

SNAP-Ed NY School Wellness VIRTUAL Summer Symposium CTLEs available at NO COST! Choose one or more sessions!



Tuesday, August 9th - Thursday, August 11th

Join us for a dynamic event designed to bring together school staff and administration from across ALL of NY State to inspire, educate, and engage in an inclusive culture of health and wellness. Through live virtual activities, participants will gain knowledge, skills, and abilities to start, strengthen, and/or expand school wellness efforts for staff, students, and families. **Each session is 60 minutes long and will allow Q&A throughout.** You design your own schedule by registering below. Visit [website](#) for information on our speakers.

Register for each session by using the links below:

Day 1: August 9, 2022 9am – 12pm	
9 – 10 am REGISTER	<p>Welcome & Opening Session</p> <p>Food and movement matter in our schools! Whole school wellness transitions students, staff, and community to a stronger place. We hope to inspire you to build, strengthen, and create school buildings where an inclusive culture of health and wellness are valued as strong connections to learning, teaching, and thriving.</p> <p>Presenters: Shayna Russo, Project Manager, SNAP-Ed NY Hudson Valley Region Bintou Hinds, Regional Coordinator, SNAP-Ed NY Hudson Valley Region</p>
10 – 11 am REGISTER	<p>Let's Get Physical - Why Classroom Movement Matters</p> <p>Being physically active is about more than obesity prevention. It is also a vital building block for social and emotional wellness. Screen time and seated time have become more prevalent than ever in the classroom environment. We will explore why movement is vital for physical and mental health AND how it can help decrease behavioral problems, increase student learning capacity, and make your classroom a happier place.</p> <p>Presenter: Erica Dahl, SNAP-Ed NY Nutrition Educator for Special Projects, CCE Orange County</p>

Day 1: August 9, 2022 9am – 12pm

<p>10 – 11 am REGISTER</p>	<p>Student Wellness Policies (Part 1): How They Impact the Classroom</p> <p>How does the Student Wellness Policy directly affect teachers and students? Come learn what is in a wellness policy, how it impacts the school environment, and how to use it to your advantage.</p> <p>Presenters:</p> <p>Carrie Steindorf, Creating Healthy Schools and Coordinator, Rockland County Department of Health Sarah Bentley-Garfinkel, Creating Healthy Schools and Communities, St. Lawrence County Health Initiative</p> <p><i>Facilitated by Bintou Hinds, SNAP-Ed NY Hudson Valley Region & Patty Amidon, SNAP-Ed NY Southwestern Region</i></p>
<p>11 am – 12 pm REGISTER</p>	<p>Student Wellness Policies (Part 2): Keeping Them Relevant, Keeping Them Strong</p> <p>Are you expected to monitor compliance with your school district’s Student Wellness Policies and conduct the triennial assessment? Do you know what should be included in a strong wellness policy? Are you wondering where to begin and how to put it all together? This training will show you where to find the right tools and how to use them.</p> <p>Presenters:</p> <p>Carrie Steindorf Creating Healthy Schools and communities Rockland County Department of Health Sarah Bentley-Garfinkel, Creating Healthy Schools and Communities, St. Lawrence County Health Initiative</p>
<p>11 am – 12 pm REGISTER</p>	<p>Beyond Breakfast, Lunch, and a Snack (Part 1): Bridging the Hunger Gap Beyond School Meals</p> <p>When school is in session students may be eating 2/3 of their meals in school. That’s 360 meals! But what about the rest of the time? The effect of hunger and nutrition insecurity can impact your students' potential. Join us for a panel discussion to learn more about making sure students have access to healthy foods in and out of school. You will hear from those who run and implement Farm to School, Backpack Programs, School Pantry, Summer Lunch, and other food service programs. Come with questions to help you start or enhance what is offered in your school. Part 1 - Program Highlights.</p> <p>Presenters:</p> <p>Chef Dave – Food Service Director, Kingston City School District Caitlin Fitzpatrick – SNAP-Ed NY Associate Director Nutrition & Health Services, Food Bank For NYC Megan Latza – SNAP-Ed NY Nutrition Educator, Cornell Cooperative Extension Albany County Becky O’Connor – Farm to Institute Coordinator, Cornell Cooperative Extension Harvest NY Amanda Williams – Associate Director of Community Partner Programs, Food Bank For New York City</p>
<p>11 am – 12 pm REGISTER</p>	<p>Staff Wellness (Part 1): Burnout Happens to us all, Even the Best Educators</p> <p>No one could have prepared you for the past few years. Emotions, exhaustion, and the balance of it all have stressed us out! Join in on an engaging discussion that will guide you in figuring out your archetype and how you can make small changes to create balance in your world.</p> <p>Presenter: Mallory Jackson, Assistant Professor of Human Services and Chemical Dependency Counseling, School of Education, Behavioral Sciences, & Public Service, SUNY Jefferson</p>

