

2019 MN EKH Conference Schedule

Time	Activity
8:00-8:30	Check in, light breakfast, exhibits
8:30-8:45	Welcome & announcements
8:45-9:45	<p>Keynote Presentation – Tara Brown, The Connection Coach</p> <p>Embracing the Power of Your Leadership Footprint It has been said that “we never touch another so lightly that we do not leave a trace.” In this humorous, inspirational keynote, Tara emphasizes that we are all leaders in some capacity, regardless of title or position, and that kids are constantly seeking leaders who they can follow. Through powerful stories of her time spent both teaching and coaching diverse populations, Tara emphasizes the importance of embracing intentional actions that will inspire and motivate. Characteristics of great leaders will be discussed, and attendees will take away tremendous encouragement with which to embrace the power of their leadership footprint on a daily basis.</p>
9:45-10	Break
10:00-11:00	<p>Break Out Sessions:</p> <p>Learning to Use a Health Equity Lens with School Wellness - <i>Dakota County SHIP</i></p> <p>Free Forest School: Nature Play for Wellness - <i>Free Forest School</i></p> <p>Developing Physical Literacy: What We All Need to Know About the New PE Standards - <i>Minnesota Department of Education</i></p> <p>Beyond Surveys: Authentic Ways to Engage Students as Wellness Partners - <i>Minnesota Department of Education</i></p> <p>Supporting a Healthy School Environment through Extension - <i>University of Minnesota Extension</i></p> <p>Healthy Schools Summit: A WSCC Collaboration - <i>PartnerSHIP 4 Health</i></p> <p>Creating Trauma-Responsive Mind-Body Practices - <i>1000 Petals</i></p>
11:00-11:30	Exhibits
11:30-12:30	<p>Break Out Sessions:</p> <p>Building PowerUp Partnerships to Help Every Kid Be Healthy in School - <i>HealthPartners Lakeview Health</i></p>

	<p>Nutrition Makes a Difference - <i>Hunger Impact Partners</i></p> <p>Continuous Improvement in Supporting the Whole Child - <i>Minnesota Department of Education</i></p> <p>Engaging Families in School District Wellness - <i>MN PTA</i></p> <p>Mindfulness Programs in Schools - <i>Brooklyn Center Community Schools & Anxiety and Teens: Empowering youth to take charge of their stress</i> - <i>Allina Health</i></p> <p>Community Partnerships to Create Biking Opportunities for All - <i>Olmsted County Public Health & Safe Walkers and Bikers on the Move</i> - <i>Bicycle Alliance of Minnesota</i></p>
12:30-1:25	Lunch & presentation from national Action for Healthy Kids leadership
1:25-1:30	Transition to break out sessions
1:30-2:30	<p>Break Out Sessions:</p> <p>Promoting School Wellness: Let's Get Social - <i>Community Blueprint</i></p> <p>Healthier Kids Beyond the School Day: A Comprehensive Approach - <i>Dakota County SHIP</i></p> <p>2019 Minnesota Student Survey Whole Child Highlights: How to Use MSS Data to Engage Students, Families, and Community - <i>Minnesota Department of Education</i></p> <p>Tools for Tackling the Youth Vaping Epidemic - <i>Twin Cities Medical Society</i></p> <p>How Farm to Early Care & School Concepts can Support and Strengthen your WSCC Model - <i>Renewing the Countryside & Farm to School Resource Round Up</i> - <i>Minnesota Department of Education</i></p> <p>Supporting a Smart Lunchroom in Rural Communities - <i>Countryside Public Health</i></p>
2:30-2:45	Break
2:45-3:45	Opening brain booster & closing panel – Youth Leadership of Student Wellness Initiatives, moderator and presenters TBA