

2024 Winter Wellness Summit



January 25 & 26
The Samoset Resort, Rockport, ME
Maine Schoolsite Health Promotion Program



Maine Schoolsite Wellness
A Program of the Maine Department of Education

Take Care of You!

**The Maine School Winter Wellness Summit is planned and hosted by the
Maine Schoolsite Health Promotion Program Planning Committee**



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Program At - A - Glance
Thursday – January 25, 2024

6:00 – 7:00 a.m.	Early Morning Fitness Opportunities
7:30 a.m.	Check-in open
7:30 – 9:00 a.m.	Morning Nourishment and Networking
8:30 – 9:00 a.m.	Icebreaker Activity
9:00 – 9:15 a.m.	Welcome, Introductions and Summit Overview
9:15 – 10:45 a.m.	Opening Session Keynote Presentation by Luke Seaward <i>The Healing Power of Nature and You!</i>
10:45 – 11:00 a.m.	Transition & Hot Beverages
11:00 – 12:00 p.m.	Breakout Sessions Round 1
12:00 – 1:00 p.m.	Lunch and Networking
1:00 – 2:00 p.m.	Breakout Sessions Round 2
2:00 – 3:45 p.m.	Winter Wellness Experiences with Tasty Hot Beverages
3:45 – 4:00 p.m.	Transition and Hot Beverages
4:00 – 4:45 p.m.	Planting Seeds: Harvesting Wisdom of the Day with Brian Luke Seaward
5:00 – 6:15 p.m.	Buffet Dinner
6:30 – 8:00 p.m.	Team Trivia! - Music, Cornhole, Table Tennis, and Card Games

Friday – January 26, 2024

6:00 – 7:00 a.m.	Early Morning Fitness Opportunities
7:15 a.m.	Registration Table Open
7:15 – 8:00 a.m.	Morning Nourishment and Networking
8:00 – 8:15 a.m.	Day-Two Welcome and Announcements
8:15 – 9:45 a.m.	Keynote Presentation by Emily Daniels <i>The Regulation Connection to Physical and Mental Well-Being in Our Schools</i>
9:45 – 10:00 a.m.	Transition & Hot Beverages
10:00 – 11:30 p.m.	Roundtable Sessions with Active Movement Transitions
11:30 - 12:30 p.m.	Lunch and Wellness Stretch
12:30 – 1:30 p.m.	Growing Your Wellness Program: Cultivate and Activate Breakout Sessions
	🌱 Seeds to Start a Wellness Program
	🌱 Growing Your Seedling or Revitalizing a Wilting Wellness Program
	🌱 Fertilizing and Caring for an Established Wellness Program
1:30 – 1:45 p.m.	Transition & Hot Beverages
1:45 – 3:00 p.m.	Closing Keynote Presentation by Jana Stanfield <i>Up Your Frequency with Jana Stanfield: Tune In, Tune Out, Tune Up</i>
3:00 – 3:15 p.m.	Wrap-up and Next Steps

Thursday, January 25, 2024

Early Morning Fitness Offerings

- | | | |
|-------------------------|---|---------------------------------------|
| 6:00 – 7:00 a.m. | The Samoset Fitness Center and Pool Open | |
| 6:15 – 6:45 a.m. | Mindfulness Movements | Location: Spruce Head Ballroom |
| | A blended adaptation of energy balancing and body awareness movement. | |
| 7:30 a.m. | Registration/Check-in Opens | Location: Knox County Hallway |
| 7:30 – 9:00 a.m. | Networking & Morning Nourishment | Location: Vinalhaven Room |

8:30 – 9:00 a.m.

Location: Rockland/Rockport Ballrooms

Who's Here and Why?

Find a seat and settle in while engaging in prompts at your table.

9:00 – 9:15 a.m.

Location: Rockland/Rockport Ballrooms

Opening Session: Welcome, Introductions and Summit Overview

**Welcome on behalf of the Maine Department of Education
Megan Welter, Associate Commissioner of Public Education, Commissioner's Office**

Introductions of Hosts and Attendees

Summit Overview and Housekeeping

Introduction to Our Resident Artist, Andrea Powers from SAD 1

Thursday and Friday

7:00 a.m. – 7:00 p.m.

