

# New, Innovative Strategies, Activities and Resources for Strengthening Your **HEALTH EDUCATION Program** (Grades 6-12)



A Unique One-Day Seminar Presented by

## **Ann Thompson-Hague**

**Award-Winning Health Education Teacher and Presenter**

**Specifically Designed for Health Educators Serving Students  
in Grades 6-12**

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**New and innovative strategies** for strengthening health education instruction  
in grades 6-12

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**The most up-to-date health information** on alcohol, drugs, sexuality education,  
communicable diseases, nutrition and more

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**Proven strategies for teaching about bullying, violence prevention, social  
pressures, and peer influences** ... Help your students take greater responsibility  
for their own and others' personal health and safety

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**Skill-based health education strategies and activities** that support  
health-promoting attitudes and values

### **Illinois**

**Chicago – January 17**  
(Elk Grove Village)

### **Missouri**

**St. Louis – January 18**  
(Earth City)

### **New Jersey**

**Cherry Hill – January 14**  
(Voorhees)

**Newark – January 15**  
(West Orange)

### **New York**

**Long Island – January 16**  
(Plainview)

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CEUs and Graduate Credits Available  
See page 6 for details

# Ten Key Benefits of Attending

*'Ann's seminar is very well done and organized. Nice to be able to take the resource handbook with us.'*

— JASON KOLS, TEACHER



## Who Should Attend

Health Education Teachers  
and Specialists Serving  
Grades 6-12

- 1. Strengthen Your Health Education Instruction, Promote Healthy Student Attitudes and Behaviors**  
Incorporate the most up-to-date resources and instructional strategies to deepen your students' knowledge of the most critical, current health issues they face and help them develop the skills and attitudes needed to make healthy behavior choices
- 2. Harassment, Hazing and Bullying: Equip Students with the Tools they Need**  
Address the impact that harassment, hazing and bullying has on a student's self-esteem ... Learn specific lessons for teaching violence prevention that will help your students take greater responsibility for their own and peers' personal health and safety
- 3. Utilize Fully Comprehensive Sexuality Education Curricula**  
Update your sexuality education instruction to incorporate topics of emerging awareness
- 4. Incorporate the Most Current Health Information on Alcohol and Drug Education**  
Learn specific lessons that address prescription drug abuse, methamphetamines and recreational drugs and help students develop the knowledge and skills necessary to make healthy decisions
- 5. Address Social Media's Impact on Your Students' Health Behaviors**  
Learn effective strategies that will help you better address the tremendous impact that social media can have on students' knowledge and attitudes of what is appropriate and genuinely healthy
- 6. Incorporate Skill-Based Health Education Strategies and Activities in Your Health Education Instruction**  
Using the National Health Education standards, learn specific ways you can write skill-based health lessons that are engaging and personally relevant for your students
- 7. Help Your Students Develop Healthy, Nutritional Habits Now and For Years to Come**  
Learn specific strategies to increase your students' nutritional awareness and help them more consistently incorporate this into their daily nutritional choices
- 8. Increase the Accuracy of Students' Perceptions of Personal Health Risks**  
Learn effective ways to have your students more accurately assess their vulnerability to health problems and actual risks engaging in harmful health behaviors and exposure to unhealthy situations
- 9. Make Best Use of Teen Health Surveys to Adjust Instruction and Improve Your Health Education Program**  
Learn what to look for, how to interpret the results and how to implement your findings to improve your health education program
- 10. Receive a Comprehensive Health Education Resource Handbook**  
Each participant will receive an extensive resource handbook filled with ideas, strategies, practical concepts, and activities to increase students' knowledge in health education topics

# Outstanding Strategies You Can Use Immediately

## What You Will Learn ...

- **Ways to empower your students to become better self managers** of their own physical and emotional health
- **Highly effective techniques** to decrease student discomfort discussing uncomfortable health topics
- **Powerful strategies** to increase student risk awareness on drug and alcohol use
- **Ways to promote empathy in students**, allowing them to become conscious of the effect their behaviors and attitudes have on others
- **Proven strategies** to build confidence, self-esteem and self-worth within a classroom group
- **Ways to significantly increase students' knowledge base** of today's health challenges
- **Innovative ways** to ensure that students consistently retain and apply healthy choices
- **Proven methods** to immerse students into real-world scenarios to increase motivation and learning and incorporate healthy outcomes
- **Easy-to-implement strategies** to help your students practice and implement healthy skills and concepts
- **A multitude of useful, valuable resources** to encourage healthy inquiry through practical learning experiences
- **Practical methods** to reduce students' unhealthy behaviors and increase students' desire to act responsibly and respectfully
- **Teacher-friendly ideas** to help students make correct choices socially, emotionally and behaviorally



