

Registration:

Registration for the pre-conference workshops (morning and afternoon sessions) on December 1st is \$50.00 for 1 session and an additional \$25 for the 2nd session. This includes workshop materials. **Early Bird registration** for the conference on December 2nd and December 3rd is \$120.00. Registration and payment must be received **before Saturday, November 5th** to qualify for the Early Bird Rate. The regular rate for those registering November 5th or after will be \$140.00. Full time students (enrolled in 12 hours & with proof of registration) can register for a fee of \$50. Registration costs include conference materials, continental breakfast, lunch on Friday and continental breakfast on Saturday.

How to Register:

Registrations can be made via mail, phone, or fax. Purchase orders are not accepted. No matter which registration method used, in order to be considered for the early bird discount fee, payment MUST be received by MCSHC before the November 5th date.

- * **Mail:** Individuals may complete the registration form and mail it with payment to Missouri Coordinated School Health Coalition (MCSHC), c/o Steiner and Associates, 501 S. Cedar Lake Drive, Columbia, MO 65203
- * **Phone/Fax:** Individuals can register by fax at 573-875-8158 or they may register by phone by calling MCSHC's conference coordinator, Steiner and Associates, at 573-442-2963 or 573-489-0622 (cell).
- * **Purchase orders are not accepted.**
- * If you register by mail, phone, or fax, your registration is not complete until payment is received in full.
- * Duplicate receipts will be issued until December 31, 2011, for a fee of \$3.00 per receipt.

For additional information or conference questions, call Ken Steiner, Conference Coordinator, at 573-442-2963 or 573-489-0622(cell)

Cancellations / Substitutions:

Full refunds of conference fees, less a \$15 processing fee, will be granted if WRITTEN notice of cancellation is received at the Office of Steiner and Associates with a postmark NO later than November 5, 2011. After November 5, 2011, NO refunds will be given. However, substitutions are encouraged and are permitted. To authorize a substitute in your place, you will need to notify Steiner and Associates prior to the conference date. Notifications for all cancellations and substitutions must be submitted in writing. Should the conference be canceled due to inclement weather, full refunds will be given. Should registrants need to cancel due to inclement weather, but the conference has not been canceled, with written notification received by December 31, 2011, you will receive a voucher for a 50% credit of what was paid, to be used for the 2012 Conference. If the weather is questionable, please call Steiner and Associates at 573-489-0622 or check the MCSHC's web site at www.healthykidsmo.org.

Keynote Speakers:

Kevin Kopp, Ed.D. – Dr. Kevin Kopp is the elementary principal at High Pointe Elementary in Nixa Missouri. He also serves as the school district's School Health Advisory Council chairperson and Coordinator of Wellness. He is married and has three children and is passionate about the health and wellness of our children.

Dan Meers - Since his introduction to Kansas City Chiefs fans in 1989, KC Wolf has quickly become one of the most entertaining mascots in professional sports. KC Wolf is portrayed by Dan Meers and averages more than 150 motivational speaking engagements each year throughout the United States and around the world. Dan's work as KC Wolf and his experiences as a professional sports mascot have reinforced to him the philosophy that laughter and a cheerful heart are good medicine. He is also a firm believer that when you learn to think only of the best and work for the best, you can expect the best! Dan's enthusiasm, optimism, faith, and love for life are contagious and make him an inspiration to all those around him. Audiences remember Dan not only as KC Wolf but also as a man who inspired and encouraged them to live life to the fullest.

Michelle Owens - is the National Student and Employee Wellness Manager for the Alliance for a Healthier Generation's, Healthy Schools Program. She provides technical assistance, professional development training and resource brokering for schools across the country working to create healthier environments by infusing more physical activity opportunities, healthy eating options and nutrition education into their schools. Michelle's previous work includes; Afterschool Program Director for the Champs Academic Enrichment program, coauthor of the Journeys curriculum in partnership with Foundations and June Learning, an Elementary and Middle School Exceptional Education Teacher and a Reading and Family Support Trainer for Johns Hopkins University and the Success For All program. She has presented at national, state and local conferences on implementing physical activity and healthy eating programs for students and staff, before, during and after the school day. Michelle currently resides in the Outer Banks of NC and she enjoys running on the beach with her two dogs, fishing, kayaking and gardening.

