



Massachusetts

PTA[®]

everychild.one voice.

The Massachusetts PTA invites you to join us for this summit to convene and discuss how to keep our children, families and communities healthy.

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

October 21, 2016: 8:30AM-2:00 PM

Colonial Hotel

625 Betty Spring Rd

Gardner, MA 01440

Register today.

The Summit will have an exceptional audience from across the Commonwealth of Massachusetts, including parents, educators, health and wellness experts, community members, elected officials and our trusted partners, convening to discuss and learn action steps to keep our children, families and communities healthy and safe!

7:30am -8:15am Registration and Healthy Buffet Breakfast

8:15- 8:30 am

Opening the Conference

Jennifer Francioso, Massachusetts PTA President

National PTA Elected Officers and Representatives

Jackie Coogan, Mass PTA Health and Safety Chairperson

8:30-8:45am

BOKS, Move and Keeping Fit

8:45-9:45 am

Plenary Session: "I'm OK!"

Mary Ann Gapinski, MSN, RN, NCSN

Boston Councilwoman-at-large: Ayanna Pressley

Erin Wholey, New England Dairy and Food Council

10:00-11:00 Session A Choices

1. Gender Identity & Expression: Creating Safer Schools-Moderator, Devin Armstrong:

Panel Members: Ilene Sharp, Dr. Erik Champy, Jeff Perrotti

A conversation about creating school communities that are safer and more inclusive for all members of the school community. Terminology, resources, the gender unicorn and best practices around LGBTQ+ people and the school setting will be discussed.

2. Promoting Prosocial Skills and Reducing Bullying among Elementary Grade Students Using New Digital Tools from ARTHUR-Mary A. Haggerty

For 20 seasons, the characters on ARTHUR have helped to prepare children for school and for life by focusing on key issues that are relevant to their everyday experiences. Come hear from education staff from the WGBH Educational Foundation about new digital tools that focus on social and emotional learning and anti-bullying strategies, timely topics in today's elementary schools and afterschool programs.

3. Move to Improve: Quality Health & Physical Education Programs for Your Child IS a Necessity to Learning!

Maria Melchionda, Claudia Brown, Sarah Sparrow Benes

Learn about the importance of quality health and physical education programs for your child and how they enhance the academics as integral parts of the core curriculum. Opportunity to learn, meaningful content, and appropriate instruction are the three components of quality physical and health education programs. With these components in place, students improve mental alertness, academic achievement, and enthusiasm for learning. Learn how these programs can positively impact wellness within the school community.

4. Dating In a Digital World-Stephanie Guyotte

Dating In a Digital World -This hands-on workshop provides an overview of teen dating abuse, with a focus on the digital world. Participants will learn the ways social media and online behavior influence today's dating relationships, including sexting. The presentation will include information on good digital citizenship and staying safe online. The workshop provides activities to bring information on healthy relationships into the classroom. Videos from Middlesex Partnership for Youth (MPY) teen dating series are shown.

5. Anti-Bias Education: Pathway to Preventing Bullying and Building Resiliency-Phil Fogelman

This engaging workshop will explore the ways in which anti-bias education empowers adults, children and adolescents to recognize and address all forms of prejudice and manifestations such as bullying and cyber bullying; support those who are targeted with hurtful behaviors; and actively promote an inclusive learning environment in which human differences are respected and valued.

Get to know the Presenters...

Devin Armstrong

Devin Armstrong is a graduate of Bridgewater State University, with a degree in political science/public administration concentration. In July of 2014, Devin became the country's first LGBTQ Chair to sit on a state PTA Board of Directors. He also serves as MA PTA's representative on the Department of Elementary and Secondary Education AIDS Advisory Panel.

Ilene Sharp

Ilene has taught Health and Wellness for the last 23 years in the Wellesley Public Schools. She is currently teaching Nutrition and Food Preparation, Substance Abuse Prevention and Sexuality Education classes to middle school students. Ilene has recently worked with Greater Boston PFLAG to organize and design workshops about "Gender Identity and Expression" for the staff at Wellesley Middle School.