*'Great information! Loved networking and hearing new strategies to deliver health information and skills.'*

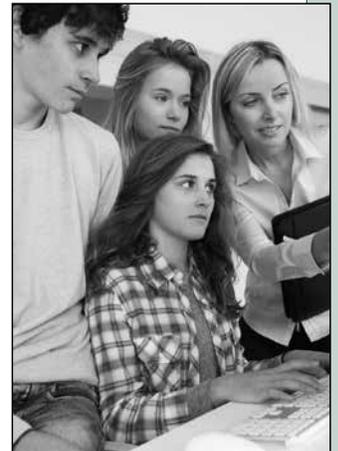
– KATHY HENRY-STARACE, H.S. HEALTH TEACHER

## Practical Ideas and Strategies

In this interactive, highly engaging **NEW** seminar, award winning health education teacher, **Ann Thompson-Hague** will share a wealth of effective ways to help your student's better address the most critical health issues they face today. Ann will present dozens of practical strategies along with the most useful resources that will help you better equip your students with the essential information they need to make healthy choices.

You will learn new and innovative strategies to help your students develop health promoting attitudes and behaviors. Ann will share the most up-to-date information on alcohol, drugs, sexuality education, nutrition, and communicable diseases. Engaging activities that promote advocacy for self-esteem, increased risk awareness, interpersonal communication skills, and personal goal setting will be included.

*You will leave with new, innovative strategies and the most up-to-date health information and resources to further enhance your health education program.*



# A Message From Seminar Leader, Ann Thompson-Hague



## Uniquely Qualified Instructor

**ANN THOMPSON-HAGUE** is an experienced health education teacher, and outstanding trainer and mentor of health educators working at the secondary level. Passionate about the importance of quality school health programs, Ann has long been active at the district, state and national levels in efforts to help strengthen secondary level health education instruction. She was a key contributor to the rubrics and prompts for scoring health education assignments developed by the Council of Chief State Schools that are used by health educators throughout the country.

Ann is the author of *New, Innovative Strategies, Activities and Resources for Strengthening Your HEALTH EDUCATION Program (Grades 6-12)*, the extensive health education resource handbook that each participant will receive at the seminar.

Throughout the years, health educators in Ann's training sessions have enjoyed her strong passion for the positive impact of quality health education programs, her engaging manner and her focus on sharing a wide variety of activities that can be used immediately in the classroom.

Dear Health Education Colleagues,

As a health education teacher for 30 years, it's been my experience that many health topics are embarrassing and personal, yet are rewarding to teach when they result in students taking greater responsibility for their own and others' personal health and safety. Allowing my students to share their feelings in a safe and nonjudgmental environment provided my classes with rich and meaningful experiences. My goal is to encourage students to care about themselves and others and promote healthy attitudes and behaviors.

I look forward to welcoming you to a day that will be filled with a wealth of practical take-right-back-to-your-classroom strategies you can use to significantly increase your students' knowledge of the critical health topics they face now and in the future. Specifically designed for health educators in grades 6-12, our day will focus on highly effective tools and techniques to successfully implement engaging health education activities and utilize practical strategies for enhancing your program.

Based on the National Health Education Standards, I will share highly effective ways to seamlessly integrate essential health topics into an effective and engaging instructional sequence, providing techniques to empower students to become better self-managers of their own health choices.

I look forward to meeting you at the seminar.

Sincerely,

Ann Thompson-Hague

P.S. As a veteran health educator, I understand the extra effort it takes to be out of the classroom. It's my commitment that our day together will be worth your time and that **you will leave with dozens of easy-to-use, practical ideas and strategies you can implement immediately in your health classroom.**

*'Our day will focus on highly effective tools and techniques to successfully implement engaging health education activities.'*

# What Your Colleagues Say About Ann Thompson-Hague

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*"Ann is an **excellent educator** and facilitator. She offered a wide base of knowledge and made our experience hands-on and informative."*

