



CIRCLE OF  
WELLNESS

NOV. 18, 2020  
VIRTUAL WORKSHOP



**PennState**  
PRO Wellness

**KOHL'S**  
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# Welcome to the Kohl's: Circle of Wellness Workshop

## Welcome to the Kohl's: CIRCLE OF WELLNESS Workshop!

We have gathered an incredible group of dynamic and engaging presenters to share their experiences and knowledge. In addition, we have arranged the agenda to maximize your opportunities for learning and planning for your school's success as a Healthy Champions participant!

Overall, child health is essential to creating the greatest opportunities for the children we serve; their well-being is tied to academic performance, happiness and future success. That is why we modeled the Circle of Wellness Workshop around the **Whole School, Whole Community, Whole Child (WSCC)** framework [model on right], a collaborative approach to learning and health developed by credible professionals. Every session today is aligned with at least one of the ten WSCC components.

**As a participant in the Kohl's: Circle of Wellness program, our ultimate goal is to enhance your enrollment in our Healthy Champions program.** Our year-long Circle of Wellness program will provide one-on-one technical assistance to help you review your personalized assessment results, improve your 2020-2021 STAR status, and create new signature events!

### Throughout the program year, we challenge you to:

- Review your Healthy Champions assessment score and improve your STAR status
- Use our template to create a new signature event!

**Penn State PRO Wellness will facilitate and support program goals through technical assistance, resources and stipend support.** We encourage you to plan and/or complete all activities by the end of the 2020-2021 school-year. Our intent is to assist you in making sustainable changes while also improving your wellness environment.

We appreciate your valuable time with us at the Kohl's: Circle of Wellness Workshop, and we hope you enjoy today's workshop and year-long program. If you have questions, please reach out to a Penn State PRO Wellness staff member. We are happy to help!

Sincerely,

Penn State PRO Wellness



## WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD



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# Agenda

- 9:00 – 9:15 a.m.**     **WELCOMING REMARKS** | Krista Pattison  
*Circle of Wellness Program Overview*
- 9:15 – 9:45 a.m.**     **SESSION 1** | Dr. Hannah Meckley Brewer  
*Mental Resiliency and Mindfulness*
- 9:45 – 10:15 a.m.**   **SESSION 2** | Elizabeth Hivner  
*Self-care and Wellness for YOU!*
- 10:15 – 10:30 a.m.**   **HEALTHY CHAMPION Q&A | BREAK**
- 10:30 – 11:00 a.m.**   **SESSION 3** | Leslie Stillings  
*Preparing Families for Success through Family Engagement*
- 11:00 – 11:30 a.m.**   **SESSION 4** | Randy Fox  
*School Safety as an Engagement Tool to Increase Community and Family Involvement*
- 11:30 – 12:00 p.m.**   **SESSION 5** | Britnee Weatherspoon  
*Dove Self-Esteem Project “Confident Me!”*
- 12:00 p.m.**             **CLOSING**  
*Closing & Giveaways!*

**View details  
about sessions  
and speakers  
on pages 4-7**



# Session Overview

## **Session 1** | Dr. Hannah Meckley Brewer *Mental Resiliency and Mindfulness*

### **WSCC Component(s):**

Social and Emotional Climate

Do you know students who seem to struggle with small tasks or become easily stressed while others seem to have the ability to keep their emotions in check? Mental resiliency can be cultivated in schools and helps students thrive, even when something in their life seems overwhelming.

In this session, you'll learn practical strategies for enhancing mental resiliency in schools.

### **Objectives:**

1. Discuss why building mental resiliency and promoting mindfulness in schools can enhance students' overall well-being.
2. Gain strategies for teaching social and emotional learning at the elementary, middle, and secondary levels.
3. Learn how to encourage students to become more self-aware, resilient, and content.

## **Session 2** | Elizabeth Hivner *Self-care and Wellness for YOU!*

### **WSCC Component(s):**

Employee Wellness and Physical Environment

Learn why self-care and wellness are critical for the future of academia. We will practice self-care techniques and discover employee wellness strategies that can be used to disseminate wellness across schools. We will also create plans to enhance teacher well-being in your school.

