

DCPS SHAC APPROVED SPEAKERS/RESOURCES

2020-2021

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.

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.

Committee Members:

Edgar Pabon, Chair	Specialist, Health & Physical Education, DCPS	390-2557	pabone@duvalschools.org
Heather Albritton	Director, Health & Physical Education, Duval County Public Schools (DCPS)	390-2315	albrittonh@duvalschools.org
Katryne Lukens-Bull	Program Director, Public Health BSH, University of North Florida	620-4263	k.lukensbull@unf.edu
Frannie Kendall	Specialist, Health & Physical Education, DCPS	390-2518	kendallf@duvalschools.org
Marivi Wright	Community Partnership Manager, THE PLAYERS Center for Child Health, Wolfson Children Hospital	202-5001	Marivi.Wright@bmcjax.com

Contents

Approved Organizations/Speakers (By Grade Level)	5
Elementary School (K-5)	5
Asthma² Asthma Action Student Program	5
Body Safari	5
Common Threads Nutrition Program	5
Germaine The Germ	5
I Can Eat a Rainbow	5
Just Add Rhythm! Discovering Health and Wellness through Rhythm	6
LifeSouth's I am the Donation Generation Education Program	6
Mission Nutrition	6
Motivate with Mrs. Kate	6
The Kindness Queen's The Power of Purple	6
Think First	7
Youth Understanding MyPlate (YUM)	7
Middle School (6-8)	8
Alcohol Literacy Challenge	8
Asthma² Asthma Action Student Program	8
Common Threads Nutrition Program	8
Countdown to Drive: Distracted Driving	8
Ending the Silence	8
Just Add Rhythm! Discovering Health and Wellness through Rhythm	9
LifeSouth's I am the Donation Generation Education Program	9
Over the Counter Medication Safety	9
Project Safe Neighborhoods Gun Violence Prevention	9
Project SOS	9
Take Action against Distraction	10
Teen Safety Matters	10
Think First	10
Youth Understanding MyPlate Exploration Edition (YUM-EE)	10
High School (9-12)	11
Asthma² Asthma Action Student Program	11
Countdown to Drive: Distracted Driving	11
LifeSouth's I am the Donation Generation Education Program	11
Ending the Silence	12

Just Add Rhythm! Discovering Health and Wellness through Rhythm	12
Know the Law	12
More Than Sad: Teen Depression	12
Project Safe Neighborhoods Gun Violence Prevention	12
Project SOS	13
One Love Escalation Workshop	13
Relationship Smarts Plus 3.0	13
Think First	13
Youth Understanding MyPlate (YUM) and-Youth Understanding MyPlate Exploration Edition (YUM-EE)	13
Parents and Staff.....	14
Asthma² Asthma Action Faculty Program	14
Common Threads Nutrition Program (Parents and Supporting Staff)	14
Just Add Rhythm! Discovering Health and Wellness through Rhythm	14
LifeSouth’s I am the Donation Generation Education Program	14
Think First	14
Approved Organizations/Speakers.....	15
Asthma² Asthma Action Student Program	15
Asthma² Asthma Action Faculty Program	15
Body Safari	15
Common Threads Nutrition Program	15
Common Threads Nutrition Program (Parents and Supporting Staff)	15
Countdown to Drive: Distracted Driving	16
Ending the Silence	16
Germaine The Germ	16
I Can Eat a Rainbow	16
Just Add Rhythm! Discovering Health and Wellness through Rhythm	16
Know the Law	17
LifeSouth’s I am the Donation Generation Education Program	17
Mission Nutrition	17
Motivate with Mrs. Kate	17
More Than Sad: Teen Depression	17
Project Safe Neighborhoods Gun Violence Prevention	17
Project SOS	18
One Love Escalation Workshop	18
Relationship Smarts Plus 3.0	18

Take Action against Distraction 18
The Kindness Queen’s The Power of Purple..... 18
Teen Safety Matters 18
Think First 19
Youth Understanding MyPlate (YUM) and-Youth Understanding MyPlate Exploration Edition (YUM-EE)..... 19

Approved Organizations/Speakers (By Grade Level)

Elementary School (K-5)

Asthma² Asthma Action Student Program

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 A² 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

Francine Brooks

904-202-9355

theplayerscenter@bmcjax.com

During this workshop, students in **grades 2nd and 3rd** 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

inecessary@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

Francine Brooks

904-202-9355

theplayerscenter@bmcjax.com

Helps children in **grades Pre K-1st (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

Francine Brooks

904-202-9355

theplayerscenter@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.

