



Florida Department of Education
Bureau of Curriculum and Instruction

Office of Healthy Schools

Summer Academy for Teachers of Health Education



July 7-9, 2010

Location: University of Florida
College of Health and Human Performance

INTRODUCTION

Thank you for your interest in the Summer Academy for Teachers of Health Education (Academy). The Academy is designed for public school teachers certified in other subject areas as well as the certified health educator. The Academy offers hands-on instruction on the many topics (concepts) and skills of Health Education. Sessions are sixty minutes, three hours, and four hours in length. The sixty minute sessions lay a foundation that will be used to guide quality instruction in comprehensive Health Education and include instructional activities that can be used with students. The three and four hour sessions provide a more in-depth focus on instruction, instructional strategies, and activities. Teachers will be able to adapt and use the information provided in each of the sessions. No commercial curricula with an associated cost will be used, increasing the likelihood of the usefulness of the information and activities.

This statewide professional development opportunity was guided by the use of state data, primarily the 2008 Florida School Health Profiles (Profiles). The teacher data collected as part of the Profiles provided information on Health Education topics taught in Florida schools as well as the professional development needs of teachers. Teachers either identified topics in which they had interest in receiving professional development, topics on which they had had professional development but not recently, or topics on which they had never received professional development.

Health Education can be one of the most exciting and rewarding educational experiences for our students when teachers are knowledgeable and comfortable with the subject matter, and when engaging activities are provided. Health Education can also be seamlessly integrated into other subject matter, broadening the instructional experiences of students by including cross-curricula learning opportunities.

Instruction in Health Education is required by Florida Statute. Most educational opportunities for students in Health Education will be integrated. The Academy offers teachers an opportunity to develop new instructional skills in Health Education and hone others. This will truly be an interactive and rewarding experience for participants.

Participants must comply with all federal, state and local laws, as well as the University of Florida's policies, rules and guidelines. This is a smoke-free Academy.

Please do not complete registration until you have read this entire booklet.

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REGISTRATION

Participants will be able to pre-register only; there will be no onsite registration. Registration is open from Friday, May 7, 2010, and closes at midnight on Wednesday, June 2, 2010, or once capacity is reached, whichever comes first.

Information about each session is listed by day and time; some of the sessions are repeated. Sessions are also provided specifically for an identified group, such as sessions offered specifically for the elementary teacher. Some sessions are general and are provided for and open to all teachers, no matter the school level. All of the sessions are interactive and will provide participants with helpful material.

Review the sessions listed in this booklet and on the at-a-glance chart located at the rear of the booklet. Twenty hours of instruction are provided. Four sessions are offered at a time beginning at 7:50 a.m. and ending at 5:35 p.m. on Wednesday, July 7, 2010, and Thursday, July 8, 2010. Sessions on Friday, July 9, 2010 begin at 7:50 a.m. and end at 12:10 p.m.

Participants are asked to prioritize their session preference based on what is offered each hour during the morning and afternoon sessions offered daily. The registration system asks participants to identify their first choice, second choice, etc. Space in session rooms is limited; however an effort will be made to accommodate first or second choices. Some sessions will be repeated providing more than one opportunity to select them. All of the sessions are based on one or more Health Education concept/component and each is focused on at least one Health Education skill. All of the concepts/components and skills are a part of Florida's Next Generation Sunshine State Standards for Health Education.

Each session and session descriptions are included in this booklet. For additional information contact Dr. Antionette Meeks toll-free at 866-312-6497 or via e-mail at antionette.meeks@fldoe.org.

Pre-registration can be completed by visiting the following link: [Summer Academy for Teachers of Health Education](#).

PAYMENT

The cost of the Academy is \$132.00. See page six for a listing of the extra fees associated with obtaining continuing education credit associated with special credentials.

Payment may be made by using any of the following:

- School Purchase Order
- Credit Card: Visa, Master Card, Discover or American Express
- Personal Check
- Money Order

Payment is to be made to the **Florida Education Foundation** and can be submitted in one of the following ways:

- School Purchase Order – fax Purchase Order and payment form to 850-246-5116 (no original is needed if the fax is clear. Please make sure you check the confirmation sheet to make sure the fax was received). Purchase Order may be mailed, see mailing information under Personal Check.
- Credit Card – fax payment form to 850-245-5116 (no original is needed – make sure print is legible). Credit card form may be mailed, see mailing information under Personal Check.
- Personal Check or Money Order and payment form – via mail to
Dr. Antionette Meeks
Florida Department of Education
325 W. Gaines Street, Suite 444
Tallahassee, Florida 32399-0400
- Continuing Credit (additional fee information) – see section on page six

Registration is official once payment is made.

Full refunds may be requested through midnight, Tuesday, June 15, 2010. After this date, no refunds will be granted; however registration can be transferred to another participant. Please notify Dr. Antionette Meeks if a participant other than the one registered will be attending – no changes in the selected sessions can be made. Because dormitory room assignments will have been made, the new registrant must be of the same sex as the original registrant.

LODGING

Participants will be assigned to the University of Florida's Graham Hall, a centrally air conditioned building. Participants will be able to identify one or two roommates of the same sex with whom they would like to room. There are a limited number of triple rooms available. Please note: one bed may be a bunk in the triple rooms.