Location: Monhegan Room

Meditation Room

There are times when we all need a moment or two to center ourselves. A model wellness meditation room has been created. It is a wonderful space where you may sit and breathe in a calming and mindful way. The soothing and enchanting environment will carry your worries away. Enjoy! Consider creating a similar space in your school(s) to offer staff and/or student opportunities to retreat and regroup.

9:15 – 10:45 a.m.

Location: Rockland/Rockport Ballrooms

Keynote Presentation

Brian Luke Seaward

The Healing Power of Nature and You!

Nature has a remarkable healing presence: The ability to calm the mind, body, and soul in troubled times. Poets, philosophers and now scientists all speak of nature's ability to calm one's nerves, put our problems back in perspective and restore one's sense of balance. This presentation builds a foundation of knowledge from current scientific data about the healing power of trees (forest bathing), the healing power of water (blue therapy) and the healing power of gardening not to mention the spiritual well-being connection in the appreciation of wildlife. Ageless wisdom reminds us that we are part of nature and nature is part of us. To get the full benefits of nature, one must interact with it: walking, jogging, swimming or any kind of physical activity. Reconnect to this timeless wisdom to include this as a core part of your self-care personal wellness program. This session will include some amazing nature photography and short guided mental imagery video.

Brian Luke Seaward, Ph.D. is renowned nationally and internationally as an expert in the field of stress management, mind-body-spirit healing, and health promotion. He is a TEDx speaker, and his wisdom can be found quoted on PBS specials, college lectures, medical seminars, church sermons, boardroom meetings, graduation speeches and beyond. Brian Luke Seaward is the teacher who inspires us, gives us a new outlook on life, is a mentor, role model, and friend. He is one of those teachers "who touches our hearts and changes so many lives," one of the unsung heroes of humanity. He's passionate, witty, humorous, and perhaps most of all, inspiring. Luke's keynote presentation will teach us about the role nature plays in our health and well-being. He will share strategies for managing stress through nature and expand our understanding of the importance of giving roots to wellness in order to practice self-care and we-care. All participants will benefit from Luke's a legacy in the field of wellness and health promotion.

10:45 – 11:00 a.m.

Location: Knox County Hall

Transition and Hot Beverages

11:00 a.m. – 12:00 p.m.

Location: Room Assignments with Descriptions

Concurrent Breakout Sessions – Round 1

Each participant is able to choose two of the six concurrent breakout sessions. *Yes, You Can Paint!* has a maximum of 20/session and will be filled by lottery. If you arrive and find your session choice full, please go to your next choice. They are all great sessions! If you are attending the Summit with team members, you are encouraged to divide up and attend as many breakout sessions as possible to bring the information back to your school/district.

Feel-Good Flow - If You Can Walk, You Can Dance

Location: Spruce Head Room

Music has a way of making us feel good. Come experience practical tools to counteract burnout through the power of music, movement, and connection. This practice involves moving meditation, body awareness, imagination, and a combination of structured movement and freestyle elements.

Participants are encouraged to find what feels good in the moment, to choose the options and variations that work best for them, and to move mindfully. In this safe container, we will use the power of music to help us tap into confidence, connection, and a feeling of ease.

Kristy McNaughton is a dynamic educator with 19 years of experience as a personal finance educator for Gardiner Area High School. She is known for her unique classroom style, bringing her classroom to life. Kristy started a highly popular class called "Intro to Yoga Fusion". This transformative course teaches yoga's physical aspects but also fosters self-discovery, communication, teamwork, and decision-making skills. Her passion for holistic education empowers students to excel academically and thrive personally. With 21 years of experience in teaching movement classes, Kristy has a profound understanding of the mind-body connection. She leads weekend retreats, and monthly sessions, sharing her expertise with a wider audience.

Nature as Nurture: Seeking Peace in Maine's Outdoors

Location: Vinalhaven Room

The beauty and the peace of nature is available for most Mainers by stepping out the back door and for everyone, it is a short drive away. Time in nature is such a balm for the heart and soul and has long been acknowledged as promoting mental wellness. The Japanese call it Forest Bathing, an intentional time in nature to open up the five senses to the beauty of nature and to quiet our phones as well as our mind. Join Greg as he reviews the benefits of nature and perhaps, takes a walk along the peaceful Maine seashore.

