



Coordinated School Health Institute

Growing Healthy Kids in Kentucky

Let's Grow, Let's Move, Be Well

Wednesday, July 21

6:00 Reception, Appetizers, Exhibits in Hospitality Suite
(Optional)

Thursday, July 22

AM Wake up body & mind with physical activity options

8:00 Registration / continental breakfast / health screenings / exhibits

10:00 Welcome

10:15 Plenary: Howell Wechsler, EdD, MPH
Director, Division of Adolescent & School Health
Centers for Disease Control & Prevention

11:00 Tasty, Healthy Break / exhibits

11:30 Healthy Kids in Healthy Schools and Communities
Stephen Church, MD, President, Kentucky Pediatric Society
Dr. William Hacker, Kentucky Commissioner of Health
Dr. Terry Holliday, Kentucky Commissioner of Education

PM
12:30 Networking Lunch with table topics

1:30 Breakout Session OPTIONS
A. Whole Foods/Green Schools
B. Coordinated School Health 101
C. Worksite Wellness Policy
D. Student with Diabetes

2:30 Breakout Session OPTIONS
A. To Be Announced
B. Incorporating Physical Activity Panel
C. Students with Asthma
D. Practical Living-Health Education

3:30 Break service, health screenings, exhibits,
physical activity

4:00 Breakout Session OPTIONS
A. Joint Use Schools
B. Environmental Prevention: Dermatology
C. Farm-to-School / School Gardens
D. Students Taking Charge

5:00 Breakout Session OPTIONS
A. Mark Winne, Author of *Closing the Food Gap*
B. Child Abuse Recognition

6:30 Reception, Appetizers, Exhibits in Hospitality Suite
(Optional)
Dinner on your own to network with your peers

Friday, July 23

AM Wake up body & mind with physical activity options

7:30 Continental breakfast

9:00 Breakout Sessions
A. Grants
B. ADHD Panel
C. Healthy Monday and Child Nutrition
D. Healthy School Initiative and Healthier US School Challenge

9:50 Break

10:15 Plenary: Let's Grow, Let's Move, Be Well

11:15 Plenary
School Climate-School Connectedness

PM
12:15 Closing Lunch
Evaluations, CEUs & Wrap Up

1:30 Door prizes: Must be present to win

Where: Marriott Griffin Gate Lexington

Who Should Attend: The Coordinated School Health Institute and the Growing Healthy Kids in Kentucky programs have joined to provide tools and information to:

- Classroom teachers,
- School and public health administrators,
- Dietitians and nutritionists,
- Health department providers and health educators,
- Nurses,
- Family resource and youth services centers personnel,
- School food service workers,
- Health and physical education teachers,
- Certified health education specialists,
- Cooperative extension service agents,
- Social workers, and
- Parents and others involved children's health and wellness.

Breakout workshops will focus on: health education; health services; family and community involvement; nutrition; staff wellness; counseling, psychological, social services; healthy school environment; and physical education.

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