessons/projects incorporating various technology programs and APP's will be presented. Ideas can be adapted to fit elementary and high school levels. Some suggestions for special education, ESOL, and other modification strategies will be shared. A laptop or iPad is recommended but not mandatory.

**Presenter:** Lisa Sherman has been a physical and health education teacher in the White Plains Public School District for the past 21 years. She was an Adjunct Professor at Hofstra University and is a cooperating teacher in health education. She is a dedicated and active member of NYSAHPERD. Her Commitment to NYSAHPERD started as an undergraduate of

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SUNY Cortland where she had the distinction of being the first person to officially serve NYSAHPERD as a Future Professionals Section President. During her presidential rotation, Lisa initiated several advocacy projects including the *New York State Report Card: Health & Physical Education~ Are We Making the Grade?*; an advocacy video used to support quality health and physical education; she traveled to Washington, D.C. on two occasions to participate in National Speak Out Day and was instrumental in organizing the first New York State Speak Out Day. She is a Past President of the Southeastern Zone; she served as the Southeastern Zone Conference Director for fifteen years and she is a co-founder of the Future Professionals Leadership Conference. Lisa has been honored with the NYSAHPERD Professional of the Year Award, the Southeastern Zone Amazing Person Award, the Health Section Amazing Person Award, the Eastern District Association Student Leadership Award, and the White Plains Middle School PTA Jenkins Award and is the recipient of the 2016 NYSAHPERD Distinguished Service Award.

**Presentation #2**  
**\*Conference Sponsor**



**Skills-based Health Education for Every Student, K-8**

Are you struggling to build support and advocacy for comprehensive skills-based health education (K-8) in your district? If so, why? What are the challenges you face? During this session, participants will have an opportunity to network with other health educators and administrators to share successes and challenges in advocating for health education at the local level. Participants will walk away with suggestions for continuing advocacy efforts to bring health education to all students.

**Presenter:** Heidi Pound is a Regional Program Consultant and Contributing Writer at The Children's Health Market

**11:50-12:30pm**

**MAHPERD Sponsored Luncheon~ Enjoy! ☺**

**12:30-1:30pm**

**Session III**

**Mental Health Collaborative: Implementing a tier 1 Mental Health Literacy Approach for Educators, Students and Beyond**

Mental Health Collaborative, a non-profit organization, brings an innovative tier 1, evidenced-based mental health curriculum to middle school and high school aged students. This curriculum is a train-the-trainer model, sustainable and cost-effective. Within this comprehensive model, they also provide a mental health literacy educational program for educators and school personnel as well as a parent program. After attending this presentation, participants will understand the four pillars of mental health literacy, why they are critical to teach, and how Mental Health Collaborative



can help you to bring this model to your school and community.

**Presenter:** Abbie Rosenberg, Founder & Executive Director~ Mental Health Collaborative; Abbie began her career as a registered nurse at McLean Hospital in Belmont, MA and then went on to get her nurse practitioner in psychiatry at UCLA. She practiced in a variety of settings in the greater Boston area for the past 30 years. In 2019, after a former patient died by suicide and asked in his will that she help others struggling with mental illness, she founded Mental Health Collaborative (MHC). MHC is a non-profit organization with the mission of Building Resilient Communities through Mental Health Education and Awareness.

1:30-1:40

**Transition to next session**

1:40-2:40

**Session IV (Choice of Two)**

**Presentation #1**



**Paving the Path to Health Equity: Best Practices for Engaging Schools and Communities** Participants will be able to: (1) identify two strategies for developing interdisciplinary collaboration within the school community to support health equity (2) will develop a broader understanding of the types of community partnerships and how to engage in advancing health equity at the community level.

**Presenter:** Rhiannon Thai has been a nurse for 18 years with over 10 years' experience providing community-based nursing care to both adult and pediatric populations. She worked for BAMSI for four years, first as a Lead Nurse and then as the Nurse Supervisor overseeing the Plymouth area. During her years at BAMSI, she provided case management, direct nursing care, and residential oversight to individuals with Intellectual and Developmental Disabilities living in community residential homes. She also was a trainer for the Massachusetts Medication Administration Program. Rhiannon has worked as a pediatric homecare nurse providing direct in-home care to medically complex children since 2009. In 2017, she joined the Plymouth Public School District as a substitute nurse before accepting a role as a Nurse Case Manager in 2019. In her role as Nurse Case Manager, she focuses on issues related to health equity, access to care, and family engagement and works to

support students, families, and staff. Rhiannon has an ASN from Quincy College and received her BSN from the University of Maine. She is currently pursuing her Master of Science in Nursing Education at the University of Southern Maine. She is a member of the National Association of School Nurses (NASN) and the Massachusetts School Nurse Organization (MSNO). She is passionate about improving the lives of impoverished children and in 2010 participated in a short-term medical mission's trip to the Dominican Republic providing health screenings and medication distribution to underserved communities. She maintains a commitment to social justice and advancing health equity and participates in her local Health and Wellness Committee and Health Care for All's Health Justice Council.

## **Presentation # 2**

### **Tackling the Tough Issues: Self-Identity & Racial/Cultural Identity Development - A High School Health Education Unit**

This session will share a high school Health Education unit of instruction that addresses Self-Identity Development from the perspective of Racial/Cultural Identity. Topics addressed include: The Subconscious Mind and Implicit Bias; Understanding the concepts of Dominant and Non-Dominant Culture; The Stages of Identity Development. This unit is part of the Junior Health Education: Self-Identity and Society class offered at Weston High School.

**Facilitators:** Mitch Finnegan, Director of Wellness Education, Weston Public Schools & Danielle Cooper, Health Educator and Restorative Justice Practitioner, Weston High School.

**2:40-2:45pm**

**Transition to next session**

**2:45-3:15**

**Session V**

**Round Tables Professional Sharing  
(Facilitators: MAHPERD Health Division)**

**3:15pm**

**Evaluations & Remarks:** Maria Melchionda, Executive Director & Danielle LaRocque, MAHPERD President

**IF YOU ARE A TEACHER,  
SOME DAY 50 YEARS  
FROM NOW, SOMEONE  
WILL THINK OF YOU AND  
SAY YOUR NAME.  
LET THAT SINK IN.**