

Healthy Kids, Healthy Futures: A Call to Action! Summit

Save the Date: October 21, 2016 Colonial Hotel, Gardner, MA



Mass PTA Health and Safety Newsletter June 2016

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SAVE the DATE!

A Massachusetts PTA Health Summit!

BOKS - Presenter and Exhibitor at Mass PTA Health Summit

Become a Sponsor /Exhibitor/Vendor

Save the Date:

A Massachusetts PTA Health Summit to look forward to this Fall!

As this school year is coming to a close and summer is just around the corner, we know that

October 21, 2016

The Colonial Hotel



www.colonial-hotel.com



"Concussions: What we need to know!"

One of the workshops by DPH, Division of Injury Prevention being offered at the Health Summit.

Brought back by popular demand!

**Join Us October 21, 2016
Massachusetts PTA
Health Summit,
*Healthy Kids,
Healthy Futures:
A Call to Action!***

 Send to a Colleague

we have to keep our children and students healthy and safe. Your Massachusetts PTA, through its Health, Wellness and Safety Committee, is doing just that for you, your PTA members, educators and community.

**Save the Date, October 21, 2016
*Healthy Kids, Healthy Futures:
A Call to Action! Summit***

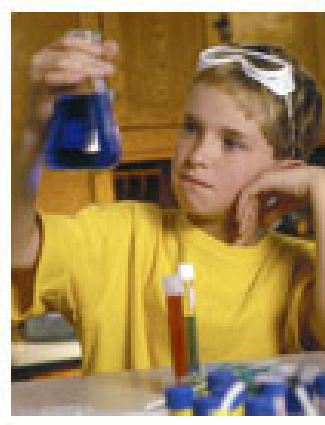
This conference will be held on October 21, 2016 at the Colonial Hotel, 625 Betty Spring Road, Gardner, Massachusetts. We are excited about this first ever Massachusetts PTA Health Summit. We have chosen this centrally located site in the state so all members, educators, parents, community members/leaders, health and wellness experts, elected officials and Massachusetts PTA Partners can gather together to learn, to discuss and to take action collectively to keep our children healthy and safe.

Massachusetts PTA represents hundreds of PTA Local units and members across this Commonwealth. We are dedicated to promoting effective health education programs and services in schools, families and communities in order to offer children, youth and families the skills, tools and abilities they need to make healthy choices. We have been talking to you gathering your thoughts and ideas. We have listened!!

This Conference will be a whole day from 8:00 am to 2:15 pm. We will be offering workshops, round table discussions, panel discussions, focus groups and so much more! We will be having Opening Speakers and a Luncheon speaker on all the topics you asked about like keeping our kids resilient, talking about bullying, internet safety, nutrition and physical health, LGBTQT issues, and many others. You will also have Vendors and Exhibitors who will also share and learn with you on how to stay safe and be healthy! You can come on Thursday night and stay at the Colonial Hotel in Gardner for a special



Become a Sponsor,
Exhibitor or
Vendor
at the
Mass PTA Health
Summit



Be a Healthy
Contributor towards
our future leaders!

9 am-11 am
Noon-2 pm
3 pm-5 pm
Choose your
time
Register
now!

Don't miss
your
chance to
win an
Amazon
Fire Tablet!

Saturday, July 23,
Southbridge Middle/High School, 132 Torrey Road, Southbridge, MA

Be sure to Sign Up
for Mass PTA
Leadership Training
See Mass PTA
Website also get
your
discount

rate of \$99. The Hotel is also offering a special discount to all PTA Health Summit participants a weekend special for you and your family. This will be the height of "Leaf Peeping Season"!!

**Be on the "
Look Out"**

mid-July for Brochure and Registration Forms. Fill them out promptly, get them back to us as we have only room for 200 attendees. If you attend the [July 23rd PTA Leadership Training](#) in Southbridge, and register on that day at the training, you will get a \$5.00 discount!!! See the Massachusetts PTA Website for more information on this Leadership Training.

For More Information and questions answered, Call or e-mail and certainly keep looking at our website and future e-mails and mailings!

Thank You for all that you do on behalf of children, families and PTA!!!

