



**Illinois  
State Board of  
Education**



# SCHOOL WELLNESS CONFERENCE



**Nutrition**



**Physical Activity**



**Social and Emotional Health**

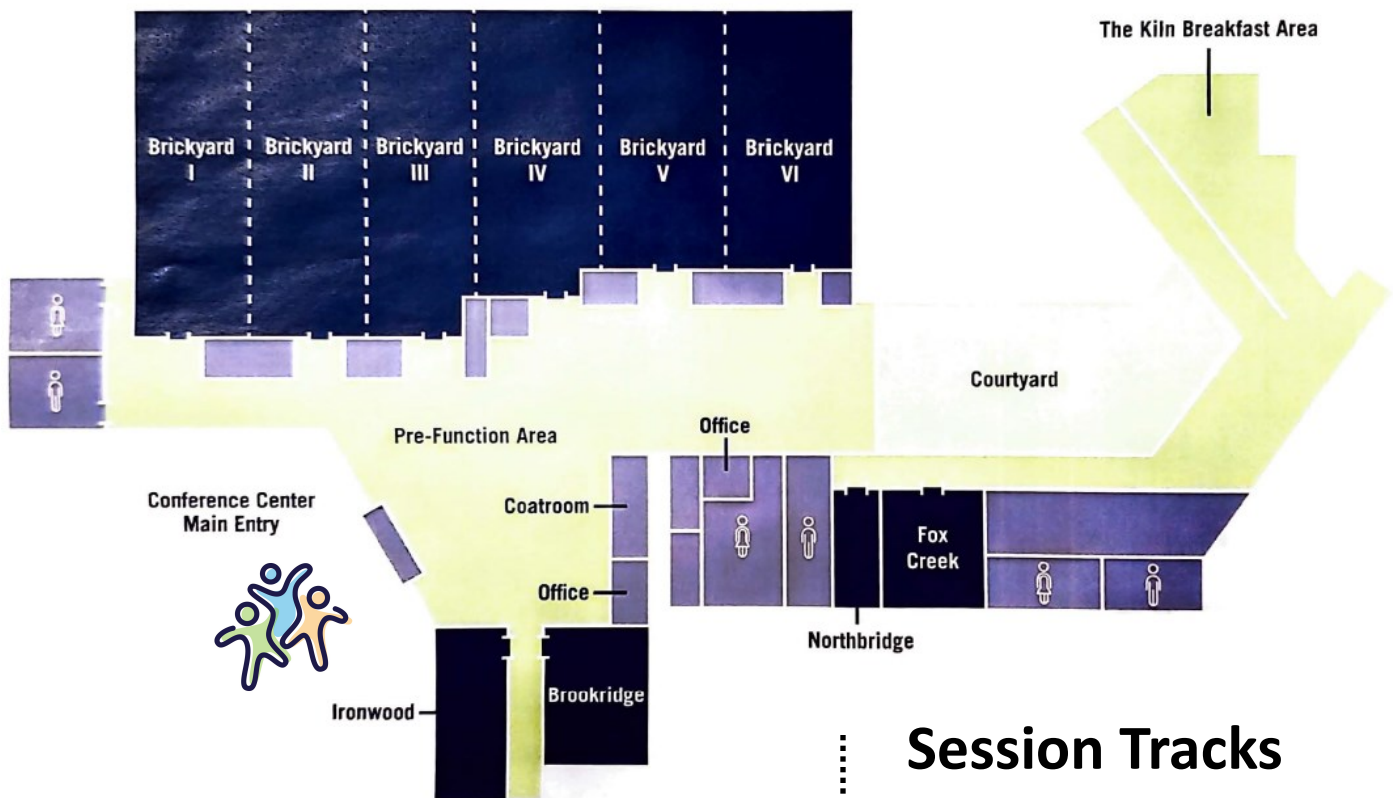
Presented by the ISBE Wellness and Nutrition Departments

**Feb. 24 Pre-Conference / Feb. 25 Full-Day Conference  
Bloomington, IL**



## Where to go

### Main Level DoubleTree by Hilton Hotel Bloomington



## Session Tracks



### NUTRITION

*Breakouts  
in Brickyard III*



### PHYSICAL EDUCATION

*Breakouts  
in Brickyard I*



### SOCIAL EMOTIONAL HEALTH

*Breakouts  
in Brickyard II*



**Welcome, Keynote,  
Wellness Break, Lunch,  
and the final 'Better  
Together' session**

*Brickyard IV, V, VI*



**Registration, Exhibitors,  
and Networking**

*Pre-Function Area*



## ISBE School Wellness Conference

### AGENDA AT A GLANCE

#### Pre-Conference, Monday, Feb. 24, 2020

12:30-1 p.m.	<b>Registration and Networking</b> ( <i>Pre-Function Area</i> )
1-4 p.m.	<b>Local Wellness Policy Workshop</b> ( <i>Brickyard I</i> )
1-4 p.m.	<b>MHTTC National School Mental Health Curriculum: Guidance and Best Practices for School Districts</b> ( <i>Brickyard II</i> )

