

# WAFCS E-NEWSLETTER

WISCONSIN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

Volume VIII Issue 3

December 2019



## 2020 WAFCS Annual Conference

**Celebrating FCS  
Past Present Future**

**March 26, 27, 28, 2020  
Chula Vista Resort  
Wisconsin Dells, WI**

The mission of WAFCS is to provide leadership and support for professionals whose work assists individuals, families, and communities in making informed decisions about their well-being, relationships, and resources to achieve optimal quality of life.

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### **Meet the Friday Morning Keynote Speaker**

**Nancy Franz**, Professor Emeritus, Iowa State University School of Education



The theme of Nancy's presentation is **"Determining and Articulating the Value of FCS"**, a very timely topic in light of today's educational, political and social climate. Nancy will be doing a keynote presentation plus two breakout sessions where attendees can work on creating their own personal stories to tell.

Nancy retired after 33 years of service with Cooperative Extension Systems as a county Extension agent, campus specialist, and administrator over the years in Wisconsin, New York, New Hampshire, Virginia, and Iowa. She currently consults on organizational development with nonprofit organizations and higher education. She serves on the Story County Conservation Board and the Northland College Alumni Board. She loves to volunteer, read, travel, be outdoors doing silent sports, and consume dark chocolate.

## **Friday Afternoon Keynote Speaker**

### **How Planned Happenstance Landed Me in Correctional Education with a Passion for Family and Consumer Sciences.**



Dr. Kyle Roberson will explain the theory of Planned Happenstance and how reflection can assist in the decision-making process. You will hear the unique journey Dr. Roberson took that led him to a career in correctional education, the completion of a terminal degree in Family and Consumer Sciences, a passion for improving educational opportunities for inmates, and helping his fellow correctional workers deal with the stress of working in a dangerous environment.

Dr. Kyle Roberson was born and raised in Arlington Texas. He currently resides in Adams, Wisconsin. He joined the Army in 1989 and served over 21 years with active duty and reserve service, retiring in 2010. He currently works for the Federal Bureau of Prisons at the Federal Correctional Institution Oxford, Oxford, Wisconsin as the Supervisor of Education. Dr. Roberson earned his undergrad at Bellevue University in 2011, his Masters in FCS Education from South Dakota State University in 2012, and his Ph.D. from Texas Tech University in May 2019.

## **Saturday Morning Keynote Speaker**

### **"A Consumer Bill of Rights: How One Food Company Responded to 1970s Activism"**



This presentation investigates the story behind Giant Foods' hiring of a longtime consumer activist to represent the supermarket chain amid a decade of public distrust. The 1970s witnessed deep ambivalence among consumers regarding the fairness of grocery prices and the health claims of processed foods. Giant Foods responded by hiring Esther Peterson, a veteran consumer activist, as a spokesperson. Her "Consumer Bill of Rights" committed Giant to now standard practices, such as unit pricing, recycling, and other measures. Peterson's work drew directly from her earlier experiences as a union organizer and official within the Kennedy and Johnson Administrations, where she advanced the cause of gender equality. Her work for Giant thus allows a wide consideration of how food companies internalized social activism to regain the public trust.

Dr. Neil Prendergast teaches history at UW-Stevens Point. His courses include Food in Modern America, U.S. Environmental History, Designing the American Dream, and Environmental Justice. Prendergast earned his PhD in environmental history from the University of Arizona. His published work includes "Raising the Thanksgiving Turkey: Agroecology, Gender, and the Knowledge of Nature," which appeared in *Environmental History* and "Food and Environment," which appeared in the *Routledge History of American Foodways*.

## WAFCS Annual Conference March 26-28, 2020 - Breakout Sessions

Winter is Wisconsin is here and many of us are already thinking of spring! March will be here in a couple of months and we will soon be together for some **quality professional development and time with our colleagues!** Our conference plans are well under way and here are some of the planned sessions. **The choices include something for everyone - professionals, retirees, and students.** We look forward to seeing you all at the Chula Vista Resort in Wisconsin Dells!

