Maine School Wellness Summit

Register here

Wednesday, June 22 & Thursday June 23, 2016
Bates College, Lewiston

Maine School Wellness Summit, the foundation of the Maine Schoolsite Health Promotion Program, is a two-day rich educational experience designed to supports individuals and teams in designing, enhancing and implementing employee wellness, health promotion, health education and the maintenance of a healthy learning environment and school climate as part of a coordinated approach to school health. Participants will engage in a variety of sessions and experiences that provide information, resource materials and tools on leadership development; creating or enhancing positive and safe school climate and culture; improving the health of students, staff, and the school environment; and contributing to personal well-being and overall healthy schools. All of this will contribute to improved academic achievement.

Who should attend the Summit? Any person working in or with a school or school district who is interested in supporting and participating in health promotion and wellness efforts. Including but not limited to…

Teachers **Administrators** **Human Resource Directors** **Transportation Staff**
School Counselors **School Nurses** **Support Staff** **Parents** **Food Service Staff**
Special Education Staff **Educational Technicians** **School Health Coordinators**
Community Members **Business Office Managers** **School Board Members** **Maintenance Staff**

Participants will experience two days filled with learning opportunities to assist in the development and maintenance of a health promoting culture of wellness at the local level including:

1) interactive presentations on leadership and team building to support a schoolsite health promotion and wellness program;
2) presentations and sessions on a variety of employee wellness and school health programming ideas, school policies, and personal wellness strategies;
3) dedicated time for developing and drafting a year-long action plan for a comprehensive wellness program including staff and student health promotion; positive school climate; health enhancing policies; and support for healthy and active schools that lead to improved academic achievement.
4) A commitment to successfully implement a team based health promotion and wellness program with an action plan supported by the administration.

KEYNOTE: David Lee from Portland, Maine is an internationally recognized authority on organizational and managerial practices that optimize employee performance. David is the author of Managing Employee Stress and Safety and Storytelling for Trainers, as well as nearly one hundred articles and book chapters on employee and organizational performance. He has worked in the healthcare field as a clinician, supervisor, and trainer, and in the corporate world as a manager and trainer. In addition to his own work with both high performance and struggling organizations, David draws from a broad range of disciplines, including neuroscience, stress research, organizational development, and peak performance technologies. Taking this research David translates these principles of human nature into practices that optimize employee performance. ***His keynote will inspire us all to bring our best self to work every day***!

Though best practice has proven that a conference team of five to ten members representing different positions within a school community ensures follow through on implementing the year-long action plan it is not always possible for a school district to field a team. A major change from the Wellness Conference to the Summit is that individuals and teams are welcome! It is recommended that attendees schedule a full school team meeting or a meeting with an administrator following the Summit to share learnings, the draft action plan and strategies to implement in the next school year.

Additionally, experience has proven that administrative support is a valuable asset for a wellness team and key to the sustainability of the team and implementing a year-long action plan.

2016 Maine School Wellness Summit

Inspiring the Future

DRAFT AGENDA

Wednesday June 22:

9:00 - 9:30 a.m. Welcome, Program Overview and Introduction of Teams/Attendees

9:40 - 10:40 a.m. Plenary sessions –
Leadership Strategies and Organizational Skills that
Support Successful Worksite Wellness Teams

10:50 - 11:50 a.m. Plenary Breakout sessions
- New attendees: Worksite Wellness: Building the Foundation
- Veteran attendees: Enhancing Your Wellness Programs Impact

12:00 - 1:00 p.m. Lunch and Wellness Time

1:00 - 3:00 p.m. Round Tables/ Exhibits/Mini-demonstration Rotations

Round table topics: Italics means they are confirmed

Wellness Team Ideas- RSU 22	*Inspirational activities for before and afterschool*	*Backpack program /Food Pantries*	*School Breakfast – why teachers should support breakfast in the classroom*
MEA Benefits Trust	Wellness Council of Maine	*Using your Data*	*Finding Funding & Support for Wellness*
RASEME	Wellness Challenges and more - Anthem	*Engaging Administration*	*Marketing your program with social media plus*

Mini-Demonstrations

Hands Only CPR	*Stress Reduction Techniques*	*Brain Gym*	Hula Hooping

3:00 – 3: 15 p.m. Break and Wellness Time

3:15 - 4:15 p.m. Wellness Program Sessions 1

Art as Therapy | Jump Rope for Fun &Fitness | NIA
Seated Yoga for All Ages | Culinary Herbs | Dance for Fun & Fitness

4:30 - 5:30 p.m. Wellness Program Sessions 2 (Repeat of Sessions 1)

Thursday June 23:

8:00 a.m. Light morning refreshments

8:00 – 9:45 a.m. Action Planning Component Presentations and Work Session
- New attendees - mini-lectures followed by planning time in small groups or teams (including resources/tools)
- Veteran attendees - how to enhance their action plans to be more effective, useful tools for success

10: 00 - 11:00 a.m.	Education Sessions 1	
	Managing Stress in the Workplace	*Ergonomics in the Workplace*
	Impact of Drugs on the Brain	*Bullying Prevention*
	The New Wellness Policy	Financial Wellness Across the Lifespan
11:15 - 12:15 p.m.	Education Sessions 2 (Repeat of Sessions 1)	
12: 20 -1:20 p.m.	Lunch and Wellness Time	
1:30 - 2:45 p.m.	Keynote – *Inspiring U*	
	David Lee, HumanNature@Work	
	You have the ability to make a HUGE difference where you work. You can improve morale, foster teamwork, and bring out the best in others, if…	
2:45 - 3:00 p.m.	Closing Remarks/Give-aways	

Click here to register via SurveyMonkey.

Payment is due by **Wednesday, June 15, 2016**

Make checks payable to: Treasurer, State of Maine

PLEASE be sure to indicate name(s) of those attendees the check is paying.

Mail payment to:
Ann Marin
Maine Department of Education
23 State House Station
Augusta, ME 04333-0023
ann.marin@maine.gov
Fax: 207-624-6691

Lodging:

Accommodations are on your own. Bates College has dormitory rooms for $27 for a single and $36 for a double; email Brenda Pelletier (bpelleti@bates.edu) to make reservations. A list of available area hotels honoring the government rate of $89 (or they have a lower rate) will be included in the registration confirmation email from ann.marin@maine.gov.

Thank you for registering for the 2016 Maine School Wellness Summit.
If you have any questions regarding registration, please contact ann.marin@Maine.gov or at 624-6694.
If you have questions regarding the agenda, please contact susan.berry@maine.gov or at 624-6695.