



Alliance
for a
**Healthier
Generation**

American Heart
Association



www.HealthierGeneration.org
1-888-KID-HLTH

Miami-Dade Webinars by Content Area

Policy Systems

Wednesday, October 29, 2008 5:00 pm

Wellness Policies and Wellness Councils: An Introduction -- This session will cover the role of wellness councils and membership in relation to the policy development and implementation process including resources for evaluating and monitoring current school wellness policies.

Wednesday, December 10, 2008 5:00 pm

Wellness Councils: Engaging Families & Communities in School Health Policies & Programs—This session will cover tips and strategies to engage families in your wellness council. The basics of meeting facilitation, action planning, and group process will be addressed within the context of maintaining a diverse and active group.

Physical Education

Wednesday, October 15, 2008 5:00 pm

PE Tune Up: PE Program Evaluations

You can't ask for more PE unless you currently provide quality PE. Program evaluation addresses curriculum, instructional strategies, best practices, assessment, student/teacher ratio, professional development, PE waivers, and the practice of appropriately modifying classes for all student populations

Wednesday, February 18, 2009 5:00 pm

PE-PR: Primer on Promoting Your Program

Learn about advocacy and promoting your PE programs which are important steps in reaching most of the criteria.

Wednesday, March 18, 2009 5:00 pm

Let's Get Physical

Learn strategies to help you engage your students in moderate to vigorous physical activity during physical education classes.



Robert Wood Johnson
Foundation

Supporting healthy schools nationwide



Alliance
for a
**Healthier
Generation**

American Heart
Association



www.HealthierGeneration.org
1-888-KID-HLTH

Wednesday, March 25, 2009 5:00 pm

How Good Are You? PE Teacher Evaluations

Utilization of recent research and best practices is critical to quality physical education—this addresses assessment, instructional strategies, professional development, and the knowledge and ability to appropriately modify classes for all student populations. This webinar will help you identify your strengths and weaknesses.

School Meals

Thursday, November 6, 2008 5:00 pm

What About the School Meals Criteria?

This session will provide an overview of the Alliance's School Meals criteria and the steps necessary for providing healthier nutritional choices for students.

Thursday, January 15, 2009 5:00 p.m.

Professional Development Training on A Tight Budget: How Do You Make It Happen?

This session will allow you to explore the many opportunities to provide training for you staff on a tight budget. Resources and training topics to meet the Bronze Level criteria will be discussed. Come to the webinar! Training will seem simple and easier to attain afterwards.

Physical Activity

Wednesday, November 12, 2008 5:00 pm

Safe Routes to School

Learn more about walking and bicycling to school and how to create plans for safe routes.

Wednesday, January 14, 2009 5:00 pm

Make Movement a Part of Your Day

Learn strategies to integrate physical activity into the school day.



Robert Wood Johnson
Foundation

Supporting healthy schools nationwide



Alliance
for a
**Healthier
Generation**

American Heart
Association



www.HealthierGeneration.org
1-888-KID-HLTH

Before and Afterschool

Thursday, November 13, 2008 5:00 pm (Before and Afterschool)

Introduction to the Before and Afterschool Criteria

This session will review the Framework Criteria in before and afterschool and provide the first steps necessary in creating a healthier before and afterschool environment.

Thursday, February 5, 2009 5:00 pm (Before and Afterschool)

Before and After the Bell: Integrating Healthy Snacks and Physical Activity Opportunities

Are you looking to enhance your before or afterschool program by offering healthy snacks and engaging physical activity opportunities? Then join me in this session as we explore the steps in providing reimbursable nutritious snacks in your afterschool program and the tools needed to increase the amount of time students are engaged in physical activity.

Health Education

Thursday, October 16, 2008 5:00 pm

Why It Is Critical to Teach Health Education in Miami Dade High Schools

Health education is critically important to help high school students make healthy behavior choices that impact their ability to learn and to lead productive lives. Participants will have the opportunity to discuss ways they are maintaining their health education classes in Miami Dade high schools and share teaching strategies they use to engage and excite students. This session will provide an overview of the Alliance for a Healthier Generation and the criteria for health education at the high school level. Health education curriculum and classroom resources that are available will be presented.

Tuesday, November 18, 2008 5:00 pm

Teaching Health Education in Elementary Schools: Are You Hitting the Mark?

This session will provide an overview of the Alliance for a Healthier Generation and the criteria for health education at the elementary level. Resources for teaching health education and suggestions for lessons will be discussed. Don't miss the opportunity to hear about ways to fit health education into your busy school day.