- Sustainable Farming: Healthy Food, Healthy Planet
- Gamification in the Culinary Arts Classroom
- The Joy of Leadership 101
- Teens Today-Data and What to Do with It
- Determining and Articulating the Public Value of FCS: What's Your Story?
- ESCAPE Boring Lectures: How to Design a Homemade Escape Room
- How to Create an Inviting Learning Environment: Encouraging Kindness in Your Classroom
- What's Up? Pork Versatility and Ease of Preparation
- Starting a CTSO
- Health and Wellness Connecting Through Careers
- This is your new FAVORITE lesson. Teaching the Principles and Elements of Design the NASCO way
- The Pulse of Health Science Education and HOSA in Wisconsin
- Bridging Family and Consumer Sciences to Wisconsin Youth Apprenticeship
- Keychains!
- Standards Based Grading: A New Approach to Learning and Assessment
- Beyond College Graduation. The financial information you need to know now.
- Project Money: "The Coaches' Advice."
- New Carl Perkins V legislation
- WI Personal Financial Literacy Standards
- Telling Your Family Story
- Burial Plots to Yellow Pie Plates – End of Life Decisions
- Retiring to or Retiring from – What do I want to be as a Retiree?

Thank you to all our colleagues who submitted proposals. please contact Delaine Stendahl at [stendahld@whitehallsd.k12.wi.us](mailto:stendahld@whitehallsd.k12.wi.us). if you have any questions. **Professionals, please share this newsletter with your supervisors to alert them to the high quality professional development you will receive by attending this conference.**

### FYI:

**For conference guests staying at Chula Vista, the water park fee has been waived. Bring your family members and they can enjoy the water park for no additional charge.**

**Please check out our website: [wafcs.org](http://wafcs.org) for conference registration and other conference information.**

## Pre-Conference Activities - Thursday, March 26, 2020

### Baggin with Batiks

Do you have fabric from your travels? Or a stash of fat quarters? Ever need a gift for someone who has everything? Join us to create a bag that is perfect as a carry-on or carry-all. This tote has been described as a “quick easy bag that everyone can be successful making”. Here are the pre-conference details:

Time schedule:

- 9:30 session begins
- Lunch on your own
- 12:45 session resumes
- conclude by 5:00 p.m.



**Fee: \$18.00** covers pattern, 1.5 yards fusible fleece, treat

Provided: irons, ironing boards, cutting mats, step-by-step demos

**What to bring: 6 fat quarters, thread, fun button, sewing machine, rotary cutter, ruler**

One WAFCS member who received this tote for a retirement gift shares her thoughts. “Wonderful tote bag that is lightweight, yet so handy to keep all your essential items – folders, iPads, water bottles, books and snacks all fit in this tote.”

Special Note: pattern was created with batiks in mind but any six fat quarters will work.

### ServSafe Exam

Through arrangements with the WI Restaurant Association we will be providing an opportunity for attendees, who wish, to take the ServSafe Manager Exam. **The exam will be given from 3:30 to 5:30 p.m. on Thursday by a proctor from the WI Restaurant Association for a fee of \$15 per person.** The exam will be given online at Chula Vista. Each participant should bring his/her own computer as the exam will be an online version. Each participant may purchase a paper textbook and the exam code for \$68 plus shipping. If the textbook is not needed, the exam code only may be purchased for \$36. If you have further questions, please contact Janet Powell @ [janetmpowell38@gmail.com](mailto:janetmpowell38@gmail.com) The deadline for registering is February 28.

1. Exam Code AND ServSafe 7<sup>th</sup> Edition Book:

[www.servsafe.com/access/SS/Catalog/ProductDetail/ESV7](http://www.servsafe.com/access/SS/Catalog/ProductDetail/ESV7)

OR

2. Exam Code **Only:** [www.servsafe.com/access/SS/Catalog/ProductDetail/SSONLINEX](http://www.servsafe.com/access/SS/Catalog/ProductDetail/SSONLINEX)

**See page 14 for information about a newly added Pre-Conference event:**  
**Stimulate Social and Emotional Learning (SEL) with “Wellness Breaks” in the Classroom** 1:00 - 4:00 p.m.