Day 2: August 10, 2022 9am – 12pm

<p>9 –10 am REGISTER</p>	<p>Taking a Bite out of Nutrition in the Classroom - Part 1</p> <p>Diet and nutrition play a major role in shaping a student's health over the course of their lifetime. Research shows that nutrition education can teach students to recognize healthy habits, how healthy habits influence health, and how emotions and outside influences can affect eating habits. The school setting is an ideal place to learn about nutrition and health. Let's get students excited about eating well, right from the start! Learn about opportunities and strategies to bring free, evidence-based nutrition education into your classroom. Plus, food is fun! Hands-on, interactive nutrition workshops can be a great way to engage students and better prepare them for subjects such as math, reading, science, health, and more!</p> <p>Presenters:</p> <p>Kelsey Monks, Regional Environmental Nutritionist, SNAP-Ed NY Southern Finger Lakes Region Justine Hays, M.S., R.D., Senior Nutrition Educator, SNAP-Ed NY North Western Region</p>
<p>9 – 10 am REGISTER</p>	<p>Mindfulness and Yoga as a Morning Meeting Technique</p> <p>Join us in an informative session to learn simple mindfulness techniques, calming breathing exercises and physical movements that you can tie into your daily morning routine with your class and in your own life. We will also be discussing social emotional check-ins and how to tie that into your morning routine for students.</p> <p>Presenter: Jennifer Tuthill, Teacher at Newburgh Enlarged City School District, & Bent on Learning Certified Yoga Instructor</p>
<p>9 – 10 am REGISTER</p>	<p>Transforming Literacy through Movement</p> <p>Join us for this fun, energizing, and interactive virtual training! Learn practical, kinesthetic strategies for boosting sight word recognition, reading fluency, decoding skills, and more. Gain ideas for increasing your students' focus, attention span, writing, and creativity! The training also includes ideas for virtual instruction and suggestions for parents. All participants will receive the Spelling Animals eBook.</p> <p>Presenter: Suzy Koontz, Learn Thru Movement Founder</p>
<p>10 – 11 am REGISTER</p>	<p>From Empathy to Executive Function - Integrating SEL in the K-12 Classroom</p> <p>Join our discussion about integrating Social Emotional Learning (SEL) practices into the K-12 classroom, including a discussion on the importance of developing empathy, an overview of delays in SEL caused by the COVID pandemic, and how SEL ties into executive functioning, which is necessary for academic success and beyond.</p> <p>Presenter: Dr. Liz Rodano, German International School of New York, Coordinator & Early Childhood Teacher</p>