### **Objectives:**

1. Understand why self-care and wellness are important for educators
2. Practice deep breathing and mindfulness to relieve stress.
3. Identify employee wellness strategies that can be adopted and implemented in schools

### **Dr. Hannah Meckley Brewer**

*Associate Professor at Slippery Rock University*

Dr. Meckley Brewer is an associate professor in the Department of Physical and Health Education at Slippery Rock University. She is a Certified Health Education Specialist and serves as the School Wellness Education Program Coordinator. She was instrumental in revising Slippery Rock University's health and physical education teacher education program to be aligned with the Whole Child (WSCC) model and teaches various courses in the areas of school wellness, social and emotional learning, and school nutrition. Dr. Meckley Brewer is passionate about rebuilding the health and wellness of our society through schools.



### **Elizabeth Hivner**

*Project Manager at Penn State PRO Wellness*

Elizabeth Hivner, M.Ed, CHES., is a Project Manager at Penn State University's College of Medicine for PRO Wellness. She received a Bachelor of Science degree in Health Sciences, Public Health Education from James Madison University and a Master's of Education in Health Education from Penn State University. Ms. Hivner's expertise is in evidence-based school wellness programming and employee wellness. She has enjoyed partnering with school professionals to enhance student and staff wellness through evidence-based practice implementation. She also oversees Penn State Health's employee Wellness, BeWell Initiative and looks forward to passing along knowledge from this project into the school setting.



# Session Overview

## Session 3 | Leslie Stillings

### *Preparing Families for Success through Family Engagement*

#### **WSCC Component(s):** Family Engagement

What is family engagement? Through a strengths based approach we will discuss protective factors and how to meaningfully connect with families. This session will provide tools and strategies for helping you improve family engagement at your school.

#### **Objectives:**

1. Learn what family engagement is and how it can help prevent ACEs (adverse childhood experiences).
2. Learn about the protective factors framework and strengths-based approach to engaging families.
3. Learn practical strategies in implementing **Family Engagement** into your practices.

#### **Leslie Stillings**

##### *Family Engagement Coordinator at PEAK*

Leslie Stillings works at Family Services of Montgomery County and is contracted by the Pottstown School District as an administrator and Family Engagement Coordinator with the PEAK program (Pottstown for Early Action Kindergarten Readiness). She is currently involved in PTICC (Pottstown Trauma Informed Community Connection), serves as chair of Family Services' Trauma and Wellness Committee, Vice President of the board for Mother Goose Read To Me, and board member for Creative Health Services.

Prior to working with PEAK, Leslie was the Youth Director and Interim Co-Executive Director in a public library with over 15 years of experience in management, outreach, event planning, and programming in a low income/high crime area that has gained recognition and a quadruple increase in family attendance. Her experience at the office of the former First Lady Michele Ridge at the PA Governor's residence and WHYY public broadcasting station instilled a passion for empowering youth and families to reach their full potential through opportunities and education with a sense of dignity, equality, respect, and empathy.



# Overview continued

## Session 4 | Randy Fox

### *School Safety as an Engagement Tool to Increase Community and Family Involvement*

#### **WSSC Component(s):** Family and Community Engagement and Physical Environment

This session will show participants ideas for building community and family involvement in the school system. School safety is a great way to involve your school's whole community by getting community members and families involved in projects and ideas. This session will help give attendees strategies and ideas to increase awareness of schools safety in the school community and help leverage school safety as an engagement tactic.

#### **Objectives:**

1. Present comprehensive school safety as a strategy to increase community-parent involvement.
2. Session attendees will obtain additional ideas for engaging families in their community.
3. Demonstrate school safety as a community-family priority and show how being involved naturally increases engagement with their schools and communities.



#### **Randy Fox**

##### *Director at Center for Safe Schools*

Randy Fox's career is dedicated to education and emergency management. He earned a bachelor's degree in elementary education degree, master's degree in educational administration, and superintendent eligibility certification. Fox taught fourth, six and seventh grades during his career. He led schools for eighteen years as an elementary or middle school principal and has intensive experience leading training initiatives for schools, childcare and business organizations. Fox also experienced a near active school shooting incident as a school principal in September of 2001. This sparked his life-long dedication to the safety of our school constituents and began his desire to customize services based on organizational need.