## Art and Design at Annual Conference

by Terri Williams

Remember the fun Art and Design Show from last year's conference? This year it is back and bigger! This year, we have **Judy Rommel as our featured artist**, showing her variety of skills after having won Best in Show last year! So, do you bake, embroider, redecorate your home, sew, cook, scrapbook, do pancake art? It doesn't matter what you make, we want to see it! Enter your work into the Art and Design Show at the conference this March! Your work will be displayed for everyone to see and we are taking all kinds of your creativity! You could even be our next Featured Artist! The theme this year is **"Strut Your Stuff!"**

Often in our day to day lives we don't always get the chance to show off what we can do, but here is your chance! You could even win a prize or two, or even, the coveted, Featured Artist spot for next year! If you have a piece you would like to enter, please **email Terri Williams at [tlwfcs@gmail.com](mailto:tlwfcs@gmail.com)**, and let her know what you want to bring. Know that you can also bring more than one piece/entry! **Just be sure to have a typed description with it and your name so that we can know more about your amazing work!** We also take last minute entries!

### WAFCS FOUNDATION SILENT AUCTION



All the smiling faces at WAFCS are not only the students who have received travelships and scholarships, but professionals whom you have supported through the years by offering grants, stipends and awards. Much of this is possible by your support of the WAFCS Foundation Silent Auction, which will be held Friday, March 27.



How can you help keep the smiles coming? Bring items (minimum price of \$5.00) or make up a basket to help with the Foundation fund raiser. We have also found that grouping items to be a very successful way of marketing them. Be sure to come back several times and bid on the many items that will be on display.

See you at the conference!

### **"Membership Has Its Benefits!" Foundation Seeks Applicants**

Need a little extra support to attend this year's Conference or implement a project in your place of employment or community? The Foundation offers several benefits/opportunities for students AND professionals!

- **Undergraduate Scholarship** (\$500)—**February 15 deadline!**
- **Graduate Scholarship** (\$1000)—**February 15 deadline!**
- **Professional Project/Research Grant** (\$1000)—**February 15 deadline!**
- **Professional Stipends** (three at up to \$125 each) to promote professional attendance at the State WAFCS Annual Conference—**February 15 deadline!**

- **Student Travelships/State Conference** (eight at up to \$100 each) to promote student attendance at the State WAFCS Annual Conference—**February 15 deadline!**
- **Student Travelships/National Conference** (three at up to \$300 each) to promote student attendance at the National AAFCS Annual Conference—**April 1 deadline!**
- **Professional Travelships/National Conference** (three at up to \$500 each) to promote professional attendance at the National AAFCS Annual Conference—**April 1 deadline!**
- **Professional Travelships/2020 IFHE World Congress** (three at up to \$500 each) to promote professional attendance at the IFHE World Congress in Atlanta, August 2-8, 2020—Use “Travelship Application—National Conference” form and substitute “IFHE World Congress” for “National Conference.” Unique opportunity as this is the first time it’s been hosted in the U.S. since 1988!

Details for applying for ALL of these benefits can be found on the WAFCS website at [www.wafcs.org](http://www.wafcs.org) under *Forms* and then under *WAFCS Foundation Forms* and/or *Student Scholarship and Travelship* (or for a specific application form, contact Jean Zeithaml at 715-836-8330 or [djzeithaml@att.net](mailto:djzeithaml@att.net)). To promote the concept that **“Membership has its Benefits!”** you must be a current AAFCS member to be eligible and preference for the conference travelships will be given to first-time attendees and/or those in the early years of their professional careers.

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Greetings to all:

There’s so much to look forward to at this time of year. Holidays are filled with family, friends, and wonderful memories. BUT, there are also several things related to AAFCS to also look forward to:

The WAFCS 2020 Annual Conference will be with us before we know it. Plan on attending to learn, share, and make professional connections for now and for the future. There is more information in this newsletter on the conference.