Please bring bed linen, a bed pillow, and bath towels as none of these items are provided. Bring your usual toiletries. The bathroom is a general bathroom. Floors will be occupied by same sex professionals, since floors were not designed to house different sexes on the same floor.

Check-in begins at 2:00 p.m. and continues through 7:30 p.m. on Tuesday, July 6, 2010. Check-out must be done prior to noon, Friday, July 9, 2010. A fee of \$25.00 will be charged to registrants for lost keys.

A swimming pool is located at Broward and Graham dormitories and can be used during normal hours of operation. There are no telephones located in the rooms.

Campus lodging is not a requirement. You will be asked to identify whether you will need campus lodging during registration. The Academy fee is the same all inclusive price of \$132.00 with or without campus lodging.

PARKING PASS

Parking passes will be provided immediately upon check-in and are to be posted accordingly.

MEALS

Breakfast, lunch, and dinner are provided on Wednesday, July 7, 2010 and Thursday, July 8, 2010. Breakfast will be provided on Friday, July 9, 2010. Participants are to use specific eateries on campus. Meals are buffet style. We are working with the University of Florida on the method by which you will access these establishments, e.g., a list of attendees provided by the Department of Education (DOE), meal cards, participant identification badge, etc. If the list of eating establishments changes, information will be provided at check-in.

Academy Eating Establishments

- Gator Corner
- Fresh Fruit Company

DRESS

Dress comfortably and appropriately for Florida in July. If a participant decides to wear shorts, they are to be the kind that could be worn to work when students are present. If T-shirts are worn, please avoid messages that would not be acceptable in the work environment. This training is an extension of your work environment and you are representing your school and district regardless of who paid for your attendance.

CONTINUING EDUCATION CREDIT

All participants will receive a certificate via e-mail, indicating participation in the Academy. Each session will have staff in attendance at the last session on Friday, July 9, 2010 who will collect stamped registration sheets indicating participation in sessions. Each registration sheet is to be turned in during the last session on Friday, July 9, 2010. If participants must leave prior to the conclusion of the Academy, participants are to turn forms in to DOE staff, Dr. Antionette Meeks, Ksenia Zipperer, or Lynn Vinson.

In-service Points – no additional fee

- Certificate indicating completion of twenty or less hours of professional development
- Teacher must submit district staff development paperwork and complete local requirements

Certified Additions Prevention Professional/Certified Prevention Professional/Certified Prevention Specialist – no additional fee

- Certificate indicating hours completed – provided for any session identified by Prevention office as meeting certification criteria
- Information to be submitted to Prevention office by DOE

Certified Health Education Specialist - \$5.00 fee to be added onto registration fee

- Certificate indicating hours completed – provided for any session identified by national credentialing office as meeting certification criteria
- Information to be submitted to national credentialing office by DOE

ACADEMY CONTACTS

Each contact may be reached toll-free at 866-312-6497 or 850-245-0480

Dr. Antionette Meeks, CPP, CHES
Assistant Director/Health Coordinator
Antionette.Meeks@fldoe.org

Ksena Zipperer
HIV/AIDS/STD, Teen Pregnancy
Prevention Coordinator
Ksena.Zipperer@fldoe.org

Courtney Walker
Program Specialist, Budget and Grants
Courtney.Walker@fldoe.org

Lynn Vinson
Tobacco Prevention Education
Specialist
Lynn.Vinson@fldoe.org

ABOUT THE OFFICE OF HEALTHY SCHOOLS

The Office of Healthy Schools (OHS), located in the Department of Education's Bureau of Curriculum and Instruction, employs individuals who focus on improving student health, which is associated with a positive impact on academic performance. The OHS also assists with health promotion (staff wellness) for educators because a staff that is present and healthy is a staff that can offer students the best of their professional skills as educators. This is a simple description for an office that embraces the eight components of the Coordinated School Health approach:

- Comprehensive Health Education
- Physical Education
- School Health Services
- Nutrition Services and Education
- Counseling, Psychological, and Social Services
- Healthy School Environment
- School-site Health Promotion for Staff
- Family and Community Involvement

The OHS is a flourishing office. Staff members understand the importance of true partnerships and collaborations in order to promote an approach that has shown positive impacts on all involved. The OHS collaborates internally as well as with other state agencies and organizations to best meet the needs of Florida's youngest citizens.

We also provide a lending library where educators, students, or other Floridians can browse materials on line and borrow these materials for four weeks. Materials are sent and returned, postage pre-paid. Materials include DVDs, CDs, videos, books, and kits. Visit the following link to access the site:
<http://www.fldoe.org/BII/CSHP/h-resour.asp>.

Staff members of the Office of Healthy Schools may be contacted by telephone at 850-245-0480 or toll-free in Florida at 866-312-6497.

