



# 2023 Virtual School Wellness Summer Symposium

## *Nurturing Wellness from Classroom to Community*

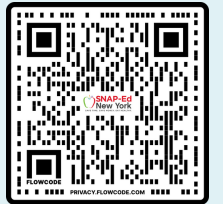


The SNAP-Ed NY Virtual School Wellness Summer Symposium is designed into three tracks: Classroom Education, Student Wellness, & Staff Wellness.

**Step 1:** Register for one or more of the sessions. by clicking "**REGISTER.**"

**Step 2:** Need CTLEs? Click "**CTLE Link on Frontline**" and fill out the form. Skip this step if you do not need CTLEs.

Scan the QR code to [view online](#) and learn more about our speakers. Questions? Contact Jenna Ricker, SNAP-Ed NY Operations Coordinator at [jr2283@cornell.edu](mailto:jr2283@cornell.edu).



### Schedule:

#### Tuesday, August 8

#### Wednesday, August 9

#### Thursday, August 10

#### Track 1: Classroom Education

**9 – 10 AM**

Step 1: **REGISTER**

**Session:** Welcome - Nurturing Wellness  
Join us as we take you on a journey that nurtures from classroom to community.

**Speakers:** Shayna Russo, Bintou Hinds, & Peter Bianco

Step 2: **CTLE Link on Frontline**

**Session:** Nutrition from Classroom to Community

Let's talk about what can be done to bring food, nutrition, & wellness to your space.

**Speaker:** Erica Dahl

Step 2: **CTLE Link on Frontline**

**Session:** Classroom Champions

Learn about practices that bring the CDC Whole Child Wellness approach to education.

**Speakers:** Classroom Champions Panel

Step 2: **CTLE Link on Frontline**

#### Track 2: Student Wellness

**10 – 11 AM**

Step 1: **REGISTER**

**Session:** Student Wellness

Join Dr. Felver from Cornell University. How can mindfulness and meditation make a difference?

**Speaker:** Dr. Felver

Step 2: **CTLE Link on Frontline**

**Session:** Creating Inclusive Spaces

Join as we discuss ways to be inclusive around food in your classroom or community.

**Speaker:** Kristie Cabrera

Step 2: **CTLE Link on Frontline**

**Session:** Student Wellness Champions

Hear success stories from student wellness champions around student engagement in health and wellbeing.

**Speakers:** Wellness Champions Panel

Step 2: **CTLE Link on Frontline**

#### Track 3: Staff Wellness

**11 AM – 12 PM**

Step 1: **REGISTER**

**Session:** Staff Wellness

Join Dr. Felver from Cornell University as we discuss mindfulness, meditation and your health.

**Speaker:** Dr. Felver

Step 2: **CTLE Link on Frontline**

**Session:** Balance & Burnout

Join Professor Mallory Jackson from SUNY Jefferson as we discuss burnout and how it shows up in your classroom.

**Speaker:** Mallory Jackson

Step 2: **CTLE Link on Frontline**

**Session:** Movement Matters

Join SNAP-Ed NY & Project Lift to discuss how movement matters for mental wellbeing.

**Speakers:** Erica Dahl, Bintou Hinds, & Dan Justis

Step 2: **CTLE Link on Frontline**