The Health Education Sub-Committee of the Duval County Public Schools School Health Advisory Council (SHAC) has previewed and approved the programs and organizations/speakers listed below to present health education information to students and school personnel. Resources on this list have been submitted to the larger SHAC (SHAC Website) for final approval. Updates and dissemination of this list to teachers and administrators in the Duval County Public School system takes place annually. The list can also be found on the Wellness webpage under SHAC at Approved Speakers List.

These resources are required to adhere to both Florida Statute and Duval County School Board Policy. These speakers do NOT replace required curriculum and instruction, but rather enrich and enhance what is taught by the classroom teacher. The speakers must be accompanied at all times in their instruction by the regular classroom teacher or administrator.

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<td>Sally Finn</td>
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<td>Jamie Wells</td>
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<td>Gloria McNair</td>
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<td>Frieda Saraga</td>
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<td>Megan Denk</td>
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Carey Smith 904-202-4053 carey.smith@bmcjax.com
The Community Asthma Partnership at Wolfson Children’s Hospital and The American Lung Association in Florida, Northeast Region partner to provide asthma education, awareness, support and resources for schools. The A\(^2\) student program offers a series of educational sessions that encourages the student to learn about asthma management and control in school and at home. Our student program is geared for elementary, middle and high school students.

Body Safari
Alisha Pennington 904-202-4057 theplayerscenter@bmcjax.com
During this workshop, students in grades 2\(^{nd}\) and 3\(^{rd}\) embark on a safari to explore how different organs work together to make up the human body’s organ systems.
- Along their journey, they discover each organ system’s purpose, how it works, and how to protect it from harm.
- Students love observing and touching the realistic organ models.
- They then put their new knowledge to the test during an interactive game.

Common Threads Nutrition Program
Jeannie Necessary 312-462-0719 jnecessary@commonthreads.org
Common Threads is a comprehensive nutrition program that provides education to students in grades 3-5 and 6-8 on how to shop for, prepare, and serve healthy menu items. Selected schools will participate in this exciting new opportunity to connect math, language arts, and science concepts into hands-on nutrition lessons. Both in-school and after school options available.

Germaine The Germ
Alisha Pennington 904-202-4057 theplayerscenter@bmcjax.org
Helps children in grades Pre K-1\(^{st}\) (3-7 years old) understand what germs are, how they are spread, and the importance of proper hand washing techniques to prevent the spread of illness.
- The instructor will read *Those Mean Nasty Dirty Downright Disgusting But… Invisible Germs* by Judith Ann Rice.
- Children have the opportunity to observe how germs are spread and then eliminated by hand washing by using a special glitter bug potion that glows when exposed to a black light.

I Can Eat a Rainbow
Alisha Pennington 904-202-4057 Alisha.pennington@bmcjax.com
This class will increase students’ in grades Pre K-3\(^{rd}\) (ages 3-7) understanding of the importance of eating a healthy diet, which includes at least 5 servings of colorful fruits and vegetables each day.
- The instructor will read *The Very Hungry Caterpillar* by Eric Carle and use the caterpillar’s food choices to help students learn how to identify healthy foods.
- Students will participate in a fun rainbow activity to help them group fruits and vegetables by color.
- They are given a “Pack a Healthy Lunch” coloring activity to encourage conversations at home about healthy eating habits.
Mission Nutrition
Alisha Pennington 904-202-4057 Alisha.pennington@bmcjax.com
This workshop reviews the basics of nutrition and maintaining overall health for students in grades 4th-5th
- The class utilizes the USDA’s MyPlate to help students understand how to balance their diet.
- They learn how to make healthy choices and gain a better understanding of why our bodies need nutritious foods rather than empty calorie foods.
- Through their own participation, students also learn how to read food labels and gain knowledge about serving sizes, portion sizes, calories, fat content, and sugar content to increase their awareness about what is in the foods they eat.

Motivate with Mrs. Kate
Kate Carpenter 904-879-9155 mrskate@mrskate.com
Looking for a way to motivate, educate and entertain your elementary school students Grades Pre K-5th? Invite “Mrs. Kate” for your next assembly or special event. Mrs. Kate custom-designs her own shows to the needs of the school she is serving. Topics include kindness, reading, drug refusal, self-control, and drop-out prevention. Her collection of original Florida songs is also appropriate for cultural and environmental.