Director – Penny Detscher

Assistant Director/Health Coordinator – Dr. Antionette Meeks, CAPP, CHES

Physical Education – Nichole Wilder

Nutrition and Healthy Schools – Katie Rainka, CHES

HIV/AIDS Prevention – Ksenia Zipperer

Tobacco Education – Lynn Vinson

Resource Center – Eileen Smith

Staff Assistant – Allie Smith

For more information on the OHS, visit the web page at

<http://www.fldoe.org/bii/cshp/>

SUMMER ACADEMY FOR TEACHERS OF HEALTH EDUCATION

AT-A-GLANCE PROGRAM

The schedule of programs is color-coded, allowing a participant to quickly identify sessions specific to their school level or ones that are designed for all school levels. If the booklet has been printed in black and white, the specific school level has been identified as EL (elementary), M (middle), H (high) or ALL for all school levels. Sessions that are repeated are italicized.

WEDNESDAY, JULY 7, 2010

7:50-8:50	<i>Health Education 101: Understanding the Concepts and Skills</i> ALL	<i>Taking the Mystery and Misery Out of STD Education</i> M/H	Fuel Up With New Solutions for Student Wellness ALL	<i>Mentally and Emotionally Healthy: Teaching Skills to Prevent Abuse</i> EL
8:55-10:00	Using Health Data to Support Instruction in Health Education EL		Pilot Program - Input Opportunity for Health Skills for Youth Who Work M/H	
10:05-11:05	Teacher Resources – Sharing Tools that Work M/H		Input on Developing Curricula for Health Skills for Future Employees EL	
11:10-12:10	Health Education: Issues, Concerns and Solutions EL		<i>Not Just Blowing Smoke; Tobacco Prevention Education</i> M/H	
12:15-1:15	LUNCH			
1:20-2:20	Using Health Data to Support Instruction in Health Education M/H	<i>Increasing Health Literacy through Higher Order Teaching: Effectively Using the Next Generation</i> <i>Sunshine State Standards for Health Education</i> ALL	Using Tobacco as a Tool for Applying Health Education Skills EL	Nutrition Education: Teaching Children in a World of Fast Food and Oversized Portions ALL
2:25-3:25	<i>Not Just Blowing Smoke; Tobacco Prevention Education</i> M/H		Going Beyond the Food Pyramid: Strategies for Interactive Nutrition Lessons EL/M	
3:30-4:30	Teaching Youth to Be Mentally and Emotionally Healthy M/H		Teen Sex in the City (and in Florida) ALL	
4:35-5:35	<i>I've Got to Teach Puberty Education! Are You Kidding?</i> EL	<i>Teacher Resources – Sharing Tools that Work</i> EL	Health Education: Issues, Concerns and Solutions M/H	Nutritious, Delicious and Safe: Preventing Foodborne Illness ALL

EL-Elementary in Red Font

M – Middle in Blue Font

E/M – Elementary and Middle in Orange Font

H – High in Green Font

M/H – Middle and High in Purple Font

ALL – Elementary, Middle and High in Black Font

Italicized – repeated session

THURSDAY, JULY 8, 2010

7:50-8:50	Finding A Better Way to Teach: Alcohol and Other Drugs and the Adolescent Brain M/H	<i>Increasing Health Literacy through Higher Order Teaching: Effectively Using the Next Generation Sunshine State Standards for Health Education</i> ALL	I Teach Abstinence Only or Is It Abstinence-Plus: What's The Difference? ALL	<i>Mental and Emotionally Health: Teaching Skills to Prevent Abuse</i> EL
8:55-10:00			Guiding Principles: How Do I Know What I Am to Teach: Florida Statute ALL	
10:05-11:05			Adverse Childhood Experiences and Subsequent Food, Drug, Alcohol, and Tobacco Addiction ALL	
11:10-12:10		You Can't Be Healthy Without Good Oral Health! – Reese M/H	Laying the Foundation: Violence Prevention in Elementary School EL	
12:15-1:15	LUNCH			
1:20-2:20	Impact of Alcohol and Other Drugs on School Success EL	Increasing Knowledge and Decreasing Anxiety Regarding Human Sexuality Education M/H	Using School Data to Enhance Health Education: Understanding SESIR (School Environmental Safety Incident Reporting) ALL	Using Health Education to Teach Relationship Skills: Preventing Dating Violence – Carlson M/H
2:25-3:25	Teacher Resources – Sharing Tools that Work - Vinson EL		Increasing Rigor and Relevance through the High Quality Assessment Tools Designed for Health Education: An Introduction ALL	
3:30-4:30	Integrating Health Education into the Elementary Reading Program EL		Health Education 101: Understanding the Concepts and Skills ALL	
4:35-5:35	Impact of Alcohol and Other Drugs on School Success M/H	Successfully Teaching Health Education at the Middle School Level M	Integration Leads to a "Win-Win" EL	
				Integrating Health Education Concepts and Skills into Literature ALL

EL-Elementary in Red Font

M – Middle in Blue Font

E/M – Elementary and Middle in Orange Font

H – High in Green Font

M/H – Middle and High in Purple Font

ALL – Elementary, Middle and High in Black Font

Italicized – repeated session

FRIDAY, JULY 9, 2010

7:50-8:50	Sexual Health Education in Florida: Definitions, need and Requirements ALL	Bullying, It's No Longer a Rite of Passage!! ALL	Health Education: A Community Affair H	Adolescent Suicide :Awareness and Intervention H
8:55-10:00	Using Technology in the Health Education Classroom ALL		Teaching HOPE to Achieve the Greatest Impact H	
10:05-11:05	<i>I've Got to Teach Puberty Education! Are You Kidding?</i> EL		<i>Developing an Individual Wellness Plan</i> M/H	
11:10-12:10	<i>Developing an Individual Wellness Plan</i> M/H		Virtual Health Education: Staying One Click Ahead of Students! - ALL	