Sponsor:

Missouri Coordinated School Health Coalition

Co-Sponsors:

Children's Trust Fund
Columbia/Boone County Department of Public Health and Human Services
KC Healthy Kids
Midwest and St. Louis District Dairy Councils
Missouri Association of School Nurses
Missouri Association of Social Workers
Missouri Department of Elementary and Secondary Education
Missouri Department of Health and Senior Services
Missouri Department of Mental Health
Missouri Foundation for Health
National Association of Social Workers Missouri Chapter
SSM Cardinal Glennon Children's Medical Center
University of Missouri Extension

General Information:

Program Objectives:

At the end of this conference participants will be able to:

- * Incorporate innovative strategies and information into school health practice
- * Examine leadership skills needed in the school environment and broader community
- * Extend knowledge of laws and policies affecting school health
- * Formulate strategies to promote health in the school environment and community
- * Suggest community partnerships to support health policies and programs
- * Expand professional networks

Conference Essentials:

Since the conference is held in December, and the temperature in different meeting rooms tends to vary, it is recommended that you dress in layers for your comfort. Also, please remember to bring note taking materials and a writing instrument.

ADA:

If you have any disability that requires special materials or services, contact Ken Steiner, Conference Coordinator, at 573-442-2963 or 573-489-0622 (cell).

Emergency Calls:

Emergency calls during the meeting should be directed to 573-365-3000 and ask for the Coordinated School Health Conference Registration Desk.

Lodging:

Conference participants are responsible for making their own room reservations by calling the Lodge of Four Seasons Resort at 1-888-265-5500 or 1-800-843-5253 or 573-365-3000. A room block will be held until November 1, 2011. After November 1, 2011, rooms can be reserved on a space available basis only. The room rate is \$83.00 plus tax for single or double occupancy. The room rate applies 2 days before and/or after the official dates of the conference based on availability. In addition to the hotel accommodations, the Lodge of Four Seasons Resort has a number of two- and three- bedroom condominiums, ideal for bringing a coordinated school health team to the conference— school nurse, health teacher, food service director, counselor, etc. As an added bonus, the conference rate has been extended over the weekend if families want to come for holiday shopping and festivities on a space available basis.

Pre-conference

Thursday, December 1, 2011

8:00 a.m. – 4:30 p.m. Pre-conference and Conference
Registration – 5th floor Atrium

8:45 a.m. – 12:00 noon Morning Pre-conference Sessions

Participants may choose one of the following:

1. Vision and Hearing Screening Workshops for School Nurses

Deb Cook, RN, Nurse Coordinator, Kennett Public School District, Katherine Park, RN, MSN, Parkway School District and Diane Herndon, RN

This workshop is for school nurses wanting hands on experience with vision and hearing screening tools recommended by the Department of Health and Senior Services – Vision Screening: In the United States, the most prevalent disabling childhood conditions are vision disorders including amblyopia, strabismus, and significant refractive errors. Early detection increases the likelihood of effective treatment. Participants in this workshop will become familiar with the Missouri Vision Screening Guidelines, tools to accurately assess the vision of the school-age children and will practice vision screening using a Random Dot E and Eye Chart for Near and Far Vision.

Hearing Screening: It is estimated 1/3 of children with minimal or unilateral hearing loss fail a grade. Loss of hearing is considered to be a hidden handicap. Hearing loss can affect a child's ability to develop communication, language and social skills. The earlier children with a hearing loss are identified, the more likely they are to reach their full potential. School nurse participants will be introduced to the revised Missouri Guidelines for Hearing Screening; discuss four types of hearing loss; be able to cite the referral criteria for the school age child; describe environmental considerations prior to screening; discuss objective measures school nurses can use to determine noise level in the screening; and become familiar with tools used in hearing screening.

Participants will have an opportunity for hands-on practice with the most often used screening tools.

2-A. Drug Trends in Today's Schools (Part 1) – The Missouri Police Chief's Association will present an introduction to their 16 hour regional course, Drug Impairment Training for Educational Professionals (DTIEP)

Ed Moses, Training Coordinator, Missouri Police Chief's Association, Jefferson City, MO

This workshop will assist education professionals (School Nurses, School Social Workers, School Counselors, School Resource Officers and Administrators) identify chemically impaired individuals whether students or visitors and the types of drugs either illegal substances or prescription medication for the purpose of ensuring a safe learning environment. This is not a Drug Recognition Expert (DRE) certification training program. **This is a 6 hour introductory course. You must attend the morning and afternoon session.**

12:00-1:00 p.m. Lunch on your own

1:15-4:30 p.m. Afternoon Pre-conference Sessions

Participants may choose one of the following:

2-B. Drug Trends in Today's Schools (Part 2)

