

South Carolina Association for the Advancement of Health Education

July 2023

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Message from the President

Jennifer Bossi Wetzel



Happy summer! I hope everyone is using this season to recharge and enjoy time with family and friends. I just had a baby girl on June 18th, so this summer has been hectic so far (in a good way) to say the least! The SCAAHE leadership team has kept busy this spring preparing several professional development opportunities for our members. Please read about our past and upcoming webinars on the next page. We have also been working hard to prepare for the annual SCAHPERD conference coming up in November in Myrtle Beach, SC. This quarter, our main goal is to improve our online presence through the SCAAHE web page and social media. We hope to have those communication avenues updated by the fall. If you have a special talent or interest in web page design or social media and are interested in helping us with this project please reach out to us! Our next open meeting is Thursday, August 10th at 5pm on

zoom. At this meeting, we will discuss the details for the SCAHPERD conference and take nominations for leadership positions for next year! We hope that you will join us!

SCAAHE Webinars Recap and Updates

Submitted by Rachel Fobare- President Elect

On May 25th, SCAAHE teamed up with Erika's Lighthouse and offered a free webinar "Promoting Student Mental Health in Your School." Erika's Lighthouse provides free resources for the classroom, teen empowerment, and family engagement to promote student mental health in grades 4-12. If you missed the webinar, you can access a free recording when logging into the SCAHPERD Members Only page. Free resources are also available <https://www.erikaslighthouse.org/>

We also have two professional development opportunities in the month of July.

On **July 25th** SC Thrive will be teaming up with SCAAHE to host the Youth Mental Health First Aid training virtually. The deadline to register was June 30th. If you missed the registration deadline- no worries! We will also be offering the Youth Mental Health First Aid training as a pre-conference at the annual SCAHPERD Conference.

On **July 26th** at 12:00 P.M. SCAAHE will be hosting a CHE Lunch and Learn Webinar- "Raising the Bar: Making Sure Your School and District is Compliant with Health and Physical Education Laws." The webinar is FREE for SCAHPERD members and \$25.00 for non-members. During the webinar Rachel Fobare, SCAAHE President-Elect, will be discussing the Comprehensive Health Education Act, Student's Health and Fitness Act of 2005, Ronald Rouse Law and Erin's Law. Register today: <https://tinyurl.com/SCAAHEJuly26webinar>

2023 SCAHPERD Conference Update

Submitted by Lara Peck- Past President

The 96th Annual SCAHPERD Conference on November 17-19 at Kingston Plantation, Myrtle Beach is gearing up to be a great event! The conference planning committee will be crafting the agenda this month and I'm excited about the conference sessions that have been submitted! Be sure to take advantage of early bird registration. Registration will open in August.

SCAAHE is excited to host a pre-conference this year as well. SC Thrive will facilitate Youth Mental Health First Aid on Friday, November 17 beginning in the morning. Two hours of pre-training work will be required. Registration from this pre-conference session is \$75 for SCAHPERD members and \$100 for non-members.

Member Highlight

Seth Shelby



Seth Shelby is a Healthy Schools and Communities Program Manager with Alliance for a Healthier Generation. Since 2021, Seth has helped guide districts and schools in the Diabetes Free SC School Wellness Initiative network toward healthier policies and practices. A former Physical Education and Health Education teacher in SC public schools, Seth began his journey as a school wellness lead after obtaining his B.S. in Physical Education from the University of South Carolina in 2014. The experiences in the public school system helped shape his desire to work more upstream in the school wellness environment, and after completing his MPH from the University of South Carolina's Arnold School of Public Health in 2021, Seth began his role with Healthier Generation. He is currently a proud member of SCAHPERD, the South Carolina FitnessGram Initiative Core Team, multiple community coalitions and workgroups, and

Member at Large for the South Carolina Alliance for the Advancement of Health Education.

Thank you Seth for your leadership this year!

Upcoming Professional Development Opportunities



November 17-19, 2023

Raising the Bar:

*Making Sure Your
School and District
is Compliant with
Health and
Physical Education Laws*

**Lunch and Learn Webinar
Wednesday, July 26, 12pm**



Responsible for teaching Health Education?

Get ready for the new school year and be confident you know and understand the South Carolina laws related to Health Education.