#### Full-Day Conference, Tuesday, Feb. 25, 2020

8-8:30 a.m.	<b>Registration and Networking</b> ( <i>Pre-Function Area</i> )
8:30-9 a.m.	<b>ISBE Welcome</b> ( <i>Brickyard IV/V/VI</i> )
9:05-10:05 a.m.	<b>Breakout Sessions</b> <b>NUTRITION:</b> Local Wellness Policy Regulations & Resources ( <i>Brickyard III</i> ) <b>PHYSICAL EDUCATION:</b> Adaptive PE ( <i>Brickyard I</i> ) <b>SOCIAL EMOTIONAL HEALTH:</b> IL-AWARE: Creating Collaborations to Improve Student Wellness ( <i>Brickyard II</i> )
10:15-11:15 a.m.	<b>Keynote Speaker</b> ( <i>Brickyard IV/V/VI</i> )
11:15-11:30 a.m.	<b>Wellness Break</b> ( <i>Brickyard IV/V/VI</i> )
11:30 a.m. to 12:30 p.m.	<b>Lunch and Networking Tables</b> ( <i>Brickyard IV/V/VI</i> )
12:40-1:40 p.m.	<b>Breakout Sessions</b> <b>NUTRITION:</b> Accommodations of Special Dietary Needs ( <i>Brickyard III</i> ) <b>PHYSICAL EDUCATION:</b> Using State Mandated Fitness Data in Illinois Schools ( <i>Brickyard I</i> ) <b>SOCIAL EMOTIONAL HEALTH:</b> Supporting Students Before, During, and Upon Returning From Behavioral Health Hospitalization From a District's Perspective, Through the MTSS Lens ( <i>Brickyard II</i> )
1:45-2:45 p.m.	<b>Breakout Sessions</b> <b>NUTRITION:</b> Innovative Approaches to Nutrition Education ( <i>Brickyard III</i> ) <b>PHYSICAL EDUCATION:</b> Empathy and Inclusion ( <i>Brickyard I</i> ) <b>SOCIAL EMOTIONAL HEALTH:</b> Hospital-School Collaboration: Best Practices for Student Success ( <i>Brickyard II</i> )
3-4 p.m.	<b>Better Together: A Collaborative Approach to School Wellness</b> ( <i>Brickyard IV/V/VI</i> )



## ISBE School Wellness Conference

### Pre-Conference Sessions, Monday, Feb. 24, 2020

Registration starts at 12:30 p.m., both trainings are 1-4 p.m.

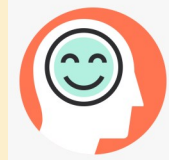
#### MHTTC National School Mental Health Curriculum: Guidance and Best Practices for School Districts

##### *Brickyard II*

The National School Mental Health Curriculum helps states, districts, and schools across the nation understand the core components of comprehensive school mental health approaches, as well as engage in a planning process.

This pre-conference session will highlight (1) Core features of the foundations of comprehensive school mental health and (2) What, why, and how to create aligned district and school mental health teams in partnership with local community and behavioral health providers.

Following this in-person session, attendees should watch for a follow-up webinar from the Great Lakes Mental Health Technology Transfer Center and the Illinois State Board of Education.



#### Local Wellness Policy Workshop

##### *Brickyard I*

The Healthy, Hunger-Free Kids Act of 2010 (HHFKA) requires all local educational agencies participating in the National School Lunch Program and/or School Breakfast Program to establish and implement, for all schools under its jurisdiction, local school wellness policies that meet minimum standards designed to promote sound nutrition, student health, reduce childhood obesity, and provide transparency to the public on the school nutrition environment.

The Illinois State Board of Education's Nutrition Department is teaming up with Action for Healthy Kids to share information on regulatory requirements, best practices, resources, and more to make the most of your school's Local Wellness Policy.



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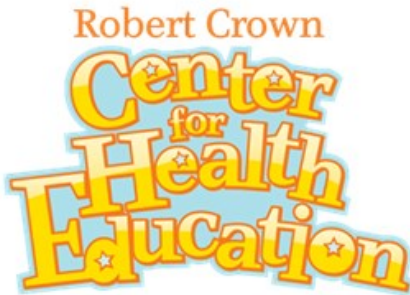


Great Lakes (HHS Region 5)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

Be sure to connect with our conference exhibitors in the Pre-Function Area! Take your Exhibitors Passport along! As you connect with exhibitors, they will initial their logo on your passport. Return your completed Exhibitors Passport to the registration desk for a chance to win a prize during the final session. Thanks to all our exhibitors for joining us today!