Fox earned the International Fire Service Accreditation Congress-National Pro-Board Certifications of Fire Officer II, Firefighter II, Emergency Services Instructor and is certified as an Incident Safety Officer through the Pennsylvania Department of Health. He holds executive qualifications through the National Incident Management System and the Homeland Security Incident Command System. His emergency management experience includes Command Level Fire Battalion Officer, extensive incident preplanning, incident mitigation-response-recovery, incident command experience, volunteer firefighter and prehospital emergency care provider. In addition, Fox is pursuing his certification as a FEMA Master Exercise Practitioner. This elite certification demonstrates superior proficiency instructing and coordinating varieties of small to large group table-top, operational, and real-world exercises. This unique range of experience is why Fox was selected to lead the Center for Safe Schools towards the vision of comprehensive school safety.

# Overview continued

## Session 5 | Britnee Weatherspoon

### Dove Self-Esteem Project “Confident Me!”

#### **WSSC Component(s):** Social and Emotional Climate

This session will outline the Dove Self-Esteem Project’s “Confident Me!” curriculum. This curriculum is designed to promote body confidence in a classroom setting. The lessons are aimed primarily at 11-14 year olds, but can also be used with older girls and boys if the educator sees it as appropriate for their students. The free downloadable materials include a range of curriculum-relevant teaching resources, developed in collaboration with educators and students. Attendees to this session will be provided with all of the tools and resources needed for implementing this curriculum within their school.

#### **Objectives:**

1. Understand how body confidence & self-esteem affects students.
2. Understand how “Confident Me!” can be used as a tool to improve body confidence and self-esteem.
3. Understand how “Confidence Me!” impacts student body confidence and self-esteem. (data)

#### **Britnee Weatherspoon, Ed.D.**

##### *District Administrator K-12 at National Cadre Trainer*

Britnee Weatherspoon is a District Administrator at Clairton City School District where she oversees attendance, coordination of social services and school health initiatives, and serves as the McKinney-Vento and foster care liaison point of contact. As a National Cadre Trainer for the Dove Self-Esteem Project, Britnee raises awareness around body confidence and self-esteem, and promotes positive messaging that will transpire to help young adolescents develop confidence and self-esteem that play an instrumental role in their overall well-being.

Britnee’s professional experience in the field of health promotion, public health and education, working in various settings including healthcare, corporate health and wellness, and K-12 public and charter schools, lead to her recent Doctor of Education degree from the University of Pittsburgh. Britnee currently serves as a Board member for PA Shape and Healthy Schools Pennsylvania, and her passion and experience align with incorporating the **Whole School, Whole Community, Whole Child (WSCC)** framework to improve school health policies and practices. Britnee is passionate about creating healthier school and community environments for underserved populations, ensuring that young people are afforded the opportunity to reach their full potential. Most importantly, Britnee enjoys spending quality time with her family and her son.



# YOU CAN DO IT!

# Timeline

## NOVEMBER

### Workshop

- Participate in workshop.
- Begin Unique Signature Event development.
- Complete Workshop Evaluation.

## DECEMBER

### Get your School Involved

- Disseminate workshop information to school team.
- Utilize Publicity Toolkit to promote workshop participation.
- Develop Unique Signature Event using website resources.

## JANUARY

## FEBRUARY

### PRO Wellness Check-in:

*Receive stipend support by completing online signature event templates sent via email by February 26th, 2021.*

## MARCH

## APRIL

### Technical Assistance

- Utilize Kohl's Circle of Wellness website for training materials and additional resources.
- Utilize resources for improving your STAR status
- Utilize Publicity Toolkit to promote unique signature event activities.

## MAY

## JUNE

## JULY

## AUGUST

### PRO Wellness Check-In

*To receive a gift card, please complete final evaluation by August 13th, 2021*

- Kohl's Circle of Wellness Final Evaluation

# Improving Your "STAR" Status

## Understanding Your STAR Score(s):

Based on the Centers for Disease Control and Prevention School Health Guidelines for goals and strategies to prevent obesity, Healthy Champion schools were awarded "stars" based on answers to questions in the following categories: nutrition and physical activity, psychological and social services, school health environment, and health and wellness policy. Based on the specific results of YOUR Healthy Champion online enrollment (sent via email at the beginning of the 2020/21 school year), we suggested you focus on instituting changes to make improvements in any category with a score of "3 stars" or below.