EL-Elementary in Red Font

M – Middle in Blue Font

E/M – Elementary and Middle in Orange Font

H – High in Green Font

M/H – Middle and High in Purple Font

ALL – Elementary, Middle and High in Black Font

Italicized – repeated session

ACADEMY FOR TEACHERS OF HEALTH EDUCATION

PROGRAM DESCRIPTIONS

Office of Healthy Schools Summer Academy Session Schedule

Wednesday, July 7th

Time: 7:50 – 8:50 a.m.

Health Education 101: Understanding Concepts and Skills (ALL) – Presenter: Antionette Meeks, Ed.D., CPP, CHES, Office of Healthy Schools, Florida Department of Education

Health Education is easy to teach once a professional understands its basics and how it integrates easily into other subject areas. This session is designed for the teacher responsible for teaching health education who is not certified in Health Education. It also serves as a refresher for the certified health educator. Participants will learn what is meant by the “ten components (concepts) of Health Education” and understand there are many sub-components listed under each (e.g., Personal Health includes hygiene, etc.). Participants will also learn what the seven “universal” skills are and how both the components and skills are connected to the Next Generation Sunshine State Standards for Health Education.

Fuel Up With New Solutions for Student Wellness (ALL) – Presenter: Jennifer Sills, Dairy Council of Florida

Participants will learn about new programs and resources to help their schools and students get excited about getting healthy and active. Specifically, this session will discuss a NEW program created by the National Dairy Council and the National Football League titled, Fuel Up to Play 60, a youth-led program aimed at helping tackle the problem of childhood obesity and physical inactivity, www.fueluptoplay60.com. In addition, participants will learn about Action For Healthy Kids (AFHK), an organization that addresses childhood undernourishment, obesity and prevention by working with schools to help kids learn to eat right and be active every day. AFHK is the “go to place” for information, research, reports, facts and supporting materials to help our kids be healthier, www.actionforhealthykids.org. These FREE, customizable and non-prescriptive programs and resources allow youth and schools to meet their student and wellness policy goals while being fun, engaging and hands-on.

Time: 7:50 a.m. – 12:10 p.m.

Taking the Mystery and Misery Out of STD Education (M/H) – Presenter: Ksena Zipperer, Office of Healthy Schools, Florida Department of Education

During this session participants will be provided with information regarding the various types of STDs, modes of transmission and prevention strategies. The need for instruction in STD prevention education in Florida schools will be discussed. Tools for teacher training, a model for classroom instruction, and resources to use in the classroom will be provided.

Mentally and Emotionally Healthy: Teaching Skills to Prevent Abuse (EL) – Presenter: Barbara Foster/Lynn Layton, Executive Office of the Governor

This is an interactive workshop that will provide certification to teach a new curriculum developed for Florida educators by the Monique Burr Foundation in partnership with Childhelp and Arizona State University: Child Abuse Prevention Education (CAPE). It is designed for use in elementary schools to teach students about personal safety precautions, including assault and child abuse and neglect prevention. Teachers will learn how to use:

- The curriculum.
- Web based tools and resources.
- Knowledge and skills for facilitating sessions with students.
- Statistics and background information used in the development of the curriculum.
- The five protective factors of parental resilience, nurturing and attachment, social connections, concrete supports and knowledge of parenting and child development.
- The principles of learning infused throughout the curriculum: use of 6 social psychology principles to influence desired behavior, reinforcement, classroom materials, self-perception theory, tailoring, parent materials, group facilitation skills, theory of change, motivational congruence between the program and the student, self-efficacy, behavioral economics, perception of treatment effectiveness, and learning styles.

At the conclusion of the workshop, participants will be certified and provided with the materials for implementing the curriculum with their students.

Time: 8:55 – 10:00 a.m.

Using Health Data to Support Instruction in Health Education (EL) – Presenter: Jamie Forrest, Bureau of Epidemiology, Florida Department of Education

This session will introduce the audience to the Florida Youth Survey and provide them with information about the self-reported risk behaviors of Florida students. The Florida Youth Survey is an annual administration of several survey instruments to a representative random sample of Florida public middle and high school youth. The data collected include risk and protective factors, alcohol, tobacco, and other substance use, sexual behaviors, violence and personal safety, physical activity, nutrition, and weight management, and other health behaviors. These data can be used to demonstrate to students that their perceptions of the prevalence of certain behaviors among their peers are not always on target, which may in turn influence their behaviors.

Pilot Program – Input Opportunity for Health Skills for Youth Who Work (M/H) – Presenters: Edwin McIlvaine and Scott Almon, Florida Department of Business and Professional Regulation, Division of Regulation

Child Labor Laws; protecting the health, education and welfare of working minors in Florida

Time: 10:05 – 11:05 a.m.