Greg Marley, LCSW, is the Senior Clinical Director of Suicide Prevention at NAMI Maine. Most school people know Greg based on his expertise with suicide prevention and providing support after a loss, but his initial education and training focused on botany and plant ecology. Greg has provided environmental education in outdoor settings since 1973 and for more than 30 years has offered talks and workshops on wild mushrooms. For his whole life Greg has sought out nature as a place of peace and to bring personal balance for work he does in mental health.

Improve the Moment Using Autogenic Training

Location: Camden Room

Taking a moment to recharge and care for yourself is essential for everyone. Autogenic Training is the perfect way to destress after a day at work or in the classroom! Not only does it provide an opportunity to practice mindfulness through imagery and relaxation, but it fosters patience, perspective, and empathy to help individuals who will be looking to you for support whether at home or in the workplace. In this 1-hour session, time will be devoted to YOU. Kick your sneakers off, unwind, and allow your mind to tap into the autonomic nervous system and IMPROVE the moment!

Jennifer McNulty is on faculty as a Senior Lecturer in the School of Kinesiology and Physical Education at the University of Maine College of Education and Human Development. Prior to working at UM, she taught middle and high school health education for seven years and was an adjunct faculty member at UM specializing in health education. Her course load includes health methodology, comprehensive school health, health promotion and disease prevention, and lifetime fitness for health along with overseeing interns in clinical and educational settings. Jennifer is a mother of 10-year-old triplets, loves daily walks with her dog, and watching her kids compete in their seasonal sports!

Yes, You Can Paint!

Location: Schooner Room

Creating a piece of art is growing in popularity as a way to relieve stress. In fact, research shows that 20 - 45 minutes of painting, coloring, or drawing is a healthy stress management strategy. So, join this session - new and seasoned artists alike - where each participant will complete an 8 x 10 black and white painting. All supplies will be provided. Just bring a smile, a desire to have fun, some creative energy, and a positive belief that "Yes, I too can paint"! No experience is necessary.

Tom Nash is the Director of Adult Education for RSU 14 and a long-standing member of the Maine Schoolsite Health Promotion Program planning committee. He has been drawing and painting since he was 6. While in college, he even had some of his charcoal drawings selected for a national traveling art show. Tom taught a virtual "Paint Night" for UMA nursing students a year ago which was so well-received, he was encouraged to bring this one-hour paint project to the Summit!

Soup Is Good Food Everywhere

Location: Pen-Bay Room

What do you know about wontons? Did you know wonton means "floating clouds". They also represent little packages of good fortune in the Lunar New Year. Join this interactive, fun, and educational session in which you will engage in the hands-on preparation of homemade Asian Fusion Chicken Wonton Soup. Chris will walk participants through the preparation steps while he shares valuable cooking tips and tidbits for healthy and easy cooking. At the end, you get to sample your wares, mmm, mmm, good!

Chris Toy is a repurposed Maine educator and educational consultant. He has over 35 years of experience as a teacher, principal, university instructor, consultant, presenter, and author of six popular cookbooks. Chris has worked with educators, schools, and organizations across the United States and in many other countries. His interactive style reflects his belief that educators must "Walk the Talk" and model what they want to see from students, faculties, and colleagues. When he isn't traveling, consulting, or teaching, Chris can be found teaching Asian fusion cooking throughout Maine and on YouTube, leading outdoor adventures as a registered Maine Guide, or making art with upcycled driftwood for local Maine galleries.

Healthy Boundaries... Find Your Work-Life Rhythm

Location: Rockland Room

Many, if not all health behavior issues, are directly related to healthy boundaries or the lack thereof. This presentation highlights the concept of strong healthy boundaries and how to create better boundaries in your life so you may regain a sense of balance and inner peace. Health habits including eating, exercise, sleep, and technology are fair game for healthy boundaries resets. Participants will emerge from this session with a solid action plan to implement one healthy boundary for their personal wellness.

Brian Luke Seaward, Ph.D. is widely recognized nationally and internationally as an expert in the field of Stress Management, Resiliency and Corporate Health Promotion. He is the author of over 20 books, including the popular best sellers, Stand Like Mountain, Flow Like Water and Stressed Is Desserts Spelled Backward. He is also a TEDx speaker, and his wisdom can be found quoted on PBS specials, college lectures, medical seminars, church sermons, boardroom meetings, graduation speeches and beyond. Luke is the teacher who inspires, gives a new outlook on life, is a mentor, role model, and friend. He is one of those teachers "who touches our hearts and changes so many lives," as one of the unsung heroes of humanity.