The Kindness Queen’s The Power of Purple
Diane Brown-Smith 904-723-0116 kindnessqueen10@gmail.com
The Kindness Queen: An interactive book reading by the Kindness Queen herself, teaching students to recognize their “nobility within” and the value they add in their classroom and beyond. The message is spread in terms of nobility and grace, accompanied by a book reading for K-5 students.

Think First
Lindsey Wells and Sharon DiFino 904-345-7774 Lindsey.wells@brooksrehab.org or Sharon.difino@brooksrehab.org
These presentations for students in grades K-12th, school staff and parents are intended to educate on injury prevention and safe lifestyle behaviors. The session emphasizes the function/importance of the brain and spinal cord, and in raising awareness of how persons with disabilities overcome many obstacles in living life after traumatic injury, calling attention to the need for preventing engagement in risky behaviors. Presentations are available at no charge for classroom, auditorium, or large group settings.

Youth Understanding MyPlate (YUM) and-Youth Understanding MyPlate Exploration Edition (YUM-EE)
Natasha Parks 904-255-7450 nparks@coj.net
YUM is an evidence-based, peer-reviewed, pilot-tested nutrition curriculum based on MyPlate. It uses an experiential learning model incorporating hands-on activities so students will learn while participating in relevant activities. There are six lessons, with snacks provided reflective of the lesson. Cost is $1.00 per person for grades Pre-K-5, 6th and 9th. YUM-EE is the middle school edition of the MyPlate YUM curricula. Likewise, there are six lessons linked to Florida’s Next Generation Sunshine State Standards for Health Education. Indoor activity, outdoor activity and a healthy snack is a part of this interactive learning.
Middle School (6-8)

Asthma² Asthma Action Student Program
Carey Smith 904-202-4053 carey.smith@bmcjax.com
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Ending the Silence
Norma Basford 904-388-3932 mcgirts@bellsouth.net
NAMI Ending the Silence (ETS) is a 50-minute mental health awareness program for 6th – 12th grade, which includes personal stories, educational slides, and video clips of students sharing their personal challenges/successes with various mental illnesses. The presentation is delivered by a trained two-person team, one of whom is a young adult living in recovery with a mental health condition and the other is an adult living in recovery with a mental illness or a family member of an individual living with mental illness. Teens learn how to recognize the early warning signs of mental illness and what to do if they or someone they know is exhibiting these signs. Through education, “Ending the Silence” instills a message of hope and recovery and encourages teens to reduce stigma and end the silence surrounding mental illness.

Over the Counter Medication Safety
Jessica Winberry 904-202-4302 Jessica.winberry@bmcjax.com
Research shows students begin to self-medicate around 11 years old; unfortunately, when not equipped with the knowledge and information to make safe choices, adolescents may end up doing more harm than good. Medicine errors and misuse of OTC medications result in approximately 10,000 ER visits for kids under 18 each year. Safe Kids Northeast Florida, led by Wolfson Children’s Hospital, is working to educate youth how to read and understand drug labels during the critical period when they are beginning to develop their self-care skills. This new presentation will emphasize to students the importance of using medication only under the supervision of an adult. Over the Counter Medicine Safety is designed to reach 6th-7th graders in Northeast Florida, providing interactive presentations to schools, home school groups, afterschool programs, and youth groups.
Project Safe Neighborhoods Gun Violence Prevention
Frank Talbot, US Attorney General Office  904-962-0212  frank.m.talbot@usdoj.gov
The purpose of this session is to educate students about the US Attorney’s Office, and reduce gun crimes and incarceration of youth. In this session I encourage youth to graduate, not use drugs, and not carry guns. I discuss the federal criminal justice system and the role of my office. The focus is to use real life case scenarios to deter youth from making the same mistakes other have made.  

For grades 6th – 12th.

Project SOS
Pam Mullarkey-Robbins  904-537-4053  Pam@projectssos.com
Project SOS, Inc. covers topics of sexual health focusing on abstinence and sexual risk reduction. The program also can provide education on drug use, bullying, character development, violence prevention and teen dating violence. Classrooms may only receive 1-2 sessions of the possible 8 sessions, approved for grades 7th – 12th.