Teacher Resources – Sharing Tools that Work (M/H) – Presenter: Lynn Vinson, Office of Healthy Schools, Florida Department of Education

Teachers often include instructional materials beyond those adopted by their school districts as part of their teaching tools. These materials often increase the value of the district adopted materials and increase the strength of instruction and student learning. **Participants are asked to bring materials to share, whether the actual material or a list (50 copies), to include websites.** The facilitator will also share information on what the Department of Education provides at no cost to teachers, students, and parents.

Input on Developing Curricula for Health Skills for Future Employees (EL) – Presenters: Edwin McIlvaine and Scott Almon, Florida Department of Business and Professional Regulation, Division of Regulation

Child Labor Laws; protecting the health, education and welfare of working minors in Florida

Time: 11:10 a.m. – 12:10 p.m.

Health Education: Issues, Concerns and Solutions (EL) – Presenter: Antionette Meeks, Ed.D., CPP, CHES, Office of Healthy Schools, Florida Department of Education

Instruction in Health Education is required by Florida Statute. Yet teachers sometimes think it is someone else's responsibility or they do not see the time in the day to teach this required subject. Health Education is also sometimes seen as an add-on or a subject that is difficult to teach. Still others may be concerned about being prepared and able to teach Health Education topics and know what is appropriate. This session focuses on these issues as well as others generated by participants. Helpful solutions will be provided by the session facilitator and participant suggestions.

Not Just Blowing Smoke: Tobacco Prevention Education (M/H) – Presenter: Laura Corbin, Florida Department of Health

Through facilitated discussion and discovery, participants will learn how to incorporate tobacco prevention education to middle and high school students in a manner that has practical applications in their community.

Time: 1:20 – 2:20 p.m.

Using Health Data to Support Instruction in Health Education (M/H) – Presenter: Jamie Forrest, Bureau of Epidemiology, Florida Department of Education

This session will introduce the audience to the Florida Youth Survey and provide them with information about the self-reported risk behaviors of their students. The Florida Youth Survey is an annual administration of several survey instruments to a representative random sample of Florida public middle and high school youth. The data collected include risk and protective factors, alcohol, tobacco, and other substance use, sexual behaviors, violence and personal safety, physical activity, nutrition, and weight management, and other health behaviors. These data can be used to demonstrate to students that their perceptions of the prevalence of certain behaviors among their peers are not always on target, which may in turn influence their behaviors.

Using Tobacco as a Tool for Applying Health Education Skills (EL) – Presenter: Laura Corbin, Florida Department of Health

This will be a hands-on session designed to equip educators with skill-based lessons to teach tobacco education. These same skill-based lessons can also be applied to other health education subject areas.

Time: 1:20 – 4:30 p.m.

Increasing Health Literacy through Higher Order Teaching: Effectively Using the Next Generation Sunshine State Standards for Health Education (ALL) – Presenter: Antionette Meeks, Ed.D., CPP, CHES, Office of Healthy Schools, Florida Department of Education

This session focuses on helping teachers create Health Education lessons designed to assist students with the development of Health Education skills, taking them beyond the

memorization of facts. Facts do not necessarily change behaviors; however, a blend of instruction on knowledge and skills, with emphasis on skill acquisition can impact both attitude and behavior.

Nutrition Education: Teaching Children in a World of Fast Food and Oversized Portions (ALL) – Presenter: Katie Rainka, Florida Department of Education

Now more than ever, students need schools to teach life-long skills for healthy eating. The United States is in an obesity epidemic, and in Florida, as elsewhere throughout the country, almost one in every three children is overweight or obese.

Time: 2:25 – 3:25 p.m.

Not Just Blowing Smoke: Tobacco Prevention Education (M/H) – Presenter: Laura Corbin, Florida Department of Health

Through facilitated discussion and discovery, participants will learn how to incorporate tobacco prevention education to middle and high school students in a manner that has practical applications in their community.

Going Beyond the Food Pyramid: Strategies for Interactive Nutrition Lessons (EL/M) – Presenter: Shannon Starace

This session will provide teachers with strategies for teaching health skills related to nutrition that go beyond teaching the core content knowledge of the food pyramid. Instructors will present ideas for using visuals, songs, and movement to engage students in the lesson. These kinesthetic learning strategies appeal to all types of learners and teachers will enjoy teaching the lessons!

Time: 3:30 – 4:30 p.m.

Teaching Youth to be Mentally and Emotionally Healthy (M/H) – Presenter: Barbara Foster/Lynn Layton, Executive Office of the Governor

This is an interactive workshop that will explore strategies for health educators to teach students about the influence of family life in relationship to physical and sexual abuse and ways to promote safe and stable families in which they live and for which they will develop for themselves in the future. The core for the curricula provides information about the five protective factors of parental resilience, nurturing and attachment, social connections, concrete supports and knowledge of parenting and child development. Teachers will be given the opportunity to weigh in with their classroom requirements for customizing the curricula based upon their classroom requirements and the needs of the students they teach.

Teen Sex in the City (and in Florida) (ALL) – Presenter: Nancy Hardt, University of Florida College of Medicine

Pre-teen and Teen Sex. A brief presentation followed by a 20 minute question and answer session for teachers. Teachers will be given notecards on which to write their questions.