12:00 – 1:00 p.m.

Location: Vinalhaven Room

Lunch, Networking, and Wellness Walk
All menus are inside the back cover.

1:00 – 2:00 p.m.

Location: Room Assignments with Descriptions

Concurrent Breakout Sessions – Round 2

Each participant is able to choose two of the six concurrent breakout sessions. *Yes, You Can Paint!* has a maximum of 20/session and will be filled by lottery. If you arrive and find your session choice full, please go to your next choice. They are all great sessions! If you are attending the Summit with team members, you are encouraged to divide up and attend as many breakout sessions as possible to bring the information back to your school/district.

2:00 – 4:00 p.m.

Location: Knox County Hall

Throughout the Winter Wellness Experience time, we will have tasty hot beverages available, including hot cocoa with mini marshmallows and a light snack.

2:00 – 3:45 p.m.

Location: Inside and Outside The Samoset

Winter Wellness Experiences

In the spirit of modeling wellness practices, this time is allocated to experiencing a variety of wellness activities for physical, mental, emotional, social, spiritual and/or occupational health. There are outside and inside activities for participants to enjoy. It is important to plan your time, so you will be back in the Rockland and Rockport Ballrooms and ready for the afternoon session.

The planning committee members, wearing white long-sleeve t-shirts with our pine tree logo, will be available throughout the facility, inside and out, to answer any questions or to direct you as needed. Hot beverages will be served in the Knox County Hall outside the Rockland Ballroom.

Enjoy a new or favorite wellness experience. Those above the yellow line have no scheduled times. Those below are being offered at the specified times and locations.	
Outside Activities	Inside Activities
These outside activities require your own equipment and are at your own risk. Please respect the property of the Samoset.	Meditation – Monhegan Room
	Cornhole and Table Tennis – Camden Room
Snowshoeing – Far side of Tennis Courts	Fitness Center
Sledding - Far side of Tennis Courts	Water Aerobics - Pool
Cross Country Skiing – Paths around property	Pool/Swim/Hot Tub – Fitness Center Pool Area
Walk/Run – Around the property	Fireside Chats or Chess in the Sunroom (near lobby)
2:15 – 3:30 p.m. Location: Tennis Courts in Parking Lot	Fat Tire and Mountain Biking with Carolyn Gross and Erik da Silva from the Bicycle Coalition of Maine... This wellness experience will demonstrate that biking isn't just for warm weather! Come take a spin around the Samoset property on a mountain bike or fat tire bike. There are 12 bikes to share. Helmets will be provided but you bring the cold-weather attire (winter pants, coat, gloves/mittens, a thin hat to wear under a helmet, face protection, and warm socks). Come learn about Maine winter riding.
2:15 – 3:00 p.m. Location: Spruce Head Room	Yoga Serenity Flow: Hip and Hamstring Exploration with Kristy McNaughton This rejuvenating yoga class is designed to guide you through an exploration of your hips and hamstrings. It will immerse participants in the soothing practice that will dissolve tension, give one's nervous system a breakthrough conscious breath and unravel tightness. This class offers a tranquil journey to find serenity.
2:15 – 3:00 p.m. Location: Fitness Center Group Room	Bootcamp for All with Kristie LeBlanc A fun class that will leave you feeling energized! Come experience a full-body boot camp class starting with a warmup stretch, followed by 1-minute stations around the room including a variety of exercises that can be modified as needed. It will end with core strengthening and a gentle stretch.
2:15 – 3:00 p.m. Location: Rockland Ballroom	A Medley Event of Experiential Relaxation Skills with Brian Luke Seaward This is a great opportunity to experience five of the best and most effective relaxation techniques. Participants will be guided through a brief exposure to 1), Progressive Muscular Relaxation, 2) Diaphragmatic Breathing, 3) Guided Mental Imagery, 4) Mindfulness Meditation and 5) Music therapy.
3:15 – 3:45 p.m. Location: Owls Head Room	Qigong with Stacey Vannah Qigong, pronounced "chi gong," involves using exercises to optimize energy within the body, mind, and spirit. Amazingly, this body movement is calming, invigorating, rhythmic and meditative all at the same time!
2:15 – 3:00 p.m. Location: Pool	Water Aerobics Class with Cyndi Kimball Come experience a form of aerobic exercise where you are immersed in water with a trained professional. The class includes endurance, resistance training, and an enjoyable atmosphere with music.