Jen Velcio, Health and PE Teacher

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*"I really enjoyed the collaboration with other teachers. We were able to throw around many great ideas and learn from each other. **I appreciated Ann's enthusiasm throughout the seminar.**"*

Jessica Dombrowski, Teacher

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*"Ann gives **good strategies and lessons** to help you in your health education program."*

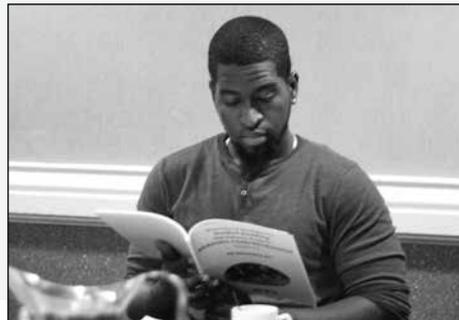
Jeremy Burns, H.S. Health Ed. Teacher

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*"**Ann is informative and presents very well.** I was able to take away some new ideas."*

Jason Beck, District Coordinator/Health Teacher

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*"**Great seminar!** Loved the information on standards and mapping."*

Todd Luther, Health Teacher

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*"Ann's seminar is **very informative.** I liked the format and presentation of the materials."*

Cathy Bowman, Health and PE Teacher

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*"**Great content, presentation and pace.** There are too few opportunities for pure health professional development. This was great."*

Victoria Carson, K-12 Health Teacher

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*"Great. Ann is **so helpful.** This information is going to make me a much better health teacher. Just what I needed. Inspiring, too."*

Vanessa Vance, Teacher

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# Special Benefits of Attending



*'The resources shared in this seminar are invaluable!'*

— CHRISTINA DAVIS,  
HEALTH TEACHER

## On-Site Training

Most BER seminars can be brought to your school or district. See the options at [www.ber.org/onsite](http://www.ber.org/onsite) or call 877-857-8964 to speak to one of our On-Site Training Consultants.

## Extensive Health Education Resource Handbook

Each participant will receive an extensive health education resource handbook specifically designed for this seminar. The handbook includes:

- Practical ideas for helping your students meet rigorous content and practice standards, including those aligned with the *Practical Strategies and Activities for Strengthening your Health Education Program*
- Powerful strategies to increase student engagement and retention of core ideas from the new standards
- Innovative ideas for integrating the health practices and concepts into your health instruction
- Proven, step-by-step techniques for planning engaging instructional sequences
- Incorporate outstanding ideas into your health instruction

## Meet and Share with Other Health Educators

This seminar provides an excellent opportunity for participants to meet and share ideas with other health educators interested in enhancing their grades 6-12 health education programs.

## Consultation Available

Ann Thompson-Hague will be available at the seminar for consultation regarding your questions and the unique needs of your own health education program.

## Meet Inservice Requirements / Earn State CEUs

Participants will receive a certificate of participation that may be used to verify continuing education hours.

## CEUs Available:

### Illinois

5 IL PD Clock Hours Available

### Missouri

MO Inservice Credit Available with Prior District Approval; 5 IL PD Clock Hours Available

### New Jersey

NJ Professional Development Hours Available with Prior District Approval; PA CPE Hours Verification Available with Prior District Approval in Cherry Hill

### New York

5 NY CTLE Hours Available; NJ Professional Development Hours Available with Prior District Approval

## Earn One to Four Graduate Semester Credits



Up to four graduate level professional development credits are available with an additional fee and completion of follow-up practicum activities. Details for direct enrollment with Brandman University, part of the Chapman University system, will be available at this program.

## Can't Attend?

### Other Professional Development Option:

## Online Learning

BER offers educators a wide range of online courses that are affordable, fun, fast, and convenient. BER is now offering On Demand Video-Based courses. You may earn optional graduate-level credits for most courses. See the catalog of available courses at [www.ber.org/onlinelearning](http://www.ber.org/onlinelearning)



# New, Innovative Strategies, Activities and Resources for Strengthening Your HEALTH EDUCATION Program (Grades 6-12)

## Registration (THT9W1)

1. **Cherry Hill** (Voorhees), NJ – January 14, 2019
2. **Chicago** (Elk Grove Village), IL – January 17, 2019
3. **Long Island** (Plainview), NY – January 16, 2019
4. **Newark** (West Orange), NJ – January 15, 2019
5. **St. Louis** (Earth City), MO – January 18, 2019

