



5-2-1-0 Goes to School Symposium Agenda ***Let's Keep Going!*** ***Thursday, April 1, 2010***

- 8:00 - 8:30 a.m.** **Registration & Breakfast**
Riverwatch Grand Ballroom
- 8:30 - 8:40 a.m.** **Welcome from Heidi Kessler**
Program Coordinator, Kids CO-OP, Barbara Bush Children's Hospital at
Maine Medical Center
- 8:40 - 8:45 a.m.** **Welcome from Karen Voci**
Executive Director, Harvard Pilgrim Health Care Foundation
- 8:45- 9:45 a.m.** **Keynote Presentation**
*Let's Keep Going!: Sustainable Approaches to Address Childhood
Obesity in Schools*
Victoria Rogers, MD
Director, Kids CO-OP, Barbara Bush Children's Hospital at Maine
Medical Center
- 9:45 - 10:00 a.m.** **Physical Activity Break**
Led by Amy Root, MPH Maine-ly Nutrition and Take Time! Program
- 10:05 – 10:50 a.m.** **Breakout Session 1: See end of agenda for breakout descriptions**
Please choose from below:
- 1) Creating Lasting Change: The connection between activities,
policies and the school environment** *Victoria Rogers, MD*
Canal Room
 - 2) Let's Go! School Nutrition Project Overview** *Heidi Kessler*
Mill Pond Room
 - 3) Maine-ly Nutrition and Take Time!** *Amy Root, Mary Ann Bennett*
Great Falls View Room
- 10:50 – 11:30 a.m.** **School Success Stories (New!)**
Led by Rick Fortier, Program Coordinator, Kids CO-OP, Barbara Bush
Children's Hospital, Maine Medical Center
Riverwatch Grand Ballroom

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- 11:30 - 11:45 a.m.** **Physical Activity Break: StoryWalk Along the River**
- 11:30 - 12:30 p.m.** **Lunch**
Riverwatch Grand Ballroom
- 12:35 - 1:20 p.m.** **Breakout Session 2: See end of agenda for breakout descriptions**
Please choose one of the following:
- 1) Using GeoMotion to Promote Physical Activity**
Greely Middle School, Cumberland
Mill Pond Room
 - 2) 5 and 0: A Focus on Nutrition**
The New School, Kennebunk
Canal Room
 - 3) Overcoming Challenges to Implementing 5-2-1-0 Strategies**
Manchester School, Windham
Great Falls View Room
- 1:25 - 2:10 p.m.** **Breakout Session 3: See end of agenda for breakout descriptions**
Please choose one of the following:
- 1) Goal Setting with 5-2-1-0**
Falmouth Middle School
Great Falls View Room
 - 2) Effectively Promoting 5-2-1-0 Throughout the School Day**
Kennebunk Elementary School
Canal Room
 - 3) 5-2-1-0: A Balanced School Program**
Gov. John Fairfield School, Saco
Mill Pond Room
- 2:15 - 2:45 p.m.** **Closing Remarks and Presentation of Redy Awards**
Riverwatch Grand Ballroom

Descriptions of Breakout Sessions

10:05-10:50 am

Choose one of the following three:

Creating Lasting Change: The connection between activities, policies and the school environment

In this session, Tory Rogers will discuss how schools who are currently engaged in 5-2-1-0 activities can take their work to the next level by building these activities into sustainable change. The connections between activities – policy – environment will be highlighted.

Canal Room

Let's Go! School Nutrition Project Overview

In this session, Heidi Kessler will explore the challenges and opportunities facing school nutrition programs in serving healthy meals to students. We will examine food service funding and nutrition standards. In addition, this session will explore the goals that *Let's Go!* has recommended school nutrition programs meet and provide an update on meeting those goals.

Mill Pond Room

Maine-ly Nutrition and Take Time!

Join Amy Root and Mary Ann Bennett from the *Maine Nutrition Network* to learn about how the Maine-ly Nutrition and Take Time! School Program (MNTT!) strongly supports the 5-2-1-0 Goes to School initiative. MNTT! provides appropriate school personnel with funding, other resources, and training to deliver effective nutrition education that is integrated into existing lesson plans. The MNTT! Program encourages schools to develop policies that create environments that enable each child to make healthy food and physical activity choices. Fun and lively demos will be included in this session.

Great Falls View Room

12:35-1:20 pm

Choose one of the following three:

Using GeoMotion to Promote Physical Activity

Greely Middle School, Cumberland

While most school age children are quite active, physical activity declines during adolescence. Staff from Greely Middle will explain how GeoMotion is designed to hook students through technology and music and to engage them in physical fitness activities. DVD's are projected onto the wall and students follow the exercises with the aid of a nine-section mat, hand weights, half rounds and medicine balls. We use GeoMotion every week during the school day, after school, and to promote staff wellness. There are a range of programs that appeal to different audiences. We have found that GeoMotion often appeals to students who are not part of organized team sports.

Mill Pond Room

5 and 0: A Focus on Nutrition

The New School, Kennebunk (Grades 9-12)

The New School has made nutrition and health a focus this year. In this presentation staff will demonstrate the varied ways in which they have pursued this focus, including a week-long Nutrition and Health Intensive and a class called "*Food Wonderful Food*" examining the politics of food. The school sponsors community dinners featuring local foods as well as workshops and speakers every month. The school greenhouse provides students with healthy food along with gardening experience. There is also an ongoing campaign to promote drinking water. Approaching teens in a variety of ways, with their input and planning, changes the way they view their own choices and health.

Canal Room

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Overcoming Challenges to Implementing 5-2-1-0 Strategies

Manchester School, Windham (Grades 4 and 5)

Manchester School organized a group of committed champions that were successful in implementing 5-2-1-0 strategies in their school. This presentation will focus on the challenges that were presented and the keys to success that this group found essential in gaining school support for 5-2-1-0.

Great Falls View Room

1:25-2:10 pm

Choose one of the following three:

Goal Setting with 5-2-1-0

Falmouth Middle School

Challenge your students in setting personal health goals with 5-2-1-0. Explore a variety of instructional strategies for engaging students in the goal setting process and help them realize the benefits of achieving a personal health goal. Strategies will include literacy skills and technology to enrich the learning experience for middle school students.

Great Falls View Room

Effectively Promoting 5-2-1-0 Throughout the School Day

Kennebunk Elementary School

Kennebunk Elementary's team, including staff and administration, will share its successes and discuss how it promotes physical activity and nutritious eating throughout the school day. The presentation will open with updates and support from the principal. The presentation will also include: a 5-minute video capturing our journey to meet our 5-2-1-0 goals, multiple options to incorporate physical activity into the classroom, the use of 5-a-day bracelets, and the use of our new fitness room.

Canal Room

5-2-1-0: A Balanced School Program

Gov. John Fairfield School, Saco (Grades K-2)

At our school, we have tried to strike a balance between nutrition, exercise and academics with our 5-2-1-0 activities. In this presentation, we will discuss this balanced approach, including our school breakfast program, 5-2-1-0 lunch cart, vacation food program and longer recess periods. We will also discuss how we made sure staff did not view the implementation of 5-2-1-0 as an add-on to an already overflowing academic schedule. Over time, with thoughtful planning and support, our school has developed what we believe is a well balanced 5-2-1-0 school environment.

Mill Pond Room