The AAFCS national meeting is in Baltimore, Maryland in 2020. Another wonderful opportunity to spread your net of learning and professional connections. Go to the AAFCS website for details.

The International Federation of Home Economics (IFHE) will be meeting in Atlanta, Georgia this year. This is a once in a lifetime opportunity to meet, interact, and learn from professionals around the world. Thanks to our WAFCS Foundation, two travelships are available to assist with attendance. Go to the IFHE 2020 World Conference website for details.



May your personal and professional lives be filled with good health, joy, and peace and may the year ahead be filled with new challenges and opportunities.

Mary Kay Merwin  
President, WAFCS

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**IFHE CONGRESS**  
**August 2-8, 2020**  
**Atlanta GA**

**WHY ATTEND?**

There are many reasons to attend the IFHE Congress:

**Outstanding Program**

The program continues to take shape. Three keynote speakers have agreed, and their messages will have something for everyone attending. Lectures, research, and practice are just pieces in the puzzle called the program. Host countries share their culture as well and know that Georgia youth will be singing and dancing. Our Native American culture will be highlighted. Lots of pieces add up to making a Congress memorable.

**Global Networking**

What an opportunity to meet professional colleagues from all corners of this world! Congress participants have all kinds of experiences and they love sharing what they are doing with others. You too have much to share so know others will appreciate your experiences and insight.

**Learning Day on the Move**

There are 17 options for getting out into Georgia and learning about different programs focused on families and communities.

Check out the website [www.IFHE.org](http://www.IFHE.org) as sometime during December registration goes live. The 525 abstracts will have been reviewed and individuals/teams will know if their proposal has been accepted.

We are now on countdown!

**POST-CONFERENCE**

**Have you been wanting to become AAFCS certified? Here is your chance.**

**Post-Conference 11:15-2:15 Saturday, March 28, 2020**

**☐ AAFCS Certification Exams (fee is \$95.00 payable to AAFCS)**

Those individuals who hold a bachelor's degree from an accredited institution or who will graduate within the year are eligible to take one of the five professional-level assessments offered by AAFCS. **Register for exam online with AAFCS.** Examination options are:

Family & Consumer Sciences (FCS) Composite Examination

Hospitality, Nutrition & Food Science (HNFS) Concentration Examination Human Development & Family studies (HDFS)

Personal & Family Finance Educator (PFFE) Examination

Nutrition & Wellness Educator (NEW) Examination

**WAFCS Conference Registration**  
**March 26, 27, 28, 2020**  
**Chula Vista Resort and Conference Center**  
**Wisconsin Dells, WI**

**\*Required information**

Please Word Process or Print

**\*First Name** \_\_\_\_\_ **\*Last Name** \_\_\_\_\_

(As it will appear on name badge.)

**\*Email** \_\_\_\_\_

**\*Mailing Address** \_\_\_\_\_

**\*City** \_\_\_\_\_ **\*State** \_\_\_\_\_ **\*Zip** \_\_\_\_\_

**\*Preferred Phone** \_\_\_\_\_

**\*Are you currently a member of American Association of Family & Consumer Sciences?**

☐ Yes ☐ No

**If yes, please provide your AAFCS membership number if applicable.** \_\_\_\_\_

[Member Registration = AAFCS/WAFCS member](#)

**\*Registration Type: (Meals are included) ♦ Please note, registration is non-refundable.**

**Registration after Wednesday, March 4 – add \$25.00 late fee**

- |   |  |
|---|--|
| <input type="checkbox"/> Fri/Sat Member - \$175.    | <input type="checkbox"/> Guest Ticket for Fri Breakfast \$8.00             |
| <input type="checkbox"/> Fri/Sat Non-Member \$215.  | <input type="checkbox"/> Guest Ticket for Fri Lunch \$10.00                |
| <input type="checkbox"/> Fri/Sat Student \$100.     | <input type="checkbox"/> Guest Ticket for Fri Banquet \$22.00              |
| <input type="checkbox"/> Fri Only Member \$105.     | <input type="checkbox"/> Guest Ticket for Sat Continental Breakfast \$8.00 |
| <input type="checkbox"/> Fri Only Non-Member \$125. | <input type="checkbox"/> Guest Ticket for Sat Brunch \$10.00               |
| <input type="checkbox"/> Fri Only Student \$65.     |  |