Join us for a Lunch & Learn webinar on
Wednesday, July 26 at 12:00pm-1:00pm

REGISTER HERE

- Comprehensive Health Education Act
- Student's Health and Fitness Act of 2005
- Ronald Rouse Law
- Erin's Law
- Compliance requirements for each law

<https://tinyurl.com/SCAAHEJuly26webinar>

**FREE for SCAHPERD members; \$25 for non-members.
CHES/MCHES credit is pending.**



Youth Mental Health First Aid

Do you know what to do during a mental health crisis?

July 25, 2023

9:00 A.M. – 4:00 P.M.

Virtual Training

\$75.00 for SCAHPERD Members

\$100.00 for Non-Members



[REGISTER HERE by June 30th](#)

Youth Mental Health First Aid is an evidence-based program that teaches parents, family members, teachers, caregivers, and other caring adults how to help adolescents who are experiencing mental health or addiction challenges. Youth Mental Health First Aid is designed specifically for adults who regularly interact with adolescents. The training covers strategies to help someone in both crisis and non-crisis situations. You also learn where to turn for help when you need it.

When you take a course*, you learn how to apply the Mental Health First Aid action plan in a variety of situations. Practicing through role plays, scenarios and activities makes it easier to apply these skills in a real-life situation. Mental Health First Aid covers the following:

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and suicidal thoughts
- How to interact with a child or adolescent in crisis
- Defusing crises
- Combatting stigma of mental illness
- Enabling early intervention through recognition of signs and symptoms
- Connecting youth to care

***upon completing the course, you will receive a 3-year international certification through the National Council for Mental Wellbeing**

***CHES/MCHES CECH is pending**

SCAAHE Announcements

Next Open Meeting: **Thursday, August 10th 5-6:30pm**

Zoom link: <https://winthrop-edu.zoom.us/j/87084276974>

Want to join our email list?

Email Kelli Kenison at kenison@email.sc.edu

SCAAHE Service Opportunities

We are currently looking for someone with expertise in social media to run our Facebook and Instagram pages. The time commitment would be 1 hour a month and the expectation would be to post once every 2 weeks (more would be expected at the annual conference).

We are also looking for several individuals to serve on the SCAAHE Board of Directors for 2024. Specifically, we have openings for President- Elect, Secretary, 1 member at large, and 1 future professional. Descriptions of these positions are below.

President-Elect – It shall be the duty of the President-Elect to:

- Serve as aide and assistant to the President in all SCAAHE matters
- Preside at SCAAHE and Executive Committee meetings in the absence of the President and Immediate Past President
- Serve as a voting member on the SCAHPERD Board of Directors
- Chair the Constitution and By-Laws Committee of SCAAHE
- Serve as a voting member of SCAAHE's Executive Committee.

Secretary – It shall be the duty of the Secretary to:

- Maintain written minutes of all Executive Committee and SCAAHE meetings
- Take roll at Executive Committee meetings to establish a quorum
- Prepare and distribute minutes of the Executive Committee and SCAAHE meetings
- Serve as a voting member of SCAAHE's Executive Committee
- Present previous minutes at Executive Committee meetings

Members-at-Large – It shall be the duty of an Association Member-at-Large to:

- Represent school, community, and or worksite health education
- Perform duties as charged by the President
- Provide ideas and resources for assisting SCAAHE's Program Committee planning the annual Conference
- Serve as a voting member of SCAAHE's Executive Committee
- Preside at presentations at the annual Conference

- Serve as an advocate in promoting professional development for health education specialists
- Serve on the SCAAHE's Nominations Committee
- Solicit and submit newsletter information.

Future Professional - It shall be the duty of the Future Professional to act as a liaison between the South Carolina Association for Future Professionals and SCAAHE.

Please email bossij@winthrop.edu for more information about these positions.

2023 SCAAHE Board of Directors

President: Jennifer Bossi Wetzel, *Winthrop University*

President-Elect: Rachel Fobare, *Lower Richmond Schools*

Past President: Lara Peck, *Prisma Health*

Secretary: Regina Nesmith-Dinery, *SCDHEC*

Treasurer: Kelli Kenison, *University of South Carolina*

Member at Large: Seth Shelby, *Alliance for a Healthier Generation*

Member at Large: Michelle Hayes, *Florence School District 1*

Do you have any news or announcements that you would like to share in the next SCAAHE newsletter? Upload your articles or announcements in the google drive linked below.

<https://docs.google.com/document/d/1Ug9P2a-S72winwkCZmZ7n-vwvtOEb-qC3thchXNezVE/edit?usp=sharing>