

2024 SUMMER HEALTH CONFERENCE  
PRESENTED BY THE CONNECTICUT CADRE OF HEALTH EDUCATORS

DATE: Monday, June 24, 2024 & Tuesday, June 25, 2024

TIME: 9:00 am to 2:00 pm

FEE: \$150 for up to 5 teachers from your district. (One fee includes all teachers.)

SITE: CAS-CIAC Office, 30 Realty Drive, Cheshire Ct

REGISTER: Register by credit card or purchase order here: [http://cas.casciac.org/?page\\_id=961](http://cas.casciac.org/?page_id=961)

QUESTIONS: Contact Joe Velardi, [jvelardi@casciac.org](mailto:jvelardi@casciac.org) , 203 250-1111 x3903

The 2024 Summer Health Conference will focus on helping you to write curriculum units for your school. You decide which unit you want to develop. You will work with our Health Cadre Teachers to create a scope and sequence, curriculum, lessons, assessments, and classroom activities for your program. Our experts will sit with you and guide you in your unit development process. Come as an individual or come as a staff.

The conference will emphasize the central role of skill development in the health education classroom. The revised skill-development model underscores the process-oriented nature of skill instruction, practice, and performance, emphasizing the importance of feedback for meaningful skill application.

- Receive tips from the Connecticut Health Cadre about best teaching practices for the unit you choose.
- This two-day intensive workshop will give you everything you need to teach the Health unit you want to make successful using the skills-based approach.
- Innovative Skill Development: Explore the evolution of skill development in health education with a revamped model emphasizing process, practice, feedback, and transfer.
- Networking Opportunities: Build valuable connections with fellow educators, leaders, and curriculum consultants in the field of health education.
- Interactive Learning: Experience an interactive and dynamic conference environment designed to foster creativity, engagement, and collaborative learning.
- Professional Development: Gain professional development hours, enhance your teaching strategies, and contribute to the advancement of health education.

HEALTH CADRE PRESENTERS

[Meghan Christopher](#) is in her 8th year teaching H&PE in the East Hartford Public schools. She has a BS degree in Physical Education with a concentration in Health Education and an MA in SEL. Meghan was selected as CTAHPERD's Elementary Teacher of the Year. She is an adjunct professor at ECSU teaching Skills Based health for Health Educators. She has consulted with districts across Connecticut on their health curriculum and has presented at CTAHPERD and the Summer Health Conference, and the Hamden Election Day Workshops. Her passion is to teach teachers how to bring the skills standards to life for their students in an engaging, relevant and functional way.

[Giovanna Erlich](#) has taught Health and Physical Education for 19 years. She earned her BS degree from Springfield College in Athletic Training and an MAT degree from Montclair State University with a concentration in Physical Education. She has experience at the elementary and middle school levels. Recently her professional experiences have led to a deep and creative curriculum process through Skills-Based Health Ed "Skills-based health has allowed me to see teaching and learning through a different lens. This experience has played a role in my own professional growth and provided opportunities to take risks, stretch my skill set, offer support and guidance to my colleagues."

Giovanna has made many presentations in districts across the state. She is a member of the CT Health Education CADRE, presenter at CTAPHERD and a presenter at the Hamden Election Day Conference. Giovanna remains an active member in the CT Valley Youth Lacrosse Community

Amanda Torres, an esteemed educator, has a rich background as a health and physical education teacher in Milford and Coginchaug. In her role at Region 13, she served as the lead teacher and department leader, also taking on the responsibilities of the K-12 Coordinator for Health and Physical Education. Currently, Amanda holds the position of Assistant Principal at Torrington High School while pursuing her doctorate in Educational Leadership with a specialization in International Education. With over twelve years of experience in education, she has demonstrated leadership at both school and district levels. Amanda is recognized for her role as a change agent, fostering innovation, creativity, and student-centered, project-based, and interdisciplinary learning. Her expertise extends to interdisciplinary projects and successful grant writing, showcasing a comprehensive understanding of initiatives that garner stakeholder support. As a dedicated student advocate, Amanda emphasizes social-emotional learning and well-being. Her commitment to authentic personalized learning experiences, academic rigor, and cognitive engagement is evident in her proven track record. Notably, Amanda is a recipient of the SHAPE America Eastern District and CTAHPERD Teacher of the Year Award, highlighting her exceptional contributions to the field.

Cassandra Rowett has 19 years of dedicated teaching and coaching experience as a health and physical education instructor at EO Smith High School. With a BS degree in Sports Medicine, a BS degree in Physical and Health Education, a Masters in Special Education with a cross-endorsement. Cassandra brings a wealth of knowledge and enthusiasm to the classroom. Additionally, she serves as an Adjunct Professor at Eastern Connecticut State University, imparting expertise to future educators in various courses such as introduction to skills-based health education, curriculum development in health education, human sexuality for educators, teaching skills-based health in secondary education, and physical education for children with moderate to severe disabilities. Cassandra is passionate about inspiring current and future teachers, instilling a profound understanding of health education, and fostering inclusive educational experiences. In addition to her teaching role, Cassandra has presented at the CTAHPERD conference, the CTAPHERD Summer Health Curriculum Conference, and numerous professional development days. Beyond the classroom, Cassandra has also worked with UConn as a consultant on an early childhood SEL curriculum and a curriculum for brain health education for secondary education students. Her multifaceted contributions extend far beyond the traditional teaching realm, reflecting a commitment to shaping the landscape of health education and student well-being.

Expectations for the Conference:

- Hands-On Curriculum Development: Teachers can expect to actively engage in the development of a skills-based health education curriculum, contributing their expertise and insights.
- Networking Opportunities: Connect with peers, leaders, and curriculum consultants, fostering a network of support and collaboration within the health education community.
- Best Practices and Strategies: Gain valuable insights into best practices, success strategies, and effective teaching methodologies from experienced educators and leaders.
- Innovation and Creativity: Explore innovative approaches to health education, incorporating creativity and new perspectives into curriculum development.
- Professional Growth: Enhance professional development, earn PD hours, and leave with tangible contributions to the future of health education in Connecticut.