ISBE Welcome / 8:30-9 a.m., Tuesday, Feb. 25

Brickyard IV, V, VI

## Krish Mohip



Illinois  
State Board of  
Education

**K**rish Mohip started his career as a kindergarten teacher in the Chicago Public Schools before becoming an assistant principal, serving schools on the North and Northwest side of Chicago. He became a principal in 2006, serving a low-income, poor performing school in the Pilsen area of Chicago. During his tenure, the school's reading, math, and science test scores increased dramatically, outperforming the nearby Gifted School. Krish then became the CPS Deputy Chief and ultimately, Chief Transformation Officer and Executive Cabinet Member, assigned to 36 of CPS's poorest-performing and most challenged schools. Of those schools, all saw significant improvement within 3 years and all schools continue to improve today.

Recruited by the State of Ohio, Krish left the Chicago Public schools in 2016 to lead the first state-takeover in Ohio's history. He led the lowest performing school district for 3 years, noting significant improvement to the academics and emotional health of the students. Graduation rates improved by over 14%, Freshman on Track increased by

over 30%, and suspensions decreased by over 55% during his time at the district. In his second year at the helm, Krish realized some of the highest rates of Gap Closing in the state; the African American Achievement Gap in Reading decreased from 54.6% to 4% and he reduced the Hispanic Achievement Gap in Reading from 50.5% to 9%

Krish recently joined the Illinois State Board of Education and is serving as the Deputy Chief of Operational Education. His main duties are collaborating with all Regional Offices of Education while overseeing Charter Schools, Title Funds, Federal and State Monitoring, Health and Wellness, Nutrition, and Parent and Community Engagement.

A son of parents who grew up poor, in Trinidad and Tobago and came to the U.S. as young adults, Mohip has a passion for education for all children and believes it takes a community of adults working together to realize the results students deserve. He is married to his best friend, Erin, and has three children Noah, Bella, and Riley.

Keynote Speaker / 10:15-11:15 a.m., Tuesday, Feb. 25

Brickyard IV, V, VI

TamiWest<sup>PhD</sup>  
—motivation . inspiration . education



**K**nown as "The Funny Motivational Speaker," Dr. Tami West uses her entertaining and compelling style to shine a new light on how to transform your life and discover solutions to life's challenges. For over 15 years, Tami has been equipping people to live their best lives. Her passion stems from a lifelong battle with an anxiety disorder which has uniquely equipped her to teach, encourage, and motivate others.

With her bachelor's degree in biology and a master's in education, Tami has worked in a variety of industries including healthcare, school nutrition, corporate sales, and a 10-year stint as a public school teacher. In 2013, she received her PhD in human development and continued her career as the dynamic motivational speaker, trainer, and author she is today.

As a respected and in-demand speaker, Dr. West has spo-

ken in 48 states across the US, as well as the United Kingdom, Australia, and New Zealand. In any given year, Tami speaks to groups with audiences consisting of anywhere from 100 to 3,000 people.

Tami is able to connect with diverse audiences ranging from Danbury Federal Prison inmates (the setting of the Netflix series "Orange is the New Black") to public school teachers to senior management at the Social Security Administration.

Dr. West is the author of several successful publications including two books: "The Stress Club" and "Life Without the Monsters."

Tami is the mother of eight in a blended family and enjoys reading historical fiction, traveling with her husband Tim and family, and watching "The Big Bang Theory."

## Full-Day Conference, Feb. 25



**8-8:30 a.m.**

### Registration and Networking

*Pre-Function Area*



**8:30-9 a.m.**

### ISBE Welcome

*Brickyard IV/V/VI*

#### BREAKOUT SESSIONS

**9:05-10:05 a.m.**



### **NUTRITION:** Local Wellness Policy Regulations & Resources

*Brickyard III*

All schools participating in the National School Lunch Program and/or School Breakfast Program are required to develop a written Local School Wellness Policy. Attendees will learn the federal regulations governing these policies and discover resources to help guide the development process.

**Speaker: Beth Tanner** of the ISBE Nutrition Department. Tanner is a Registered Dietician who started her career at ISBE in 2018.



### **PHYSICAL EDUCATION:**

#### Adaptive PE

*Brickyard I*

This session will focus on evidence-based practices in physical education for students with disabilities. Speaker Kathy Brinker brings an abundance of information and expertise from her time in education.

**Speaker: Kathy Brinker** is a veteran adapted physical educator and frequent presenter at national, state, and local conferences in the areas of evidence-based practices for students with disabilities.