Time: 4:35 – 5:35 p.m.

I've Got to Teach Puberty Education! Are you Kidding? (EL) – Presenter: Ksena Zipperer, Office of Healthy Schools, Florida Department of Education

During this session participants will have the review Florida policy concerning “Family Life Education” and discuss benchmarks which correlate to the topic. Strategies for teaching puberty education will be presented. We’ll discuss the pros and cons for segregating the sexes to teach the topic.

Teacher Resources – Sharing Tools that Work (EL) – Presenter: Lynn Vinson, Office of Healthy Schools, Florida Department of Education

Teachers often include instructional materials beyond those adopted by their school districts as part of their teaching tools. These materials often increase the value of the district adopted materials and increase the strength of instruction and student learning. **Participants are asked to bring materials to share, whether the actual material or a list (50 copies), to include websites.** The facilitator will also share information on what the Department of Education provides at no cost to teachers, students, and parents.

Health Education: Issues, Concerns and Solutions (M/H) – Presenter: Antionette Meeks, Ed.D., CPP, CHES, Office of Healthy Schools, Florida Department of Education

Instruction in Health Education is required by Florida Statute. Yet teachers sometimes think it is someone else’s responsibility or they do not see the time in the day to teach this required subject. Health Education is also sometimes seen as an add-on or a subject that is difficult to teach. Still others may be concerned about being prepared and able to teach Health Education topics and know what is appropriate. This session focuses on these issues as well as others generated by participants. Helpful solutions will be provided by the session facilitator and participant suggestions.

Nutritious, Delicious and Safe: Preventing Foodborne Illness (ALL) – Presenter: Katie Rainka, Florida Department of Education

Teachers at all grade levels and in all subjects can prevent foodborne illness by doing what they do best: educating students. This presentation will provide details, tips, and resources to help prevent foodborne illness.

Thursday, July 8th

Time: 7:50 – 8:50 a.m.

I Teach Abstinence Only or Is It Abstinence-Plus: What’s the Difference? (ALL) – Presenter: Ksena Zipperer, Office of Healthy Schools, Florida Department of Education

What is the difference between abstinence-only and abstinence-plus sexual health education? During this session we’ll review definitions of the types of programs, discuss the pros and cons of the various types of programs, and study examples of lessons from each.

Time: 7:50 – 11:05 a.m.

Increasing Health Literacy through Higher Order Teaching: Effectively Using the Next Generation Sunshine State Standards for Health Education (ALL) – Presenter: Antionette Meeks, Ed.D., CPP, CHES, Office of Healthy Schools, Florida Department of Education

This session focuses on helping teachers create Health Education lessons designed to assist students with the development of Health Education skills, taking them beyond the memorization of facts. Facts do not necessarily change behaviors; however, a blend of instruction on knowledge and skills, with emphasis on skill acquisition can impact both attitude and behavior.

Time: 7:50 a.m. – 12:10 p.m.

Finding A Better Way to Teach: Alcohol and Other Drugs and the Adolescent Brain (M/H)

– Presenter: Senta Goudy, Governor’s Office of Drug Control

Alcohol and other drugs impact school success. This is true for children who are experiencing alcohol or other drugs directly or indirectly. This presentation will discuss results of the Florida Youth Substance Abuse Survey with school success indicators. It will include newly published research on the impact of alcohol on the developing brain.

Mentally and Emotionally Healthy: Teaching Skills to Prevent Abuse (EL) –

Presenter: Barbara Foster/Lynn Layton, Executive Office of the Governor

This is an interactive workshop that will provide certification to teach a new curriculum developed for Florida educators by the Monique Burr Foundation in partnership with Childhelp and Arizona State University: Child Abuse Prevention Education (CAPE). It is designed for use in elementary schools to teach students about personal safety precautions, including assault and child abuse and neglect prevention. Teachers will learn how to use:

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At the conclusion of the workshop, participants will be certified and provided with the materials for implementing the curriculum with their students.

Time: 8:55 – 10:00 a.m.

Guiding Principles - How Do I Know What I Am to Teach: Florida Statute (ALL) –

Presenter: Lynn Vinson, Office of Healthy Schools, Florida Department of Education

Instruction in “Comprehensive Health Education” is required by Florida Statute. This session will focus on the statutes that provide teachers with the foundation on what they are to teach. Participants will not only become familiar with the statutes, they will be given tools that will help them meet these requirements.

Time: 10:05 – 11:05 a.m.

Adverse Childhood Experiences and Subsequent Food, Drug, Alcohol, and Tobacco Addiction (ALL) – Presenter: Nancy S. Hardt, University of Florida College of Medicine

The session begins with a review of Maslow’s Hierarchy followed by a summary of Felitti and Anda’s work on the relationship between adverse childhood experiences and chronic health problems. Teachers will leave the session with valuable information that will help them identify children at extraordinary risk of life limiting chronic health conditions which may not only affect their ability to be successful in school, but may also limit their ability to become contributory citizens.

Time: 11:10 a.m. – 12:10 p.m.