Ed Moses, Training Coordinator, Missouri Police Chief's Association, Jefferson City, MO

This workshop will assist education professionals (School Nurses, School Social Workers, School Counselors, School Resource Officers and Administrators) identify chemically impaired individuals whether students or visitors and the types of drugs either illegal substances or prescription medication for the purpose of ensuring a safe learning environment. This is not a Drug Recognition Expert (DRE) certification training program. **This is a 6 hour introductory course. You must attend the morning and afternoon session.**

3. An Ounce of Prevention: Addressing Health Issues of Adolescents and Young Adults

Brenda Bell, Human Development Specialist, MU Extension, West Plains, MO

An Ounce of Prevention is a new curriculum resource for school nurses, high school teachers and health departments focusing on adolescent and young adult issues. The session will review the resources, activities, assessments, E-learning activities and an educator's web tutorial included in this research-based curriculum. Chapters include: birth defects, folic acid, alcohol and tobacco use during pregnancy, prenatal diagnosis, family health history, newborn screening, STIs/HIV, and healthy relationships. There are also activities to facilitate communication among teens and their parents.

Conference

4. Assessing Asthma Control in Students- Are You Doing Your Part?

Deb Cook, RN, Nurse Coordinator, Kennett Public School District, Diane Herndon, RN, and Tammy Rood, CPNP-PC, MSN, AE-C, Teaming Up for Asthma Control Program, University of Missouri, Columbia, MO

Walk away from this workshop with the knowledge and skills to assess students with asthma and help them gain control of their asthma. According to the Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma (EPR-3, 2007), every student with asthma should be taught to recognize symptom patterns and monitor airflow to identify poor asthma control and the need for additional therapy. EPR3 guidelines continue by saying that school nurses should routinely assess asthma control and report: 1) frequency of need for quick relief medications; 2) impairment related to breathing problems; 3) missed school days; and 4) diminished airflow measures (forced expiratory volume in one second (FEV1) or peak expiratory flow (PEF). This interactive workshop will provide school nurse participants with the knowledge, skills and tools to meet these guidelines. Participants will review the new 2011 Missouri School Asthma Manual and learn and practice key asthma skills such as: 1) use a digital flow meter to measure airflow (FEV1 and PEF), and 2) assess and coach inhalation technique with the In-Check Dial®. Participants will learn how to use FEV1 to calculate “target time” to coach student’s optimal inhalation technique.

Please Note: When registering for this workshop, please indicate if you currently have the new Missouri Asthma Guidelines (2011), an InCheck Dial and a FEV1 Measurement Devise.

5. Developing Individualized Health Care Plans for School Nurses

Jean Grabeel, RN, MEd., Lee Ann Neill, RN, Charlotte Roberds RN, Springfield, MO and Eileen Duty, RN, St. Joseph, MO

Learn how to identify student’s health needs that require intervention during school hours, and how to apply the findings to the development of an Individualized Healthcare Plan (IHP) and Emergency Action Plan (EAP) for the student. The application of IHP’s to 504’s and Individual Education Plans (IEPs) will be discussed. Participants will work in small groups to develop IHP’s and EAP’s for some of the more common health concerns in school, such as asthma, seizure disorders and diabetes. They will also learn how to train, monitor and supervise other school personnel in delivery of care when delegation is appropriate; and continually evaluate the student’s health status

Friday, December 2, 2011

- 7:00-4:30 p.m. Registration – outside Granada Ballroom
- 7:15-12:45 p.m. Exhibits – Granada Ballroom B & C and foyer
- 7:15-8:15 a.m. Continental Breakfast – Granada Ballroom B & C
- 8:15-8:25 a.m. Welcome and Sandy Mazzocco Scholarship Award– Granada Ballroom A
- 8:30-9:30 a.m. Keynote Presentation with KC Wolf – Granada Ballroom A

Making Wellness Part of the Game Plan for Families, Schools and Their Communities: A Discussion with KC Wolf

Kansas City Chiefs KC Wolf, aka Dan Meers, will inspire participants through his humorous messages, share tips on how to connect families to their schools and communities, and foster teamwork to make positive changes. He will also talk about one of his passions, supporting school-based nutrition and physical fitness initiatives, such as Fuel Up to Play 60, which helps empower youth to take action to develop pathways to better fitness and nutrition for life. Dan has become a local advocate of Fuel Up to Play 60 throughout the Midwest region in his work with the Kansas City Chiefs and Midwest Dairy Council.