As a participant of the Kohl's Circle of Wellness Program, you have now received additional Healthy Champions assessment results so you can review the EXACT item(s) you can focus on "improving."

## Instructions to Review Assessment Items:

1. **"Greens"** - these are the items you are currently meeting "best practices". Congratulations and keep up the good work!
  - **Note, it may be important to consider how you can continue your best practices in a 'virtual environment.'**
2. **"Yellows" and "Reds"** - these are items you are **NOT** currently meeting a status of "best practices." Please consider the following as you work to improve your STAR status:
  - Review items with other school staff and/or administrators to see if you are actually meeting best practice(s).
  - Review your school's wellness policies to make sure you are DOING what your policy says (and vice versa).
  - Create a list of stakeholders (i.e. PTA, community members, etc) who can help you meet these best practices.
  - Create a list of free activities/programs you can implement to meet best practices.

## Know Your Resources:

- **Access online resources in our Healthy Champions portal.** ➡ Visit [med.psu.edu/prowellness/champs](https://med.psu.edu/prowellness/champs) and use the password: **HEALTHYCHAMPS2021** for FREE health education resources!
- **Use the Kohl's Circle of Wellness Program resources.**
  - ➡ Visit [prowellness.childrens.pennstatehealth.org/school/programs/kohls-cares/](https://prowellness.childrens.pennstatehealth.org/school/programs/kohls-cares/) for workshop resources and templates.
- Please reach out to the PRO Wellness team available during the 2020-2021 school year to provide personalized technical assistance as you improve your star status!



# Signature Event Template

**TITLE:** Provide an eye-catching title!

**DESCRIPTION:** Provide a description of your event. *(ex. Go for the Greens promotes green veggies as good food and good fun! Schools and community organizations celebrate this event with taste-testing and other fun activities to open young minds and taste buds to the greatness of greens! This event emphasizes incorporating veggies as part of healthy meals with a focus on kids' lunches and family dinner.)*

**HOW TO PARTICIPATE/CELEBRATE:** Explain how students/staff/families can participate in your event. *(ex. Cooking with Greens is a fun-filled, family-oriented event that teaches parents and their children about green vegetables and how to incorporate veggies as part of healthy and appealing meals and snacks.)*

## **LOGISTICS:**

- **When:** Date/Time
- **Where:** Location
- **Who:** Describe who is responsible for event logistics. *(ex. School Food Service Director should lead the efforts. Teams of 6-10 individuals should include teachers, administrators, students and parents should all be invited to participate.)*
- **What:** What will you need to host a successful event. *(i.e. supplies, prizes, etc.)*
- **How:** Describe the event timeline/components in detail. *(i.e. how will this event be successful?)*

**DESIGNING VIRTUAL EVENT:** Include logistical bullet points for how this event could be hosted virtually.

- **Logistics:** Describe the when, where, who, what and how. *(ex. School Food Service Director leads efforts by sending zoom invitation to all staff and students. He/she will provide list of ingredients/supplies needed. Students, families and staff who participate will receive a virtual prize.)*

## **Tips to Involve Students:**

Describe how students can be involved. *(ex. In the month leading up to the event, have students create posters and flyers as promotional materials.)*

## **Tips to Involve Parents/Community Members:**

Describe ways to involve parents/community members. *(ex. The event is typically hosted by a parent organization such as a PTO, PTA, Home & School Association or other similar group. These parent groups can secure donations of food for Cooking with Greens and be responsible for sending a letter home to all district parents about the event and how they can participate.)*

# Signature Event Template

**TITLE:**

**DESCRIPTION:**

**HOW TO PARTICIPATE/CELEBRATE:**

**LOGISTICS:**

**When:**

**Where:**

**Who:**

**What:**

**How:**

**Involve Students:**

**Involve Parents/Community Members:**



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