**Please specify meals you will be eating so we can have an accurate meal count \***

- |   |   |
|---|---|
| <input type="checkbox"/> Thursday Relax, Refresh Relate Reception | <input type="checkbox"/> Friday Banquet                 |
| <input type="checkbox"/> Friday Breakfast Buffet                  | <input type="checkbox"/> Saturday Continental Breakfast |
| <input type="checkbox"/> Friday Luncheon Buffet                   | <input type="checkbox"/> Saturday Brunch                |

**\*Friday Banquet Meal Choice – select one:**

- ☐ Beef Medallions Mondavi  
☐ Asiago Cod Provencale  
☐ Fresh Vegetable Platter Polanaise

**Food allergies** \_\_\_\_\_

**For Students ONLY:**

What university do you attend?

- ☐ UW-Stevens Point                      ☐ WI Technical College System ☐ Other  
☐ UW-Stout  
☐ UW-Madison

**For Members ONLY:**

Would you be a mentor at the Friday luncheon?                      ☐ Yes ☐ No

**Pre-Conference Activities: Thursday – March 26, 2020**

☐ **Baggin with Batiks** Spend the day creating a quilted tote bag. **\$18.00** covers pattern, 1.5 yards fusible fleece, treat Limit: 10

A supply list will be provided. **Time: 9:30 a.m. to 5:00 p.m.** Hour lunch break.

☐ **ServeSafe Exam 3:30 – 5:30 p.m. \$15.00** Limit: 20

☐ **Stimulate Social and Emotional Learning (SEL) with “Wellness Breaks” in the Classroom 1:00 - 4:00 p.m. \$70; \$35 for UW-Stevens Point students** Limit: 40

**Educational Displays:**

**Friday - March 27, 2020**

**7:30 a.m. – 2:15 p.m.**

If you plan to bring an educational display that would be placed on a table top please indicate topic of display here. These displays could include: foundation grant recipient projects, info from FCS classroom teachers, projects by student unit members, FCCLA STAR Events, etc. You will be provided half of an eight-foot table.

Topic of Display: \_\_\_\_\_

**Donations:**

WAFCS HUGS \$\_\_\_\_\_ WAFCS Foundation Scholarships & Travelships \$\_\_\_\_\_

**(Pay with separate check to WAFCS Foundation)**

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## WAFCS Permission for Publication Release Form

☐ I give my permission for WAFCS to use my photo, possibly with my name included, in a manner consistent with quality, professional education, in any WAFCS electronic or print paper media communication. I also realize that WAFCS or any of its Regions may submit such communications to AAFCS as well as professional media covering WAFCS events and achievements.

☐ I do not give permission to WAFCS to use my photo.

This permission can be revoked at any time by contacting the WAFCS State President in writing.

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## WAFCS Agreement to Code of Conduct

☐ I give my consent to abide by the 2020 WAFCS Annual Conference Code of Conduct in all venues, including ancillary events and official and unofficial social gatherings.

