

CTAHPERD REGIONAL WORKSHOP
THURSDAY, APRIL 5, 2018
200 Day Hill Road, Windsor, CT 06095
First Floor Conference Room
9:00 am to 2:30 pm



Title: Health Education Regional Workshop

Description: School Health Education is now included as part of a student’s “well-rounded education” and essential to a healthier Connecticut. Refresh your knowledge of the following topics to keep your instruction fresh: Protect Your Brain: A Brain Injury Awareness and Prevention Toolkit for Schools; Authentic Tasks; 15-40 - Early Detection Education: It's Lifesaving; Vaping: Devices, Issues, and Policies.

Lunch included. Certificate of Attendance provided for full attendance. Visit ctahperd.org for details

Schedule: 8:45 am check-in; 9:00-9:10 am introductions; 9:10-10:40 am Session I; 10:40-10:50 am break; 10:50-11:50 am Session II; 11:50 am-12:30 pm share teaching tips, resources etc. over lunch; 12:30-1:30 pm Session III; 1:30-2:30 pm Session IV and wrap up.

Registration Information:

\$50 for CTAHPERD members, \$85 for non-CTAHPERD members

\$25 for retired members, \$15 for CTAHPERD undergraduate student members

Registration deadline: March 30, 2018

Questions: Galskegals@aol.com or 860.628.1842

Send registration form (checks payable to CTAHPERD) to:

Lisa Galske
South Side School
21 Tuttle Road
Bristol, CT 06010

Name: _____ School/Agency: _____

CTAHPERD Membership Number: _____ (must be current as of April 30, 2018)

Address: _____

Phone: _____ Email: _____

Amount enclosed: _____

Topic Descriptions - CTAHPERD Health Education Regional Workshop

9:10 – 10:40 am – Topic - Protect Your Brain: A Brain Injury Awareness and Prevention Toolkit for Schools – Presenter: Rene Carfi, Brain Injury Alliance of Connecticut



Brain injury is the leading cause of injury and death in children in Connecticut. The most common way children and teens sustain a brain injury is through falls, motor vehicle crashes, sports concussions, assaults, and abuse. The Protect Your Brain series was developed as a tool to be utilized by schools and communities to aid in raising awareness about the incidence and preventability of brain injury. The series is broken up by various age groups and grades, and focuses on the risks of brain injury for those age groups. This workshop will provide an overview of how brain injury affects our youth – from mild to severe injuries, and how the Protect Your Brain raise awareness about the incidence and preventability of brain injury. It will provide an overview of the Protect Your Brain presentations and materials available for high schools, including interactive PowerPoint presentations, parent take home letters, reading assignments, and more.

10:50 – 11:50 am – Topic Authentic Tasks - Amanda Torres, West Shore Middle School, Milford

Health educator Amanda Torres will share how authentic tasks and interdisciplinary lessons make health fun while creating motivation, engagement and an increased depth of knowledge.

12:30 – 1:30 pm - Topic: Early Detection Education: It's Lifesaving! Presenter: Alicia Donovan, Education and Outreach Manager, 15-40 Connection

15-40 Connection is a nonprofit organization that is teaching people how to detect cancer earlier through personal health awareness and skills based health programming. We partner with Health/Wellness/Physical Education teachers to facilitate in-school programs free of charge - either through group presentations or a Train the Trainer model - to reach both students and staff.

In this workshop, participants will learn how to detect cancer early as well as how to share this education with their communities. At the end of the session, attendees will all have learned 15-40 Connection's 3 Steps Detect strategies for detecting early, that they can then use in their own lives, as well as learning how to bring 15-40 Connection's free, educational programs to their schools.

1:30 – 2:30 pm – Topic: Vaping: Devices, Issues and Policies - Janelle Jessee, Smokestoppers

This session will cover answers to questions such as: What are these devices & accessories? What should teachers and parents look for? What are these devices made with and the potential dangers? What are the issues involved at the government level? Bring your questions!!