

4TH ANNUAL

# Rockland County School Symposium

The Rockland County School Health & Wellness Coalition is pleased to present:

## CONNECTING Health with Learning



April 28, 2010 • 4:00-6:30 PM

ROCKLAND COUNTRY DAY SCHOOL, 34 KINGS HIGHWAY, CONGERS, NY

Exhibitor and Showcase Fair • School Recognition • Workshops

### WORKSHOPS:

#### ■ Going Green: Gardening and Recycling Programs for Schools

- Kerri Scales, Solid Waste Educator, Rockland County Solid Waste Management Authority
- Donna Cooke, Horticulture Educator, Cornell Cooperative Extension of Rockland County

Learn about the programs that can help you create “living laboratories” from the school courtyard to the classroom windowsill, and how to incorporate an exciting recycling program in your school.

#### ■ Strategies to Get Kids to Eat Healthier

- Chef Bobo, Executive Chef, Calhoun School in New York City

Learn about proven strategies that will get your kids to eat healthier in school and at home.

#### ■ Healthy School Celebrations: Strategies That Work

- Avis Shelby, Principal, Haverstraw Middle School
- Debra Forman, Principal, New City Elementary School
- Joe Sigillo, Director of Physical Education, Health, Wellness and Athletics, Nyack Public Schools

Panelists will describe strategies they have used to beat the cupcake and candy dilemma, and how they incorporated healthy snacks into school celebrations.

#### ■ Integrating Physical Activity into the School Environment

- Ingrid Allison, Ph.D., Educational Consultant, Adjunct Professor City College of New York, College of New Rochelle, College of Mount St. Vincent
- Melissa Jacobson, Program Coordinator, Steps to a Healthier Rockland
- Joanne Robinson-Silas, Family Resource Center Coordinator, Hillcrest Elementary School

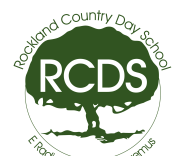
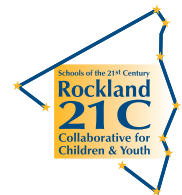
Panelists will share a variety of ways to get kids moving in and out of class while keeping the focus on academics.

#### ■ Resources for Eating Disorders and Bone Health

- Michelle Mosner, RD, CDN NYSOPEP Coordinator, Best Bones Forever
- Arden Greenspan-Goldberg, M.S.W., L.C.S.W., B.C.D. Author and psychotherapist specializing in eating disorders.

Gain knowledge about the resources available for addressing eating disorders and educating students about bone health. Learn how these issues are related for lifelong health and wellbeing.

### PLANNING COMMITTEE:



**FREE EVENT • PRE-REGISTRATION IS RECOMMENDED BY 4/26/10**  
Refreshments Served • Register online at [www.rockteach.org](http://www.rockteach.org) • For assistance call 845-942-7602