

2nd Annual Health & Wellness Summit

*Sponsored by
The Connecticut Association of Schools
In partnership with
The Connecticut State Department of Education
and Aetna*

**Positive approaches to improving the social,
emotional, and physical development of students**

October 7, 2013

Aetna Headquarters

151 Farmington Avenue, Hartford, CT 06156



aetna®

Register online at <http://casci.ac/730>

Early registration is advised as breakout space is limited.

Agenda

The 2nd Annual Health & Wellness Summit is designed to help schools play an active role in this important area as well as designing and developing student success plans that will promote healthy lifestyles and lifelong wellness for all members of the school community.

This summit is designed for Grades 6 through 12 – with teams of 3 to 5 people made up of at least one faculty member and their students.

The cost is \$60/individual and \$175/team of 3-5 people. Register online at <http://casci.ac/730> CEU's will be provided. For questions please contact Jenn Sylvester or Dave Maloney at CAS (203) 250-1111.

Special Guest Keynote Presenter:

Dr. David Katz

Founding Director of Yale University's Prevention Research Center



7:30 – 8:30am	Registration	Annex Conference Center
8:30am	Welcome	Student Advisory Board Member
8:40-9:30am	Keynote	Dr. David Katz
9:30-9:45am	Break	
9:45-11:15am	Breakout Session	Special Events Rooms
11:25am-12:15pm	Luncheon	Annex Conference Center
12:15-1:45pm	Breakout Session	Special Events Rooms
1:50-2:25pm	Action Planning	Annex Conference Center
2:25pm	Closing	Mr. David Maloney Assistant Executive Director Connecticut Association of Schools

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Morning Breakout Sessions

9:45am – 11:15am

1. Is Your School “Sick” From Name Calling, Teasing, Bias, and Bullying Behaviors? Come Take The Temperature Of Your School!

Presented by Michelle Pincince and Stephanie Hertz from The Anti-Defamation League

Special Events Rooms

This fun, interactive session will teach students and staff an activity they can use to assess the key issues of name calling, teasing, bullying and bias in their school. Participants will discover how their school’s issues compare with other schools and reflect on how “healthy” their school climate is. ADL trainers will share resources and ideas for creating a healthier school climate by building a community of allies.

2. Promoting Healthy Relationships For Teenagers By Social Activism

Presented by Student Leaders & Advisor Bob Kocienda from the award winning “Center For Youth Leadership Club” at Brien McMahon High School, Norwalk

Special Events Rooms

Successful strategies for improving teen relationships. . . from dating issues to peer pressure to establishing a mental health training team to a broad range of social activism activities . . . will be highlighted by student leaders from the Center for Youth Leadership at Brien McMahon High School. This session will provide participants with the strategies, tools, and time-tested best practices that can be replicated in middle and high school settings.



3. Promoting Healthy Lifestyles In Middle Schools

Presented by Sage Park (Windsor) & East Lyme Middle Schools

Special Events Rooms

Staying physically, socially, and emotionally healthy is a difficult task for all of us, but especially challenging for middle schoolers. Come to this session and learn from a panel of representatives from the CAS Middle Level Schools of the Year – Sage Park & East Lyme – how they designed programs, practices, and policies that achieved positive, measurable results on their entire school climate.

4. Addressing Health and Wellness In The Student Success Plan (SSP)

Presented by Donna Wallace, and Jean Mee, Consultants with the Connecticut State Department of Education

Special Events Room

“Health & Wellness” may seem like an intangible amorphous concept, yet the research is clear. Health & wellness has a profound effect on everything that happens in our schools each and every day. This session will reveal how health and wellness can be incorporated into Student Success Plans with a comprehensive plan of activities, and information in the form of ideas and resources which will help the implementation of SSP in grades 6-12.

Afternoon Breakout Sessions

12:15pm – 1:45pm

1. Current Alcohol & Other Drug Trends ~ *For ADULTS ONLY.*

Presented by Rachel Bruno, Senior Program Coordinator For Drug Free Schools, The Governor's Prevention Partnership

Special Events Rooms

Are you looking for more information on current trends in alcohol products, prescription drugs, and designer drugs? This workshop will provide a snap shot of emerging patterns of product marketing and usage. Stay on the cutting edge of the alcohol and drug fads popular among teens' social norms and environment.



2. Addiction: Students In Recovery

Presented by Bill Philips, Director of New Beginnings and Selected Students In Recovery

Special Events Rooms

"What's popular isn't always right, and what's right isn't always popular." This award winning program features students in recovery who will share personal stories and discuss the importance of making good decisions. The interventions and action plans for students will provide a valuable resource for both faculty and students alike that can be brought back to your school!

3. Health & Wellness Plans In High Schools

Presented by Diane Goncalves, Assistant Superintendent of Region 1 Schools

Special Events Rooms

Come to this session and you'll take away a comprehensive plan for designing student success plans at the high school level with a particular emphasis on ways to improve the social and emotional growth of students making the transition to the ninth grade.

4. Don't Let Your Health Keep You From School!

Presented by Kari Sullivan, Department of Coordinated School Health, Connecticut State Department of Education

Special Events Rooms

Learn why attending school every day is important in so many ways! In New Britain, more students are attending school every day! Talk with community members, school administrators and students about strategies to improve school attendance.

