

Our Partners



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FCHS: Family & Community Health Sciences
njaes.rutgers.edu/fchs



<http://growhealthy.rutgers.edu/>

The County of Gloucester complies with all state and federal rules and regulations and does not discriminate on the basis of age, race, creed, color, national origin, ancestry, marital status, affectional or sexual orientation, gender identity or expression, disability, nationality or sex in admission to, access to, or operations of its programs, services, activities or in its employment practices. In addition, Gloucester County encourages the participation of people with disabilities in its programs and activities and offers special services to all County residents 60 years of age and older. Inquiries regarding compliance may be directed to the EEO office at (856) 384-6903 or through the County's ADA Coordinator at (856) 384-6842/New Jersey Relay Service 711.

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and County Boards of Chosen Freeholders. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

RUTGERS **Grow Healthy Teacher Institutes 2016-2017**

New Jersey Agricultural Experiment Station
■ Cooperative Extension

Presented By FCHS, Rutgers Cooperative Extension

One Every Month!
Wellness Trainings for Everyone At School:
Teachers, Administrators, Nurses & School Nutrition Professionals



Mark your calendar for our monthly trainings & watch your email for individual session registrations.

Visit our web site for more information
<http://gloucester.njaes.rutgers.edu/fchs>



Promoting Healthy Families, Schools & Communities

Date	Title/Speaker/Cost	Location
September 20, 2016	Edible Education Network \$10.00	Dorothy Bullock School Glassboro
October 13, 2016	Healthy Schools-It's a Team Effort \$25.00	Office of Government Services, Clayton
November 4, 2016	Games & Activities to Enhance Your Physical Education Program \$25.00	Office of Government Services, Clayton
December 6, 2016	Garden Education Workshop \$25.00	Salem County Cooper- ative Extension Office, Woodstown
January 2017	Adding Movement to the Elementary & Middle School Classroom with the SPARKabc's Program Cost TBD	Office of Government Services, Clayton
February 2017	Tadasana For Teachers Yoga in the Classroom with Instructors from Moonshine Power Yoga Cost TBD	Office of Government Services, Clayton
March 24, 2017	Utilizing the Cafeteria as a Classroom — A full-day workshop for School Nutrition Professionals \$75.00	Office of Government Services, Clayton
April 26, 2017	Edible Education Network Summer/Fall Gardening \$10.00	National Park Element- ary School
May 2017	Games and Activities to Enhance your Nutrition Lessons \$25.00	Office of Government Services, Clayton

Workshop Description
Join our first networking event of the year. Professionals from all Gloucester, Salem and Cumberland County schools with a garden are welcome! Come share and learn about successful school gardening with teachers from Southern New Jersey. Gather tips from our FCHS and FoodCorps experts, too.
Get your wellness team together and join our half-day, inter-active workshop to learn strategies that bring wellness policies to life. Learn how healthy eating and physical activity support academic success, and get tips on low-/no-cost strategies to enhance wellness at YOUR school.
Calling all PE teachers! Need some new ideas to integrate into your PE class? This workshop introduces creative games and activities that provide every child the opportunity to be successful and demonstrate critical thinking and problem solving skills. Come in comfortable clothes ready to participate in the activities!
Prepare to get your hands dirty with this hands-on learning experience to help you feel comfortable teaching in and maintaining your school vegetable garden. Lessons will include basic watering, when and what to weed, how you know it is time to harvest, what to start in the classroom vs. direct sowing, and more.
A half-day workshop on adding easy, engaging physical activity opportunities in the classroom. Learn how to add physical activities that support learning standards in Literacy/Language Arts, STEM, Social Studies, Nutrition Education, and the Core Curriculum/Common Core Standards. Get your team ready for a fun, active day and leave with a starter kit for your school.
This 2-day training builds on research using classroom activity breaks to promote wellness and physical activity – as well as improved focus, attention and behavior. And it includes strategies teachers can use to reducing stress and enhance personal wellness, too!
Dive into this hands-on course and leave with tools and resources to develop and enhance your school nutrition program. Trainers from the Institute of Child Nutrition will show you how to get <i>your</i> school nutrition program recognized as an integral part of the education system. Topics include: marketing healthy options, reaching out to the school community, communicating with parents; farm to school and school gardens.
Spend time in the garden with professionals from Gloucester, Salem and Cumberland County schools. Network and talk about summer/fall gardening- step by step instruction to get your school gardens up and running. Tour National Park's colorful garden for creative ideas.
Make healthy eating fun with strategies from this half-day workshop. Experience creative games and practice engaging, hands-on activities that will make learning about nutrition interactive and fun!

Watch your email for detailed information about each program.

Individual program flyers will be emailed to all schools, beginning August 2016.

Want information sooner? Need to add a name to our mailing list?

Call FCHS at 856/307-6450, ext. 2. Or email training coordinator LeeAnne Savoca, MS, RDN at savoca@njaes.rutgers.edu.