2019-20 Presentation & Professional Development Offerings

The following presentations are available to your school’s students, staff and parents! To learn more about the workshops offered, please contact a Healthy Schools representative at healthyschools@atlanticare.org.

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❑ Make a Healthy Plate  This interactive presentation will engage participants in making wise food choices at meal times. This exercise will demonstrate what plates should look like in terms of the various food groups and portions. It will also make recommendations for healthy, yet tasty substitutions. Be ready for students to be up on their feet as they learn to make wise dietary choices. 

❑ Rethink Your Drink  Do you really know how much sugar is in the foods/beverages you are consuming? This demonstration provides visual aides which allow the participants to see how much sugar is in the beverages and foods they are eating, and determine which choices are healthier. Presentation tailored to age group. Will include the dangers of energy drinks for older classes.  

❑ Don’t Super Size Me!  Do you realize how portions have increased over the past 20 years? Do you know how long it will take to burn off the Whopper you just ate? This interactive presentation demonstrates the need to balance our activity level with calorie consumption. Participants may be surprised that many selections at popular fast food restaurants require an enormous amount of time to burn off. Through educational tools consumers will learn to make healthier choices when eating outside of the home.  

❑ 10 Tips to Raising a Happy and Healthy Family  Your family members may be happy, but are they healthy? This workshop introduces tips to incorporate into your household to ensure that children are happy and healthy for years to come! 

❑ **New 2019-2020 Don’t Get Vaped In!**  E-cigarettes, of all types, are the most commonly used tobacco product among youth, posing numerous long-term development and health risks. This presentation will open eyes to the facts about e-cigarettes and the risks of vaping.  

❑ Eating for Good Health  Why is healthy eating important? How can you lead a healthier life? This presentation highlights weight management and why a healthy weight is important, and discusses cardiovascular health, portions, beverages, dining out, and healthy cooking.  

❑ **New 2019-2020 #ResilientMe**  Resilience is a crucial life lesson for youth as they navigate between adolescence and adulthood. This age-appropriate presentation will guide participants to understand resiliency, why it is so important to success and how they can develop and apply it in their own lives.  

❑ Figuring Out Food Labels  All of those numbers and percentages can be confusing when reading a Nutrition Facts label. This presentation introduces the basic concepts of the nutrition facts label, including essential nutrients, and what to avoid. Based on the Dietary Recommendations for Americans, participants will become educated consumers when making food selections.  

❑ Healthy Schools  What role does your school play in promoting health and wellness? This presentation highlights the importance of a team approach in an effort to incorporate changes in your school environment. 

Mini-Presentations Available: Invite us to your next PTA meeting, staff in-service or group meeting. 
- Add 10 minutes of Fitness to Your Day 
- Waking Up to a Better Day: The Importance of Sleep and Eating Breakfast 
- 10 Tips to Raising a Happy and Healthy Family 
- Don’t Get Vaped In 
- Eating for Good Health 
- #ResilientMe 
- Figuring Out Food Labels 
- Healthy Schools 

Stay Tuned! Be sure to check the Healthy School’s newsletter, for updated information on exciting, new staff trainings to be held throughout the year.

For more information and/or to request services please contact us at:  
Email address: healthyschools@atlanticare.org  
Website: www.atlanticare.org/healthyschools  

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