Dr. Erik Champy

Dr. Champy has been an educator for more than 25 years in public education. His experience spans from preschool through graduate school. Erik has served as a teacher, guidance counselor, student teacher supervisor, and adjunct professor. He has served as the President of the Massachusetts PTA, President of the Salem State University Alumni Association, and State Director for the National Education Association. In May, Dr. Champy was elected Vice President of the Massachusetts Teachers Association.

Jeff Perrotti

Jeff Perrotti is the Director of the *Massachusetts Safe Schools Program for Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQ) Students*. He is the co-author with Kim Westheimer of the book, *When the Drama Club is Not Enough*. Jeff also teaches and advises students at Harvard University, where he has received several awards for excellence in teaching.

Mary A. Haggerty

Mary Haggerty is part of a leadership team that works with WGBH's television and interactive productions to develop new educational initiatives and engagement campaigns that leverage the power of media to promote learning for children, parents, and educators. Ms. Haggerty develops partnerships with national and international education organizations and state agencies.

Maria Melchionda

Maria Melchionda's experience has included teaching in the public schools as an elementary and adapted physical educator; presently Chair of the National SHAPE America Society of Association Management. She is presently the Executive Director of the Massachusetts Association for Health, Physical Education, Recreation and Dance (MAHPERD).

Claudia Brown

Claudia holds a Bachelor of Science and a Master's in Education, with administrative licensure. She has been teaching physical education and health in the North Reading Public Schools for eighteen years, leading curriculum development in health and physical education for the last five. Claudia has served on the MAHPERD board for four years as Health Advocacy Vice President, Vice President of Health, and President-elect.

Sarah Sparrow Benes' EdD, CHES, Ret AT

Sarah is a Senior Director and Lecturer in Graduate Health Sciences at Merrimack College. Sarah received her BS in Athletic Training from the University of Connecticut, a Master in Education and Doctorate in Curriculum and Teaching from Boston University and is currently working on an MPH.

Stephanie Guyotte

Stephanie Guyotte is the director of Programs and Outreach for Middlesex Partnerships for Youth in the Middlesex District Attorney's Office. In this role, Stephanie develops prevention and intervention programs and resources for students, parents and educators on topics including internet safety, teen dating abuse, substance use, bullying and other areas, and regularly presents to varied audiences on these topics. Stephanie has a Bachelor of Science degree from Emerson College.

Phil Fogelman

Phil Fogelman has been developing, advancing, and presenting education programs for more than 30 years. Since 1998, he has been serving as Director of the Anti-Defamation League (ADL) New England's A WORLD OF DIFFERENCE® Institute, a national anti-bias and diversity training and education program. In addition, Phil has served as a member of the Massachusetts Attorney General's Safe Schools Initiative and is a member of the Massachusetts Interscholastic Athletic Association's Educational Athletics Advisory Committee.

Morning Keynote Speakers

Mary Ann Gapinski, MSN, RN, NCSN



Mary Ann is the Director of School Health Services for the Massachusetts Department of Public Health. In this role, she is responsible for the overall delivery of health services provided by school nurses and other school health personnel, in both the Commonwealth's private and public schools. She currently serve on numerous statewide committees to address school health services in Massachusetts, including the Children's Behavioral Health Initiative Advisory Council, the Massachusetts Chapter of the American Academy of Pediatrics Mental Health Task Force and the School Health Committee. She has served as President of the National Board of Certification for School Nurses and been the lead presenter for the National Association of School Nurses in school health services at national conferences. She has authored several publications related to school nursing practice. She has been working in the area of school health for over 20 years. She is the mother of three grown daughters and grandmother of a charming 15 month old grandson.

Ayanna Pressley

Ayanna Pressley's career has been marked by history-making campaigns and a relentless determination to advance a policy agenda focused on girls and women, breaking cycles of poverty and all forms of violence, and reducing trauma in our communities. Pressley was first elected to the Boston City Council on November 3, 2009, becoming the first woman of color ever to do so. In 2011, she became the first woman in 30 years and the first person of color ever to top the ticket. On the trail and in the office, Pressley doesn't shy away from sharing her story as a survivor of childhood sexual abuse and sexual assault as a college student. Pressley founded and Chairs the City Council's Committee on Healthy, Women, Families, and Communities and has built broad and diverse coalitions to advance lasting, meaningful reforms to complex social issues like teen pregnancy and trauma. Pressley is an Aspen-Rodel Fellow in Public Leadership (2012) and a Truman National Security Project Partner (2012).



