

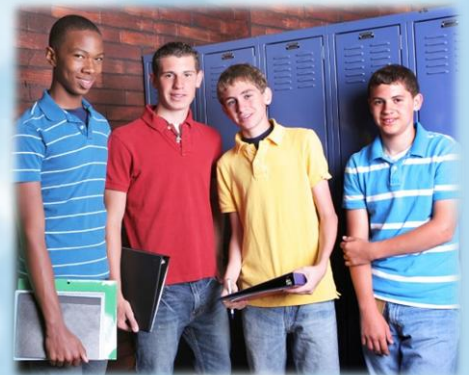
1st Annual Health & Wellness Summit

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

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

September 27, 2012

CoCo Key Hotel & Convention Center, Waterbury



Register online at
www.casciac.org/register

The 1st 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 www.casciac.org/register CEU's will be provided. For questions please contact Jenn Sylvester or Dave Maloney at CAS (203) 250-1111.

Special Guest Luncheon Speaker:

***Miss Connecticut USA 2012
Marie-Lynn Piscitelli***

who has chosen health & wellness as part of her 2012 campaign



Agenda

7:30 – 8:30am	Registration	Visit Vendors
8:30am	Welcome	Student Advisory Board Member
8:40-9:30am	Keynote	Dr. Karissa Neihoff, Executive Director Connecticut Association of Schools
9:30-9:45am	Break	Visit Vendors
9:45-11:15am	Breakout Session	Conference Rooms
11:25am-12:15pm	Luncheon	Grand Ballroom
12:15-1:45pm	Breakout Session	Conference Rooms
1:50-2:25pm	Action Planning	Grand Ballroom
2:25pm	Closing	Mr. David Maloney Assistant Executive Director Connecticut Association of Schools

Register online at www.casciac.org/register

Morning Breakout Sessions

9:45am – 11:15am

1. How a Peer Leader Program Can Impact a School's Health and Wellness

Presented by Bill Mecca and Peer Educators from Trumbull High School

Room F

There are many things that can and already do to foster a positive school climate. In this workshop, students and faculty advisors will share their experiences in delivering a coordinated, peer led, school climate program and its impact on a large, suburban high school. Participants will be able to either start a new initiative or refresh their efforts to positive impact their school's climate.

2. When Pink & Blue Aren't Enough . . . Exploring Gender Issues

Presented by Robin McHaelen, Executive Director of True Colours

Room A

From the minute we are born people start telling us how boys and girls are supposed to act, feel, dress and be. What are the gender rules and how do they impact us? Are they still relevant? What would happen if pink and blue went purple? Join True Colors in this free-wheeling conversation about gender.

3. Preventing Teen Dating Violence and Promoting Healthy Relationships

**Presented by Dr. Bonnie Edmondson, Consultant, Health Education, CSDE
and Kim Traverso, Consultant, School Counseling, CSDE**

Room E

Participants will be introduced to the new web-based resources for school staff and students for Promoting Healthy Relationships. Data will be shared from the CT School Health Survey on dating violence and protective factors. Successful strategies for improving teen relationships will be highlighted by the Center for Youth Leadership at Brien McMahon High School.



4. Current Alcohol & Other Drug Trends

**Presented by Rachel Bruno, The Governor's Prevention Partnership
Woodbury Room**

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.

Afternoon Breakout Sessions

12:15pm – 1:45pm

1. Simply Look Within: Tapping Into Your Own Inner Resources To Combat Name-Calling and Bullying

Presented by Michelle Pincince and Stephanie Hertz from the Anti Defamation League

Room F

Do you ever find yourself wanting to be an ally but you don't know what to do or say? This workshop will explore a variety of tools that are already available to you by simply looking inward. Through simulations you will learn to utilize your own unique personality and skills to combat name-calling and bullying and become an ally.



2. Teen Gambling Matters

Presented by Masuk High School Students from the GAMES Program and Members of the CT Council on Gambling

Room E

Gambling opportunities are everywhere and more students gamble than experiment with alcohol and other drugs, yet very few schools include gambling awareness in their curricular! This session will highlight different school-based programs which equip students with the necessary information to keep themselves safe if they choose to gamble. And, the good news is that data collected from GAMES indicate that the program can increase protective factors and improve school climate.

3. Oh, The Places You Go!

Presented by Donna Heins, Coordinated School Health Consultant and colleagues from CSDE and the Department of Public Health

Woodbury Room

Have you ever wondered how to develop a plan that will meet your personal goals for success? This session will provide you with such an opportunity! Interactive activities and meaningful conversations will enable participants to learn more about developing Student Success Plans (SSPs). Highlighted activities will center on ways to engage social, emotional and health issues into designing SSPs.

4. Addiction: Students In Recovery

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

Room A

"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.