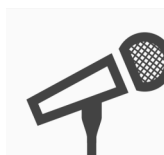
### **SOCIAL EMOTIONAL HEALTH:**

#### IL-AWARE: Creating Collaborations to Improve Student Wellness

*Brickyard II*

Speaker Dr. Matt Buckman will share experiences, successes, and current work of the IL-AWARE partnership with a special focus on team-based decision making and school and community collaboration.

**Speaker: Dr. Matt Buckman** is a dually credentialed Licensed Clinical and School Psychologist. He is the founder and executive director of the Stress & Trauma Treatment Center and serves in leadership roles within various collaborative projects connecting schools, behavioral health, primary care, child welfare, and juvenile justice organizations to improve systems of care.



**10:15-11:15 a.m.**

### Keynote Speaker:

#### Dr. Tami West

*Brickyard IV/V/VI*

#### **The Stress Club: Take your power back!**

The American Institute of Stress has reported that America is "on the verge of a stress-induced public health crisis." Stress-management advice, training, and products are abundant, yet statistics continue to worsen, especially for those working in public education. There are reasons stress-management techniques aren't working. The Stress Club opens eyes to these reasons and teaches you how to disconnect from stress and make better choices to live a more fulfilling life. This session, based upon Tami's research, will make you laugh and forever change the way you think about stress.

**11:15-11:30 a.m.**

### Wellness Break

*Brickyard IV/V/VI*

Stick around for a fun group activity led by Illinois State University staff and students!



**11:30 a.m. to 12:30 p.m.**

### Lunch and Networking Tables

*Brickyard IV/V/VI*



## BREAKOUT SESSIONS

**12:40-1:40 p.m.**



### **NUTRITION: Accommodations of Special Dietary Needs** *Brickyard III*

Whether you work in the cafeteria, the classroom, or an office, accommodating special dietary needs is essential. Find out your role on the team that ensures students have safe and healthy learning environments.

**Speaker: Deb Kains** is a Principal Consultant in ISBE's Nutrition Department.



### **PHYSICAL EDUCATION: Using State Mandated Fitness Data in Illinois Schools** *Brickyard I*

This session will provide an overview of current state fitness testing requirements, review protocols for data collection and reporting, and outline strategies for data management, interpretation, and use.

**Speaker: Candace Decker** is a Principal Consultant in ISBE's Wellness Department.



### **SOCIAL EMOTIONAL HEALTH: Supporting Students Before, During, and Upon Returning From Behavioral Health Hospitalization From a District's Perspective, Through the MTSS Lens** *Brickyard II*

This session will look at how Cicero SD 99 implements systematic approaches and expectations for students who encounter mental health challenges through our MTSS System. Examples of how the students are tracked and strategies to ensure continuity of interventions at each level throughout the district will be discussed.

**Speakers: Dr. Jack R. Rein**, Director of MTSS; **Julie Krueger**, Coordinator of MTSS; and **Rudy Hernandez**, Superintendent, all of Cicero School District 99.

## BREAKOUT SESSIONS

**1:45-2:45 p.m.**



### **NUTRITION: Innovative Approaches to Nutrition Education** *Brickyard III*

Join Marquardt SD 15 and Decatur Public SD 61 as they share their innovative approaches to nutrition education, including a Young Chefs Program and Farm to School Program.

**Speakers: Zach Shields** serves as Executive Director of the Decatur Public Schools Foundation and **Regan Andreas Deering** serves as Chair/President. **Stefanie Giannini** is Assistant Director of Food & Nutrition Services at Marquardt SD 15 in Glendale Heights.



### **PHYSICAL EDUCATION: Empathy and Inclusion** *Brickyard I*

This interactive session will allow participants to experience five disabilities. Rather than be targeted specifically towards Health and Physical education teachers, we encourage all school staff to attend.

**Speakers: Mark Foellmer** is IAHPERD President and **Becky Foellmer** is Northeastern District IAHPERD President and Instructional/Technology Coach.



### **SOCIAL EMOTIONAL HEALTH: Hospital-School Collaboration: Best Practices for Student Success** *Brickyard II*

This presentation will outline best practices for procedures related to student's transition back to school after behavioral health treatment or hospitalization. The role and responsibility of school and hospital personnel will be reviewed. A discussion of ways to enhance family engagement and advocacy for students will be discussed as part of the behavioral health treatment.

**Speaker: Amanda S. Norris, M.A.**, is the School & I/DD Program Liaison at Riveredge Hospital.



## **3-4 p.m. Better Together: A Collaborative Approach to School Wellness** *Brickyard IV/V/VI*

Don't leave yet! Let's wrap up the day by discussing how we can be better, stronger, together! We also are excited to tell you about a new initiative called Safe 2 Help.







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