You Can't Be Healthy Without Good Oral Health! (M/H) – Presenter: Rory Reese, RDH, BHS, Florida Department of Health

A brief look at oral health and how it affects learning and total body health

Laying the Foundation: Violence Prevention in Elementary School (EL) – Presenter: Brandy Carlson, MSW, Florida Coalition Against Domestic Violence

Presenter will discuss primary prevention of partner violence and bullying concepts including risk and protective factors associated with partner violence. In addition, the presenter will offer strategies for classroom implementation of preventing violence before it occurs. These strategies will be tailored to working with younger youth, particularly 3rd through 5th grade students.

Participants will be given a list of free resources they can use in the classroom setting and will participate in sample violence prevention activities that can be used to create effective discussions with students about respect, equality, and promoting healthy peer relationships.

Time: 1:20 – 2:20 p.m.

Impact of Alcohol and Other Drugs on School Success (EL) – Presenter: Senta Goudy, Governor's Office of Drug Control

Alcohol and other drugs impact school success. This is true for children who are experiencing alcohol or other drugs directly or indirectly. This presentation will discuss results of the Florida Youth Substance Abuse Survey with school success indicators. It will include newly published research on the impact of alcohol on the developing brain.

Using School Data to Enhance Health Education: Understanding SESIR (School Environmental Safety Incident Reporting) (ALL) – Presenter: Julie Collins, Florida Department of Education

An over view of the School Environmental Safety Incident Reporting system and the types of data it generates.

Time: 1:20 – 4:30 p.m.

Increasing Knowledge and Decreasing Anxiety Regarding Human Sexuality Education (M/H) – Presenter: Marilyn Volker, Be Safe

This workshop will provide strategies and resources in helping/preparing teachers to become more comfortable and updating sexuality information.

Using Health Education to Teach Relationship Skills: Preventing Dating Violence (M/H) – Presenter: Brandy Carlson, MSW, Florida Coalition Against Domestic Violence

Presenter will cover primary prevention of teen dating violence concepts including risk and protective factors associated with teen dating violence and intimate partner violence. Participants will also learn about the public health model of violence prevention and the reasons that the prevention of dating violence is an imperative component of health courses. In addition, the presenter will offer strategies for classroom implementation.

Participants will be given a list of free resources they can use in the classroom setting and will participate in sample violence prevention activities that can be used to create

effective discussions with students about respect, equality, and promoting healthy peer and dating relationships.

Time: 2:25 – 3:35 p.m.

Teacher Resources – Sharing Tools that Work (EL) – Presenter: Lynn Vinson, Office of Healthy Schools, Florida Department of Education

Teachers often include instructional materials beyond those adopted by their school districts as part of their teaching tools. These materials often increase the value of the district adopted materials and increase the strength of instruction and student learning. **Participants are asked to bring materials to share, whether the actual material or a list (50 copies), to include websites.** The facilitator will also share information on what the Department of Education provides at no cost to teachers, students, and parents.

Increasing Rigor and Relevance through High Quality Assessment Tools Designed for Health Education: An Introduction (ALL) – Presenter: Antionette Meeks, Ed.D., CPP, CHES, Office of Healthy Schools, Florida Department of Education

Participants will be introduced to a variety of assessment tools that can be used to better understand whether students are acquiring Health Education skills. They will also learn about integrating Health Education concepts and skills into reading materials they already use for other instructional purposes. Participants will receive information on ways to assess knowledge and skills as a result of students reading or listening to the reading of books. Everything discussed during this session is connected to the Next Generation Sunshine State Standards for Health Education for ease of use and integration into the classrooms.

Time: 3:30 – 4:30 p.m.

Integrating Health Education into the Elementary Reading Program (EL) – Presenter: Pinellas County Schools

Participants will receive an overview of how Pinellas used FLEX Funds and free resources to implement health education into the reading program. A step by step formula will be provided to all participants. And participants will preview several texts to practice determining how they could be implemented.

Health Education 101: Understanding Concepts and Skills (ALL) – Presenter: Antionette Meeks, Ed.D., CPP, CHES, Office of Healthy Schools, Florida Department of Education

Health Education is easy to teach once a professional understands its basics and how it integrated easily into other subject areas. This session is designed for the teacher responsible for teaching Health Education who is not certified in Health Education. It also serves as a refresher for the certified health educator. Participants will learn what is meant by the “ten components (concepts) of Health Education” and understand there are many sub-components listed under each (e.g., Personal Health includes hygiene, etc.). Participants will also learn what the seven “universal” skills are and how both the components and skills are connected to the Next Generation Sunshine State Standards for Health Education.

Time: 4:35 – 5:35 p.m.

Impact of Alcohol and Other Drugs on School Success (M/H) – Presenter: Senta Goudy, Governor’s Office of Drug Control

Alcohol and other drugs impact school success. This is true for children who are experiencing alcohol or other drugs directly or indirectly. This presentation will discuss results of the Florida Youth Substance Abuse Survey with school success indicators. It will include newly published research on the impact of alcohol on the developing brain.

Successfully Teaching Health Education at the Middle School Level (M)– Presenter: Pinellas County Schools

This session will present an overview of Pinellas County School’s middle school health education program. Course development, staff development and instructional materials selection processes will be presented. A chronology of events leading to these programs will be shared along with advocacy strategies for health education.

