

Who Should Attend

- ◆ Administrators
- ◆ Classroom Teachers
- ◆ Health Teachers
- ◆ Physical Education Teachers
- ◆ School Food Service
- ◆ School Nurses
- ◆ Community Partners
- ◆ Students with Early Education majors
- ◆ Students with Phys Ed majors



Exhibits

- ◆ American Cancer Society
- ◆ American Dairy Association Mideast
- ◆ OSU Extension

March 22, 2010

OSU Lima / Rhodes State College
4240 Campus Drive
Lima, Ohio 45804
Life & Physical Science Building

OHIO ACTION FOR HEALTHY KIDS ZONE 2
c/o LAHEC
1414 Hill Street
Lima, OH 45804



March 22, 2010

8:15 am - 2:15 pm

OSU Lima / Rhodes State College
4240 Campus Drive
Lima, Ohio 45804
Life & Physical Science Building



Blueprint for the Day

8:00 - 8:30

Registration and Breakfast

8:30 - 8:45

Welcome and Introduction

8:45 - 10:00

FUEL UP TO PLAY 60

Mark Inkrott, American Dairy Association Midwest
Sherry Luebrecht, Kalida Schools, Physical Education
Increase your knowledge of how the Fuel Up To Play curriculum can empower students to take action for their health and improve their school environment

10:00 - 10:15

Break

10:15 - 11:15

TRACK SESSION 1

11:15 - 11:30

SAFE ROUTES TO SCHOOL

Roger Dickman, Safe Routes to School Coordinator,
District 1 ODOT
Learn about the Safe Routes to School program and how to apply for funding

11:30 - 12:05

Lunch

12:05 - 12:15

Energizers

12:15 - 1:15

TRACK SESSION 2

1:15 - 2:00

STAFF WELLNESS

Liz Smith, Wyandot County OSU Extension
Marybeth Torsell, American Cancer Society
Become more familiar with staff wellness programs

2:00 - 2:15

Wrap-up, Evaluation, Door Prizes



NUTRITION TRACK



10:15 - 11:15

HYDROPONICS

Mindy Rapp, The Toledo Seagate Food Bank
Become more familiar with Hydroponics and how it can be used in the school

12:15 - 1:15

FARM TO TABLE

Tom Freitas, Sandusky City Schools
Brad Kraft, EHOVE Career Center
Understand how the Farm to Table Program could be used to enhance one's school food service program



PHYSICAL EDUCATION TRACK



10:15 - 11:15

TASTE OF SPARK

Jeff Mushkin, MPH, Project Specialist/Trainer
Increase your knowledge of the SPARK program, the most researched and field tested PE program in the world

12:15 - 1:15

THE ZONE PLAYGROUND

Lois Carnes M.Ed., Physical Education & Health Consultant
Learn ways to increase physical activity levels both outdoors and indoors within the school setting

Registration

NAME _____

SCHOOL DISTRICT _____

TITLE _____

ADDRESS _____

CITY _____ ZIP _____

PHONE _____

EMAIL _____

*Upon receipt of registration, confirmation and directions will be sent via email, so email is required.

\$20.00 Registration Fee

Ohio Action for Healthy Kids Zone 2

c/o LAHEC

1414 Hill Street

Lima, Ohio 45801

lahec@wcoil.com

Call LAHEC at 419-227-4803

www.ohioactionforhealthykids.org

Registration due by March 15, 2010

