

## SNAP-Ed School Wellness Summer Institute: August 10-12, 2021



### School Wellness Summer Institute

Hudson Valley Schools:  
Food and Movement Matter

Presented by:



Join us for a dynamic event designed to bring together school staff and administration from across the Hudson Valley to inspire, educate, and engage. Through live virtual activities, participants will gain knowledge, skills, and abilities to start, strengthen and/or expand school wellness efforts for staff, students, and families. **Each session is 45 minutes long and will allow for 15 minutes Q&A at the end.** Visit the [website](#) for information on our speakers.

Register for each session by using the links below:

### Day 1: August 10, 2021 9am – 12pm

<p>9 – 10 am <a href="#">REGISTER</a></p>	<p><b>A Journey around the Hudson Valley: School Wellness Champions</b></p> <p>Food and movement matter in our schools! Whole school wellness transitions students, staff, and community to a stronger place. Hear from Hudson Valley Champions who will inspire you to build, strengthen, and create school buildings where health and wellness are valued as strong connections to learning, teaching, and thriving.</p> <p><b>Presenters:</b> Shayna Russo &amp; Bintou Hinds - SNAP-Ed NY, Cornell Cooperative Extension (CCE) Tilsa Rodriguez Gonzalez - Director of Health and Physical Education, New Rochelle School District Chef Dave Dunn - Food Service Director, Kingston City Schools</p>
<p>10 – 12 pm <a href="#">REGISTER</a></p>	<p><b>Coordinated Approach to Child Health (CATCH) Training Part 1 &amp; Part 2</b></p> <p><i>Limited to the first 20 registrants.</i> This interactive 2-hour session will help you gain insight on how to lead a whole child initiative to develop and sustain a culture of health at the elementary or middle school level from the CATCH experts. As we reimagine what schools will look like, creating a culture that teaches, incorporates, and reinforces healthy behaviors will be a top priority.</p> <p><b>Presenters:</b> CATCH</p>
<p>10 – 11 am <a href="#">REGISTER</a></p>	<p><b>Mindfulness and Yoga as a Morning Meeting Technique</b></p> <p>Join us in an informative session to learn simple mindfulness techniques, calming breathing exercises and physical movements that you can tie into your daily morning routine with your class and in your own life.</p> <p><b>Presenter:</b> Jennifer Tuthill - Newburgh Enlarged City School District</p>



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## Day 2: August 11, 2021 9am – 12pm

9 – 10 am <a href="#">REGISTER</a>	<p><b>Nutrition and Your Brain</b></p> <p>Students who are well nourished are more prepared to engage in learning. Let's get students excited about eating well right from the start! Learn about opportunities and strategies to bring free, evidence-based nutrition education into your classroom. Food is fun! Hands-on, interactive nutrition workshops can be a great way to engage students and better prepare them for subjects such as math, reading, science, health, and more!</p> <p><b>Presenters:</b> Maria Vele &amp; Megan Dhanabala – SNAP-Ed NY, CCE Orange County</p>
10 – 11 am <a href="#">REGISTER</a>	<p><b>Building Resilience in Youth and Children</b></p> <p>This interactive workshop discusses the impact of trauma and chaos on the wellbeing of children, as well as strategies to create a supportive environment fostering resilience. Participants will be introduced to a five-step emotion-coaching process to help students achieve their social and emotional learning goals, as well as the 8 Cs of Resilience.</p> <p><b>Presenter:</b> Julika Von Stackelberg - Parenting &amp; Family Life Educator, CCE Orange County</p>
10 – 11 am <a href="#">REGISTER</a>	<p><b>Let's Get Physical - Why Classroom Movement Matters</b></p> <p>Being physically active is about more than obesity prevention. It is also a vital building block for social and emotional wellness. Screen time and seated time have become more prevalent than ever in the classroom environment. We will explore why movement is vital for physical and mental health AND how it can help decrease behavioral problems, increase student learning capacity, and make your classroom a happier place.</p> <p><b>Presenter:</b> Erica Dahl - SNAP-Ed NY, CCE Orange County</p>
11 – 12 pm <a href="#">REGISTER</a>	<p><b>Move it! Bringing Active Learning to Elementary Schools</b></p> <p>If you want to incorporate more physical activity into your classroom but need some inspiration, then you're in the right place! This workshop is packed with ideas, tools, and resources to engage elementary age students of all abilities in movement and games that keep them learning and interested. Ideas and modifications will be given for both in person and virtual opportunities.</p> <p><b>Presenter:</b> Lisa Perry - Alliance for a Healthier Generation</p>



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## Day 3: August 12, 2021

<p>9 – 10 am <a href="#">REGISTER</a></p>	<p><b>Students hungry? Supplying snacks? Let's talk food access for students</b></p> <p>Summer meals, backpack programs, holiday support . . . Are you looking to start one of these programs in your school/district? Where do you begin? Hear from those who have just started and those who have already established programs through school and community partnerships.</p> <p><b>Panelists:</b> Troy Martin - Children's Program Coordinator; Food Bank of the Hudson Valley Chef Dave - Food Service director, Kingston City School District Sember Weinman - Executive Director; Common Ground Farm Allison Lauchaire - ETATP, Titusville Int. School, Arlington Central School District</p>
<p>10 – 11 am <a href="#">REGISTER</a></p>	<p><b>Staff Wellness: Burnout happens to us all, even the best educators</b></p> <p>No one could have prepared you for the last 2 years. Emotions, exhaustion, and the balance of it all have stressed us out! Join in on an engaging discussion that will guide you in figuring out your archetype and how you can make small changes to create balance in your world.</p> <p><b>Presenter:</b> Mallory Jackson - MPA, MHSC, Health and Human Service Instructor, SUNY Jefferson</p>
<p>11 – 12 pm <a href="#">REGISTER</a></p>	<p><b>Family Engagement</b></p> <p>Whole child wellness is an approach to education defined by policies, practices, and relationships that ensure each child, in each school, in each community is healthy, safe, engaged, supported, and challenged. Family engagement and community involvement are important components that many schools struggle with. Get inspired by hearing from champions who are working to strengthen this area in their respective communities.</p> <p><b>Presenters:</b> Jane Sorensen - Every Person Influences Children (EPIC), Monticello School District Maria Olivier - Flores, LMSW, Parent, Family and Community Liaison, Peekskill City School District</p>
<p>11 – 12 pm <a href="#">REGISTER</a></p>	<p><b>Move it! Bringing Active Learning to Middle Schools</b></p> <p>Need to incorporate more physical activity into your classroom but need some inspiration, especially for the Middle Schoolers?! This workshop is packed with ideas, tools, and resources to engage middle school students of all abilities in activities that keep them learning and interested. Ideas and modifications will be given for both in person and virtual opportunities.</p> <p><b>Presenter:</b> Lisa Perry - Alliance for a Healthier Generation</p>



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