



Luz Social Services, Inc.

Pima County Health Dept



# Wellness In Education: A Charter School Perspective

Regional Policy Symposium  
Participant Application

**February 16 – 17, 2012**

**Riverpark Inn  
350 South Freeway  
Tucson, AZ 85745**

This event is free to participants. Continental Breakfast and Lunch will be provided.

(Please type directly on form or print clearly and email, fax, or mail to address on bottom of form.)

Last Name		First Name	
Charter School / Organization			
Title or Job Description			
Address		City	State
Email (required)		Zip	
Phone		Fax	

Please select your preference for one of the following breakout sessions:

- Administration & Leadership (Principals, Board Members, Charter Administrators, etc.)
- Teachers and Curriculum Development [Note: Reimbursement available for Substitute Teacher Fees]
- Community and Family Development (Students, Parents, Parent Advocates, Community Partners)

**Please submit registration form no later than Monday, February 13**

**Submit application to:**

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Tucson, AZ 85745  
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Made possible by funding from the Pima County Health Department via the U.S. Department of Health and Human Services.  
For more information, please visit [HealthyPima.org](http://HealthyPima.org)

Luz Social Services, Inc., in conjunction with the Pima County Health Department's Communities Putting Prevention to Work grant initiative, will host a regional policy symposium convened to encourage and implement system changes in charter schools throughout southern Arizona to promote wellness/healthy living among students, families and staff. The symposium will be built upon an adaptation of the Center for Health Policy Development, Inc.'s Model for a Comprehensive Capacity-Building Symposium.

The elements of the model include:

- Formation of a planning, advisory or steering committee to carefully delineate the goals, objectives, and expected outcomes of the symposium;
- Recruitment of participants, often on a by-invitation-only status based upon recommendations from the committee, to ensure broad representation based on geographic, sector, gender, and other pertinent characteristics;
- Selection and integration of an interdisciplinary faculty or resource group;
- Development of a multi-level information-sharing system (including lectures and panels, demonstrations, displays, and a Resource Binder for each participant) that supports varied learning styles;
- Implementation of an interactive workshop process or *intercambio* that provides participants with an opportunity to explore one specific topic from widely varied perspectives or *puntos de vista* with skilled facilitation throughout the symposium;
- Creation of a culturally validating theme and environment, including acknowledgement and respect for life experience, as well as academic and professional credentials; and
- Use of a variety of recording and documentation methods to capture the nature and content of the event.

For many participants, the CPHD model has proven to be both challenging and rewarding. The challenge is, as with anything different, getting participants and faculty to accept and recognize that the Comprehensive Capacity Building Symposium Model is truly a "working" event: interdisciplinary and interactive – and not a talking-heads conference. Participants are expected to take part actively, with energy, in a group process, to share their experiences, ideas and suggestions. In such an interactive process, there are no right or wrong answers or ideas. On the contrary, the model validates individual experiences and points of view. Everyone sitting around the table is considered to be an expert and potential contributor.

### **POLICY SYMPOSIUM OBJECTIVES**

1. Increase the knowledge of Symposium participants regarding:
  - (a) The value of promoting wellness
  - (b) The importance of integrating wellness into the operational plan of charter schools
  - (c) Opportunities to collaborate with existing wellness initiatives sponsored by the Pima County Health Department's Communities Putting Prevention to Work Grant
2. Raise the awareness of Symposium participants about the impact of policy decisions on charter schools and their responsibilities for developing, implementing and evaluating a wellness policy for their students, staff, faculty and administrators.
3. Explore opportunities to influence policy outcomes related to the institutionalization of wellness promotion in the educational framework of Arizona charter schools through three levels of policy development:
  - (a) Leaders and policy decision makers
    - Administrators and Board Members of charter schools
    - Members of the Arizona Legislature

