

# **2023 Virtual School Wellness Summer Symposium**

# Nurturing Wellness from Classroom to Community







expanding the education of our 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.



### **Schedule:**

#### Track 1:

Classroom Education

9 - 10 AM

Step 1: **REGISTER** 

### Track 2:

Student Wellness

10 - 11 AM

Step 1: **REGISTER** 

## Track 3: Staff Wellness

11 AM - 12 PM

Step 1: **REGISTER** 

## Tuesday, August 8

**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:** 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:** 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

## Wednesday, August 9

**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:** 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: 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** 

# Thursday, August 10

**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** 

**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

**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

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