

# 3rd Annual Rockland County School Symposium

FOR TEACHERS, ADMINISTRATORS, PARENTS, HEALTH EDUCATORS, SCHOOL NURSES, FRC COORDINATORS, BOARDS OF EDUCATION AND HEALTH COMMITTEE MEMBERS

Schools of the 21<sup>st</sup> Century  
**Rockland  
21C**  
Collaborative for  
Children & Youth

**RTCI**  
ROCKLAND TEACHERS' CENTER INSTITUTE  
Expanding the art of teaching and learning



Rockland 21C, the Rockland Teachers' Center Institute and the Rockland School Health & Wellness Coalition are pleased to present:

## CONNECTING Health with Learning April 30, 2009

JEWISH COMMUNITY CAMPUS  
450 WEST NYACK ROAD, WEST NYACK, NY

**4:00 – 4:30 PM** Refreshments & Showcase of District Successes  
**4:30 – 7:30 PM** Keynote, Local Success Stories, Workshops



### KEYNOTE PRESENTATION: *Turning the Tide: Reversing the Obesity Trend* by Dr. David Katz

Dr. David Katz, an internationally recognized authority on nutrition, weight management, and the prevention of chronic disease, is Associate Professor in Public Health Practice at the Yale University School of Medicine and director and founder of Yale University's Prevention Research Center. He is currently the nutrition columnist for *O: The Oprah Magazine*, a health columnist for *The New York Times Syndicate*, and has published 12 books to date. He has worked extensively with schools and is the author of two classroom curricula, *Nutrition Detectives* and *ABCs for Fitness*.

### WORKSHOPS:

Please select one workshop when registering.

#### ■ Strategies for Managing Stress in School

— *Ingrid Allison, Ph.D.*

Learn about the impact of stress and brain function and what you can do during the school day to help relieve your stress and that of students. (recommended for classroom and physical education teachers grades K-12 and school nurses)

#### ■ Resiliency: A Model of Strength, Hope and Healing

— *Stephanie Madison, L.M.S.W.*

Parents will learn effective strategies to celebrate themselves, and their children, while effectively reducing stress in these challenging times. (for parents and school nurses)

#### ■ Simple Ways to Use Physical Activity in the Classroom: Based on *Learning in Motion*

— *Nana Koch, Ed.D.*

Gain valuable tips for integrating physical activity into everyday lessons to improve learning, memory and readiness to learn. (for classroom and physical education teachers grades K-12)

#### ■ How Pending NYS and Federal Wellness Legislation May Impact Your District

— *Nancy Huehnergarth, Director, New York State Healthy Eating and Physical Activity Alliance*

Learn about proposed legislation that may impact schools and how implementation of wellness policies can position your school for success. (for administrators, school food service directors and school health committee members)

#### ■ Nutrition Education

— *David Katz, MD, MPH, FACPM, FACP*

Learn about Nutrition Detectives, an evidence-based nutrition education curriculum for elementary students designed by Dr. David Katz. (for teachers K-5 and administrators)

#### PLANNING COMMITTEE:

Amazing Grace  
Circus!

American  
Association  
of University  
Women

Rockland BOCES

East Ramapo  
Central School  
District

CANDLE

Rockland  
21st Century  
Collaborative  
for Children  
and Youth

Rockland County  
Department  
of Health

Rockland  
Teachers' Center  
Institute

**FREE EVENT • PRE-REGISTRATION IS RECOMMENDED BY 4/22/09**  
Register online at [www.rockteach.org](http://www.rockteach.org) . For assistance call 845-942-7602.