Integration Leads to a “Win-Win” (EL) – Presenter: Kathleen Bowles, Duval County Public Schools

Health Education is critical to the overall well-being of our children and provides them with the opportunity to gain the knowledge and skills necessary to lead healthy lives. Recognizing that elementary classroom teachers have many responsibilities, it is essential to provide avenues through which Health Education instruction can be integrated into and connected with other content areas and classroom activities. This session will provide the participants with the opportunity to learn creative ways to integrate Health Education into multiple curriculum areas and school and classroom activities in an effort to further foster health literacy.

Integrating Health Education Concepts and Skills into Literature (ALL) – Presenter: Antionette Meeks, Ed.D., CPP, CHES, Office of Healthy Schools, Florida Department of Education

“Slowly he turned, realizing there was no use in running anymore. With ease and purpose he lifted his arms into the air and gently touched his knees to the damp earth. It was truly over, yet it was just beginning. How did things get so out of control?” . . . Find out what this passage has to do with Health Education and how to easily incorporate health concepts and skills into your classroom.

Friday, July 9th

Time: 7:50 – 8:50 a.m.

Sexual Health Education in Florida: Definitions, Need and Requirements (ALL) – Presenter: Ksena Zipperer, Office of Healthy Schools, Florida Department of Education

Participants in this session will discuss what sexual health education includes. We’ll review Florida policy concerning sexual health education; discuss why we need sexual health education in our schools, and discover what the desires of parents and students are concerning the topic. The health and science benchmarks which correlate to sexual health education will also be identified.

Health Education: A Community Affair (H) – Presenter: Kathleen Bowles, Duval County Public Schools

Today's youth are faced with many risk factors. To meet the needs of the students, health education teachers must work collaboratively with many community partners to identify youth risk and protective factors; provide effective health education programs and strategies; help link students to community resources; and to serve as an advocate for youth. This session will provide the participants with the opportunity to gain insight into identifying, establishing, supporting, monitoring, and evaluating community partnerships, which help to enhance school-based health education programs.

Time: 7:50 a.m. – 12:10 p.m.

Bullying, It's No Longer a Rite of Passage!! (ALL) – Presenter: Daniel Geer, Marion County Public Schools

This informative and entertaining session will educate teachers on why we need to take bullying seriously and no longer ignore students who are being bullied.

Adolescent Suicide: Awareness and Intervention (H) – Presenter: Marshall Knudson, Alachua County Crisis Center

This session will focus upon our knowledge and attitudes regarding adolescent suicide followed by a number of activities and exercises geared toward actual assessment and intervention with potentially suicidal students.

The presentation will combine: lecture with thoughtful interactive discussions on a variety of issues and concerns relevant to adolescent suicide; interactive exercises looking at our attitudes toward suicide and suicide intervention; and group activities and role plays to experience using the actual skills of suicide intervention.

Time: 8:55 – 10:00 a.m.

Using Technology in the Health Education Classroom (ALL) – Presenter: Antionette Meeks, Ed.D., CPP, CHES, Office of Healthy Schools, Florida Department of Education

The integration of technology has the ability to bring the Health Education classroom to life and enrich the learning experiences of students. This session will focus on some of the technologies teachers can use to enliven and enrich student experiences. Teachers will create lessons focusing on the technology(s) of their choice.

Teaching HOPE (Health Opportunities through Physical Education) to Achieve the Greatest Impact (H) – Presenter: Peggy Johns, Pinellas County Schools

The Health Opportunities through Physical Education or HOPE course is a great opportunity to support the health and wellness of students rolled into one year-long course. With the right mixture and balance of physical education, physical activity and health education students can truly experience a positive and healthful impact that may also increase their academic performance in other courses. HOPE is not a half year of Personal Fitness and Life Management Skills with a little activity thrown into the mix. HOPE is so much more. Participants will learn about a HOPE course designed to truly increase health behaviors and enhance lives.

Time: 10:05 – 11:05 a.m.

I've Got to Teach Puberty Education! Are you Kidding? (EL) – Presenter: Ksena Zipperer, Office of Healthy Schools, Florida Department of Education

What is the difference between abstinence-only and abstinence-plus sexual health education? During this session we'll review definitions of the types of programs, discuss the pros and cons of the various types of programs, and study examples of lessons from each.

Developing an Individual Wellness Plans (M/H) – Presenter: Debbie Zimmerman, Polk County Schools

Do our personal fitness & nutritional habits set us up for a lifetime of disease and disability? Learn how to establish a personal wellness plan that will have long-term health benefits.

Time: 11:10 a.m. – 12:10 p.m.

Developing an Individual Wellness Plans (M/H) – Presenter: Debbie Zimmerman, Polk County Schools

Do our personal fitness & nutritional habits set us up for a lifetime of disease and disability? Learn how to establish a personal wellness plan that will have long-term health benefits.

Virtual Health Education: Staying One Click Ahead of Students! (ALL) – Presenter: Pinellas County Schools

The purpose of this presentation is for educators to be aware of online instruction that allows students and staff to complete anytime and anywhere.

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If you have any questions, please contact Dr. Antionette Meeks at 850-245-0480 or via e-mail at antionette.meeks@fldoe.org.

Registration is not complete until payment has been received.