



2018 Oregon School Employee Wellness Conference **Together Everyone Achieves More: The Power of US!** Agenda at a Glance

Conference tracks

Individual Well-being: builds personal awareness and skills to improve overall health

School Environment and Climate: school-wide approach to creating a healthy environment for staff and students to learn, work and play

Partners in Health: developing community partnerships to leverage resources and achieve shared goals that promote the health and well-being of school employees, students and communities

School Employee Wellness 101: The Basics: learn the building blocks for starting and implementing a successful school employee wellness program

School Employee Wellness 201: Sustaining It: enhance your school employee wellness program, focusing on proven strategies for maintaining engagement and planning for program sustainability

Sunday, March 25

3:00-4:00 pm OEBB Listening Session: Share Your Ideas!

4:00-5:00 pm Registration open at the Convention Center Lobby

4:30-6:30 pm Welcoming Reception: Live music by *Parlour*, hors d'oeuvres, no host bar, wellness exhibits and chair massages

Monday, March 26

6:00 am Wellness activities

- Walk led by Jessica Culver, Moda Health
- Yoga led by Karen Eddy, Blue Mountain Community College

7:30 am Registration opens at the Convention Center Lobby

- Wellness exhibits open

8:30 am Opening Session/Keynote Presentation: *Beyond Kale and Pedicures*, Françoise Mathieu

10:15 am Breakout Sessions

- Mindfulness: The Direct Experience of Well-Being
- Classroom and Teacher Transformation through Mindfulness
- Healthy Habits and the Mouth/Body Connection
- Moving from Wellness to Well-Being
- Why are Staff Not Turning Up at our Lunchtime Wellness Sessions & Staff Picnics? Understanding Employee Pushback and Resistance

11:45 am Lunch

- Wellness exhibits open

1:15 pm Breakout Sessions

- FIERCE! How to Redefine Life Stress and Live Courageously
- Making the Connection: Staff Well-Being and Social and Emotional Environments
- A Spa for the Mind: Detox with Sleep
- Getting Started with an Inclusive School Employee Wellness Program
- Facilitating Strategic Planning for Your SEW Program: Tools, Tips and Resources

3:00-4:00 pm Rejuvenation Activities

- Zumba led by Sarah Thompson, Corvallis School District and Thomas Tangney
- Letterboxing led by Carrie Townsend, Moda Health
- Feel Good Running led by Emmie Hiersche, Kaiser Permanente (3:15-3:45 pm)
- 60 Minutes of Energizers for Staff and Students led by Gigi Sims, Corvallis School District

4:30-5:30 pm Healthy Happy Hour: *Be a Food Hero! Healthy Cooking Demo* led by OSU Extension Program

Tuesday, March 27

6:00 am Wellness Activities

- Walk* led by Jessica Culver, Moda Health
- Yoga* led by Karen Eddy, Blue Mountain Community College

8:30 am Breakout Sessions

- When the Going Gets Tough**
- Resilience Squad**
- Creating Awareness & Reducing Stigma on the Path to Improving Mental Well-Being**
- Leading by Committee: Building Support & Taking Action**
- Mindfulness on the Go: A Strategy for Engaging School Employees in Mindfulness Wherever They Work**

10:15 am Breakout Sessions

- Attention Training—The New Caffeine!**
- Making Room at the Well**
- Be Better, Live Longer**
- Starting Up Wellness: A Case Study of David Douglas School District**
- The Spirit is Willing: Motivating Staff to Participate**

11:45 am Celebration Lunch and Closing Remarks

- Drawing for the winners of the Team Attendance Awards
- Drawing for Wellness Exhibitor Passport Prizes
- Forget Happiness. Master Resilience Instead.*, Dr. Zelana Montminy

1:15 pm Conference Adjourns