3:45 – 4:00 p.m.

Location: Knox County Hall

**Transition and Hot Beverages
including hot cocoa with mini marshmallows and a light snack**

4:00 – 4:45 p.m.

Location: Rockland/Rockport Ballrooms

**Planting Seeds: Harvesting Wisdom of the Day
with Brian Luke Seaward**

This session is a time for reflecting on the day's experiences and learning. Luke will guide the audience in a walk-a-bout where kernels of wisdom heard, observed, and experienced throughout the day will be harvested and shared. Teams and individuals will then begin to form strategies for both personal and school-based action plans for the coming year. On Friday, there are three breakout sessions planned to assist attendees in looking at how to use learnings from this Summit to cultivate an effective health promoting action plan.

5:00 – 6:15 p.m.

Location: Vinalhaven Room

Buffet Dinner

6:30 – 8:00 p.m.

Location: Rockland/Rockport/Camden Ballrooms

**Team Trivia!
Music, Cornhole, Table Tennis, and Card Games**

Tonight, is all about fun, laughter, entertainment... and more fun! Grab your team members and/or someone you connected with during the day and join the planning committee for some amazing relationship and team building time! You can gather a team for the trivia tournament (using this word tournament loosely), stretch a bit with cornhole, challenge someone to a game or two of table tennis, or chit chat over a card game. There will be popcorn, pretzels, beverages, and prizes too! Drop in for a few minutes or stay the whole time!

Friday, January 26, 2024

Early Morning Fitness Offerings

6:00 – 7:00 a.m. The Samoset Fitness Center and Pool Open
6:15 – 6:45 a.m. Gentle Full Body Morning Yoga Location: Spruce Head Ballroom

7:15 a.m. Registration/Check-in Opens Location: Knox County Hallway
7:15 – 8:15 a.m. Networking & Morning Nourishment Location: Vinalhaven Room

8:00 – 8:15 a.m. Location: Rockland/Rockport Ballrooms

Day Two Welcome and Announcements

Julie Smyth, Director of the Office of School and Student Supports, Maine DOE
Announcements and Overview of the Day

8:15 – 9:45 a.m. Location: Rockland/Rockport Ballrooms

Keynote Presentation

The Regulation Connection to Physical and Mental Well-Being in Our Schools Emily Daniels

This keynote is designed to inspire a sense of felt safety among participants through varied tools and practices derived from Daniels' framework - The Regulated Classroom©. Emily will help audience members connect the role physiological state regulation (i.e. a felt sense of safety) plays in mental and physical well-being in our schools. Participants will gain an embodied understanding of how a ventral vagal state in the nervous system supports sequential brain development and prosocial behaviors.

Emily Daniels, M.Ed. is the author and creator of The Regulated Classroom©, a former school counselor, mum of two teens, and the wife of a school psychologist. She is an internationally recognized trauma specialist and trainer in the trauma-informed schools' movement and has served thousands through in-person and virtual professional events. Daniels and her work have been featured in the Associated Press, Fox News, ABC News, Los Angeles Times, and NPR. She holds an M.Ed. in School Counseling, an MBA in Organizational and Environmental Sustainability, and is a Nationally Certified Counselor through the National Board of Certified Counselors. She continually refines her understanding of the applied science of trauma through training in varied modalities including Somatic Experiencing, SMART (Sensory-Motor Arousal Therapy), trauma-informed sensory modulation, Reiki, and mindfulness-based stress reduction.

9:45 – 10:00 p.m. Location: Knox County Hall
Transition and Hot Beverages

10:00 – 11:30 a.m.

Location: Rockland/Rockport and Vinalhaven Rooms

Winter Wellness Roundtable Session

This time is designed for participants to learn about a wide variety of programs and resources that can potentially benefit or engage local wellness programs. There are 20 tables, and the presentations will be offered for 3 back-to-back rotations of 25 minutes each with a 4-minute transition time between rotations. If you are attending with colleagues, be sure to take advantage of as many tables as possible. Divide and conquer!

