

# Roundtables – Saturday / October 31

## Healthy Kids ... Healthy Lives ... Healthy Futures

83rd Annual ASHA School Health Conference

October 28 - 31, 2009 / Denver, Colorado

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7:15 – 8:30 am

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### **RU Ready to Talk to Your Kids About Alcohol:**

#### **A Parent Educational Program Designed by a School District Wellness Team**

*Beth Miller*

This roundtable will center around a Midwestern, suburban school district wellness team's design and implementation of a mini-conference for parents that addressed underage drinking. Discussion will include: background on school district/community demographics and wellness team members; the decision to address underage drinking and focus on parent education; the organization and tasks of subcommittee members; design and implementation of the program and outcomes; and lessons learned.

### **Developing New Health Education Standards: The South Carolina Story**

*Christine Beyer*

South Carolina completed a 20 month process to revise existing Health and Safety Education Academic Standards to reflect the 2007 National Health Education Standards. Performance indicators in the standards were expanded from 3 grade level benchmarks to K-9 individual grade indicators. Participants in this session will share and compare their experiences in dealing with standard's revisions in their states.

### **Merging Agendas with Wyoming's Educational Partners in Coordinated School Health**

*Christine Revere*

The challenges of reduced funding for coordinated school health programming in Wyoming resulted in an opportunity for new collaborative partnerships with state, federal and community partners. Thinking outside of the "physical health box" enabled Wyoming's Healthy Student Success Model to continue, while expanding program emphasis, especially in behavioral health issues.

### **Enhancing School-Community Collaboration for School Mental Health**

*Stacy Kalamaros Skalski*

Developing collaborative comprehensive school-community student mental health services begins by opening a dialogue between key stakeholders examining the underlying assumptions that guide services in schools. In this session, participants will learn about how to facilitate dialogues across stakeholder groups that bridge the school system realities with public policy opportunities. Participants will engage in an interactive dialogue guide discussion and reflection.

### **Navajo Coordinated School Health**

*Eli Bighthumb, Tonilisa Nezz, Rethania Yazzie*

The Navajo Nation developed a nationally recognized Coordinated School Health approach based on the Corn Plant Model. The model integrates Navajo traditions and values into a coordinated school health approach. Participants will learn about partnerships, unique strategies and evaluation tools.

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## **Gen Y: School Health Education and Promotion for the Now (and Next) Generation**

*Christin Seher, Donna Bernert*

Members of Generation Y possess unique socio-cultural characteristics relevant to health education and promotion. Giving consideration to these attributes when planning school health education strategies can help reach this population more effectively. Through discussion and experiential activities, participants will generate techniques for including generational competence for this population into daily health education and promotion practice in schools.

## **Creating Health Classroom Communities: Partners, Pods and Peers**

*Nancy LaCursia*

Creating communities in a health classroom contributes to a positive learning experience. Partner, Pod and peer opportunities can provide a more comfortable setting for students to discuss health topics. In smaller class communities, students take responsibility for their own learning as health concepts are synthesized and communicated in ways that are more meaningful and relevant to their lives.

## **Using Graphic Novels to Teach Empathy for Diverse Populations**

*Lynn Ramsson*

Empathy is not an easy concept to teach in a typical classroom setting; however, graphic novels that depict individuals of diverse backgrounds and life experiences offer teachers and students a unique opportunity to explore difficult topics like empathy, diversity, race relations and prejudice. Join us for a glance at what this kind of lesson can look like in your classroom.

## **The ABC System of Cognitive, Emotional, and Behavioral Self-Management: A Defensive Game Plan Against the Automatic, Irrational Beliefs, and Dysfunctional Emotions that Undermine the Effectiveness of Health Instruction**

*Ray Mathis*

People receive more helpful advice than ever before. Yet too many still behave in unhealthy ways. The ABC System frees people to better access and act on advice they receive by teaching them to have an internal locus of control, recognize and correct irrational thinking, have better emotional management and higher frustration tolerance, and better tolerate delayed gratification.