Just Add Rhythm! Discovering Health and Wellness through Rhythm

Alisha Ross Ramcharitar

954-399-7648

alisha@addrhythm.com

This interactive program uses drumming and percussion as a tool for learning skills such as teamwork and communication. We also address issues of mental health, bullying, and appropriate behavior in fun and age-appropriate ways. Our 30-45-minute program utilizes activities from several evidence-based rhythm protocols that have been clinically shown to encourage communication, promote leadership development, and reduce stress. We bring drums and percussion instruments for all participants, and everyone gets to play an instrument for the duration of each session. The lead facilitator is endorsed by Remo, the world's largest percussion company. She has a senior accreditation in the evidence-based DRUMBEAT protocol for at-risk youth, is certified in the Remo HealthRHYTHMS® evidence-based group empowerment drumming protocol and has 8 years' experience working in trauma-informed environments with children and youth. In this program, we combine the fun and science of drumming in a valuable and unforgettable interactive experience!

LifeSouth's I am the Donation Generation Education Program

Karen Patterson

(904) 365-6766

kipatterson@lifesouth.org

LifeSouth's Donation Generation program educates school-aged children on the science behind donation through hands-on interactive elements as well as the social responsibility of donation. The curriculum is straightforward, easy to teach in one class period and works with your state standards. The program is able to teach students about the function of blood in our bodies, how it is replenished, the function and tasks of organs and organ systems, what happens if these life sources are not able to do their normal operation and the resources available to help others in need. The benefits of this program in your classroom are the hands-on activities used to teach the kids about blood and the organs in the body. These activities supplement what is already being taught in the classroom and aid in the child's knowledge and retention of this material.

Mission Nutrition

Francine Brooks

904-202-9355

theplayerscenter@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)

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**. 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)

Note to Teachers: Presenters should not replace curriculum instruction but can be scheduled to enhance the lesson plan. Middle School classes should not have more than two sessions per semester from any presenter.

Alcohol Literacy Challenge

Nancy Valdes

904-910-2019

Nancy@HanleyFoundation.org

Project success is a school-based program designed to prevent and reduce substance abuse among at-risk middle and high school adolescents ages 11-18. The program places trained professionals in schools to provide a full range of substance use prevention and early intervention services including normative and preventive education, counseling and skills training, problem identification and referral, and community-based processes. This program has been approved for **8th grade and high school students**.

Asthma² Asthma Action Student Program

Carey Smith

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Jeannie Necessary

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Countdown to Drive: Distracted Driving

Alisha Pennington

904-202-4057

Alisha.pennington@bmcjax.com

Countdown2Drive is a pre-driver program established by SafeKids USA to help younger teens, ages 13 and 14 (**8th and 9th grade**), prepare to be safe passengers and drivers. The goal of Countdown2Drive is to help facilitate a conversation between the teen and his/her parents about the responsibilities and behaviors that will lead to becoming a safe driver, such as: always wearing a seat belt, reducing driver distractions and checking in with parents at departure and arrival. The key component of the Countdown2Drive program is a customizable parent-teen Passenger Agreement, where rules, rewards and consequences for safe passenger behavior can be negotiated.

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.

Just Add Rhythm! Discovering Health and Wellness through Rhythm

Alisha Ross Ramcharitar

954-399-7648

alisha@addrhythm.com

This interactive program uses drumming and percussion as a tool for enhancing life and job skills such as effective communication and leadership development. We also address issues of mental health, conflict resolution, and the interrelation between physical, mental, and social-emotional health. Our 40-50-minute program utilizes activities and techniques from several evidence-based rhythm protocols that have been clinically shown to improve communication, promote leadership development, and help youth manage stress. We bring drums and percussion instruments for all participants, and everyone gets to play an instrument for the duration of each session. The lead facilitator is endorsed by Remo, the world's largest percussion company. She has a senior accreditation in the evidence-based DRUMBEAT protocol for at-risk youth, is certified in the Remo HealthRHYTHMS® evidence-based group empowerment drumming protocol and has 8 years' experience working in trauma-informed environments with children and youth. In this program, we play out real-life scenarios in a fun and encouraging rhythmic environment!

LifeSouth's I am the Donation Generation Education Program

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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 <18 each year. Safe Kids Northeast Florida, led by Wolfson Children's Hospital, is educating youth how to read and understand drug labels as they develop their self-care skills. This presentation will emphasize to students the importance of using medication only under the supervision of an adult. **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@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.**

***Middle School classes should not have more than two sessions per semester from any presenter.**

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

ishook@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 Exploration Edition (YUM-EE)

Natasha Parks

904-255-7450

nparks@coj.net

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***Middle School classes should not have more than two sessions per semester from any presenter.**

High School (9-12)

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Countdown to Drive: Distracted Driving

Jessica Winberry

904-202-4318

Jessica.Winberry@bmcjax.com

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Norma Basford

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mcgirts@bellsouth.net

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Just Add Rhythm! Discovering Health and Wellness through Rhythm

Alisha Ross Ramcharitar

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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

Jill Harrington Ellen Menendez

561-392-7877

jharrington@afsp.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**.

