

Healthy Students ... Successful Learners

84th Annual ASHA School Health Conference

October 13 - 16, 2010

Kansas City, Missouri

October **16** / Saturday

8:40 – 9:40 am
Concurrent #10

Giving High School Students a Healthy Channel to Establish Independence and Leadership Skills as a Peer Health Leader

Amanda Howard, Meagan Darrow

Learner Objective

- Use the strategies and tools provided to start to develop their own peer health program or tailor the given strategies and tools to current peer health efforts already under way.

Summary

Peer Health Council is designed to give high school students a healthy channel to establish independence and leadership skills while also helping their peers to negotiate a healthy transition to adulthood. To develop the Council, youth leaders used evidence-based practices to advocate and build community support for the program, conducted a needs assessment among peers, and recruited more participants.

Generation Rx: The Dangers of Prescription Drug Abuse

Anne Howerton

Co-author: *Marcy Coppernoll*

Learner Objectives

- Identify key topic areas in a program for teens about prescription drug abuse.
- Discuss techniques that may be successful in marketing the program for schools and other relevant organizations.
- Identify funding sources for a teen prescription drug abuse program.

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Summary

This session will discuss the growing issue of prescription drug abuse among teens. Attendees will be able to learn about an interactive teen prescription drug abuse prevention program being implemented in Illinois. Sources of funding for the prevention program will also be discussed.

Outstanding School Employee Wellness Programs

Ann Kelsey Thacher, Tina Severance-Fonte, Vickie Adkins, Debbie Zimmerman
Co-author: Sara Bowie

Learner Objectives

- List the nine steps to establish a school employee wellness program.
- Identify at least three successful strategies used in outstanding wellness programs.
- Access school employee wellness program resources via DHPE web site - www.schoolempwell.org.

Summary

Participants will learn about three outstanding school employee wellness programs (SEW) who received recognition in the 2009 Directors of Health Promotion and Education (DHPE) Employee Wellness Awards program. Presenters will describe how their school/district obtained support; identified resources; selected leaders and committee; conducted needs assessments; and developed and implemented their SEW program. Free resources will be provided.

Teaching Technique

Using Podcasting to Enhance Teaching and Learning in the Classroom

Andrea Hope

Learner Objective

- Understand the great value of using podcasting technology in preventing eating disorders among girls and women in high school.

Summary

Podcasting technology was integrated into a women's health curriculum in order to enhance student awareness and knowledge about eating disorders and body dissatisfaction. The podcasting technology also allowed students to narrate anonymous stories (from classmates) and break the silence about this prevalent disorder among women. Using podcasting technology in the prevention of eating disorders among high school girls will allow students to analyze the influence of media and technology on health before these behaviors become irreversible.

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9:50 – 10:50 am
Concurrent #11

It's All About Kids Coordinated School Health Program - A Program That Works


Pam Rask, Lynnsey Childress

Learner Objectives

- Demonstrate understanding of important components to implementing a successful Coordinated School Health Program.
- Define challenges and lessons learned associated with implementing a Coordinated School Health Program.
- Employ the use of components explained in the Coordinated School Health Program in their individual communities.
- Describe evaluation necessary for a Coordinated School Health Program.

Summary

The It's All About Kids program is a prevention program for school-aged children modeled after CDC's Coordinated School Health Program. The focus is to reduce obesity, improve health lifestyles, and build decision-making skills. The program was recognized as a Model Practice by the National Association of City and County Health Officials (NACCHO) in September 2008.



Student-Driven School Change Improves Health and Learning

Greg Williamson, Adam Borchert, Carole Layton

Learner Objectives

- Work successfully with students to implement coordinated school health efforts through effective youth-adult partnerships.
- Infuse health data, research, and interventions into their school improvement plans.
- Explain key concepts of student engagement theory and practice.
- Explain the connections between health and academic outcomes that are research and evidence-based, with an emphasis on health disparities and the achievement gap.

Summary

Learn from the students themselves how to implement Coordinated School Health efforts through effective youth-adult partnerships. Infuse health data, research, and interventions into your school improvement plan. Help others see the connections between health and academic

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outcomes that are research and evidence-based, with an emphasis on health disparities and the achievement gap. Catalyze change in your own school community.

It's OK to be Social

Using Social Media to Reach Your Target Audience and Beyond

Breann Westmore, Miranda Graves

Learner Objectives

- Understand the importance of using technology.
- Use integration of technology into an existing program.
- Identify the benefits of technology for enhancing programs through session demonstrations

Summary

There are more than 400 million active users of Facebook, and more than 50% of those members login every day. Social media is used not only for staying connected but also for receiving current news, study coursework, and delivering health and physical education programs. The importance of leveraging today's (and tomorrow's) technology to brand programs will assist in maintaining a meaningful presence with target audiences. This session will provide you with the resources you need to know to bring these technologies into your programs.

Teaching Technique

Instant Fitness Activities for the Classroom

Leslie Robinson-Fisher

Learner Objectives

- Learn easy to implement-instant fitness and nutritional activities, that are fun, non-competitive, and appropriate for all ages and abilities.
- Effectively teach students fitness and nutritional activities in a small amount of space or in a classroom setting.
- Develop confidence in teaching; understand the importance of teaching fitness activities and health to students in a classroom which will in turn improve student success and learning.

Summary

Do you and your students need a break? Learn how to implement fun and easy fitness and nutritional activities that will get your students back on track. Learn how to increase student fitness levels, teach simple health education tips, improve student motivation and success, while decreasing off task behaviors. This session is guaranteed to be a hit! Fitness novices welcome!

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