

Illinois
NET
Nutrition Education
and Training Program

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Illinois State Board of Education

ROCK STUDENT WELLNESS



at the Illinois School Wellness . . .
from A to Z Conference

MAY 4, 2010

Decatur Conference Center and Hotel



Early Bird
Registration
DUE
APRIL 19

Illinois
Action for Healthy Kids®



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Action for Healthy Kids®

ABOUT THE CONFERENCE

Plan now to attend the *Illinois School Wellness...from A to Z Conference* in Decatur, Illinois at the Decatur Conference Center and Hotel at 4191 West US Highway 36. This exciting event for school wellness team planners, administrators, teachers, school foodservice staff, nurses and student advocates offers access to the latest school wellness strategies and resources. This conference, sponsored by the Illinois State Board of Education and Illinois Action for Healthy Kids, will provide you with new research, creative ideas, and practical techniques applicable to the school and school community. Connect with school wellness colleagues throughout the state at the conference while earning four continuing education credits and advancing your knowledge and skills. Illinois schools excelling in support of student wellness will also be recognized at the conference.

Register now at www.actionforhealthykids.org/Illinois for one full day of great school wellness strategies and ideas to promote lifelong healthy eating and an active lifestyle for students.

KEYNOTE AND BREAKOUT SESSIONS

Keynote: Nutrition Education through Entertainment presented by Jill Jayne, MS, RD

Explore ways to incorporate entertainment into nutrition and fitness education to reach and teach youth. Participants will gain knowledge and skills to:

- ★ Use compelling health statistics to sell nutrition and fitness to students
- ★ Apply behavior change theory to enhance teaching style
- ★ Expand the boundaries of nutrition and physical activity education by discovering new ways to educate through entertainment

Track 1: Students in Action (sessions appropriate for teen advocates)

5-4-3-2-1 Go! Social Marketing Campaign
Students Taking Charge

Track 2: Nutrition Education

Farm to School
Linking Parents and Communities for Children's Health

Track 3: Wellness 24-7

Fuel Up to Play 60
Health Marketing

Track 4: Physical Activity and Physical Education

Moving and Learning: Healthy Bodies, Healthy Minds
Strategies for Growing Active Children

For more information about the schedule, agenda and speakers, visit the Illinois page on www.actionforhealthykids.org/Illinois



ABOUT THE KEYNOTE PRESENTER

Jill Jayne is the leading expert in creating and delivering interactive media about health to kids and families. She is a registered dietitian with a master's degree in nutrition education from Columbia University and a bachelor's in nutrition and theater from Penn State University. The resulting combination launched a unique and exciting career in nutrition entertainment. Before becoming a professional Rockstar Nutritionist, Jill was writer, producer and host of the nationally-syndicated, nationally-acclaimed children's nutrition news program *What's in the News* for PBS and a New York City public school teacher. Jill has educated over 70,000 kids all over the United States with a fun, interactive show that is:

- ★ Childhood obesity prevention in a format that is kid-appropriate
- ★ Available for school assembly programs
- ★ Kinesthetic learning—kids move and learn at the same time
- ★ Cross-curricular



HOTEL REGISTRATION

A hotel room block has been arranged at the rate of \$70 plus applicable taxes for conference participants while available. Lodging reservations and payment are the responsibility of individual participants. For information and reservations call (877) 352-8800.

REGISTRATION FEES

Early Bird Registration (mailed by April 19):	Adult \$35	Student \$25
Registration (mailed after April 19):	Adult \$50	Student \$25

Registration includes: continental breakfast, lunch, conference materials, exhibits and expert presentations. Register online at www.actionforhealthykids.org/Illinois. Navigate to the Illinois Action for Healthy Kids web page and select the registration form on the right navigation bar.

The Illinois Nutrition Education and Training Program is supported by the Illinois State Board of Education.

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