

It is the responsibility of each individual/team to make room reservations. The 2010 conference will be held at a new site, Cherry Valley Lodge.

**Rate: \$99/night/room (single or double)**

Cherry Valley Lodge  
2299 Cherry Valley Road  
Newark, Ohio, 43055  
Phone: (740) 788-1200  
Toll-free (800) 788-8008

Make room reservations directly with the Cherry Valley Lodge by calling the numbers listed above. Identify yourself as an Ohio Coordinated School Health Conference participant to receive the conference rate.

Or, register for the conference lodging online at [https://reservations.ihotelier.com/crs/g\\_reservation.cfm?groupID=400861&hotelID=10327](https://reservations.ihotelier.com/crs/g_reservation.cfm?groupID=400861&hotelID=10327).

Register early to assure lodging.

**NOTE:** In order to receive tax exempt status, you cannot pay for lodging with a personal credit card. You must use a school/organization credit card or check.

For additional information please contact:

Jan Meyer  
(419) 474-8528  
Meyer.vj@gmail.com OR

Carol Gill  
Ohio Department of Health  
(937) 285-6123  
Carol.gill@odh.ohio.gov

**Pre-conference Event (June 22):** \$45.00/person

**Conference Fee (June 23-24) per team\*:**

4-person team	\$640
5-person team	\$800
6-person team	\$960

Teams should consist of 4-6 individuals and must include a school administrator (or a designated alternate). It is recommended that other members of the team come from the following areas:

- School Nurse      Food Service
- Elementary or Secondary Teacher
- Physical Education or Health Teacher
- Parent or Other Community Member

Those affiliated with a school but who are not a part of a participating school team may register as an individual participant for \$175.

\*Teams with over 6 members can register others (at \$160 each) after May 15 if spots are available.

The conference fee includes binder with program materials, workshops and speakers, meals and wellness activities. Registrations will not be accepted after June 2, 2010 or sooner if the conference capacity of 275 is reached.

Include check, money order or purchase order with registration(s). Payment must be received prior to the conference date. Mail completed registration form and payment made out to BHSA to:

Julie Drumheller  
5845 S Wheelock Rd., West Milton, OH 45383  
(937) 698-6735      jdrumheller@woh.rr.com

Registration forms accompanied by a purchase order can be faxed to (937) 698-4329. An email address is required to receive registration confirmation and conference updates.

**Cancellations:** Cancellation and refund requests should be sent to the above address no later than June 1, 2010. A fee of \$25 will be charged for all refund requests. No refunds after June 1, 2010.

# Coordinated School Health Conference

***Back to the Basics:  
Practical Ideas and Resources to  
Revitalize School Wellness***

**Pre-conference June 22, 2010**  
*NASPE Comprehensive Physical  
Activity Guide*  
or  
*The Childhood Trauma Initiative*

**School Health Conference**  
June 23-24, 2010  
Cherry Valley Lodge  
Newark, Ohio



**Sponsored by the Buckeye Healthy Schools Alliance (formerly State Planning Committee for Health Education in Ohio)**



The 2010 Coordinated School Health Conference will help participants develop priorities and implement plans that improve the school climate for students, staff and community.

**New in 2010: Pre-conference Workshop**  
**June 22, 2010 1:00-5:00 pm**

**Option 1:** NASPE Comprehensive Physical Activity Guidelines ... *Francesca Zavacky, M.Ed., Senior Program Manager and Project Director with NASPE/CDC Cooperative Agreement Project, National Association for Sport and Physical Education (NASPE)*

Schools play an important role in public health, and the physical, mental, and social benefits of regular physical activity for all youth are well documented. In 2008, NASPE released recommendations on how schools can help increase student activity levels through Comprehensive School Physical Activity Programs (CSPAP). The session will include NASPE guidelines and strategies for integrating physical activity programming before, during and after the school day.

