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**2016 Oregon School Employee Wellness Conference – The Power of US!**

**Call for Conference Breakout Session Proposals**

**Date:** March 20-22, 2016

**Location:** The Riverhouse Hotel and Convention Center, Bend, Oregon

**Conference Guiding Principles:** Engage, Educate, Empower

Continuing Education Credits available for conference participants

**Goal:** *To engage school employees in creating healthier school environments that supports the physical, social, and emotional health and well-being of staff and students.*

**Conference Objectives:**

1. Build personal awareness and skills to promote overall health.
2. Create a culture of wellness at schools to support the physical, emotional and social health of school employees and students.
3. Make the case for healthy school employees and the connection to student learning and success.
4. Form wellness teams to plan and implement sustainable school employee wellness programs at schools, ESDs and Community Colleges.
5. Access and use national, state and local effective practices and resources to advance school employee wellness.
6. Make system and environmental changes to ensure equity and reduce health disparities.

**Conference tracks:**

* *Individual Well-Being*: builds personal awareness and skills to improve well-being
* *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 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

**Breakout sessions**: 90 minutes. All proposals must include participant interaction for at least 30% of the session. A special emphasis will be given to presentations that are interactive and engage participants.

* We encourage presentations that focus on strategies and programs that demonstrate positive results and address the conference goals and objectives.

**Instructions:**

**Please complete and submit by December 1, 2015** to Maureen Caldwell of OEA Choice Trust at [maureen@oeachoice.com](mailto:maureen@oeachoice.com) or fax# (503) 624-3994**. For more information**, call Maureen at (503) 495-6262.

**Review Process:**

The Conference **Planning Committee**, which includes representatives from OSBA, COSA, Moda Health, Kaiser Permanente, Multnomah ESD, Oregon Public Health Division, Oregon Department of Education’s Child Nutrition Services, OEA/NEA, OEA Choice Trust and OEBB, will review applications. Priority will be given to presentations that engage the audience and that are:

* Content is applicable and relevant to planning, implementing and sustaining school employee wellness programs
* Anchored in effective, evidence-based, and promising practices and programs
* Education entities as lead presenter(s)
* Share tangible resources and tools that participants can use at their schools and organizations
* Built on collaborative efforts and partnerships

Applicants will be notified of the final status of their proposals no later than January 8, 2016.

The Conference Planning Committee is seeking proposals for presentations on a range of topics applicable to school employee wellness and creating healthy school environments. Possible topics include:

* Setting the stage for wellness program sustainability and on-going engagement
* Linking health, teaching, and learning for students and staff
* Cultivating school and community partnerships
* Bridging student and staff wellness
* Gaining district and school leadership support
* Stress reduction and resiliency
* Engaging employees in worksite wellness
* Program planning, implementation and evaluation
* Changing environments, policies and practices to support employee wellness
* Integrating health and wellness into the school day and school environment
* Healthy cooking ideas and recipes
* Mental health and mindfulness
* Creative communication for wellness programs
* Making time for wellness and self-care
* Incorporating more physical activity into the work day
* Understanding how multicultural attitudes and beliefs affect health promotion

***Attention: If the session is selected, the information you provide on this proposal form will be used in the conference program. Please be thorough and complete in your responses.***

**Breakout Session Proposal**

**Contact Information for Primary Presenter**

Name:

Position/title:

Organization:

Address:

Phone:

Email:

Brief Bio with education and professional experience (100 words or less):

**Other Presenters** (please complete for each additional presenter)

Name:

Position/title:

Organization:

Email:

Brief Bio describing your expertise in this area (100 words or less):

**Presentation Title:**

**Target Audience:**

**Conference Objectives: Please check all that apply.**

* Build personal awareness and skills to promote overall health.
* Create a culture of wellness at schools to support the physical, emotional and social health of school employees.
* Make the case for healthy school employees and the connection to student learning and success.
* Form wellness teams to plan and implement sustainable school employee wellness programs at schools, ESDs and Community Colleges.
* Access and use national, state and local effective practices and resources to advance school employee wellness.
* Make system and environmental changes to ensure equity and reduce health disparities.

**Conference Track: Please check one that best applies.**

* Individual Well-being
* School Environment and Culture
* Partners in Health
* School Employee Wellness 101: The Basics
* School Employee Wellness 201: Sustaining It

**Presentation Description (100 word limit):**

**Learning objectives:** *At the end of this session, participants will be able to (know and do):*

**Describe presentation methods that you will use to engage participants during your session.**

**Please list tools, resources, programs and technology that will be shared with participants during your breakout session, if applicable.**

**Are you interested in hosting an exhibit table at no cost?**

* Yes
* No