

South Carolina Association for the Advancement of Health Education

October 2023

Special SCAHPERD Conference Preview Issue

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Message from the President

Dr. Jennifer Bossi Wetzel



I cannot believe that we are only 1 month out from the 2023 SCAHPERD conference! The conference planning committee has been working hard to provide beneficial professional development opportunities for our members. At the conference, I would like to personally invite you to attend the SCAAHE networking lunch on Saturday, November 18th at 11:50 at the Coastal Bar and Grill in Embassy Suites, as well as the annual SCAAHE social immediately following the Business Meeting on Saturday evening. These two events will be great opportunities to learn more about our organization, get to know professionals in your field, and most importantly have fun! If you have never been to the SCAHPERD conference, it is well worth the investment. In addition to having great educational sessions and being able to meet interesting people, Myrtle Beach is beautiful in November. When not in sessions, you will find me going on a run or walk on the beach or catching up with friends over coffee in the hotel lobby. I hope to see many of you there!

SCAAHE Session Preview at SCAHPERD Conference!

Friday, November 17th



sc Thrive



Youth Mental Health First Aid

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

November 17, 2023

8:00 A.M. – 4:00 P.M.

Pre-Conference Session at

2023 SCAHPERD Conference

\$75.00 for SCAHPERD Members

\$100.00 for Non-Members



[REGISTER HERE by October 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 will be offered**

12:30-1:30- One Love Escalation Workshop

Presenter: Bobby Curran
Eton

12:30-1:30 How to Become a School Wellness Champion!

Presenter: Lisa Curtis
Pembroke

Building a healthy school environment is a long-term journey worth making. All it takes is a School Wellness Champion to get things started. You could be that Champion and the process is easier than you think! You will walk away with a playbook to transform your school's culture.

1:45-2:45 Unified Disc Golf

Presenter: Chris Payne
Kensington EF

Come find out more about how Unified can be implemented into Disc Golf! Learn more about Universal Design for Learning and how partnerships can be created through leisure activity

3:00-4:00 Alive, Alert, Aware: A Review of Current Youth Drug Trends and Statistic

Presenter: Hailey Kanipe
Eton

4:30-5:30

Saturday, November 18th

8-9am Enhancing Social and Emotional Learning in your School Using the Whole Child Model

Presenter: Lara Peck

Oxford

8-9am SC Key Leaders of PE & Health Ed: Let's Talk - Panel Discussion

Presenters: Bethann Rohaly and Lisa Curtis

Eton

8-9am Developing and Growing Unified Programs in Elementary Physical Education

Presenter: Chris Payne

Somerset

Start Saturday off with how to incorporate a Unified program at the elementary level! Start Simple and watch the benefits grow

10:40-11:40



11:50-12:50 SCAHPERD Needs You...Find Out How to Get Involved!

Presenters: Lisa Curtis and Erica Ayers with current SCAHPERD leaders

Did you ever wonder about the structure of SCAHPERD and the ways that you can be involved? Come find out at our meet and greet session with current SCAHPERD leaders. We need your talent and your voice! Oh...and did we mention...there will be a chance to win prizes?

11:50-12:50 Working Together Raises Achievement

Presenters: Kate Atkins, Candace Bare, Collin Brewer

Windsor AB

Come join the TEAM! We, as Physical Educators, believe that working together does indeed raise achievement. We will each be presenting a fun, challenging and action- packed activity that our students love and always leave the gym asking for more. Each activity requires the students to work together in order to be successful. Through these PE activities, students will be challenged to work cooperatively, with a variety of different students. Additionally, the degree to how well they can work together, directly affects the success of their team. As an added bonus, you can observe how different students and personalities emerge. Some students naturally take charge, some cause chaos and others are content to just be behind the scenes; either way they all play a role in the team's outcome. It is our hope that you can bring these activities back to your school and students. See you there!