Day 2: August 10, 2022 9am – 12pm

<p>10 – 11 am REGISTER</p>	<p>Importance and Benefits of Youth & Family Engagement</p> <p>Join the Alliance for a Healthier Generation as attendees will learn simple and impactful strategies grounded in why family engagement is essential to ensure all children are healthy, safe, engaged, and supported. Participants will learn (and experience!) resources aligned to the Whole Child Model, including community engagement, youth voice, and staff wellness. Come prepared to learn, share, move, and play!</p> <p>Presenters:</p> <p>Daniel Hatcher, Alliance for a Healthier Generation Isabel Kashani- Lara, Alliance for a Healthier Generation</p>
<p>10 – 11 am REGISTER</p>	<p>Ready to Play CATCH? Taking you on a Coordinated Approach to Childhood Health Journey</p> <p>From single classroom CATCH Lessons to a CATCH Training followed by taste testings, Water Wednesdays, and a school-wide Wellness Day, Edward R. Andrews, Elementary Principal and Team Leader will share their CATCH journey.</p> <p>Presenters:</p> <p>Kayleigh Bowles, Monticello Central School District, 5th Grade Classroom Teacher Bryan Fairbrother, Edward R. Andrews Elementary Principal Sue Osborne, Edward R. Andrews, Physical Ed Teacher and CATCH Team Leader</p> <p><i>Facilitated by Betty Clark, SNAP-Ed NY</i></p>
<p>10 – 11 am REGISTER</p>	<p>Move it! Bringing Active Learning to Classrooms</p> <p>If you want to incorporate more physical activity into your classroom but need some inspiration, then you're in the right place! This workshop is packed with ideas, tools, and resources to engage students of all ages and abilities in movement and games that keep them learning and interested. Ideas and modifications will be given for both in person and virtual opportunities.</p> <p>Presenter: Sean Brock, Alliance for a Healthier Generation</p>
<p>11 am – 12 pm REGISTER</p>	<p>Beyond Breakfast, Lunch, and a Snack (Part 2): Bridging the Hunger Gap Beyond School Meals</p> <p>When school is in session, students may be eating 2/3 of their meals in school. That's 360 meals! But what about the rest of the time? The effect of hunger and nutrition insecurity can impact your students' potential. Join us for a panel discussion to learn more about making sure students have access to healthy foods in and out of school. You will hear from those who run and implement Farm to School, Backpack Programs, School Pantry, Summer Lunch, and other food service programs. Come with questions to help you start or enhance what is offered in your school. Part 2 – Panel Discussion.</p> <p>Panelists:</p> <p>Sara Cameron – Children's Programs Coordinator, Regional Food Bank of Northeastern New York Chef Dave – Food Service Director, Kingston City School District Becky O'Connor – Farm to Institute Coordinator, Cornell Cooperative Extension Harvest NY Jess Pino-Goodspeed – Child Nutrition Program Specialist, Hunger Solutions New York Jo-Anne Rafalik – Chief Operating Officer, Schenectady Community Ministries Amanda Williams – Associate Director of Community Partner Programs, Food Bank For NYC</p> <p><i>Moderated by Caitlin Fitzpatrick, Food Bank For New York City & Megan Latza, CCE Albany</i></p>

