

ACKNOWLEDGEMENTS

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ABC Unified School District Health & Wellness Symposium

Haskell Middle School
August 20, 2008
9:00 am—12:00 pm



OVERVIEW

9:30-10:15 am **Break-out Session I**

- Nutrition 101
- Planning Fabulous Healthy Parties
- Planting Nutrition in the Classroom

10:20-11:05 am **Break-out Session II**

- Let's Get Moving!
- Yoga in the Classroom
- Increasing Media Literacy in the Classroom

11:10-11:55 am **Break-out Session III**

- Let's Get Moving!
- Planning Fabulous Healthy Parties
- Planting Nutrition in the Classroom



PRESENTERS

Mariamanda Sarabia M.S., R.D. is the Nutrition



Coordinator of the *Network for a Healthy California* at San Gabriel Unified School District. She received a bachelor's degree in Biology from the University of California of Los Angeles and a master's degree in Nutritional Sciences from California State University of Los Angeles. Over the previous years she worked for

the Hawthorne School District providing nutrition education to the district's parents.

Dipa Shah-Patel, M.P.H. received her bachelor's



degree in history and minor in education from UCLA. She went on to obtain her Master's degree in Public Health from UCLA's School of Public Health where she focused on Community Nutrition. Dipa was the Project Manager on the first statewide survey to study tobacco consumption among Asian Indians living in California through a partnership

with the California Public Health Department and UCLA. She is currently the Project Coordinator for ABC Unified School District's *Network for a Healthy California*.

Jenny Yoon, B.A., M.A. has received her Bachelor of



Arts in Liberal Studies from California State University of Long Beach and her Masters of Art in Curriculum Leadership from Biola University. Jenny is starting her eighteenth year teaching with the ABC Unified School District. In addition, she received her 200 hour yoga teacher

training from Yogaworks and currently teaches yoga at the OC Jazzercise Center in Westminster.



Ismael Aguila, M.S., C.S.C.S. received his Masters in Exercise Physiology from the Kinesiology Department at California State University, Northridge. Ismael Aguila has over 12 years of health & fitness experience, including corporate wellness, clinical rehabilitation, fitness evaluation, and adult/children program design. Ismael has provided health consultation for organizations such as Easton Sports, Orange County Fire Authority, Kraft, and Worksite Wellness Los Angeles.



Christine Bou Sleiman, R.D. is the Program Director of the *Network for a Healthy California* at LA Trade Technical College, which services Lawndale Elementary School District and local charter schools in Los Angeles. She received a bachelor's degree in Food and Nutrition Science from San Diego State University and is currently working on her Master's degree in Nutrition at California State Polytechnic University, Pomona. Over the previous three years she has worked closely with elementary and middle school educators to link nutrition to state standards. Her emphasis is on making nutrition hands-on and fun for both students and adults.



Julie A. Brown M.Ed has taught a variety of grade levels for 7 years in the Palm Springs and Hawthorne School Districts. In 2001 she received a prestigious teaching award from the Hawthorne School District. For the past 4 years Julie Brown has worked as a Teacher Advisor for the Hawthorne *Network for a Healthy California*. In her spare time she enjoys spending time with her family and developing user friendly teacher materials. She has recently published Nutrition EZ, a book that integrates nutrition education into core curricular subjects.

9:30 am—10:15 am

Nutrition 101

Mariamanda Sarabia M.S., R.D.

Room 301

We have all heard about the Zone, South Beach, and Atkins diets and are constantly bombarded with information on the latest diet and new gimmicks. Come and learn the facts on what it means to eat healthy from a nutrition expert. This workshop is a wonderful foundation to teach nutrition to your students and is highly recommended for teachers who do not teach at Network schools.

Planning Fabulous Healthy Parties

Christine Bou Sleiman, R.D.

Room 302

Confused on how to celebrate special occasions without loading your students up with sugar and fat? Come join us for an interactive session on how to plan a healthy classroom party that your students will definitely enjoy. This is a hands-on workshop where you will make tasty and nutritious snacks.

Planting Nutrition in the Classroom

Julie Brown, M.Ed.

Room 303

This fun and interactive class will not only expose you to creative ideas on how to incorporate nutrition with gardening and core curricular subjects; it will also allow you to experience hands-on activities. Come roll up your sleeves and have some fun with us! We will provide you with knowledge and tools that you can take back to your classroom immediately. In this class you will learn to make garden chia pets, sprouting sponges, student worm composting bins and much, much more!

10:20 am—11:05 am

Let's Get Moving

Ismael Aguila, M.S., C.S.C.S.

Room 301

Panel Presenters:

Fran Delaney- Barron, Niemes Elementary

Lisa Douglas, Aloha Elementary

Students across the country do not get their recommended number of 60 minutes of physical activity per day. Come and learn creative ways to encourage students increase their level of physical activity during and after school. You will also learn quick and fun games that will increase your students' heart rates and even break a sweat!

Yoga in the Classroom

Jenny Yoon, MA

MPR

Are teachers stressed? Come and learn how yoga can help you de-stress so you can bring an atmosphere of centeredness and calmness to your students. Learn basic yoga tools to help your students feel more confident, calm, and focused. Note: No prior knowledge or experience of yoga is necessary.

Increasing Media Literacy in the Classroom

Dipa Shah-Patel, MPH

Room TBD

Students watch approximately 32 hours of television every week, and are exposed to 40,000 commercials per year. A significant portion of these commercials encourage kids to consume high fat, high calorie, low nutrient foods. Learn how to teach your students to critically analyze commercials and media messages so they can make informed choices that can affect their health.

11:10 am—11:55 am

Let's Get Moving

Ismael Aguila, M.S., C.S.C.S.

Room 301

Panel Presenters:

Fran Delaney- Barron, Niemes Elementary

Lisa Douglas, Aloha Elementary

Students across the country do not get their recommended number of 30 minutes of physical activity per day. Come and learn creative ways to encourage students increase their level of physical activity during and after school. You will also learn quick and fun games that will increase your students' heart rates and even break a sweat!

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