Jackie Coogan
Mass PTA Chairperson - Health and Wellness
Mass PTA Board Member
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BOKS
(Build Our Kids' Success)
A Presenter/Exhibitor/Vendors
on October 21st
at the Mass PTA Health Summit.

BOKS (Build Our Kids' Success) is a free before school physical activity program designed to get children moving in the morning and their brains ready for a day of learning. In 2009, Kathleen Tullie, a mom and now Founder and Executive

**for the Mass PTA
Health Summit
Registration.**

**Join us on Saturday,
July 23**

**Two-hour sessions
repeated
throughout the day:**

9am-11 am

Noon-2pm

3pm-5pm

**Select the time
that works best for you
Great opportunity**

**for any new officers or
anyone
considering a
leadership role.**

**Everyone is welcome!
Bring your whole
team!**

**Children are welcome -
activities will be
provided.**

**Amazon Fire Tablet
given away at each
session.**

**Mass Parent Teacher
Association
405 Waltham Street, #147
Lexington, Mass. 02421**

info@masspta.org

617-861-7910

Director of BOKS, read the book, *Spark*, by Dr. John Ratey. The book clearly set forth the research as to why kids should be active before school and she was inspired to create a program at her children's elementary school. With school approval and a group of passionate moms, BOKS (formerly FitKidz Get Up & Go) was launched.

BOKS is a direct response to the dwindling amount of physical activity programs in elementary and middle schools. Our mission is to promote the profound impact of physical activity on a child's mind, body and community. Its 12-week curriculum provides children with 45 minutes of fun, non-competitive, kid-friendly activities to help them achieve moderate to vigorous physical activity through warm-ups, a skill of the week, running, relay races, obstacle courses, and group games. Each session ends with an age appropriate nutrition tip designed to increase nutritional knowledge and build healthy habits. BOKS Bursts, an extension of the curriculum, offers 2-5 minute physical activity breaks for teachers to use throughout the day.

Currently over 450 Massachusetts elementary and middle schools have enrolled to get their students moving with BOKS. BOKS provides FREE curriculum, resources, and training, and each school identifies a volunteer - passionate parent, teacher, or community member - to run the program. Bring BOKS to your school! Listen to local BOKS students talk about their experiences [here](#), or visit www.bokskids.org to learn more and enroll your child's school.

BOKS will be presenting a workshop and also responsible for our healthy breaks at the [MASS PTA Health Summit](#).

Join Us on us on October 21st.

Get your sneakers on and let's *Move!*

Massachusetts PTA



For information on
Mass PTA Health, Safety
and Wellness Committee,
events and meetings:

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and Wellness Chair
Mass PTA Board Member
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We can all help each
other be healthy!

***"Healthy Kids,
Healthy Communities:
A Call to Action! Summit"
on October 21st, 2016***

Colonial Hotel in Gardner, MA

***Become a Sponsor/Exhibitor
and /or a Vendor
at the Mass PTA Health Summit!***

The Massachusetts PTA invites you to Sponsor and/or exhibit at the 1st Annual ***Healthy Kids, Healthy Communities; A Call to Action! Summit***. The conference will be held on October 21, 2016 at the Colonial Inn, 625 Betty Spring Road Gardner, Massachusetts. We are excited about this first ever Mass PTA Health Summit.

A large attendance is expected to participate in this conference, including our colleagues from the greater New England PTA States. We know that you can enrich this opportunity as well as learn from it. Your exhibits, presentations, and support are all very valuable to the Massachusetts PTA.

We hope you will join us!

Massachusetts PTA

***"Healthy Kids,
Healthy Communities:
A Call to Action! Summit"
on October 21st, 2016***

Colonial Hotel in Gardner, MA

In addition to our Vendors/Exhibitors, we are also welcoming you and/or your business to Sponsor this conference. This is a tremendous opportunity to demonstrate your encouragement and efforts to support the health and well-being of our children, families and communities not only in Massachusetts but also across the greater New England States. Go to the Massachusetts PTA Web site www.masspta.org for further information on this great opportunity! You can also e-mail healthsummit@masspta.org for information, inquiries and answers!

Please Note: Limited Opportunity: only 35 Vendor/Exhibitors spots available! We can accept all Sponsorship's large or small.

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