**(See Addendum at end of registration form)**

### POST-CONFERENCE

#### Post-Conference 11:15-2:15 Saturday, March 28, 2020

☐ **AAFCS Certification Exams (fee is \$95.00 payable to AAFCS)**

Those individuals who hold a bachelor's degree from an accredited institution or who will graduate within the year are eligible to take one of the five professional-level assessments offered by AAFCS. **Register for exam online with AAFCS.** Examination options are:

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Hospitality, Nutrition & Food Science (HNFS) Concentration Examination Human

Development & Family studies (HDFS)

Personal & Family Finance Educator (PFFE) Examination

Nutrition & Wellness Educator (NEW) Examination

**10% Discount offered to conference presenter. Indicate session presenting**

**\*Options for Payment:**

**Preferred: Register online. Pay by Credit Card**

<https://contedusi.uwsp.edu/v20/emc00/register.aspx?OrgCode=10&EvtID=5712&AppCode=REG&CC=119112635413>

**Printed Registration form, Mailed to UWSP Pay with Check**

**\*\*\*Registration will not be complete until payment is received.**

**\*Payment Amount:**

**Registration Fee** \_\_\_\_\_

**Pre-Conference Fee** \_\_\_\_\_

**\$25 Late Fee – after March 4** \_\_\_\_\_

**Total \$** \_\_\_\_\_

**Mailing Address if needed for registration:**

**UWSP Continuing Education  
2100 Main St, 032 Old Main  
Stevens Point WI 54481**

**You may print a copy of this completed form for your records before submitting.**

**Registrations not paid by May 1 will be assessed an additional \$60**

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**Room Reservation Information**

Chula Vista Resort & Conference Center  
2501 N. River Road, PO Box 30  
Wisconsin Dells, WI 53965

**Contact Information: Leader number is G55901 Phone number: 1-833-681-1021**

Room Type	Room Rate
Single	\$82 + Tax
Double	\$99 + Tax
Triple	\$99 + Tax
Quad	\$99 + Tax

Tax exempt documentation presented at time reservation is made or at check-in. Conference fee includes breakfast buffets.

**Special room rate expires Wednesday, February 25, 2020.**

## **ADDENDUM: 2020 WAFCS Annual Conference Code of Conduct**

The 2020 WAFCS Annual Conference aims to be inclusive to the largest number of contributors, with the most varied and diverse backgrounds possible. As such, we are committed to providing a friendly, safe and welcoming environment for all, regardless of gender, sexual orientation, ability, ethnicity, socioeconomic status, political beliefs, and religion.

This Anti-Harassment Policy and Code of Conduct outlines our expectations for all those who participate in the 2020 WAFCS Annual Conference, as well as the consequences for unacceptable behavior.

**We expect all participants in the 2020 WAFCS Annual Conference to create a safe and positive experience for everyone.**

“Participant” in this policy refers to anyone present at the 2020 WAFCS Annual Conference including staff, contractors, hotel and AV staff, speakers, WAFCS leadership, and all attendees.

### **Expected Behavior**

We expect all participants at the 2020 WAFCS Annual Conference to abide by this Code of Conduct in all venues, including ancillary events and official and unofficial social gatherings.

- Exercise consideration and respect in your speech and actions.
- Refrain from demeaning, discriminatory, or harassing behavior and speech.
- Be mindful of your surroundings and of your fellow participants.
- Alert WAFCS leadership if you notice a dangerous situation, someone in distress, or violations of this Code of Conduct, even if they seem inconsequential.

### **Unacceptable Behavior**

Unacceptable behaviors include but are not limited to

- intimidating, harassing, abusive, discriminatory, derogatory, or demeaning speech or actions by any participants in the 2020 WAFCS Annual Conference, at all related events and in one-on-one communications carried out in the context of the 2020 WAFCS Annual Conference WAFCS event venues may be shared with members of the public;
- please be respectful to all patrons of these locations.
- harmful or prejudicial verbal or written comments or visual images related to gender, sexual orientation, race, religion, disability, age, appearance, political beliefs, or other personal characteristics
- inappropriate use of nudity and/or sexual images in public spaces (including presentation slides)

- deliberate intimidation, stalking, or following
- harassing photography or recording
- inappropriate disruption of talks or other events
- unwelcome and uninvited attention or conduct
- physical assault (including unwelcome touch or groping)
- real or implied threat of physical harm
- real or implied threat of professional or financial damage or harm
- possession or use of any illegal drug, narcotic or banned substance
- possession or use of any item defined as a weapon, illegal or not

Be careful in the words that you choose. Remember that sexist, racist, homophobic, Islamophobic, anti-Semitic, transphobic, and other exclusionary jokes can be offensive to those around you.