11:50-12:50 SCAAHE Networking Lunch

Meet at Coastal Grill and Bar in Embassy Suites - Dutch Treat

2:10-3:10 EVERFI: Growing and Empowering a Healthy Mindset Among Students

Presenter: Jess Richter

Oxford

2:10-3:10 Decrease Stigma, Increase Action: Engaging Students in Activities to Promote Positive Mental Health and Reduce Substance Misuse

Presenter: Hailey Kanipe

Eton

3:20-4:20 E-Colors in Education and Sports

Presenter: Michelle Hayes

Oxford

Equilibria (E-Colors) in Education and Sports, Self, Team & Others Awareness Workshop is a great SEL tool to use in your classroom and/or sports teams. This tool can help with classroom management, self-awareness and understanding your student/ athlete better. Students will understand themselves better and then have the empowerment to own their behavior. By understanding the personalities of others, we can better understand their communication styles and behavioral tendencies, and learn how to better interact more effectively as a team or a class.

3:20-4:20 Data Walks: A New Tool to Inform and Engage

Presenters: Misty Lee & Jervelle Fort

Eton

Sunday, November 19th**8-9am** Stop the Bleed

Presenter: Lara Peck

Oxford

Member Highlight

Rachel Fobare

2023 Health Educator of the Year and 2023 SCAAHE President-Elect



For the last 17 years, Rachel Fobare has shared her passion and expertise in health education with students and teachers alike. She has taught Health Education at Lower Richland High School in Richland County School District One, served as the School Wellness Leader and Physical Education Department Chair at Lower Richland and the Lead Health/PE Teacher and Health Education Advisory Committee Member for Richland One. She is also an South Carolina Teacher Standards 4.0 Evaluator and South Carolina Center for Educator Recruitment, Retention, and Advancement Mentor.

Rachel has been recognized by her peers as the 2010 Lower Richland High School Teacher of the Year and 2019 Newberry College Hall of Master Teachers Inductee. She spearheaded efforts to create a healthy school environment at Lower Richland High School that led to receiving the Alliance for a Healthier Generation's National Healthy Schools Award and America's Healthiest School's Awardee distinction several times.

In addition to teaching health education to thousands of students at her own school, she has impacted students and teachers throughout Richland One, by serving as a mentor to health educators in both middle and high schools. She has created health education training modules and curriculum for Richland One health teachers and other districts throughout the state, as requested. She is a leader who shares her knowledge and resources throughout the state and presents regularly during in-person professional developments, state conferences, and webinars. Rachel is a regular presenter for all Richland One professional development day and has presented at the PEAK conference, Olde English Consortium Professional Development Conference. She prepares new teachers to learn the laws, state standards, and skills-based teaching techniques.

Rachel is a dynamic leader and advocate for health education in South Carolina and beyond. It is with great pleasure that SCAAHE recognize Rachel Fobare as the 2023 Health Education Professional of the Year!

SCAAHE Announcements

Next Open Meeting: **Saturday, November 18th 4:30pm Oxford** (at SCAHPERD meeting)

Want to join our email list?

Email Kelli Kenison at kenison@email.sc.edu

SCAAHE Service Opportunities

Call for Social Media Coordinator!

Put your Instagram and Twitter skills to use and earn a free SCAHPERD membership! SCAAHE is currently looking for a student to take over our social media. Time commitment for this position would be approximately 2 hours per month and you would serve for 1 year.

Responsibilities include:

- Re-vamping our Facebook and Instagram pages (which already exist)
- Creating a Twitter and LinkedIn page
- Creating a wellness Wednesday post each week
- Posting SCAAHE announcements about upcoming events and opportunities
- Posting highlights during the annual conference in November

Compensation:

- Free student SCAHPERD/ SCAAHE membership
- Mentorship and training opportunities with Alliance for a Healthier Generation
- Resume building opportunities
- Networking opportunities with public health and school PE/health professionals

We are also looking for several individuals to serve on the SCAAHE Board of Directors for 2024. Specifically, we have openings for 3 members at large and 1 future professional. Descriptions of these positions are below.

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 Wetzol, *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*

SCAAHE Website: <https://sites.google.com/view/scaahe?usp=sharing>