



From Taboos to Talking Points

February 8, 2018
The Steward School

Schedule

KEYNOTE: 9:00 AM – 10:00 AM

The Craving Mind: From Cigarettes to Cupcakes to Smartphones, Why We Get Hooked & How Mindfulness Helps Change Habits

We are all vulnerable to craving. Whether it's a compulsion to constantly check social media, binge eat, smoke, excessively drink, or any other behavior, we may find ourselves uncontrollably repeating. Why are bad habits so hard to overcome? In 2014 Time magazine declared a "mindful revolution" due to its growing popularity and growing body of research suggesting that mindfulness may help to treat a number of health-related problems from general stress eating to anxiety to addiction. However, little is known about the underlying psychological mechanisms and related brain processes. Dr. Brewer will discuss recent evidence that helps to unravel these mysteries drawing from both clinical studies and brain imaging research, and how these insights might apply to our own lives.

Keynote Speaker: *Dr. Judson Brewer, MD, PhD, Director of Research, Center for Mindfulness*

Bio: Judson Brewer, MD, PhD, a psychiatrist and neuroscientist brings together over 20 years of experience of meditation practice and teaching, clinical work and neuroscience research to develop novel treatments for behavior change. His in-person and app-based training are scientifically proven to help break bad habits, and fostering flourishing, including those for emotional and stress eating (Eat Right Now[®]) and smoking cessation (Craving to Quit[®]). For more information about Dr. Brewer: Judson Brewer MD PhD, Chief, Division of Mindfulness; Executive Director (interim), Center for Mindfulness; Director of Research, Center for Mindfulness; Associate Professor, Medicine and Psychiatry, University of Massachusetts Medical School; Research Affiliate, Department of Brain and Cognitive Sciences, MIT

[TED talk on habit change](#); New book: [The Craving Mind](#)



Session I: 10:15 AM – 11:00 AM

(100E) The Student Athlete in 2018: High Risk, High Reward*

Student athletes enjoy outsized privileges. With their status comes scrutiny. In addition to the field of play, athletes stand out in the classroom and every other communal setting in which they participate. Look at how schools can help student-athletes understand and embrace their status and use it to become role models. Learn about the common risks that threaten the status and reputation of athletes and their schools – drugs and alcohol, sexual misconduct, academic fraud, hazing, cheating, and misuse of social media. Encourage student-athletes to accept the microscope that comes with their elevated status and use it to burnish the reputation of their school, team, and family.

Presenter: *Tim Heaphy, Attorney, Hunton & Williams, LLP*

Focus of Session: **Athletics/Coaching**

Grade Level: **Upper**

* *Extended Session – runs to 12:00 Noon*

(101) The Price of Pornography: From Curiosity to Compulsion

The speaker has spent the last several years creating a program to address pornography use and addiction among middle school and high school aged boys in a single sex boarding school setting. Topics covered will include the ease of accessibility, manifestations of addictive behaviors, and the connection between boredom, curiosity, and compulsion. Finally, how to positively discuss the issue with these young men, and help suggest constructive ways to deal with the inherent challenges faced while not ostracizing and embarrassing the students will be a large part of the conversation.

Presenter: *Jason Biette, Board Certified Pastoral Counselor, Fork Union Military Academy*

Focus of Session: **Mental Health Services/Counseling; Spiritual Wellness** Grade Level: **Upper**

(102) Unleashing the Preschool and Elementary Age Child's Potential in the Classroom and Beyond: How Movement Powers Learning

Children can't learn to read or write if they haven't mastered the strengths and movement patterns that underlie these basic elementary school skills. Participants will: Learn why play and movement must be an integral piece of the young child's day in order for that child to strengthen their bodies and minds in preparation for learning; Understand the foundational movement patterns young children need to develop strong learning skills supported by evidence drawn from studies; Understand the physical strengths children need in preparation for learning supported by evidence drawn from studies; Connect the evidence to these patterns/strengths then relate them to movements on the playground, in hard play, in unstructured and structured play. Children today spend an inordinate amount in sedentary activities and it is having an enormous impact on their ability to learn. We have a chance to make a change that will support children who will have improved social, emotional, cognitive and behavioral abilities through physical activity.

Presenter: *Preston Blackburn, Owner/Developer, Pop, Hop & Rock*

Focus of Session: **Mental Health Services/Counseling; Physical Education; Wellness/Health Education** Grade Level: **Lower**

(103) Teaching Condom Sense & Other Contraceptives

In this session, you will learn where to buy models and methods, fun and interactive teaching methods, questions that tend to arise when teaching about birth control, VA laws around accessibility and age restrictions, and recommended teen clinics.