Excessive swearing and offensive “jokes” are not appropriate for the 2020 WAFCS Annual Conference.

### **Consequences of Unacceptable Behavior**

Unacceptable behavior from any participant at the 2020 WAFCS Annual Conference will not be tolerated.

**If a participant engages in unacceptable behavior, WAFCS may take any action they deem appropriate, including removal from the 2020 WAFCS Annual Conference (without refund) at which the harassment occurred. Egregious violations will result in more severe sanctions.**

### **If You Are Subject to or Witness Unacceptable Behavior**

If you are being harassed, notice someone else is being harassed, or have any other concerns, please contact a member of the WAFCS Leadership or Janet Powell, Executive Director, immediately, ALL reports are confidential.

If possible, provide the following information, preferably in writing:

- Identifying information (name, appearance, role) of the participant who has committed an offense
- The approximate time of the behavior
- The circumstances surrounding the incident
- Other people involved in or witnessing the incident

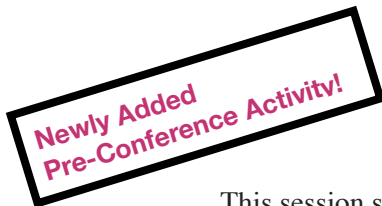
The staff are trained on how to deal with the incident and how to further proceed with the situation. If needed or requested, leadership will help participants contact venue security or local law enforcement, provide escorts, or otherwise assist those experiencing harassment to feel safe for the duration of the 2020 WAFCS Annual Conference. **No one will be contacted without the permission**

**of the person who was harassed/assaulted.** If requested, WAFCS Conference Chairs will provide a full refund (minus ticketed events already attended) to anyone who has been harassed or assaulted so that they may process the event in their own space.

### **Addressing Grievances**

If you feel you have been falsely or unfairly accused of violating this Code of Conduct, you should notify Janet Powell, Executive Director, with a concise description of your grievance, by email to [executivedirector@wafcs.org](mailto:executivedirector@wafcs.org).

Policy developed based on information from Smarts Consulting



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### **Stimulate Social and Emotional Learning (SEL) with “Wellness Breaks” in the Classroom**

This session supports educators and others working with youth as they enhance traditional “brain breaks” by infusing innovative best practices in social and emotional learning, trauma sensitivity, compassion, and empathy in order to achieve the standards outlined by universal design for learning.

“Wellness breaks,” have been collaboratively developed by a diverse team of UWSP faculty, teachers from various school districts, and educational support staff. These intentionally designed breaks are age-appropriate, evidence-based, and can be facilitated in the classroom with minimal preparation or transition time. They are intended to teach students life-long skills for self-regulation, coping with daily stressors, enhancing mental health, leveraging social support, and other strategies for applying healthy lifestyles.

Participants will...

- Learn a variety of “wellness breaks” and best practices for integrating SEL into short and effective classroom activities
- Gain experiential knowledge and build self-efficacy by participating in variety of breaks
- Obtain feedback on lessons learned from teachers recently implementing “wellness breaks”
- Develop a plan for implementing “wellness breaks” into their classrooms
- Develop a plan for evaluating the effectiveness of “wellness breaks” with the students in their classroom(s)

Lead Instructor- Corey Huck, PhD

Associate Dean, Professor, School of Health Promotion and Human Development  
University of Wisconsin- Stevens Point

Co-Facilitators-

- Kym Buchanan, Professor, Schools of Education (UWSP)
- Tim Wright, Associate Professor, School of Education
- Ann Hockett, Assistant Professor, School of Education

Date: Thursday, March 26, 2020, 1-4 pm

Location: Chula Vista Resort, Wisconsin Dells

Fees: \$70; \$35 for UW-Stevens Point students

Limit: 40 people

Registration deadline: March 22, 2020