Day 3: August 11, 2022 9am – 12pm

<p>9 – 10 am REGISTER</p>	<p>Taking a Bite out of Nutrition in the Classroom- Part 2</p> <p>Now that you know WHY nutrition education is important, you may be wondering "how do I put it into practice?". With more demands on classroom teachers than ever before, we know time is tight. Ask educators, just like yourself, who have found simple and effective ways to incorporate nutrition education into their classrooms. Learn how it works, about the pros and cons, and hear their success stories.</p> <p>Panelists: Jessica Dean, Kindergarten Teacher at Matilda Avenue School, Bronx, New York; Cook Shop Coordinator Kristina Ginty, XYZ Teacher at Anna Merritt Elementary in Lockport, New York Joan Martin, SNAP-Ed Nutritionist, Southern Finger Lakes Region</p> <p><i>Facilitated by Kelsey Monks, SNAP-Ed NY Southern Finger Lakes Region & Justine Hays, SNAP-Ed NY North Western Region</i></p>
<p>9 – 10 am REGISTER</p>	<p>Using the Outdoors to Enhance Student Wellness and Learning</p> <p>In this session we will be discussing the importance of outdoor time for students and how it affects their academics. Outdoor learning helps to increase attention, engagement, and reduce behavior problems in the classroom. Strategies and tips for implementing lessons outside will be shared. We will also be discussing an important book called <i>Last Child in the Woods</i>, which was instrumental in the No Child Left Inside movement, encouraging students to be outside during the school day. Participants will start the fall with new strategies to help increase outdoor learning during the school day.</p> <p>Presenter: Jennifer Tuthill, Teacher at Newburgh Enlarged City Schools District, and Certified Yoga Instructor</p> <p><i>Facilitated by Bintou Hinds, SNAP-Ed NY, Hudson Valley Region & Patty Amidon, SNAP-Ed NY, Southwestern Region</i></p>
<p>9:30– 10:30am REGISTER</p>	<p>Regenerative Resilience in Schools</p> <p>This workshop discusses the function of resilience and what nurtures it. By looking at the physiological responses to stress and adversity, participants are introduced to healing-engaged approaches that deepen their understanding of practices that support growing, and learning in scholars of all ages.</p> <p>Presenter: Julika von Stackelberg, Community Resilience Educator, CCE Orange County</p>
<p>10 – 11 am REGISTER</p>	<p>Practical Application for Family Engagement</p> <p>Family Resource Coordinators (FRCs) at East Ramapo Central School District work directly with their district’s families to provide support and referrals to resources and programs. This spans from helping parents access ESL programs to food pantries, childcare, and more. FRCs will share how they become such a strong presence in the ERC school district and how they keep their families engaged.</p> <p>Presenters: Joanne Robinson-Silas, East Ramapo Central Administration FRC Julie Ennis, Grandview/Lime Kiln FRC Jacqueline Iaria, Spring Valley High School FRC</p>

Day 3: August 11, 2022 9am – 12pm

<p>10 – 11 am REGISTER</p>	<p>Diversity in Motion Panel</p> <p>Learn how to give EVERY student opportunities to be physically active that speak to their culture and unique skills and abilities. Panelists will discuss cultural competency and exciting opportunities for getting kids up and moving!</p> <p>Panelists: Rashad J. Smith, ROC Freedom Riders, Co-Founder Sophie Wisoff, MPH, GoBike Buffalo Maurelhena Walles, Equity Design, CEO Girls on the Run</p> <p><i>Facilitated by Erica Dahl, SNAP-Ed NY Hudson Valley Region</i></p>
<p>11am-12pm REGISTER</p>	<p>Youth Engagement & Student Wellness</p> <p>Engaging youth in school and community wellness initiatives is a great way to build life skills such as leadership/mentoring, advocacy, career/college readiness, etc. Hear from school and community program champions who have developed successful strategies for engaging youth in health and wellness activities.</p> <p>Presenters: Barbara Borey, Clifton Fine Central School Green Teen Program</p> <p><i>Facilitated by Amanda Cappadona, SNAP-Ed NY Hudson Valley Region</i></p>
<p>11 am – 12 pm REGISTER</p>	<p>Food’s Connection to Feelings of Belonging and Beyond</p> <p>Feelings of belonging and mattering are key factors to educational success for children. These feelings also encourage caring for ourselves and others. Using the Meaning of Food in Life Questionnaire, participants will learn to weave the five domains of food in our lives into conversations and activities that support belonging, mattering, and a positive relationship with food.</p> <p>Presenter: Adrienne Markworth, Executive Director, Leah’s Pantry</p>
<p>11 am – 12 pm REGISTER</p>	<p>Staff Wellness (Part 2): Identify, Release, Renew</p> <p>Identify, Release, Renew: Join Mallory Jackson and acknowledge your individual workplace trauma responses. Release the patterns of behavior that complicate your workflow and discover strategies for change.</p> <p>Presenter: Mallory Jackson, Assistant Professor of Human Services and Chemical Dependency Counseling, School of Education, Behavioral Sciences, & Public Service, SUNY Jefferson</p>

Thank you to all our presenters.

Special thanks to the Rockland Teachers’ Center for their collaboration and review for CTLEs.