Take Action against Distraction
Safe Kids Northeast Florida  904-202-4302  jessica.winberry@bmcjax.com
Every day in the United States, 44 children are hit by a car while walking, and teens are now at greater risk than children, accounting for half of all child pedestrian deaths. According to research from Safe Kids Worldwide, one in five high school students and one in eight middle school students crosses the street while using a mobile device such as a cell phone, tablet, or game. Take Action against Distraction is a Safe Kids presentation brought to you educators from Safe Kids Northeast Florida, led by THE PLAYERS Center for Child Health at Wolfson Children’s Hospital to address this problem for students in 6th and 7th grade. The 45 minute interactive presentation uses video, discussion, and hands-on activities to teach kids about pedestrian safety, visibility, and the importance of putting devices down, especially while crossing the street. Learning is measured by use of a pre and posttest.

Teen Safety Matters
Monique Burr Foundation  904-894-6967  jshook@moniqueburrfoundation.org
The Teen Safety Matters program addresses students understanding of the dangerous consequences of bullying, cyberbullying and all types of abuse including relationship abuse, digital abuse, and digital dangers. Students will learn 5 Safety Rules to prevent, recognize and respond appropriately to unsafe situations. Students will also identify and talk to at least two Safe Adults who can help them when they face an unsafe situation.  

For grades 6th-8th.

Think First
Lindsey Wells and Sharon DiFino  904-345-7774  Lindsey.wells@brooksrehab.org or Sharon.difino@brooksrehab.org
These presentations for students in grades K-12th, school staff and parents are intended to educate on injury prevention and safe lifestyle behaviors. The session emphasizes the function/ importance of the brain and spinal cord, and in raising awareness of how persons with disabilities overcome many obstacles in living life after traumatic injury, calling attention to the need for preventing engagement in risky behaviors. Presentations are available at no charge for classroom, auditorium, or large group settings.

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High School (9-12)

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**Carey Smith**  
904-202-4053  
carey.smith@bmcjax.com

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Alisha.pennington@bmcjax.com

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904-388-3932  
mcgirts@bellsouth.net

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**Know the Law**  
**Sally Finn**  
904-434-4832  
sally@drugfreeduval.org

Know the Law is a valuable tool for youth, parents and guardians. Knowing the laws and subsequent consequences can mean the difference between a healthy choice and a harmful decision. Members of law enforcement will train the youth on laws surrounding alcohol, drugs, and other issues common to youth: sexting, theft, guns and weapons, personal and property crimes, computer crimes, bullying, gangs, hate crimes, violent crimes and aiding & abetting. Both a pre and post-test are part of the training.

**More Than Sad: Teen Depression**  
**Tara Silverman Elizabeth Colavecchio**  
407-415-8757  
tsullivan@afps.org

This program educates students to recognize the signs and symptoms of depression in themselves and others. It discusses how to get help and that just like any other medical condition, there are effective treatments. It promotes the importance of acceptance of seeking help for oneself or friend. It demystifies the treatment process by showing teens how to get help for depression. It is approved for **grades 9-12th**.

**Project Safe Neighborhoods Gun Violence Prevention**  
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One Love Escalation Workshop
Gabrielle Levac  914-222-9339  Gabby.levac@joinonelove.org
The One Love Foundation implements their Escalation Workshop to raise awareness about relationship violence, educates students about warning signs of stalking and unhealthy relationships, and advises students on how to help a friend with these situations. Developed by prevention experts and the One Love team, the workshop creates an opportunity for students to speak openly in a safe space about the issue of relationship violence and how it relates to their lives. Only available during HOPE education, 9-12 grades.

Relationship Smarts Plus 3.0
Stephanie Toelle  904-255-7450  stoelle@coj.net
Relationship Smarts PLUS 3.0 was created to help teens in grades 9-12 learn, often for the first time, how to make wise choices about relationships, dating, partners, sex, and more. The program takes an innovative approach to these topics by integrating relationship skills with powerful learning strategies. Selected modules include: 1) Developing healthy relationship skills 2) Avoidance of abusive relationships 3) Making wise decisions based on personal goals and values 4) Understanding their own sexual boundaries.