- 9:30-10:00 a.m. Beverage Break and exhibits – Granada Ballroom B & C
- 10:15-11:30 a.m. Concurrent Sessions: (please choose one session for this time frame)

6. All the “News” in School Meals

Laina Fullum, Columbia Public Schools and Josh Winter, DESE School Food Service, Jefferson City, MO

Hear about how the new regulations, school meals reauthorization and a new guide, Seasonal and simple for food service: a guide for serving fresh fruits and vegetables that will change school meals. Participating schools will receive a copy of the new guide.

Conference

7. **Motivating Your Students to Improve Their Health**

Marilyn Grechus, PhD, University of Central Missouri, Warrensburg, MO and Julie Leukenhoff, Health & Physical Education Teacher, Blair Oaks High School, Jefferson City, MO

This presentation will help teachers recognize that the more interactive their lessons are, the more impact the lessons will have on their students. Participants will have the opportunity to learn how to change their current lessons and incorporate some new ideas as soon as they return home.

8. **Sensible Approaches to Bed Bugs and other Pests in School and Home Environments**

Anastasia Becker, MS, Integrated Pest Management Program Manager, Missouri Dept. of Agriculture, Jefferson City, MO.

Bed bugs are an emerging issue in many areas and frequently cause panic when discovered; however it takes multiple strategies to successfully tackle this pest issue in both school and home settings. Learn more about actions that school health professionals can take to address a bed bug sighting in a sensitive manner. In addition, some other undesirable pests that contribute airborne allergen triggers or are potential health hazards also may inhabit our schools. A general overview of these common pests will be presented along with some simple, low-cost solutions to outsmart them which can result in better indoor environmental quality.

9. **A Road Map to Active & Healthy School Environments**

Lynda Johnson, University of Missouri Extension, Nutrition and Health Education Specialist, Higginsville, MO and Linda Florence, Leslie Bell Elementary School Principal, Lexington, MO

To sustain health behavior change in children, more than *knowledge* is required. An environment and culture that supports a healthy lifestyle is essential. Explore fundamental strategies that help schools create a wellness plan, environment, and culture that teach active lifestyles and healthy eating habits, where “the healthy choice, becomes the easy choice”. Participants will learn how schools can implement strategies that change school environment, naturally encouraging students to increase their physical activity and make healthy nutrition choices. These strategies support a school-wide culture change that empowers individuals to adopt lifelong habits that reduce risk for obesity/chronic disease.

10. **Creating Positive Environments and Promoting Resiliency - How to Support LGBTQ Students**

Nathan Belyeu, Community Programs Manager, The Trevor Project, West Hollywood, CA.

This interactive workshop will provide an overview of suicide among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth and the different environmental stressors that contribute to their heightened risk for suicide. Current research regarding reducing the risk of suicide and promoting resiliency will be presented. Specific emphasis will be placed on the school environment and the role that teachers, administrators, school nurses and counselors play in creating a supportive and positive environment for all students. After reviewing current research, there will be an emphasis on best practices and practical steps that educators and others working in the school system can take to promote the resiliency of all youth.

The Trevor Project is the leading national organization focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth.

11. **Diabetes: Toolkit for Training Staff as Trained Diabetic Personnel (TDP)**

Katherine Park, RN, MSN, Parkway School District, St. Louis, MO

Presentation will cover national recommended guidelines and will discuss the American Diabetes Association’s campaign entitled Safe at School, which promotes training of non-medical school staff as Trained Diabetic Personnel (TDP). School nurses will come away with an understanding of their role as advocates for the young child with diabetes. Copies of the training CD/ DVD from the Safe at School campaign will be provided to all attendees, along with recommendations on how to customize this program to fit the needs of individual schools. The training program largely focuses on the elementary level but can be modified for older grades.



Conference

12. Who is ACT Missouri and how can we help you?

Alicia Ozenberger, Deputy Director of ACT Missouri, Jefferson City, MO and Mona Lara, Project Director, Missouri's Youth/Adult Alliance, Jefferson City, MO

ACT Missouri was founded to create a Missouri where children may reach their full potential as capable, responsible, productive citizens through empowering individuals, teams, grassroots organizations, corporations, and government agencies in their efforts to produce healthy, drug-free communities. This session will showcase the various substance abuse prevention education and recovery trainings, resources and programs available to schools, youth, law enforcement, community coalitions, medical professionals, and others. These include *Speak Hard, Red Ribbon Week, and Youth Ambassador* programs, as well as Rx/OTC Drop Box projects and the website of excellent information for adults and youth. This session will also outline some of the latest drug trends in Missouri.

