

3rd Annual
5210 Goes to School Symposium Agenda
Welcome to the big top!

Tuesday, October 25th, 2011

- 8:00 - 8:30 a.m.** **Registration & Breakfast**
Fort Western, Arnold & Howard
- 8:30 - 8:40 a.m.** **Welcome from Rick Fortier, CHES**
Program Manager, Let's Go! The Kids CO-OP at The Barbara Bush Children's Hospital at Maine Medical Center
- 8:40 - 8:45 a.m.** **Welcome from Ed Kane**
Vice President, Maine, Harvard Pilgrim Health Care Foundation
- 8:45- 9:45 a.m.** **Keynote Presentation**
What It Takes to Put on The Greatest 5210 Show on Earth!
Victoria Rogers, MD
Director, Let's Go!
Director, The Kids CO-OP at The Barbara Bush Children's Hospital at Maine Medical Center
- 9:45 - 9:55 a.m.** **Physical Activity Break**
Led by Heidi Kessler, SNS, Program Manager, Let's Go! The Kids CO-OP at The Barbara Bush Children's Hospital at Maine Medical Center
- 10:00 – 10:45 a.m.** **Breakout Session 1: See end of agenda for breakout descriptions**
Please choose from below:
- 1) **"We Believe!" Developing a Systematic Approach to Support Promotion of Healthy Behaviors**
Mary Booth – School Health Coordinator, MSAD 75
Penobscot
- 2) **The Best Recipe for Food Service: Pulling the Right Ingredients Together**
Linda Hartkopf – 5210 School Health Coordinator, RSU 20
Cumberland
- 3) **Spark Your 5210 Program! Ideas from a Middle School**
Denise Preisser – Physical Education Specialist, Lincoln Middle School, Portland
Fort Western, Arnold & Howard

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- 10:50 – 11:30 a.m.** **Stratejeopardy & Surfing the Crowd for Successes**
Fort Western, Arnold & Howard
- 11:30- 11:40 a.m.** **Physical Activity Break: StoryWalk™**
Fort Western, Arnold & Howard
StoryWalk™: University of Maine, Augusta Trail
- 11:40 - 12:20 p.m.** **Lunch**
Fort Western, Arnold & Howard
- Optional Lunch Session: How are asthma and overweight connected?**
Rhonda Vosmus, Asthma Educator – AH! Asthma Health, Kids CO-OP, Barbara Bush Children’s Hospital at Maine Medical Center
Penobscot
- 12:25 - 1:25 p.m.** **Circus Rings Made Easy: Relationships and 5210 Success**
Fort Western, Arnold & Howard
- 1:30 - 2:15 p.m.** **Breakout Session 3: See end of agenda for breakout descriptions**
Please choose from below:
- 1) Feeding the Wild Things**
Heidi Kessler, SNS – Let’s Go! & Maine School Nutrition Directors
Penobscot
- 2) Inside the mind of strong 5210 leaders!**
William Shuttleworth – Superintendent, Five Towns &
Sarah Zito – Assistant Superintendent, Kennebunk
Fort Western, Arnold & Howard
- 3) Engage Your PTA and Find Your Wellness Heroes**
Deb Ivy – PTA President, Skillin Elementary, South Portland
Cumberland
- 2:20 - 2:45 p.m.** **Closing Remarks and Presentation of Redy Awards**
Fort Western, Arnold & Howard

Descriptions of Breakout Sessions

10:00 – 10:45 a.m. Breakout Session 1

Choose one of the following three:

"We Believe!" Developing a Systematic Approach to Support Promotion of Healthy Behaviors Mary Booth, MSAD 75

In this session Mary Booth will share what MSAD 75 believes is essential for success – it is commitment, not compliance that shifts a culture. Explore how working with all administrative leaders, they inserted language about 5210+8 into their Student/Parent/Teacher/School Compacts and developed a District system to weave 5210+8 into Tier 1 for Response to Intervention (RTI). Learn how MSAD 75, as part of RTI, created a 5210+8 screening tool for all incoming Kindergarten students, input results into a data base and how this information was used as a "spring board" for supportive conversations at parent teacher conferences.

Penobscot

The Best Recipe for Food Service: Pulling the Right Ingredients Together Linda Hartkopf, RSU 20

How do you go about gathering the right ingredients for a professional development workshop? Linda Hartkopf, 5210 School Health Coordinator of Belfast will share her experience and expertise on the development and execution of a successful food service professional development workshop using the 5210 principles. Participants will understand how this program: identified key players, struck a balance around whole foods, and how they identified what would work for their district.

Cumberland

Spark Your 5210 Program! Ideas from a Middle School Denise Preisser, Lincoln Middle School, Portland

Lincoln Middle School is beginning year three of 5210 and it is working! In this presentation Denise Preisser will share how having an engaged team and focused planning can result in an effective 5210 program. Hear about Lincoln's Wellness Team Guidelines and other projects, as part of their 5210 School Wide Wellness Program. Participants will learn how Lincoln started and maintains their 5210 team, how they used a survey to direct their goals, and how they engaged their school community.

Fort Western, Arnold & Howard

12:25-1:25 pm

Circus Rings Made Easy: Relationships and 5210 Success Let's Go! Staff

During this session participants will have the opportunity to:

- Explore their own role in 5210 Goes to School
- Hear new ideas for how their specific role can contribute to the program
- Learn how to develop & expand relationships with people in other roles that can support the program

You will leave with a practical understanding of how your role, and others, can contribute to successful implementation of the Greatest Show on Earth!

Fort Western, Arnold & Howard

(Continued on back)

1:30 - 2:15 p.m.

Choose one of the following three:

Feeding the Wild Things

Heidi Kessler, SNS – Let's Go! & Maine School Nutrition Directors

Directors from various districts will provide 4-5 minute inspiring stories about the opportunities and challenges of making improvements in school food. You'll hear innovative ideas, learn how you can help, and become energized about improving school food. Also learn about how the school food environment includes more than just the cafeteria - teachers, parents, coaches, and students all have a role to play too!

Penobscot

Inside the mind of strong 5210 leaders!

William Shuttleworth – Superintendent, Five Towns (CSD/SAD 28)

& Sarah Zito – Assistant Superintendent, Kennebunk

Explore the history of successful 5210 Goes to School initiatives in various school districts, from the view of district leaders who have supported the program at both the school and district levels. This session will describe the role of school leadership in helping to shape policies, influencing communities, and championing wellness as the cornerstone of a healthy school system. Learn how to solicit support from staff and community, make time in the school day, and how this work effects related district initiatives.

Fort Western, Arnold & Howard

Engage Your PTA and Find Your Wellness Heroes

Deb Ivy, Skillin Elementary School, South Portland

Have you tapped into your PTA for help to champion your commitment to healthy lifestyles in your community? Skillin Elementary School in South Portland will share their success stories, challenges and opportunities of working with a parent-driven 5210 initiatives. You will leave our workshop excited to engage your parent population to help your program grow!

Cumberland