Presenter: *Laura Bays, Health Educator, and Rebecca Ginnetti, Health & Sexuality Teacher and Department Chair, St. Stephen's & St. Agnes School*

Focus of Session: **Health Services/Nurses; Wellness/Health Education** Grade Level: **Upper**

(104) More Sunlight, More Candor

As a veteran teacher and mother of three girls who have fought long battles with anxiety, depression, and eating disorders, I offer a unique perspective and some thoughts about how teachers can partner in care with students and families dealing with mental health issues.

Presenter: *Mary Simpson, MS Humanities Teacher, Richmond Montessori School*

Focus of Session: **Wellness/Health Education** Grade Level: **All Grades**

(105) Workplace Health Solutions

The American Heart Association has launched an ambitious movement to build a culture of health and well-being throughout the country. We're putting our plan into action where most Americans spend a lot of time — at work. Workplace Health Solutions offers a complete suite of evidence – based tools to help you and your employees get the most out of your workplace health program.

Collegiate School received the American Heart Association 2017 Silver Workplace Health Achievement award and will share information on how Workplace Health Solutions has helped them to build their program.

Presenter: *Lauren Mauter, Community Impact Director, American Heart Association and Kathy Wrenn, Wellness Consultant, collegiate School*

Focus of Session: **Wellness/Health Education** Grade Level: **Middle**

Session II: 11:15 AM – 12:00 PM

(201) Sip as You Pour: Self-Care and Well-Being for Educators

Increasing demands are placed upon adults who work with children in any capacity, and this interactive session will explore some creative ways to deepen already established practices and to integrate some new approaches to work-life balance. Participants will receive a template to construct a personalized self-care and well-being plan and resources for their ongoing inquiry into this topic for personal and professional use.

Presenter: *Jan Weintraub, School Counselor, Norfolk Collegiate*

Focus of Session: **Wellness/Health Education** Grade Level: **All Grades**

(202) Healthy, Active Kids Make Better Learners

Harvard Researcher John Ratey says "Exercise is like fertilizer for the brain ..." Exercise grows brain cells; how can we help our students prepare for learning? This session will be activity based.

Presenter: *Jack O'Donnell, Director of Physical Education, St. Christopher's School*

Focus of Session: **Physical Education** Grade Level: **Lower**

(203) Sex and Cupcakes: Fun, Fearless, and Student-Centered Sex Education

This session describes the four-tiered sex education curriculum at The Madeira School, outlining the structure and purpose of the classes and workshops, frequently asked questions and answers, and resources for developing a student-centered sex education curriculum. Visual aids and student-created learning activities will be on display for participants to experience.

Presenter: *Tracie Epes, Director of Counseling, The Madeira School*

Focus of Session: **Wellness/Health Education**

Grade Level: **Upper**

(204) Your Role in Preventing and Addressing Disordered Eating in Students

Eighty-one percent of 10-year-olds are afraid of being fat. Our students are hearing and internalizing negative messages about nutrition and appearance. We'll teach you how to counter those messages, identify those displaying risk factors for disordered eating, provide resources, and create a positive environment that encourages healthy relationships with food.

Presenter: *Melissa Freestone, RD, Registered Dietitian and Teresa Eaton, Director of Communications, SAGE Dining Services*

Focus of Session: **Wellness/Health Education**

Grade Level: **All Grades**

Session III: 1:00 PM -1:45 PM

(300E) Working Side by Side with LGBTQ+ Youth**

Join Side by Side, Virginia's oldest LGBTQ+ youth serving organization, for an interactive presentation focused on how to best support LGBTQ+ youth in your school. This presentation brings in a basic understanding of LGBTQ+ identities, risk and protective factors for LGBTQ+ youth, and how to be an adult ally.

Presenter: *Ted Lewis, Executive Director, Side by Side*

Focus of Session: **Education**

Grade Level: **All Grades**

****Extended Session – Runs 90 minutes – concludes at 2:45 PM**

(301) Developing Healthy Sexuality and Social Media: Equipping Middle Schoolers and their Families

This session is designed to provide a framework for equipping young people and their families in developing healthy sexuality amid the increasingly sexual world of social media. Understanding the impact of sexting and pornography on sexual development, participants will gain tips for creating lessons and parent education programs designed to empower students in their social media interactions and equip parents in supporting young people being safe and responsible.

Presenter: *Rebecca Ginnetti, Health & Sexuality Teacher and Department Chair, St. Stephen's & St. Agnes School*

Focus of Session: **Wellness/Health Education**

Grade Level: **Middle**

(302) Making the Shift: Punitive to Unitive Justice

In this session, we'll unpack the power of the circle. We'll share St. Catherine's Middle School journey towards creating a restorative ethos throughout the community, as well as specific resources and tools for beginning the process. Restorative justice brings humanity to every situation and conflict by giving new tools on how to live in community with student, parents, faculty, staff and administration.