## **Using Children's Picture Books: Strategies for Teaching Health Literacy with Pre-service Teachers**

*Cristy Jefson, Terry-Ann Gibson*

This session will present simple strategies for integrating the National Health Education Standards and Health content areas into the elementary classroom through the use of children's picture books.

## **Product Recalls and U.S. Schools**

*Alan Sofalvi*

An overview of the recall process will be provided and a review of recent product recalls will be conducted. Recalls featured will focus on products used in schools. Classroom supplies, defibrillators and food will be among the products discussed. The importance of this topic for school officials and how school personnel should handle recalls will be discussed.

## **H1N1: What Schools Need To Know**

*Sandra Leonard, William Potts-Datema*

This roundtable discussion will highlight key messages outlined in *The CDC Guidance for State and Local Public Health Officials and School Administrators for School (K-12) Responses to Influenza during the 2009-2010 School Year*.

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## **Management of Students with Traumatic Brain Injury in the Classroom Setting**

*Paulette Joswick*

Students with brain injury provide a unique challenge to school staff and following this workshop new information and strategies will be available to the school staff so that students can have success. The presenter the chairperson of the Traumatic Brain Injury Team for the Douglas County School District and will have numerous actual situations with successful outcomes to report. Attendees will also get a glimpse of a computer program known as ImPACT that is used by the DCSD team.

## **Is A School Nurse In Every School A Sick Idea?**

*Susan Kohl Malone*

The rationale of the need for outcomes measures for school nursing practice will be discussed. An overview of the “failure to rescue” concept and its evolution into various areas of nursing practice will be discussed along with the pitfalls of extensions of this concept. Participants will brainstorm and discuss potential school nurse sensitive outcomes measures.

## **Helping States Develop Comprehensive Competitive Foods Standards**

*Elizabeth Walker*

Using a needs assessment process based on the CDC’s Implementing IOM’s Nutrition Standards guide, states and local organizations can: use state level data to identify areas of need, compare current state nutrition standards to IOM Nutrition Standards and other national standards, and develop a plan of action to implement these new nutrition standards and create policy.

## **Walking Lean, Biking Green: Stories from the Field**

*JoEllen Tarallo-Falk*

Pedestrian and bicycle activity promotes physical fitness and lifelong habits that can help curtail the growing rate of obesity among American adults, children and youth. It produces no exhaust or air pollution, reduces traffic congestion and helps to create an overall healthier population. Join in on the discussion of what schools can do to promote walking and biking as recreational activities and learn to think strategically about ways to heighten public interest in creating greener, learner communities.

## **Achieving Mandated Physical Education and Physical Activity Requirements:**

### **The Tennessee Experience**

*Susan Brotherton, Rebecca Johns-Wommack, Debra Kibbe*

The Tennessee experience with Coordinated School Health, specifically the implementation of a physical education/physical activity (PA/PE) mandate, will be presented. Existing evidence-based PA/PE programs will be shared. A facilitated discussion about barriers/solutions to achieving the mandate and a case study will be reviewed. Participants will experience physical activities with learning concepts that help TN teachers to achieve the PA/PE mandate.

## **The Power of a Cultural Icon in Developing a Pedometer Program to Increase Physical Activity in Schools and Communities**

*Marilyn Bruce*

The Flat 14ers Club is a pedometer program that is easy and fun for all ages. It can help increase physical activity and improve nutrition by working simultaneously through schools, worksites, health care settings and other groups within your community. Make the program a community effort so that all facets will be incorporated in the target population.

## **Health Promotion Data Driven Decisions: A Practical Application Utilizing the International Physical Activity Questionnaire (IPAQ), the Transtheoretical Model and the Indicators of Administrative Support Tool**

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*Susan Baldwin*

Participants will learn the importance of data driven decisions in health promotion as they become acquainted with a research tool. The tool combines the International Physical Activity Questionnaire (IPAQ) and the Transtheoretical Model and has been employed to measure health promotion program effectiveness. This tool measures demographic information, Lifestyle behaviors/Readiness and physical activity and will be available for participants to complete and critique.

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