- Members of the Arizona State Board of Charter Schools and Arizona Charter School Association
- (b) Teacher and curriculum development
- (c) Community and family development
4. Identify additional avenues by which the leadership of Arizona charter schools can foster the capacity of families and community residents to advocate for:
- (a) A better understanding of how physical activity in the educational setting helps students to realize their academic potential
- (b) Increased funding opportunities for physical education and other extra-curricular programs that promote wellness, e.g. service-learning
- (c) Sustainable living and healthy lifestyles beyond the school setting

## WELLNESS SYMPOSIUM PROGRAM

### Policy Symposium Day 1 – Thursday, February 16, 2012

7:30 AM – 8:30 AM	<b>Registration &amp; Continental Breakfast</b>
8:30 AM – 9:05 AM	<b>Welcome/Blessing/Proclamation Presentation</b>
9:05 AM – 9:35 AM	<b>Luz Academy of Tucson Case Study for effectively promoting wellness in a charter environment</b>
9:35 AM – 10:15 AM	<b>Keynote Address: The Effect of Childhood Obesity on a Child's Learning Abilities</b>
10:15 AM – 10:35 AM	<b>Symposium Objectives &amp; Outcomes Overview of Agenda &amp; Work Sessions Introduction of Policy Framework</b>
10:35 AM – 10:45 AM	<b>Break</b>
10:45 AM – 12:45 PM	<b>Concurrent Work Sessions #1 – Trigger Presentation, General Discussion on Wellness in Respective Areas</b>  <b>Saguaros:</b> The Role of Wellness Policy Development for Administration and Leadership <b>Trigger Presentation:</b> The effects of funding on physical education and extracurricular activities <b>Ocotillos:</b> The Role of Wellness Policy for Teachers and Curriculum Development <b>Trigger Presentation:</b> Beyond the Health Class: Promoting Wellness in Every Subject Area <b>Nopales:</b> The Role of Wellness Policy for Community and Family Development <b>Trigger Presentation:</b> Effectively Using Traditions & Culture to Promote Wellness
12:45 PM – 1:45 PM	<b>Luncheon</b>
1:50 PM – 3:00 PM	<b>Panel on Implementing and Integrating a Community-Wide Environment that Promotes Wellness</b>
3:00 PM – 4:00 PM	<b>Concurrent Work Session #2 – What is Working and What is Not Working?</b> <b>Saguaros:</b> The Role of Wellness Policy Development for Administration and Leadership <b>Ocotillos:</b> The Role of Wellness Policy for Teachers and Curriculum Development <b>Nopales:</b> The Role of Wellness Policy for Community and Family Development
4:00 PM – 4:10 PM	<b>Break</b>
4:10 PM – 4:30 PM	<b>Concurrent Work Sessions #2 – continued and Day 2 Overview</b>

**Policy Symposium Day 2 – Friday, February 17, 2012**

8:00 AM – 8:45 AM	<b>Continental Breakfast</b>
8:45 AM – 9:00 AM	<b>Plenary Session – Review of Thursday’s Experience</b>
9:00 AM – 9:30 AM	<b>Keynote Address: Beyond Food – The White House Task Force on Childhood Obesity Report to the President</b>
9:30 AM – 9:45 AM	<b>Break</b>
9:45 AM – 12:00 PM	<b>Concurrent Work Sessions #3 – Where Do We Go From Here?</b> <b><i>Sagueros:</i></b> The Role of Wellness Policy Development for Administration and Leadership <b><i>Ocotillos:</i></b> The Role of Wellness Policy for Teachers and Curriculum Development <b><i>Nopales:</i></b> The Role of Wellness Policy for Community and Family Development
12:00 PM – 1:15 PM	<b>Luncheon</b>
1:15 PM – 2:45 PM	<b>Reports from the Three Concurrent Work Sessions</b> Introduction of Panel <b>Recommendation and Summation Panel</b> <b>Elected Officials Confirmed</b>
2:45 PM – 3:15 PM	<b>Evaluation of Regional Policy Symposium Proceedings</b>
3:15 PM – 4:00 PM	<b>Closing Remarks and Next Steps</b>