



HEALTH.  
MOVES.  
MINDS



IT TAKES SUPER POWERS



# A Symposium for School Health

Mental Health, Physical Health, Emotional Health

*Exclusively for Indiana Superintendents*

February 22, 2019

Indianapolis Marriott East

[inHealthMovesMinds.org](http://inHealthMovesMinds.org)

[#INHealthMovesMinds](https://twitter.com/INHealthMovesMinds)





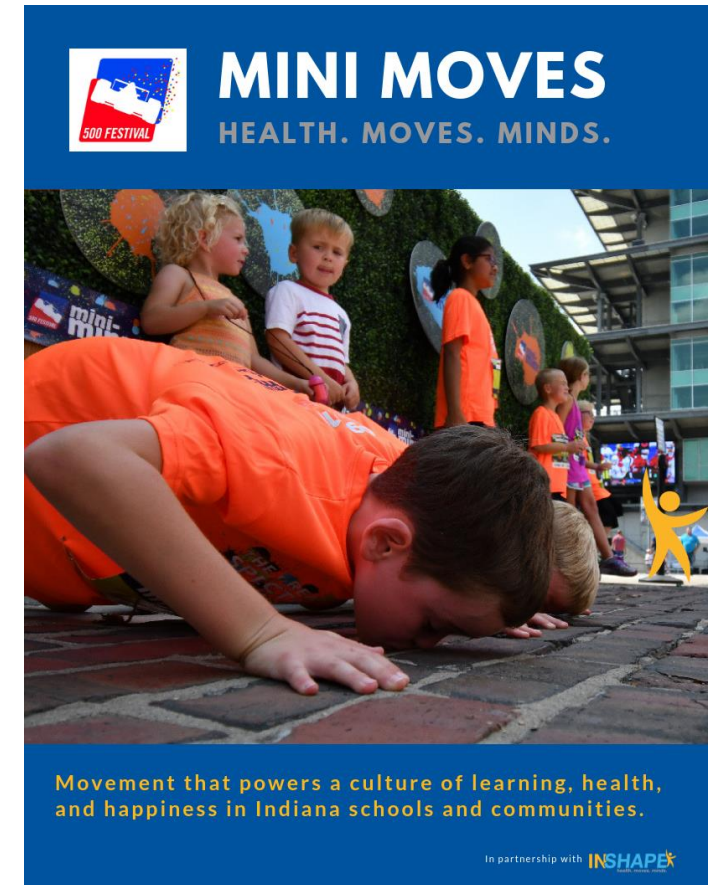
# HEALTH. MOVES. MINDS



# Why?

**INSHAPE** is a professional education association for teachers, administrators, researchers, coaches, college students and other professionals dedicated to the promotion of quality health, physical education, sport, dance, and fitness in public and private schools, colleges and universities, and community agencies throughout Indiana.

**PIVOT: Key contributor to outcomes (academics, college/career readiness, citizenship, etc.)**



Health Promotion  
Health Equity

# Agenda

9:00 a.m.	Welcome	Lemke
9:10 a.m.	Adversity! The Brain, Behavior, and Learning	Desautels
10:00 a.m.	Kids First – State Priorities, Programs, & Resources	McCormick
10:30 a.m.	BREAK	
10:45 a.m.	Huddle Up: Let’s Talk School Safety	Huntoon
11:00 a.m.	How “Whole Child, Whole School, Whole Community” Comes to Life in my School District	Roberts
11:30 a.m.	Break Out: "Mythbusters“	Group
11:45 a.m.	Lunch (Covering Kids and Families)	Thomas

# Agenda

12:20 p.m.	Assessing and Addressing Youth Risk Behaviors	Box
12:30 p.m.	State of the Child 2019	Geier
1:00 p.m.	2019 National Drug & Alcohol IQ Challenge	Sparks
1:15 p.m.	Minds in Motion	Lemke
1:45 p.m.	BREAK	
2:00 p.m.	Developing a Culture of Equity and Inclusion	Neidermeyer
2:30 p.m.	Panel Discussion	All
3:00 p.m.	ADJOURN	

# SEL: Easy to like

*How did we get to a point where it's a big deal to observe that children learn better when they feel valued, respected, supported, and safe?*

*A moment of opportunity to focus on values and student needs that matter deeply —things like integrity, empathy, and responsible decision making.*

*What might strike some as faddish enthusiasm for the "whole child" should be nothing more than a measured call to once again unapologetically be about academic achievement and also the social and emotional skills that equip students for citizenship, life, and work.*

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# Climate and culture eat curriculum for breakfast



@lemke

# Culture v Climate

- ❑ Simply stated, culture refers to “the way we do things around here.”
- ❑ Climate, on the other hand, refers to the feel of the school environment.
- ❑ Culture is a product of the relationship history in a school while climate is a function of how people perceive those relationships in the present.
- ❑ Leaders attune themselves to a climate and culture to foster a safe, orderly environment that is student-centered, high performing, and embraces continuous improvement.



# Climate from a student perspective

- ✓ People care what I think
- ✓ People care how I feel
- ✓ People care about my safety
- ✓ People care about my health and well-being
- ✓ People care about what I do
- ✓ People care about how I am treated
- ✓ People care about my success

# WSCC Model

## Whole School, Whole Community, Whole Child Model



- ❑ A unified and collaborative approach to learning *and* health.
- ❑ Focus on the whole child
- ❑ Emphasizes a school-wide approach
- ❑ Acknowledges learning, health, and the school as a reflection of the local community.

Physical literacy + Health literacy



*What's on  
your Plate?*



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