

South Carolina Association for the Advancement of Health Education

April 2023

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Message from the President



My name is Dr. Jennifer Bossi Wetzel and I am honored to serve as your SCAAHE President this year. I am an assistant professor in the exercise science program at Winthrop University and have a background in athletic training/ sports medicine, exercise prescription, and community health. Although I do not work directly in K-12 schools or public health, I think I can bring a unique perspective to this organization. SCAAHE had its first open meeting in February, where we discussed our main goals for the year. These goals include: continuing to provide meaningful professional development opportunities for our members and increasing communication among members. We have decided to make our quarterly meetings this year open to all members, so I encourage all members to attend the next one on May 11th. If you have any concerns, questions, or announcements, feel free to email me at bossij@winthrop.edu. I am looking forward to a great year!

Update from SCAAHE Comprehensive Health Education Committee

The SCAAHE Comprehensive Health Education Training Committee met in January to discuss creating opportunities for professional development in 2023. Lara Pack, Bethann Rohaly and Rachel Fobare worked together to create the South Carolina Health Education Professional Development Needs Assessment. The assessment was e-mailed to K-12 teachers and individuals working in higher education, district offices and state, community, and public health organizations. The assessment was available from February 17th until March 3rd for individuals to complete. The SCAAHE Comprehensive Health Education Training Committee met at the beginning of March to compile the results. There were 216 responses to the assessment. The biggest response was from elementary school teachers, followed by middle and high school teachers and state, community and public health employees. 90 of the participants stated that they were responsible for teaching health education, 70 for teaching physical education and 54 were responsible for teaching both health and physical education. 76 of the participants completing the survey were a member of SCAHPERD. The topics that individuals were most interested in receiving professional development on included:

- Nutrition and Healthy Eating Habits
- Physical Activity
- Mental and Emotional Health
- Practicing Health Enhancing Behaviors
- Decision Making
- Integrating Health into Physical Education
- Comprehensive Health Education Act
- Planning Health Education Lessons
- Mental Health First Aid

Participants completing the assessment were interested in both face-to-face professional development sessions and webinars.

The SCAAHE Comprehensive Health Education Training Committee is currently working to create professional development opportunities on these topics. Please be on the lookout for more information as more information becomes available.

News: Nine Richland One Schools Named Among America's Healthiest Schools

Submitted by Rachel Fobare and Michelle Hayes

Nine Richland One schools are among the 406 schools nationwide to be named as America's Healthiest Schools for the 2021-2022 school year. Richland One has more award winners than any other school district in South Carolina.

The recognition, awarded by Alliance for a Healthier Generation, a leading children's health organization, celebrates schools' dedication to supporting the health and well-being of students, staff, and families.

"As we enter what is predicted to be another challenging school year, we commend the awardees for their resourcefulness and dedication to addressing the acute health and well-being needs of students, staff, and families," said Kathy Higgins, chief executive officer at Healthier Generation. "This cohort of schools exemplifies the fortitude required to serve current and future generations with empathy and care."

Richland One's award winners are: Brockman, Gadsden, Hyatt Park and Pine Grove elementary schools; Crayton Middle School; A.C. Flora, Dreher and Lower Richland high schools; and Olympia Learning Center.

This year, the Alliance for a Healthier Generation recognized schools in nine categories, including:

- Strengthening Social-Emotional Health and Learning, presented in collaboration with Harmony SEL at National University and Kaiser Permanente
- Cultivating Staff Well-Being, presented in collaboration with Harmony SEL at National University and Kaiser Permanente
- Increasing Family and Community Engagement, presented in collaboration with Kohl's

All of Richland One's award winners were recognized in the Implementing Local School Wellness Policy category. Olympia Learning Center was recognized for Strengthening Social-Emotional Health and Learning as well.

Here are highlights of the schools' programs and initiatives:

- **A.C. Flora** focused on programs for staff members on physical activity/fitness. The school hosted different fitness challenges throughout the year.