**OR**

**Option 2:** Childhood Trauma Initiative ... *Carrol Hernandez, PhD, Assistant Deputy Director, Div. of Program and Policy Development, Ohio Dept. of Mental Health; and Robin H. Gurwitch, PhD, Professor, Div. of Developmental and Behavioral Pediatrics, National Center for School Crisis and Bereavement*

This session will provide guidance for you and your school to understand the needs of students and families dealing with trauma, crisis and loss. Presenters will describe the state's trauma initiative, the impact of trauma on the developing child's brain, including cognition and learning, biological threat management, self-regulation, psychological development and interpersonal relationships and the implications for a school environment.

## Conference Presenters



**Opening Keynote: School Health Programs that Make a Difference: How Ohio Can Do It ...** *Dr. Howell Wechsler, EdD, MPH, Director of the Division of Adolescent and School Health at the Centers for Disease Control and Prevention*

This session will focus on the powerful role that school health programs can play in improving educational and health outcomes for students. It will highlight examples of innovative strategies that states and school districts across the U.S. have adopted to help their schools implement critical policies and practices.

**Plenary Session: Family and Community Engagement ...** *Jennifer Vargo, Family and Community Engagement Coordinator, Ohio Department of Education*

Partnerships among families, schools and communities that are child-centered and family-strengthening can engage, guide and motivate students to be healthy, productive citizens in a global society. This session covers state guidelines to help Ohio districts foster lasting relationships with their students' families and community organizations.



**Closing Keynote: Connectedness to School ...** *Keith King, Professor of Health Promotion, University of Cincinnati*

In addition to addressing specific health risk behaviors such as tobacco use or violence, studies suggest that greater health impact might be achieved in schools by also enhancing protective factors that help children and adolescents avoid multiple behaviors that place them at risk for adverse health and educational outcomes. Participants will hear strategies for increasing student self-esteem and confidence by creating positive school, peer and family connections.



## Concurrent Sessions

The conference provides breakout sessions that address a multitude of school health issues. Speakers and/or panels will provide pertinent information and resources on the following topics:

- Community mental health programs;
- Using locally grown produce in school meals;
- Depression education and screening;
- Nutrition and physical activity events for school wellness programs;
- Current legislation regarding staff wellness;
- Access to dental care/community resources;
- Aligning PE curriculum to PE standards;
- Safe routes to school programs;
- Best practices;
- Parent/community engagement.

### Conference participants will learn how to:

- Develop an Action Plan to improve student and staff health and implementation of the wellness policy;
- Implement strategies that contribute to success of the academic Continuous Improvement Plan;
- Identify resources, tools, ideas, programs and training to implement the Coordinated School Health Model;
- Initiate and/or maintain a school-community health team process;
- Improve and enhance skills in health related topics;
- Identify next steps and sustainability.

For the best conference experience, teams should complete the School Health Index before attending the conference. This is available online at <http://apps.nccd.cdc.gov/shi/default.aspx> or by searching online for "School Health Index."

## Technical Assistance

The conference will offer technical assistance to teams to assist in the development of action plans. The action plan will guide teams through program implementation for the 2010-11 school year.

## Continuing Education

**University:** Conference participants can earn one semester of credit from Ashland University with participation in the entire conference, the submission of an Action Plan, and \$172 payable by check or credit card. A representative from Ashland will be on-site Wednesday morning of the conference to register interested individuals.

**Nursing:** Continuing Education Contact Hours have been applied for through the State of Ohio Counselor, Social Worker, and Marriage and Family Therapist Board. These CEUs are transferable to School Nurses.

## Other

Registration for the pre-conference begins at 12:30 p.m. on June 22, 2010. The pre-conference ends at 5:00 p.m. Dinner is on your own and not included in the pre-conference fee.

Registration for the School Health Conference begins at 8:00 a.m. on day 1 of the conference (Wednesday, June 23, 2010).

The conference will also include activities such as wellness challenges, team meetings and breaks.

The conference ends at 5:00 p.m. on Thursday, June 24, 2010.