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

October 7, 2013
Aetna Headquarters
151 Farmington Avenue, Hartford, CT 06156

Register online at http://casci.ac/730
Early registration is advised as breakout space is limited.
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

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<td>7:30 – 8:30am</td>
<td>Registration</td>
<td>Annex Conference Center</td>
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<td>8:30am</td>
<td>Welcome</td>
<td>Student Advisory Board Member</td>
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<td>8:40-9:30am</td>
<td>Keynote</td>
<td>Dr. David Katz</td>
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<td>Breakout Session</td>
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<td>11:25am-12:15pm</td>
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<td>2:25pm</td>
<td>Closing</td>
<td>Mr. David Maloney</td>
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Register online at http://casci.ac/730
Early registration is advised as breakout space is limited.
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 it 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.
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 snapshot 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.