11:30-12:45 p.m. Lunch and exhibits– Granada Ballroom B & C (**Exhibits close at 12:45 p.m.**)

12:45 – 1:45 p.m. Keynote Presentation
– Kevin Kopp, Ed. D.

Mobilizing Change: Utilizing Passion, People, and Policies to Impact Community Wellness

Nixa Public Schools wellness coordinator, Dr. Kevin Kopp, will share his insight on how wellness can spill into the community when a few passionate people decide to inspire change. As he shares his personal journey, participants will discover that a community can change when we make the individual decision that health is a priority. He will discuss the impact of the School Health Advisory Council (SHAC) and the utilization of such a committee to create policy changes within a school system. By influencing student wellness, a community plants seeds of change that can last for generations to come.

1:45–2:00 p.m. Movement Break

2:00-3:15 p.m. Concurrent Sessions: (please choose one session for this time frame)

13. Photovoice: Engaging Youth in Community Advocacy

Jon Stemmler, University of Missouri School of Journalism Health Communication Research Center, Columbia, MO

To help teens understand ways to improve the health of their communities and advocate within their schools and communities for change, the Health Communication Research Center and University of Missouri Extension Healthy Lifestyle Initiative (HLI) initiated a Photovoice campaign in counties throughout Missouri. Learn how Photovoice is working with high school teachers and their students to take photos, videos, and create digital presentations to show community and school efforts regarding key HLI issues related to improving access to healthy food and opportunities for physical activity.

14. “I Don’t See You” –

Carol Mertensmeyer, PhD, ParentLink Director, Associate Clinical Professor, University of Missouri, Columbia, MO

Far too often, children of offenders, follow their parents’ paths to incarceration. Why don’t we see these children? If we did, what might be done differently that could make a lasting impact? This session addresses the need to develop a confluence of services that wraps gently around our children (and their families) so we can successfully interrupt the cradle to prison pipeline. Participants will also learn about ParentLink’s WarmLine and Tel-Link.

15. TeenScreen – Schools and Communities Bringing Evidence-Based Screening to Your Community –

Deanna Richards, MA, TeenScreen National Center for Mental Health Checkups at Columbia University, Program Coordinator and Technical Support, TeenScreen Schools and Communities, New York, New York

This presentation will introduce you to the TeenScreen Schools and Communities Program, an evidence-based national mental health and suicide risk screening program for middle and high school students. Learn about the problems of mental illness and suicide in adolescents and how TeenScreen can be implemented to address these issues. This evidence-based program is designed to facilitate the implementation of mental health checkups of adolescents within school and community-based settings. Free program development and implementation materials are provided to participating schools and communities.

Conference

16. Healthy Staff for Healthy Schools

Pat Simmons, MS, RD, LD, Nutrition Specialist, Section for Chronic Disease Prevention & Nutrition Services, MoDHSS, Jefferson City, MO

School staffs are charged with one of the nation's most critical functions – preparing our young people to become successful and productive citizens. Thus, the conditions that affect the health of these employees also influence the health and learning of students. Learn how to develop an effective employee wellness program to support school staff in making healthy food and physical activity choices. During this session we will define worksite wellness, examine the benefits of a worksite wellness program, give examples of what works for schools and identify tips and resources for starting a successful worksite wellness program.

17. Indoor Air Quality and Student Performance

Barbara Sassi, MS, Environmental Specialist and Cathy Wood, MPH, Health Educator, Healthy Indoor Environments Unit, Bureau of Environmental Epidemiology, Jefferson City, MO

Evidence continues to emerge showing that poor indoor air quality can cause illness requiring absence from school, and can cause acute health symptoms that decrease performance of students and staff while at school. In addition, recent data suggest that poor indoor air quality may directly reduce a person's ability to perform specific mental tasks requiring concentration, calculation, or memory. This presentation will discuss some of these findings, as well as explore some of the more common causes for poor indoor air quality in a school setting. In addition, many low-cost and no-cost solutions to common indoor air quality problems will be discussed.