R / 1 Wellness Teams, MEABT Incentive Program Strategies

Mike Booth
Director of Wellness, MEA Benefit Trust
mbooth@meabt.org

R / 2 School Based Health Centers 101

Penny Townsend,
Maine CDC
penny.townsend@maine.gov

R / 3 Farm & Sea to School-Connecting Community, Classroom & Cafeteria

Martha Poliquin
Maine Farm & Sea to School Institute, HCCA
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R / 4 Partnering to Prevent Student Homelessness - McKinney Vento

Amelia Lyons Rukema
McKinney Vento Specialist, Maine DOE
amelia.lyons@maine.gov

R / 5 Building Inclusive School Communities for LGBTQ+ Youth

Cassie Cooper
Out Maine
cassie@outmaine.org

R / 6 Get the Scoop on Recovery Groups

Jana Stanfield
Founder, Together For Good Worldwide
janastanfieldteam@gmail.com

R / 7 Advocating for School Health Programs: A New Approach

Tammy Diaz
School Nurse Specialist, School Health Services,
Maine DOE
tammy.diaz@maine.gov

R / 8 Empowering School Wellness Programs to Prevent Sexual Violence

Lisa Råvar and Meg LeMay
Maine Coalition Against Sexual Assault (MECASA)
lisa@mecasa.org
meg@mecasa.org

R / 9 Working with the Wellness Policy at Your School

Dawn Littlefield-Gordon
Maine CDC, Obesity Prevention Program Manager
dawn.littlefield@maine.gov
Kristie LeBlanc, Somerset Public Health
kleblanc@rfg.net

R / 10 Keeping a Wellness Program Fresh and Fun Year after Year

Krystal Blaisdell
RSU 18 Wellness Team
kblaisdell@rsu18.org

<p>V / 11 Strategies for Packing Food for the School Day</p> <p>Leslie Ouellette-Todd Nourished Lifestyles leslie@nourishedlifestyles.com</p>	<p>V / 12 Life Happens Outside Challenge</p> <p>Alicia Heyburn Maine Teens To Trails alicia@teenstotrails.org</p>
<p>V / 13 Sexual and Reproductive Health and Wellness</p> <p>Lynette Johnson and Maddy Magnuson Prevention Education, Maine Family Planning ljohnson@mainefamilyplanning.org</p>	<p>V / 14 Build Healthy Environments with Workplace Wellness</p> <p>Sarah Carter Let's Go! A Program of MaineHealth Sarah.A.Carter@mainehealth.org</p>
<p>V / 15 Summer Institute: Well-Being for School Personnel</p> <p>Pamela Thompson, Ph.D. Director, Graduate Online Education St. Joseph's College of Maine pthompson@sjcme.edu</p>	<p>V / 16 Resources to Promote Wellbeing through School Gardens</p> <p>Brittany Layman Director of Health, Wellness, and Safety RSU 22 blayman@rsu22.us</p>
<p>V / 17 StrengthenME: FREE Supports and Services for School Employees</p> <p>Heather Washburn, LCSW, CADC, CCS StrengthenME hwashburn@northernlight.org</p>	<p>V / 18 Using SEL Strategies for Building Connections</p> <p>Sarah Nelson, M.Ed/SELI SEL Implementation/Student Engagement, MDOE Sarah.Nelson@maine.gov</p>
<p>V / 19 Wellness Teams and Community Partnerships</p> <p>Carolyn Gross, Ph.D. Physical Ed. and Health Ed. Specialist, Maine DOE carolyn.gross@maine.gov</p>	<p>V / 20 The Many Programs of NAMI Maine Serving Adults and Youth</p> <p>Libby Wright NAMI Maine libby@namimaine.org</p>

11:30 a.m. – 12:30 p.m.

Location: Vinalhaven Room

Lunch and Wellness Time

12:30 – 1:30 p.m. **Location: Room Assignments with Descriptions**

Breakout Sessions

Growing Your Wellness Program: Cultivate and Activate
Maine Schoolsite Health Promotion Program Planning Committee

Please select one of the three options that best fits your needs. Those attending from the same school/district are encouraged to attend a session together.

