



March 2011, BHSA News

Highlights from this Quarter

Here are a few highlights from the past three months.

Strategic Planning

In January, members of BHSA assembled for our second **strategic planning session**. Once again, the session was guided by Dr. David Julian of OSU-CLEX. Participants created a logic model for BHSA and put some finishing details on the plan related to responsibility, desired outcomes, and timeline (see page 2 of this newsletter for a snapshot).

Professional Development

On February 9, BHSA provided two trainings for the **Columbus City Schools (CCS) Professional Development Days**. This was the second day of three professional development days that BHSA will be doing for CCS. Once again the sessions were well-attended and participants had very positive opinions about the training.

On February 11, the second day of **Health Education: A Skills Based Approach** was held in Columbus with over 60 health teachers in attendance. Then, on March 25, the same workshop - **Health Education: A Skills Based Approach** (Day 1 of a two-day workshop) was presented in Toledo, OH by Dr. Sue Telljohann & Dr. Joseph Dake of the University of Toledo. Approximately 30 health teachers came together to learn how to incorporate characteristics of effective health programs into their health curriculum/ units/ lesson plans. They were then asked to go back to their classrooms to implement and test these strategies. Participants will come back together on **May 17th, 2011** to discuss lessons learned and work through challenges experienced in the classroom. A special thank you to **Jan Meyer**, BHSA member, for coordinating this valuable two-day workshop!

Advocacy

BHSA's Advocacy Committee has been working hard to develop a **Public Policy Agenda** for the organization. The Policy Agenda was reviewed and voted on by members earlier this month. Additionally, the committee is working on a campaign for the adoption of Health Education Standards in Ohio. Fact sheets, an endorsement form, and a detailed plan have been developed. Stay tuned for more information about this exciting endeavor!

CSH Conference registration & agenda now available!

"The Best Kept Secret: Health & Wellness Drives Your School's Report Card" will be held June 21-23 at Cherry Valley Lodge.

The keynote speaker is **Dr. Stephen Sroka** from Lakewood, Ohio. Dr. Sroka is an internationally recognized speaker, trainer, author, teacher & educational consultant on health education, school safety, brain-based learning, at-risk students & alternative education, parenting, dropout prevention & leadership building for schools & communities.

Two optional pre-conference sessions will be available on June 21, 2011 from 1:00 - 4:00 pm.

Participants can choose to attend:

- "Practical Strategies to Increase Student Connectedness" presented by **Dr. Keith King**, Professor of Health Promotion & Education, University of Cincinnati, Cincinnati, Ohio
- or
- "Integration of Academic and Mental Health Services" presented by **Felicia Demchuk**, M.Ed., Educational Service Director, Positive Education Program, Cleveland, Ohio.

To view the full agenda and register for the conference & pre-conference, go to <http://events.r20.constantcontact.com/register/event?llr=65jrrzdab&oeidk=a07e3gvj35k7442a169>

**Healthy Students
are Better Learners!**



A Snapshot of the 2011 Strategic Plan

Our Vision

Healthy Youth, Successful Schools, & Thriving Communities.

Our Mission

On behalf of Ohio's Students, promote a coordinated approach to school health that supports educational achievement for lifelong success.

Our 2011 Strategies include:

- Increasing BHSA Membership in order to coordinate efforts and maximize use of resources
- Using Technology to expedite meetings, training registrations, & marketing of BHSA events
- Advocating to change policies impacting programming
- Delivering Professional Development for school officials & others responsible for implementing CSH & school health initiatives

The full plan will be soon be available on the BHSA website at www.bhsalliance.org. If you have questions or comments, email Heather at executivedirector@bhsalliance.org.

Upcoming 2011 BHSA Events

April 22

Cadre of Trainers Retreat

May 17

Second Day of two-day "Health Education: A Skills Based Approach" Workshop in Toledo

May 18

Columbus City Schools Professional Development Day

May 19 - 20

Healthy Schools Leadership Institute

June 9

Quarterly Membership Meeting

June 21-23

Coordinated School Health Conference/Pre-Conference

September 8

Quarterly Membership Meeting

Executive Director's Corner

Hello BHSA Members:

Happy spring! Things are off to a great start this quarter. I have been on the go! In February, I had the privilege of accompanying a state-wide team to Washington DC to attend the Statewide Pioneering Healthier Communities Conference sponsored by the YMCA of the USA. The Ohio team, led by Beth Tsvetkoff, ED of the Ohio Alliance of YMCA's is charged with working on Policy, Systems, and Environmental changes to address childhood obesity. You will be hearing more about this team's plan in the future.

Then on March 16, I attended the Investing in Tobacco Free Youth Advocacy Day sponsored by the American Heart Association at the Riffe Center. The purpose of the day was to share with legislators how important it is that Ohio support tobacco prevention and cessation! (View pictures of the event at <http://www.flickr.com/photos/yourethecuregra/sets/721576262.81209264/>.) FYI - Ohio's tobacco prevention program has been limited to only the Quit line, which is being funded with carry-over and stimulus dollars. Unfortunately, if nothing changes, the Quitline funding will expire on June 30, 2011. This will make Ohio the ONLY state without a Quitline! The Tobacco Modernization Act is a common-sense solution that will modernize Ohio's tobacco laws, reduce tax evasion and reduce youth access to tobacco products.

Additionally, I attended our BHSA professional development offerings, exhibited at the Ohio Association of School Nurses Conference, attended a workshop on Creating an Actionable Marketing Plan, and more.

Currently, I am working with ODE and ODH to plan the first meeting of 2011 for the pilot schools involved in the Healthy Schools Leadership Institute & we are also getting ready to host our first Cadre of Trainers Retreat. Both events will be held later this spring. I am especially looking forward to our School Health Conference in June. This year's conference promises to be the best one yet. We have an impressive schedule of speakers and topics. New this year, conference sponsorship opportunities are available. Visit our website to view the conference agenda and learn more about becoming a sponsor. I hope to see you at the conference!

Respectfully, Heather

PS Don't forget, the next quarterly meeting will be held on June 9!