18. Emerging Infections Update and Immunizations: How to talk to parents and others afraid of immunizations

Eddie Hedrick, BS, MT(ASCP), CIC, Emerging Infections Coordinator, Missouri Department of Health & Senior Services, Jefferson City, MO

Despite the unprecedented success in the elimination and control of infectious diseases through vaccination, health care professionals now find themselves challenged to justify universal vaccine programs. As diseases have disappeared from the public's eye, adverse events related to vaccines have taken on more importance. The participants will hear the importance of immunizations in public health and the consequences of decreased immunization rates. A framework with which to

understand the current dilemma and address how to inform parents about anti-vaccinations including origins, characteristic claims, and methods of dissemination of misinformation. As time allows, emerging diseases, and outbreaks of interest to Missourians will also be discussed.

19. Does Weight Status Affect Academic Performance?

Sara Gable, PhD, University of Missouri, Department of Nutrition and Exercise Physiology, Columbia, MO

Research shows inconsistent findings about the academic performance of children with weight problems. This session describes new research showing that children's interpersonal skills and internalizing behaviors just might explain some of the relationship between weight status and math performance. How these relationships differ for boys and girls will also be discussed.

3:15–3:30 p.m. Movement Break

3:30–4:45 p.m. Concurrent Sessions: (please choose one session for this time frame)

20. The Southern Boone Learning Garden: Sowing the Seeds of Strong Partnerships to Grow Healthy Kids, Healthy Families, & a Healthy Community

Lesli Moylan and Jennifer Grabner, Southern Boone County R-I, Learning Garden Coordinators, Ashland, MO

Be inspired by the story of the Southern Boone Learning Garden, started by two moms in 2007 as a small after-school club, and now serving all of the nearly 700 students (pre-k through 5th grade) in the primary and elementary schools in Ashland. Learn about the after-school club, and the work with classroom teachers to conduct garden lessons and activities tied to grade-level expectations and designed to reinforce and enhance existing curricula. Hear about new efforts with a few middle and high school teachers and students, and plans for a second garden on middle school grounds. Building on the success of the garden, through partnerships with the Southern Boone School District, the City of Ashland, MU Extension, the Columbia/Boone County Department of Public Health and Human Services, and several other local businesses and organizations, they are working to form a Healthy Communities Partnership for Southern Boone County to affect changes in the built environment and school & community policy which will lead to a healthier, more active community.

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21. Educating Children and Youth in Homeless Situations: Laws, Policies and How They Work in Real Life

Donna Cash, Supervisor, Federal Compliance Coordinator, McKinney-Vento Program, DESE, Jefferson City, MO

Are you familiar with the McKinney-Vento Act and the role and responsibility of school personnel? Do you know the legal protections available for students in temporary housing? If you want to learn how to solve real-live problems with the letter and intent of the law through the use of concrete strategies, this session is for you.

22. Helping Parents Have “The Talk” Again, Again, and Again

Allison Hile, Executive Director, Teen Pregnancy Prevention & Partnership, St. Louis, MO and Kathleen Welton, Healthy Children & Youth Program Manager, Clay County Public Health Center, Liberty, MO

Parents want to talk with their children about sex, but work about giving their child too much, too little, or the wrong kinds of sexuality information. This session will provide helpful hints for helping parents have “The Talk,” share accurate internet resources and give an overview of a successful Parent Child Sexuality Education Program. Studies indicate that improving communication about sexuality within families can delay the onset of first intercourse and decrease unintended pregnancies.

23. Jump Into Action

Margie Meyer, MU Extension Program Coordinator, Columbia, MO and Nancy Holste, Blue Springs School District PE Teacher, Blue Springs, MO

Learn how to bring Jump Into Action, a team-taught nutrition and physical activity program to your fifth-grade students to help them make the connection between their food choices and activity and a healthy weight. Part of University of Missouri Extension nutrition education offerings, the program is available to all schools in Missouri and free to SNAP qualified schools.

24. Cyberbullying

Glenn Berry, Ed.D., Retired Educator (Teacher, Coach, Principal, Superintendent), Former Director of the Missouri Center for Safe Schools, Presently - Statewide Coordinator for Olweus Bullying Prevention Program

The program presentation will include an overview of the problem: What is Cyberbullying? What is the impact of Cyberbullying? How to develop effective strategies? What are the legal considerations? How can schools address the issue? There will be a question and answer period at the close of the presentation.

25. Addressing TBI: Resources for Schools –

Melody Boling, MO TBI Grant Coordinator, University of Missouri – Kansas City Institute for Human Development, Kansas City, MO and Lori Brenneke, MO TBI Grant Project Director, Missouri Department of Health and Senior Services, Jefferson City, MO

Explore the basics of traumatic brain injury (TBI) relative to the student population, including causes, severity, and considerations relative to return to school and play. This session will also look at new legislation regarding sports concussions and introduce attendees to available resources to assist in serving students with TBI.

