



**Sample Training
Agenda
Full Day**

Sample Training Agenda

Curriculum Components

- Overview of the Healthy and Wise Coordinated School Health Program
- Online Supplements
- Accessing the Electronic Healthy and Wise Pages

Instruction – Teaching with the Healthy and Wise Curriculum

- Whole Group Instruction
- Using Healthy and Wise Centers
- Cooperative Learning Groups
- Differentiating Instruction

**Physical Education
Health Education
Nutrition
Parental Involvement**

Assessment and Accountability

- Authentic and Performance Assessments
- Healthy and Wise Rubrics
- Student Portfolios – for Monitoring Progress and Accountability

Using the Evaluation and Planning Tools

- Cafeteria Councils and the Healthy Cafeteria Checklist
- MyPyramid.gov
- School Nurse Participation Plan
- School Counselor Participation Plan
- Elementary School Health Index Modules – Planning and Assessment Tools
- Lesson Planning Forms
- Healthy Educator Checklist

Coaching Healthy Behaviors (Change is a process, not an event.)

- Transtheoretical Model for Behavior Change

Healthy and Wise Online Training (preparation for future prof. dev. credit)

- **Teachers** – Complete Online Modules, Assessment, Healthy Educator Checklist, and Healthy and Wise Lesson Plan (3 hours credit)
- **Food Service Personnel** – Complete Online Modules, Assessment, Healthy Cafeteria Checklist, Form Cafeteria Councils (3 hours credit)