****High School H.O.P.E classes should not have more than one session per semester from any presenter.**

One Love Escalation Workshop

Annie Forrest

914-920-3036

annie.forrest@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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Think First

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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

jnecessary@commonthreads.org

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(904) 365-6766

kpatterson@lifesouth.org

LifeSouth's Donation Generation program educates school-aged children on the science behind donation through hands-on interactive elements as well as the social responsibility of donation. The curriculum is straightforward, easy to teach in one class period and works with your state standards. The program is able to teach students about the function of blood in our bodies, how it is replenished, the function and tasks of organs and organ systems, what happens if these life sources are not able to do their normal operation and the resources available to help others in need. The benefits of this program in your classroom are the hands-on activities used to teach the kids about blood and the organs in the body. These activities supplement what is already being taught in the classroom and aid in the child's knowledge and retention of this material.

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.

Approved Organizations/Speakers

Alcohol Literacy Challenge

Nancy Valdes

904-910-2019

Nancy@HanleyFoundation.org

Project success is a school-based program designed to prevent and reduce substance abuse among at-risk middle and high school adolescents ages 11-18. The program places trained professionals in schools to provide a full range of substance use prevention and early intervention services including normative and preventive education, counseling and skills training, problem identification and referral, and community-based processes. This program has been approved for **8th grade and high school students**.

Asthma² Asthma Action Student Program

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 A² 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**.

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.

Body Safari

Francine Brooks

904-202-9355

theplayerscenter@bmcjax.com

During this workshop, students in **grades 2nd and 3rd** 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.

Common Threads Nutrition Program (Parents and Supporting Staff)

Jeannie Necessary

312-462-0719

jnecessary@commonthreads.org

Common Threads is a comprehensive nutrition program that provides education to parents of students and educators on how to shop for, prepare, and serve healthy menu items. Selected schools will participate in this exciting new opportunity to improve nutrition knowledge amongst adults, in hands-on nutrition lessons.

Countdown to Drive: Distracted Driving

Jessica Winberry

904-202-4318

Jessica.Winberry@bmcjax.com

Countdown2Drive is a pre-driver program established by SafeKids USA to help younger teens, ages 13 and 14 (**8th and 9th grade**), prepare to be safe passengers and drivers. The goal of Countdown2Drive is to help facilitate a conversation between the teen and his/her parents about the responsibilities and behaviors that will lead to becoming a safe driver, such as: always wearing a seat belt, reducing driver distractions and checking in with parents at departure and arrival. The key component of the Countdown2Drive program is a customizable parent-teen Passenger Agreement, where rules, rewards and consequences for safe passenger behavior can be negotiated.

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.

Germaine The Germ

Francine Brooks

904-202-9355

theplayerscenter@bmcjax.com

Helps children in **grades Pre K-1st (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

Francine Brooks

904-202-9355

theplayerscenter@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.

Just Add Rhythm! Discovering Health and Wellness through Rhythm

Alisha Ross Ramcharitar

954-399-7648

alisha@addrhythm.com

This interactive program uses drumming and percussion as a tool for learning skills such as teamwork and communication. We also address issues of mental health, bullying, and appropriate behavior in fun and age-appropriate ways. Our 30-45-minute program utilizes activities from several evidence-based rhythm protocols that have been clinically shown to encourage communication, promote leadership development, and reduce stress. We bring drums and percussion instruments for all participants, and everyone gets to play an instrument for the duration of each session. The lead facilitator is endorsed by Remo, the world's largest percussion company. She has a senior accreditation in the evidence-based DRUMBEAT protocol for at-risk youth, is certified in the Remo HealthRHYTHMS® evidence-based group empowerment drumming protocol and has 8 years' experience working in trauma-informed environments with children and youth. In this program, we combine the fun and science of drumming in a valuable and unforgettable interactive experience!

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.

LifeSouth's I am the Donation Generation Education Program

Karen Patterson

(904) 365-6766

kipatterson@lifesouth.org

LifeSouth's Donation Generation program educates school-aged children on the science behind donation through hands-on interactive elements as well as the social responsibility of donation. The curriculum is straightforward, easy to teach in one class period and works with your state standards. The program is able to teach students about the function of blood in our bodies, how it is replenished, the function and tasks of organs and organ systems, what happens if these life sources are not able to do their normal operation and the resources available to help others in need. The benefits of this program in your classroom are the hands-on activities used to teach the kids about blood and the organs in the body. These activities supplement what is already being taught in the classroom and aid in the child's knowledge and retention of this material.

Mission Nutrition

Francine Brooks

904-202-9355

theplayerscenter@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.

More Than Sad: Teen Depression

Tara Silverman Elizabeth Colavecchio

407-415-8757

tsullivan@afsp.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

Annie Forrest

914-920-3036

annie.forrest@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.