

HEALTH SCREENINGS

Again this year, WakeMed staff will provide a variety of health screenings for participants including cholesterol, BMI, blood pressure and bone density assessments.

FUNDING SOURCES!

The 2005 Healthful Living Institute is an approved activity for a variety of funding sources including Staff Development, Safe and Drug Free Schools, and Abstinence Until Marriage monies.

ADDITIONAL INFORMATION

Details regarding the Institute will be sent to registrants in future mailings. See our website for an updated agenda and information or to download registration forms, at www.NCHealthySchools.org.

The 2005 Healthful Living Institute (HLI) will be limited to the first 200 participants.

please
REGISTER TODAY!

The 2005 Healthful Living Institute is sponsored by:



PUBLIC SCHOOLS OF NORTH CAROLINA
State Board of Education | Department of Public Instruction



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HEALTH IS ACADEMIC VII
JULY 11-14 *2005*

CSHP

Coordinated School Health Programs

by the
Sea



North Carolina Healthful Living Institute
UNC-Wilmington, Executive Development Center

CSHP

by the

Sea

The North Carolina Department of Public Instruction will be hosting the 2005 Healthful Living Institute this summer at the Executive Development Center, of the University of North Carolina at Wilmington. The Institute is offered to assist schools, schools systems, and their School Health Advisory Councils to coordinate school health programs, enhance staff wellness, and provide sessions and resources to improve existing health-related curriculum.

Over 1,700 participants representing a majority of the school systems in North Carolina have participated in past Institutes. The Institute is open to individuals, schools, school systems, or School Health Advisory Councils who wish to further develop and enhance the aspects of a Coordinated School Health Program for their students and staff. In addition, SHAC teams will have the opportunity to complete and submit their Healthy Active Children Policy Progress Report through planning sessions conducted by the HLI staff.

GREAT GENERAL SESSIONS, KEYNOTE SPEAKERS, & BREAKOUT PRESENTERS

In keeping with the tradition, this year's Institute will offer a variety of sessions led by nationally recognized leaders in the areas of Parent Advocacy, Health Data, Staff Wellness, Movement and Learning, Health Disparities, Gang Activity, and Abstinence Education. The Institute will feature ten General Sessions and seven Keynote addresses. In addition, forty breakout sessions will address multiple topics related to the eight components of a Coordinated School Health Program.

INSTITUTE REGISTRATION COSTS

\$250 if registered by June 1, 2005. After June 1, the fee is \$300 per person. This covers lodging, breakfast at the hotel, on-site lunch, a luau at the beach and souvenirs.

RENEWAL CREDIT

Certificates of attendance for 24 contact hours (or 2.4 CEUs) may be earned.

INSTITUTE INFORMATION

WHAT IS THE HEALTHFUL LIVING INSTITUTE?

The Healthful Living Institute is a team-oriented approach for developing a Coordinated School Health Program. It is built around the following eight components:

- Health Education
- Physical Education
- Health Services
- Child Nutrition Services
- Healthy School Environment
- School Counseling, Psychological and Social Services
- Staff Wellness
- Family and Community Involvement

WHO SHOULD BE ON YOUR TEAM?

While each team will be different, we encourage teams to be composed of individuals who represent a leadership role in as many of the eight components as possible. For example, child nutrition services personnel, health administrators, school counselors, psychologists, teachers, dropout prevention staff, health/ physical educators, school nurses, and community health professionals would be great team members.



OTHER ACTIVITIES

The Wrightsville Beach/Wilmington area offers a wide variety of recreational opportunities. You are encouraged to take advantage of the local beaches, historical sites, tours, boating, fishing, restaurants, and shopping which are in close proximity to the Institute. On Monday evening, participants will enjoy a luau at Wrightsville Beach. This is a grand opportunity to show off your best beach party attire such as polynesian shirts, clam diggers, grass skirts, and hats. On Tuesday and Wednesday you are "on your own" after 2:45 p.m. to explore and enjoy the area attractions.

NEW INSTITUTE TIMES

In order to maximize the new Institute location this summer, an early time frame has been established.

- July 11** 1:00 p.m. - 5:30 p.m.
- July 12** 7:30 a.m. - 2:45 p.m.
- July 13** 7:30 a.m. - 2:45 p.m.
- July 14** 7:30 a.m. - noon



REGISTRATION FORM *for* CSHP BY THE SEA

Please submit one registration form per person. Duplicate this registration form as needed. The 2005 Healthful Living Institute (HLI) will be limited to the first 200 participants.

NAME _____ MALE FEMALE

LEA/AFFILIATION _____

SCHOOL/SCHOOL SYSTEM _____

If you are coming with a team or SHAC, **TEAM LEADER'S NAME** _____

PREFERRED MAILING ADDRESS (This is where you will receive your registration confirmation and Institute information)

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL (required) _____

POSITION (Example: Third grade classroom teacher) _____

MEDICAL CONSIDERATIONS, SPECIAL DIETARY NEEDS, OTHER _____

ACCOMMODATIONS Housing for all participants at this year's Institute will be at the Comfort Inn, Executive Center which is in close driving distance to the conference site and Wrightsville Beach. Registration is based on double occupancy only and room assignments will be made through the HLI staff.

Indicate Preferred Roommate _____ No Preference Will Make Own Reservation

Non Smoking Room Smoking Room

COSTS:

Save \$50 if registration is postmarked by June 1, 2005. After June 1, the fee is \$300 per person. Certificates of attendance for 24 contact hours (2.4 CEUs) may be earned.

THE REGISTRATION FORM AND PAYMENT (or copy of purchase order) should be sent to:

Dr. Ron Morrow, Executive Director, NCAHPERD
PO Box 27751
Raleigh, NC 27611
1.888.840.6500

MAKE ALL CHECKS and/or PURCHASE ORDERS PAYABLE TO: **NCAHPERD-HLI**

QUESTIONS?

Please contact Jim Rich, CSHP, Training Coordinator at 919.510-7519 or apejimr@yahoo.com