26. Understanding Today’s Families & Engaging Them at School

Janet Shepard, Director, Practical Parenting Partnerships, Jefferson City, MO

What are the unique needs of the families of your students? What are their strengths? How can you encourage their participation at school? Can they be involved without coming to school? Let’s talk about these questions! Bring your ideas to share.

Conference

Saturday, December 3, 2011

7:30-11:30 a.m. Registration – outside Granada Ballroom

7:30-8:15 a.m. Continental Breakfast – HK Restaurant

8:30 - 9:00 a.m. Alliance For a Healthier Generation

Alliance for a Healthier Generation is a national organization with a goal to reduce the prevalence of childhood obesity by 2015, and to empower kids nationwide to make healthy lifestyle choices. Founded in 2005 by the American Heart Association and William J. Clinton Foundation, the Alliance works to positively affect the places that can make a difference in a child's health: homes, schools, doctor's offices, and communities. Learn about the resources available to all schools and how you can join the Healthy Schools Program as a school or an individual. Karen Cooper, AHG Missouri Relationship Manager, Houston, MO

9:00 - 9:15 a.m. School/Community collaboration – Missouri Healthy School

9:15 - 11:30 a.m. Closing Keynote - Michelle Owen, National Content Manager, AHG Before and After School Programs

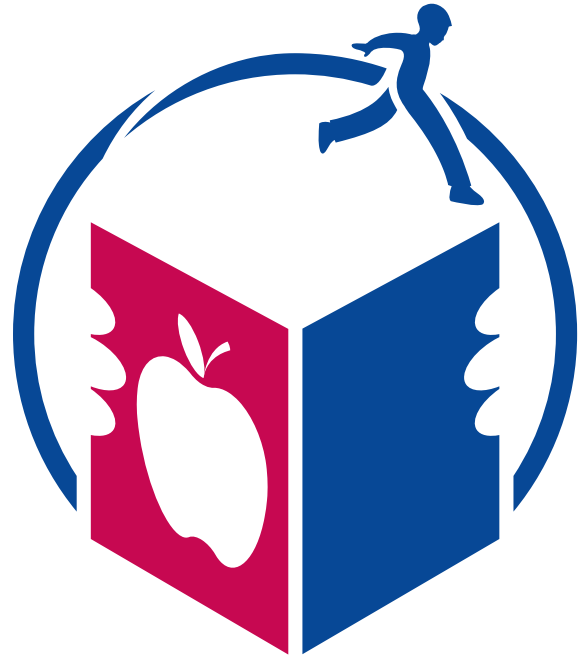
How to Engage your Community

Become a community leader in the KIDS movement, implement the EmpowerME4Life Toolkit, activate and utilize the Gardening Toolkit and Fitness Toolkits that fit into school, community and faith-based organizations. Fitness Breaks will be demonstrated throughout the Healthier Generation Workshop.

Learn how you can fit the free resources into any setting and how to engage your communities. Presentation will include Alliance for a Healthier Generation resources:

- Care2Eat @ school – for middle/high school
- 4Life – for elementary school
- ReadB4UEat – for elementary/middle school
- Gardening Toolkit
- Fitness Trail Toolkit
- Pierce Videos (give-aways)

11:30 to 11:45 Adjournment (short wrap-up and door prizes) – Granada Ballroom



Missouri Coordinated School Health Coalition

Conference Goal/Purpose

The goal of the conference is to present the most up-to-date information about effective coordinated school health programs. The purpose of the presentations is to foster and support learning, dialogue and collaboration that will improve the performance of practicing professionals working to impact the health, safety and well-being of children.



Continuing Education Credits:

Nursing: SSM Cardinal Glennon Children's Medical Center is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

CEU's for this conference have been approved. If attending the complete conference – Thursday through Saturday, 14.5 contact hours will be awarded as follows: Thursday, December 1 – 6.5, Friday, December 2 – 5.75, Saturday, December 3 – 2.25. Each nurse wanting CEUs **MUST** sign in each day she/he is in attendance at the registration desk. Certificates will be passed out when you leave the conference.

Social Work: Application has been submitted to the NASW-Missouri Chapter and the conference has been approved for 15.25 social work clock hours. Individuals interested in obtaining social work clock hours need to be validated as present at the conference at the registration desk and receive an attendance sign-in sheet. The sign-in sheet need to be turned in to the registration desk when you leave the conference. MCSHC will send out the certificates 4 to 6 weeks after the conference.