Co-Presenters: *Laura Gorsuch, School Counselor and Abigail Whorley, Honor Committee Chair and Religion Teacher, St. Catherine's School*

Focus of Session: **Discipline & Conflict Resolution**

Grade Level: **All Grades**

(303) Let's Talk About [Consensual] Sex

This session will provide an overview of the continuum of sexual violence and models for discussing consent in schools. Presenters will transform taboos to conversational talking points that attendees can put into practice across varying school climates. Tools for facilitating trauma-informed, inclusive dialogues around relationships will be provided.

Co-Presenters: *Beth Curry, MEd, LPC, Health & Wellness Coordinator, The Steward School; Kaylin Tingle, MSW, LGBTQIA+ Violence Prevention Specialist & Advocate, The VCU Wellness Resource Center*

Focus of Session: **Wellness/Health Education; Sexual Violence**

Grade Level: **Upper**

(304) Understanding Cultural Competence

My experience is that when a group is a huge minority on private schools, teachers, administrators, and all faculty need to be culturally competent. We need to understand how different cultures learn, problem solve, and view systems. I have witnessed students being labeled with negative labels because the teachers did not understand that the student was reacting to situations according to their cultural norms. It is unreasonable to think that we can bring students from vastly different cultures and expect them all to act in a cookie cutter fashion, especially if that expected behavior is foreign to the culture from which the student lives.

Presenter: *Alex Hash, Community Outreach Coordinator, North Cross School*

Focus of Session: **Mental Health Services/Counseling**

Grade Level: **All Grades**

Session IV: 2:00 – 2:45 PM

(401) What's the Big Deal with Vaping? Is It Really "Harmless"?

Despite the original intent of vaping as a way to assist with smoking cessation, it's become an unfortunate trend in teens across the country. Are the kids right? Is it really harmless? What does the nicotine really do in the developing teen brain and why is it so hard to manage on campuses? This session will dive into the neuroscience behind nicotine addiction, look at survey results of reasons why teens choose to vape and help educators and administrators assess potential approaches to this social trend.

Presenter: *Ann Vanichkachorn, Director of Health Services, St Christopher's School*

Focus of Session: **Health Services/Nurses; Wellness/Health Education**

Grade Level: **Upper**

(402) Mindfulness Training for Promoting Growth in Students with Diagnosed Learning Differences, Anxiety, or Depression

The Learning Skills Program at Christchurch School, in conjunction with the Interim Director of Guidance Services, is engaging in a three-month action research investigation to study the impact of mindfulness training on decision making in students with diagnosed learning differences, anxiety, or depression. Our objective is to equip students with the tools to create the space within themselves that allows them to choose their behaviors and coping mechanisms more consciously. This session will consist of an overview of the approach and results of our study along with a facilitated discussion on the impact of mindfulness intervention to promote holistic student growth.

Presenter: *Meghan McNeill, Director of the Learning Skills Program, Christchurch School*

Focus of Session: **Mental Health Services/Counseling**

Grade Level: **Upper**

(403) Make Healthy Eating Fun & Engaging in Your School Community

Learn how to connect nutrition education utilizing classroom teachers and parents to promote positive eating habits with your students. Collegiate worked with Aladdin, their food service provider to develop a comprehensive nutrition education program called the Fantastic Five. As an extension of the Collegiate *Link It & Live It* wellness initiative, this new program focuses on the basic principles of nutrition education in the lower school classrooms, school cafeteria and through materials that are sent home throughout the school year.

Presenter: *Kathy Wrenn, Collegiate School Wellness Consultant*

Focus of Session: **Wellness/Health Education**

Grade Level: **Lower**

(404) That's Not Love: Using Peer Education to Teach About Healthy Relationships

St. Anne's-Belfield School Peer Mentors are trained to share the JoinOneLove.org healthy relationship initiatives, "Beyond The Post," "That's Not Love," and "Escalation" with students in grades 9-12. Participants in this session will learn how peer educators are trained and prepared to lead group discussions, participate in a mock training (possibly led by two STAB Peer Mentors!), and brainstorm ways to fit peer education into a busy school schedule.

Co-Presenters: *Sophie Speidel, School Counselor and Melissa Taylor, Learning Specialist, St. Anne's-Belfield School*

Focus of Session: **Wellness/Health Education**

Grade Level: **Upper**

(405) SpeakUp! Mental Wellness Starts with Conversation

Do your students have the tools in their toolbox to take care of their mental health? What could they possibly worry about? Join us to learn about the effects stress has on the body, positive and negative coping skills, and the symptoms of anxiety and depression. Begin the conversation for a lifetime of positive living.

Presenter: *Jodi Beland, Program Director, Cameron K. Gallagher Foundation*

Focus of Session: **Mental Health Services/Counseling**

Grade Level: **All Grades**

Extended Sessions

10:15 AM - 12:00 PM:

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Presenter: *Tim Heaphy, Attorney, Hunton & Williams, LLP*

Focus of Session: **Athletics/Coaching**

Grade Level: **Upper**

1:00 – 2:45 PM:

300E Working Side by Side with LGBTQ+ Youth

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