Robert Wood Johnson
Foundation

Supporting healthy schools nationwide



Alliance
for a
**Healthier
Generation**



www.HealthierGeneration.org
1-888-KID-HLTH

Thursday, January 22, 2009 5:00 pm

Meeting the Challenge of Teaching Health Education in the Middle School

Health education is generally taught through science and social studies in Miami Dade middle schools. This session will provide an overview of the Alliance for a Healthier Generation and the criteria for health education at the middle school level. Ways to integrate health education into your curriculum, classroom resources, and teaching ideas will be shared. Don't miss the opportunity to hear from your peers how they meet the challenge of fitting important health lessons into their science and social studies curriculum.

School Employee Wellness

Thursday, October 23, 2008, 5:00 pm

School Employee Wellness: An Introduction

This webinar will provide an overview of school employee wellness with an emphasis on steps for meeting the Alliance guidelines.

Thursday, October 30, 2008. 5:00 pm

Implementing your Employee Wellness program

This webinar provides practical skills for implementing a sustainable employee wellness program. Strategies for implementation at the gold level of recognition will be emphasized.

Competitive Foods - Snacks

Tuesday, Oct. 28, 2008 5:00 pm

Introduction to the Alliance Competitive Foods Guidelines and Criteria

Overview of the *Alliance Competitive Foods Guidelines* and their nutritional rationale; the snack food industry agreement; and a glance at best practices and criteria for implementing the *Guidelines* within the Alliance Healthy Schools Program

Wednesday, December 3, 2008 5:00 pm

Step-by-Step Implementation of the Alliance Competitive Foods Guidelines

Exploration of best practices for schools interested in implementing the *Guidelines* including assessment of the foods available, policies to support the Alliance Healthy Schools Program Framework criteria in competitive foods, and initial changes in the food environment that prepare a school for full implementation of the *Guidelines*.



Robert Wood Johnson
Foundation

Supporting healthy schools nationwide



Alliance
for a
**Healthier
Generation**

American Heart
Association



www.HealthierGeneration.org
1-888-KID-HLTH

Wednesday, January 21, 2009 5:00 pm

Put the Fun(d) Back into Fundraising

Identify the “whys” of conducting health-promoting fundraisers, guiding principles for fundraisers, and innovative alternatives for raising funds in alignment with the Alliance Healthy Schools Program goals

Tuesday, March 31, 2009 5:00 pm

Alternative Practices for Celebrations and Using Food Rewards at Schools

Tease out the myriad of ways that food is used in the school environment - from classroom birthday celebrations to reinforcement of positive behaviors. Hear success stories of student recognition and reward practices that maintain consistency with health-promoting messages and educational goals.

Competitive Foods - Beverages

Wednesday, November 5, 2008 5:00 pm

Introduction to Alliance School Beverage Guidelines and Criteria

Join us to learn more about the Alliance School Beverage Guidelines. This session will include: an overview of the Guidelines and their rationale of encouraging adequate hydration without excessive caloric intake; answers to frequently asked questions regarding portion size, nutrition science and compliant products; and an introduction to the Alliance School Beverage Guidelines Implementers' Toolkit and Best Practices

Tuesday, December 9, 2008 5:00 pm

The Alliance School Beverage Guidelines: Common Implementation Issues and Solutions

Join us to learn more about implementation best practices for the Alliance School Beverage Guidelines. This session will include: an overview of the agreement between the Alliance and the ABA, Cadbury Schweppes, Coca-Cola and PepsiCo; and a discussion of common implementation issues such as potential loss of revenue, product availability, student demand, timing and location, and some solutions and best practices

Tuesday, February 3, 2009 5:00 pm (Competitive Foods - Beverages)

Communicating and Marketing Beverage Changes to Students and Staff

Join us to learn more about generating acceptance of the Alliance School Beverage Guidelines within the school community. This session will include: ideas for



Robert Wood Johnson
Foundation

Supporting healthy schools nationwide



Alliance
for a
**Healthier
Generation**

American Heart
Association



www.HealthierGeneration.org
1-888-KID-HLTH

generating student demand and encouraging the purchase of new products; information on communicating the changes to the school community; and best practices from schools that have successfully made the change to their beverage product mix

Tuesday, February 24, 2009 5:00 pm

Engaging Students in Changing Their Schools' Snack Foods and Beverages

Examine key elements for involving students in taking a leadership role in making their schools' snack and beverage choices, and food environments, healthier. Explore the *Step Up for a Healthier School* student activism toolkit and learn how to implement the tools with students in middle and high schools



Robert Wood Johnson
Foundation

Supporting healthy schools nationwide