CHES: Health Educators: Application has been made for up to 13.75 hours of Category I Certified Health Education Specialist (CHES) credits for the pre-conference & the conference. Each professional should only claim the hours or credit that he or she spent in the educational activity. The cost is \$2 for every hour of credit earned. Checks should be made to MO Public Health Association Foundation.



Sandra Nichols Mazzocco Coordinated School Health Scholarship

Those interested in applying to be considered for the Sandra Nichols Mazzocco Coordinated School Health Scholarship for the 2012 conference may do so by visiting the MCHSC web site at www.healthykidsmo.org, downloading the form and sending it to the address listed on the form by the deadline date.

Registration Form

Missouri Coordinated School Health Conference • December 1-3, 2011

Please **ENTER THE NUMBER OF THE SESSION** you want to attend **FOR EACH TIME FRAME**. This information is helpful in making room assignments and avoiding crowding in the sessions. Thank you for your cooperation. ***(NO PURCHASE ORDERS ACCEPTED)***

Thursday, December 1, 2011

Pre-conference Sessions

8:45-12:00 p.m. (Sessions 1-2A) _____

1:00-5:00 p.m. (Sessions 2B-5) _____

Friday, December 2, 2011

10:15-11:30 a.m. (Sessions 6-12) _____

2:00-3:15 p.m. (Sessions 13-19) _____

3:30-4:45 p.m. (Sessions 20-26) _____

Saturday, December 3, 2011

8:30-11:20 a.m. (Alliance For a Healthier Generation) yes _____ or no _____ (Please indicate if attending)

I require a: vegetarian meal special meal (please describe) _____

I require special arrangements for facilities (please describe) _____

Fees:

Pre-conference-December 1st - First Session\$ 50.00 \$ _____

Pre-conference-December 1st - Second Session\$ 25.00 \$ _____

Conference-December 2nd-3rd:

Early Bird (**before Saturday, November 5th**)\$120.00 \$ _____

Regular (**on or after Saturday, November 5th**)\$140.00 \$ _____

Full Time Student (12 hours with proof of registration)\$ 50.00 \$ _____

Total Enclosed \$ _____ ***(NO PURCHASE ORDERS ACCEPTED!)***

CONTACT INFORMATION: There have been requests for contact information of conference attendees. We will be providing a roster of participants to all conference attendees, which include: Name, Organization, Address and Phone Numbers. Please indicate whether you would like your contact information included in the attendee roster. (Only those marked **NO** will be excluded. If this section is **UNMARKED**, that person's information **WILL** be included.) Yes No

PLEASE PRINT LEGIBLY OR TYPE - USE ONLY 1 FORM PER REGISTRANT (This form may be copied.)

Please indicate your PRIMARY job responsibility — mark ONE ONLY:

School Nurse Health Educator P. E. Teacher School Counselor

Administrator Health Department Employee Food Nutrition Personnel Social Worker

Other _____

Name _____

Organization _____

Organization Address _____ City/State/Zip _____

Daytime Phone Number _____ Daytime FAX Number _____

Email address _____

Phone Number to notify you, if conference is cancelled _____

Check enclosed. Make check payable to: Missouri Coordinated School Health Coalition (MCSHC). Mail completed registration form and check to: MCSHC, c/o Steiner and Associates, 501 S. Cedar Lake Drive, Columbia, MO 65203.

Credit Card Payment: Please charge my: Visa MasterCard Discover American Express

Account Number _____ Expiration Date _____

Signature _____ Verification Number (3 or 4 digits) _____

You may register by calling 573-442-2963 or 573-489-0622(cell) or FAX to 573-875-8158 and charging the fee to your Visa, MasterCard, Discover, American Express. ***NO PURCHASE ORDERS WILL BE ACCEPTED!***

Missouri Coordinated School Health Conference
501 S. Cedar Lake Drive
Columbia, MO 65203

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19th Annual
Coordinated School Health Conference
The Power of Partnerships: Strengthening
Schools, Family and Community Connections

Please route to:

School Nurses	Counselors
School Administrators	Social Workers
Classroom Teachers	Food Nutrition Personnel
Physical Educators	Public Health Personnel
Health Educators	Parents

Coordinated School Health Conference

December 1-3, 2011

**The Power of Partnership:
Strengthening School, Family
and Community Connections**

Lodge of Four Seasons Resort

Lake Ozark, Mo.

Sponsored by the Missouri

Coordinated School Health Coalition