Erin Wholey

Erin Wholey is a registered dietitian at the New England Dairy & Food Council (NEDFC). She started her career at Boston Children's Hospital, and has been working at NEDFC for 6 years. She has a degree in Dietetics from the University of Illinois Urbana-Champaign and completed her dietetic internship at Beth Israel Deaconess Medical Center in Boston. Erin works with schools across Massachusetts through *Fuel Up to Play 60*, the nation's largest in-school wellness program. A partnership with National Dairy Council and the National Football League, in collaboration with the United States Department of Agriculture, *Fuel Up to Play 60* empowers students to lead healthy changes in their schools that increase access to healthy eating and physical activity. Grants are available through *Fuel Up to Play 60* to help schools make healthy changes. Erin loves seeing the increased confidence in students when they gain leadership experience through *Fuel Up to Play 60* and start making healthier choices for themselves and their schools!

Luncheon Keynote Speakers

Massachusetts Senator Sal DiDomenico



Senator Sal DiDomenico has proudly served the communities of Everett, Chelsea, Charlestown, as well as parts of Allston-Brighton, Cambridge, and the West End of Boston as State Senator for the Middlesex and Suffolk District of Massachusetts since May of 2010. Since his election to the State Senate, Senator DiDomenico has been a vocal advocate of ensuring high quality and accessible early education for children in the Commonwealth, improving economic opportunity for working families, and providing world-class healthcare for all children and their families in Massachusetts. The Senator currently serves as Vice Chairman of the Senate Committee on Ways and Means. Through his Vice Chairmanship, Senator DiDomenico holds a position in Senate President Stan Rosenberg's leadership team. During his tenure in the State Senate, Senator DiDomenico has filed several major pieces of legislation that have been signed into law focusing on issues of community development, education, children's health, election laws, human services, and public safety. Senator DiDomenico is a graduate of Cambridge Rindge and Latin High School and earned his B.A. in Business Administration from Boston College. Sal and his wife Tricia, a special education teacher, reside in Everett with their two sons, Matthew and Sal.

Invited National PTA Leader

The PTA is the oldest and largest child advocacy association in America. Today's PTA is comprised of more than 4 million parents, teachers, grandparents, caregivers, foster parents and other caring adults who share a commitment to improving the education, health, and safety of all children.



Today, the issues that affect our children extend beyond their individual schools. The PTA's nationwide network provides parents with the forum and tools to collectively influence the decisions that affect children not only at their schools, but also throughout their districts, within their states, and across the nation. This mission is unique to the PTA.

Many of the benefits our children receive today, such as universal kindergarten, the National School Lunch Program, and a juvenile justice system, were accomplished as a result of the PTA mission.

We speak with one voice for every child.



11:00-12:00 Session B Choices

6. Active Kids=Active Minds: PA Before/During School to Boost Student Achievement-Laura Burati

Active Kids=Active Minds! Join us for an interactive session to learn about BOKS (Build Our Kids' Success) and how schools can empower volunteers to provide physical activity opportunities to students before school, in the classroom, and during recess! BOKS provides free evidence-based curriculum, program support, and training for schools to enhance student performance through integrating physical activity into the day. We practice what we preach, so come prepared to get moving and have some fun!

7. What Parents and Students Need to Know: Proper Response and Management for Sports-related Concussions-Linda Brown/Kathleen Thornton

In this session, Linda Brown MBA, the MDPH Program Coordinator of Sports Concussion Activities will provide an overview of the Department of Public Health's sports concussion regulations, parents' responsibilities under the regulations and DPH's clinical and policy guidance to schools when a student has been injured from a sports-related head injury. Kathleen P. Thornton, MS, LAT, CSCS a Team Leader and Athletic Trainer with Southcoast Hospitals will discuss the crucial role that proper concussion education plays in the recognition and management of concussions. She will also discuss the treatment of concussion and the gradual return to sport for the concussed student.

8. Fueling the Future: Giving Children the Nutrition They Need to Learn & Grow-Erin Wholey, RD, LDN

Good nutrition can fuel a lifetime of success, but 1 in 5 children in America doesn't get the food they need each day. This session will provide tips for feeding children at home and in schools, while exploring ways you can increase access to healthy foods in your community through resources like the School Breakfast and Summer Food Service Programs. Hunger exists in every community. Help make sure ALL students have the nutrition they need to learn and grow!