FIRST NAME	M.I.	LAST NAME
<hr/>		
POSITION, SUBJECT TAUGHT	GRADE LEVEL	
<hr/>		
SEMINAR LOCATION NUMBER: _____ (Please see list above)		

**List additional registrants on a copy of this form**

SCHOOL NAME	
<hr/>	
SCHOOL MAILING ADDRESS	
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CITY & STATE	ZIP CODE
<hr/>	
SCHOOL PHONE NUMBER	HOME PHONE NUMBER
( )	( )

**Registration confirmations are sent via e-mail.  
If you would like a confirmation, please provide your e-mail address.**

E-MAIL ADDRESS	
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HOME MAILING ADDRESS	
<hr/>	
CITY & STATE	ZIP CODE
<hr/>	

**IMPORTANT: PRIORITY ID CODE: ETHT9W1**

## METHOD OF PAYMENT – Team Discount Available

The registration fee is \$279 per person, for teams of three or more registering at the same time, the fee is \$259 per person. **Payment is due prior to the program.** No cash please.

- A check (payable to **Bureau of Education & Research**) is attached
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Please print name as it appears on card                      Signature (required for credit card purchases)

## FOUR EASY WAYS TO REGISTER:

 REGISTER ONLINE at: [www.ber.org](http://www.ber.org)

 FAX this form to: **1-425-453-1134**

 PHONE toll-free: **1-800-735-3503** (Weekdays 6 am - 6 pm Pacific Time)

 MAIL this form to: **Bureau of Education & Research**  
915 118th Avenue SE • PO Box 96068  
Bellevue, WA 98009-9668

## Program Hours

All seminars are scheduled 8:30 a.m. - 3:15 p.m.  
Check-in 8:00 a.m. - 8:30 a.m.

## Fee

The registration fee is \$279 per person, \$259 per person for groups of three or more registering at the same time. Call us at 1-800-735-3503 for groups of ten or more. **Payment is due prior to the program.** No cash please. Fee includes seminar registration, morning coffee and tea, a personalized certificate of participation, and an extensive resource handbook.

## Meeting Sites and Hotel Accommodations

Seminars will be held at the following sites:

- Cherry Hill: Mansion on Main Street – Voorhees, (856) 751-1717; hotel accommodations available at SpringHill Suites – Voorhees, (856) 782-2555
- Chicago: Holiday Inn – Elk Grove Village, (847) 437-6010
- Long Island: Holiday Inn – Plainview, (516) 349-7400
- Newark: The Wilshire Grand Hotel – West Orange, (973) 731-7007
- St. Louis: Holiday Inn Airport West – Earth City, (314) 291-6800

If needed, please make your own hotel reservations by calling the appropriate hotel listed above.

## Cancellation/Substitutions:

100% of your paid registration fee will be refunded if you can't attend and notify us at least 10 days before the conference. Late cancellations will be refunded less a \$15 service fee. Substitutions may be made at any time without charge.

## Program Guarantee

We stand behind the high quality of our programs by providing the following unconditional guarantee: If you are not satisfied with this program, we'll give you a 100% refund of your registration fee.

## Further Questions

Call the Bureau of Education & Research (800) 735-3503 or visit us online at [www.ber.org](http://www.ber.org). The Bureau is North America's leading presenter of seminar training for professional educators. Programs are based on sound research, are highly practical in content and consistently receive excellent evaluations.

THT9W1

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# New, Innovative Strategies, Activities and Resources for Strengthening Your HEALTH EDUCATION Program (Grades 6-12)

# Strengthen Your HEALTH EDUCATION Instruction (Grades 6-12)



**Best Practices to Strengthen Your  
Health Education Program**

**A Unique One-Day Seminar**

**Coming to a Location Near You**

THT9W1



Bureau of Education & Research

# New, Innovative Strategies, Activities and Resources for Strengthening Your HEALTH EDUCATION Program (Grades 6-12)



**A Unique One-Day Seminar Coming to a Location Near You**

Presented by

**Ann Thompson-Hague**

**Award Winning Health Education Teacher and Presenter**

**New and innovative strategies** for strengthening health education instruction in grades 6-12

**The most up-to-date health information** on alcohol, drugs, sexuality education, communicable diseases, nutrition and more

**Proven strategies for teaching about bullying, violence prevention, social pressures and peer influences** ... help your students take greater responsibility for their own and others' personal health and safety

**Skill-based health education strategies and activities** that support health-promoting attitudes and values