Seeds to Start a Wellness Program	Location: Camden
Growing Your Seedling or Revitalizing a Wilting Wellness Program	Location: Pen-Bay
Fertilizing and Caring for an Established Wellness Program	Location: Schooner

1:30 – 1:45 p.m. **Location: Knox County Hall**

Transition, Hot Beverages, and Snacks

1:45 – 3:00 p.m. **Location: Rockland/Rockport Ballrooms**

Keynote Presentation

Up Your Frequency with Jana Stanfield: Tune In, Tune Out, Tune Up

In a world where we’re barraged daily by demands on our human energy...it can be easy to lose our connection to what matters most. Sometimes we need to be reminded how to best manage our energy reserves, whether it’s by tuning in, tuning out, or tuning up. In this high-spirited, interactive session, you’ll learn the fastest and easiest ways to...

“Tune In” to what recalibrates.
“Tune Out” unnecessary stress.
“Tune Up” by recalibrating regularly.

Jana Stanfield, CSP is an inspirational humorist, singer-songwriter, educational, and motivational entertainer who has shared stages with stars ranging from Kenny Loggins to The Dixie Chicks. After all that, for 10 years, she became " A Broad Abroad" as she called it, fulfilling a lifelong dream of seeing the world and sharing that with others by leading "volun-tour trips". Based on those experiences, she co-founded two non-profits which she is currently working with - Together We Can Change the World and Together For Good Worldwide - helping girls and women have access to education, so they can be self-sustaining adults. The motto of both organizations is a quote from one of her songs: "We cannot do all the good that the world needs, but the world needs all the good that we can do."

3:00 – 3:15 p.m. **Location: Rockland/Rockport Ballrooms**

Wrap Up, Next Steps, and Drawings

Menus

Thursday & Friday Breakfasts

Fresh Fruit Juices
Sliced Seasonal Fruit
Whole Fruit
Scrambled Eggs and Fresh Hard-Boiled Eggs
Oatmeal with Brown Sugar and Raisins
Regular-Sized Muffins (Including Fresh Gluten-Free)
Freshly Brewed Coffee, Decaffeinated Coffee, and Premium Herbal Tea, 1% Milk

Thursday Lunch

Tuscan White Bean Soup - Vegan
Tossed Salad with 2 Dressings
Sliced Turkey, Ham, and Fresh Hummus
American & Cheddar Cheese
Lettuce & Tomatoes & Condiments
Assorted Breads & Rolls (GF options)
Sun Chips
Assorted Cookies
Coffee, Decaffeinated Coffee, Tea, Iced Tea, 1% Milk

Thursday Dinner

Tomato Bisque
Build-Your-Own Tossed Salad with 2 dressings
Roast Turkey with Stuffing and Pan Gravy, Cranberry Sauce
Baked White Fish (GF)
Mashed Potatoes
Seasonal Vegetable
Whole Grain Rolls and Butter
Lemon Bars and Raspberry Bars (GF, DF, and Vegan available)
Coffee, Decaffeinated Coffee, Tea, Iced Tea, 1% Milk

Friday Lunch

Corn & Bean Salad
Squash or Pumpkin Soup w/ Coconut Milk - Vegan
Shredded Chicken (Light Seasoning, GF)
Traditional Seasoned Ground Beef (GF)
Grilled Veggies
Soft and Hard Taco Shells (GF)
Cheese, Sour Cream, Avocado, Salsa, Diced Tomatoes, Lettuce
Hummus & Bread
Low Sugar Berry Crisp with Whipped Cream Available
Coffee, Decaffeinated Coffee, Tea, Iced Tea, 1% Milk

Note: Many of the food options will fit dietary needs but that may not be indicated on this printed menu.

Thank you to Lindsay Strout for designing and drawing this year's Summit logo and working with the educators and students at Sanford Regional Technical Center to bring it to life.



Many thanks to all who support this event for the health and well-being of our participants and schools.

This event is made possible through a grant from the Elementary and Secondary Education Act, Title IV funds.

Thank you to all the presenters who brought this event to life and to the staff of both The Samoset Resort and Headlight Audio Visual.

Share your fun!

Scan this QR code and share the wonderful photos you took at this year's Winter Wellness Summit!



Follow these easy steps to use the QR code and share your photos!

- Scan the QR code with your phone's camera
- Press the "+" button
- Upload the photo(s)
- Give Access
- DONE!
- Repeat... Thank you!

Visit the Maine Department of Education
Office of School and Student Supports
Coordinated School Health

Employee Health Promotion and Wellness webpage at

<https://www.maine.gov/doe/schools/safeschools/wellness>

Contact information for the Keynote Speakers is available at

<https://www.maine.gov/doe/schools/safeschools/wellness/speakers>



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