- **Brockman** focused on activities that show gratitude for staff and build positive staff relationships. Each month members of the staff were invited to a healthy luncheon that was prepared by parent volunteers. Staff meetings would begin with mindfulness, yoga, and/or breathing activities.
- **Crayton** focused on Farm-to-School activities and School Collaboration to Support Nutrition and Food Access. The school applied and received a grant to purchase an indoor hydroponic garden, so students could learn how to use it to grow fresh vegetables. Crayton also maintains an outdoor garden and the school is creating an additional wall garden. The school is working with Nutrition Services to send home meals with students over weekends, holidays and summer vacation to ensure that they do not experience food insecurities.
- **Dreher** focused on promoting positive staff relationships. The school had a back-to-school gathering and an end-of-school gathering, a monthly staff luncheon and Secret Pal activities throughout the year.
- **Gadsden** focused on stress management programs for staff and school opportunities to offer staff gratitude. The school organized a moment in the day where everyone had to stop everything they were doing, close their eyes and practice mindfulness and/or breathing exercises (staff and students). The school also offered teacher appreciation incentives.
- **Hyatt Park** focused on building positive staff relationships promoted by the school. They had staff wellness days, and they had a Yoga instructor come to the school and give a lesson to the staff. They also had a comedian come to the school.
- **Lower Richland** focused on promoting positive staff relationships. The school had a Secret Pal program throughout the year, and they had a Teacher of the Month initiative where students nominated teachers for the recognition.
- **Olympia** focused on celebrating the staff. They had thankful e-mails, faculty celebrations and healthy luncheons. They also created a calming space for the students.
- **Pine Grove** focused on transitioning food fundraisers to meet USDA Smart Snack Standards. The school's fundraiser was selling navel oranges.

"We're honored that nine of our schools have received this national recognition for their dedication to supporting the well-being of students and staff and remaining steadfast in their

commitment to fostering environments where all members of the school community can succeed,” said Richland One Superintendent Dr. Craig Witherspoon.

For more information about the America’s Healthiest Schools recognition program, go to HealthierGeneration.org/HealthiestSchools.

Member Highlight

Michelle Hayes



Michelle Hayes serves as a member at-large for SCAAHE this year. She has a masters degree in Physical Education and is Nationally Board Certified in Health Education, with 28 years of teaching experience. She presently teaches Health Education at J.W. Moore Middle School in Florence, SC. She is also the Florence One Schools Health and PE District Coordinator. She is married to Michael Hayes, who is an Elementary Physical Educator. She has two children that compete in college sports. Michael is the kicker for West Virginia University and Michaela is a hurdler for Coker University. Thank you Michelle for your leadership this year!

Upcoming Professional Development Opportunities

TCSS - Drug/Alcohol Stash Compartments, Clothing and Other Products - 1 hour

<https://register.gotowebinar.com/register/2837634331535363927>

Communicate. Participate. Collaborate.

PEAK 2023 Conference

Physical Education Activity and Knowledge

SAVE THE DATE

IN PERSON
April 29th
8:30-2:00

SCAAHEPD
SCAAHEPD Members \$30
Members in District \$15
Future Professionals Free
Non Members \$55

INDIAN LAND HIGH SCHOOL
6100 Charlotte Highway
Lancaster, SC 29720

SC FitnessGram

SC FitnessGram is sponsoring the FIRST 20 SCAAHEPD Members and FIRST 10 Non-Members that register for a ticket at <https://forms.gle/y8vATELgl5vnty8>

The SCAAHEPD registration link for ticket purchase will be available closer to the event date.



November 17-19, 2023
Embassy Suites
Myrtle Beach, SC

SOUTH CAROLINA ALLIANCE FOR
HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE

SCAHPERD has an OPPORTUNITY for YOU to share your talent, experience, and expertise at the 2023 SCAHPERD Conference! Complete the presentation proposal form by **April 30** and be entered into a free membership drawing!

<https://docs.google.com/forms/d/e/1FAIpQLSfPEuRQB5aRjrwMas8oHk3VE46SUrgGwXzf41HCm-VHt2eBgQ/viewform>

SCAAHE Announcements

Next Open Meeting: **Thursday, May 11th 5-6:30pm**

Zoom link: <https://winthrop-edu.zoom.us/j/87657242744>

Want to join our email list?

Email Kelli Kennison 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). Please email bossij@winthrop.edu for more information.

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 Kennison, *University of South Carolina*

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

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

Interested in serving in a leadership position for SCAAHE? Email bossij@winthrop.edu for more information.

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>