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Parents and Staff

**Asthma² Asthma Action Faculty Program**
Carey Smith 904-202-4053 carey.smith@bmcjax.com
This one hour training provides an educational opportunity for all faculty members to recognize asthma triggers, better understanding of asthma warning signs, medications and the importance of the Asthma Action Plan in the school environment.

**Common Threads Nutrition Program (Parents and Supporting Staff)**
Jeannie Necessary 312-462-0719 ineecessary@commonthreads.org
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  - The instructor will read *Those Mean Nasty Dirty Downright Disgusting But… Invisible Germs* by Judith Ann Rice.
  - Children have the opportunity to observe how germs are spread and then eliminated by hand washing by using a special glitter bug potion that glows when exposed to a black light.

I Can Eat a Rainbow
Alisha Pennington  
904-202-4057  
Alisha.pennington@bmcjax.com
This class will increase students’ in grades Pre K-3rd (ages 3-7) understanding of the importance of eating a healthy diet, which includes at least 5 servings of colorful fruits and vegetables each day.
  - The instructor will read *The Very Hungry Caterpillar* by Eric Carle and use the caterpillar’s food choices to help students learn how to identify healthy foods.
  - Students will participate in a fun rainbow activity to help them group fruits and vegetables by color.
  - They are given a “Pack a Healthy Lunch” coloring activity to encourage conversations at home about healthy eating habits.

Know the Law
Sally Finn  
904-434-4832  
sally@drugfreeduval.org
Know the Law is a valuable tool for youth, parents and guardians. Knowing the laws and subsequent consequences can mean the difference between a healthy choice and a harmful decision. Members of law enforcement will train the youth on laws surrounding alcohol, drugs, and other issues common to youth: sexting, theft, guns and weapons, personal and property crimes, computer crimes, bullying, gangs, hate crimes, violent crimes and aiding & abetting. Both a pre and post-test are part of the training.

Mission Nutrition
Alisha Pennington  
904-202-4057  
Alisha.pennington@bmcjax.com
This workshop reviews the basics of nutrition and maintaining overall health for students in grades 4th-5th
  - The class utilizes the USDA’s MyPlate to help students understand how to balance their diet.
  - They learn how to make healthy choices and gain a better understanding of why our bodies need nutritious foods rather than empty calorie foods.
  - Through their own participation, students also learn how to read food labels and gain knowledge about serving sizes, portion sizes, calories, fat content, and sugar content to increase their awareness about what is in the foods they eat.
Motivate with Mrs. Kate
Kate Carpenter 904-879-9155 mrskte@mrskte.com
Looking for a way to motivate, educate and entertain your elementary school students Grades Pre K-5th? Invite “Mrs. Kate” for your next assembly or special event. Mrs. Kate custom-designs her own shows to the needs of the school she is serving. Topics include kindness, reading, drug refusal, self-control, and drop-out prevention. Her collection of original Florida songs is also appropriate for cultural and environmental.

More Than Sad: Teen Depression
Tara Silverman Elizabeth Colavecchio 407-415-8757 tsullivan@afps.org
This program educates students to recognize the signs and symptoms of depression in themselves and others. It discusses how to get help and that just like any other medical condition, there are effective treatments. It promotes the importance of acceptance of seeking help for oneself or friend. It demystifies the treatment process by showing teens how to get help for depression. It is approved for grades 9-12th.

Project Safe Neighborhoods Gun Violence Prevention
Frank Talbot, US Attorney General Office 904-962-0212 frank.m.talbot@usdoj.gov
The purpose of this session is to educate students about the US Attorney’s Office, and reduce gun crimes and incarceration of youth. In this session I encourage youth to graduate, not use drugs, and not carry guns. I discuss the federal criminal justice system and the role of my office. The focus is to use real life case scenarios to deter youth from making the same mistakes other have made. For grades 6th – 12th.