9. Gender Identity and Expression: A Personal Perspective-Jeff Perrotti

This workshop will feature students and parents speaking about laws, policies, and best practices for supporting transgender and gender nonconforming students.

10. A Parent's Guide to Being a Vaccine Advocate-Rebecca Vanucci

This presentation will outline ways that parents can become vaccine advocates in their community. The presentation will include information on the benefits of vaccination, common myths about vaccines, school immunization and exemption data, how to find your local school's immunization and exemption rates, and effective communication strategies to support vaccines.

12:00 – 12:45: Lunch

12:45-1:00: BOKS :Fitness Activity in large room

1:00 – 1:45: Key Note Luncheon Speaker

1:45-2:00 Closing Remarks: Jennifer Francioso Massachusetts PTA President

Membership and Keeping the Local Units "Healthy"



Session B Presenters....

Laura Burati

Laura is the Program and Training Manager for an internationally known physical activity program that is getting kids moving all over the world! When Laura is not traveling around the country leading trainings to educate about the importance before school physical activity (and BOKS), she teaches the program at her local Massachusetts elementary and middle schools. Laura is a certified personal trainer as well as CrossFit Level 1 and CrossFit Kids Certified.

Linda Brown

Linda Brown, MBA, has been the Program Coordinator for the Head Injuries and Concussions in School Athletics Initiative at the Massachusetts Department of Public Health within the Division of Violence and Injury Prevention for the past five years and works on all implementation activities of the MDPH sports concussion regulations.

Kathleen Thornton

Kathy currently serves as an Athletic Trainer and the Team Leader for Injury Prevention / Ergonomics / Occupational Health at Southcoast Health System in New Bedford, Massachusetts. Prior to taking on this role, she spent 25 years as the Athletic Trainer at Bishop Stang High School.

Erin Wholey

Erin Wholey is a registered dietitian at the New England Dairy & Food Council (NEDFC). Erin works with schools across Massachusetts through Fuel Up to Play 60, the nation's largest in-school wellness program. A partnership with National Dairy Council and the National Football League, in collaboration with the United States Department of Agriculture, Fuel Up to Play 60 empowers students to lead healthy changes in their schools that increase access to healthy eating and physical activity.

Jeff Perrotti

Jeff Perrotti is the Director of the Massachusetts Safe Schools Program for Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQ) Students. He is the co-author with Kim Westheimer of the book, When the Drama Club is Not Enough. Jeff also teaches and advises students at Harvard University, where he has received several awards for excellence in teaching.

Rebecca Vanucci

Rebecca Vanucci is the Immunization Outreach Coordinator for the MDPH Immunization Program. In that role, Rebecca plans the strategic educational outreach to providers, patients, and the larger community about immunizations. Rebecca received her Master's Degree in the History of Environment, Technology, Health and Medicine from Rutgers University/NJIT.

Thank you to all of our presenters!

Participant Registration

Space is limited!! Register Today!

FIRST NAME: _____ LAST NAME: _____

PHONE NUMBER: _____ EMAIL ADDRESS: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

Please indicate your choice by placing a 1 after the workshop that is your 1 st and a 2 to indicate your 2nd choice. People are placed into workshops on a “first come” basis. If your first choice workshop is filled when you register, we will place you in your second choice workshop.

SESSION A: 1: ____ 2: ____ 3: ____ 4: ____ 5: ____

SESSION 2B 6: ____ 7: ____ 8: ____ 9: ____ 10: ____

Pre-registrations forms should be completed in full and returned to us as soon as possible, but no later than **October 14, 2016** with your payment of **\$50 for PTA members/\$65 for non-members. MAKE CHECKS OUT TO MASS PTA. Space is limited to 200, Register today!**

Return Registration Forms to:

Massachusetts PTA Health & Wellness Chair

Jackie Coogan

57 Wentworth Road

Melrose, MA 02176

jmincoogan@comcast.net or 617-851-5382

Registrations and/or questions may be mailed to above address or completed through the www.masspta.org and/or healthsummit@masspta.org

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