Project SOS
Pam Mullarkey-Robbins 904-537-4053 Pam@projectsos.com
Project SOS, Inc. covers topics of sexual health focusing on abstinence and sexual risk reduction. The program also can provide education on drug use, bullying, character development, violence prevention and teen dating violence. Classrooms may only receive 1-2 sessions of the possible 8 sessions, approved for grades 7th – 12th.

One Love Escalation Workshop
Gabrielle Levac 914-222-9339 Gabby.levac@joinonelove.org
The One Love Foundation implements their Escalation Workshop to raise awareness about relationship violence, educates students about warning signs of stalking and unhealthy relationships, and advises students on how to help a friend with these situations. Developed by prevention experts and the One Love team, the workshop creates an opportunity for students to speak openly in a safe space about the issue of relationship violence and how it relates to their lives. Only available during HOPE education, 9-12 grades.

Relationship Smarts Plus 3.0
Stephanie Toelle 904-255-7450 stoelle@coj.net
Relationship Smarts PLUS 3.0 was created to help teens in grades 9-12 learn, often for the first time, how to make wise choices about relationships, dating, partners, sex, and more. The program takes an innovative approach to these topics by integrating relationship skills with powerful learning strategies. Selected modules include: 1) Developing healthy relationship skills 2) Avoidance of abusive relationships 3) Making wise decisions based on personal goals and values 4) Understanding their own sexual boundaries.
Take Action against Distraction
Safe Kids Northeast Florida  904-202-4302
Every day in the United States, 44 children are hit by a car while walking, and teens are now at greater risk than children, accounting for half of all child pedestrian deaths. According to research from Safe Kids Worldwide, one in five high school students and one in eight middle school students crosses the street while using a mobile device such as a cell phone, tablet, or game. Take Action against Distraction is a Safe Kids presentation brought to you educators from Safe Kids Northeast Florida, led by THE PLAYERS Center for Child Health at Wolfson Children’s Hospital to address this problem for students in 6th and 7th grade. The 45 minute interactive presentation uses video, discussion, and hands-on activities to teach kids about pedestrian safety, visibility, and the importance of putting devices down, especially while crossing the street. Learning is measured by use of a pre and posttest.

The Kindness Queen’s The Power of Purple
Diane Brown-Smith  904-723-0116  kindnessqueen10@gmail.com
The Kindness Queen: An interactive book reading by the Kindness Queen herself, teaching students to recognize their “nobility within” and the value they add in their classroom and beyond. The message is spread in terms of nobility and grace, accompanied by a book reading for K-5 students.

Teen Safety Matters
Monique Burr Foundation  904-894-6967  jshook@moniqueburrfoundation.org
The Teen Safety Matters program addresses students understanding of the dangerous consequences of bullying, cyberbullying and all types of abuse including relationship abuse, digital abuse, and digital dangers. Students will learn 5 Safety Rules to prevent, recognize and respond appropriately to unsafe situations. Students will also identify and talk to at least two Safe Adults who can help them when they face an unsafe situation. For grades 6th-8th.

Think First
Lindsey Wells and Sharon DiFino  904-345-7774  Lindsey.wells@brooksrehab.org or Sharon.difino@brooksrehab.org
These presentations for students in grades K-12th, school staff and parents are intended to educate on injury prevention and safe lifestyle behaviors. The session emphasizes the function/importance of the brain and spinal cord, and in raising awareness of how persons with disabilities overcome many obstacles in living life after traumatic injury, calling attention to the need for preventing engagement in risky behaviors. Presentations are available at no charge for classroom, auditorium, or large group settings.

Youth Understanding MyPlate (YUM) and-Youth Understanding MyPlate Exploration Edition (YUM-EE)
Natasha Parks  904-255-7450  nparks@coj.net
YUM is an evidence-based, peer-reviewed, pilot-tested nutrition curriculum based on MyPlate. It uses an experiential learning model incorporating hands-on activities so students will learn while participating in relevant activities. There are six lessons, with snacks provided reflective of the lesson. Cost is $1.00 per person for grades Pre-K-5, 6th and 9th. YUM-EE is the middle school edition of the MyPlate YUM curricula. Likewise, there are six lessons linked to Florida’s Next Generation Sunshine State Standards for Health Education. Indoor activity, outdoor activity and a healthy snack is a part of this interactive learning.