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Introduction

Welcome to the Office of the State Superintendent of Education’s Health and Wellness Menu of Professional Developments, Services, and Technical Assistance! This menu lists both the traditional and untraditional types of guidance OSSE’s Health and Wellness Division offers to the public. With content ranging from trainings to webinars to special annual events, our team hopes to provide our external stakeholders with the most up to date health information based around the Whole School, Whole Community, Whole Child model (WSCC) approach.

How do I use this resource?

OSSE’s Health and Wellness Menu of Professional Developments, Services, and Technical Assistance has been organized into the following categories: Professional Developments and Workshops; Capacity Building and Technical Assistance; and Equipment, Materials, and Resources. Within each category, the items have been sorted by the components of the Whole School, Whole Community, Whole Child approach: Health Education; Nutrition Environment Services; Employee Wellness; Social and Emotional; Physical Environment; Health Services; Counseling, Psychological, and Social Services; Community Involvement; Family Engagement; and Physical Education and Physical Activity. Please contact osse.hydt@dc.gov for additional assistance or questions.



Why is health education important?

It is a well-known fact that healthier students are better learners (Basch, 2010). Research shows that health-risk behaviors such as early sexual initiation, violence, and physical inactivity are consistently linked to poor grades and test scores and lower educational attainment (Carlson et al., 2008; MacLellan, Taylor, & Wood, 2008; Spriggs & Halpern, 2008; Sraubstein & Piazza, 2008). The Centers for Disease Control and Prevention (CDC) developed the Whole School, Whole Community, Whole Child model (WSCC) (Figure 1), a model that depicts how the school environment and local community impact the child’s academic attainment

and health (Centers for Disease Control and Prevention [CDC], 2015).

Providing students with quality health and physical education and support is a collaborative effort, as it requires coordination between school administrative staff, teachers, parents, and health

Figure 1: Whole School, Whole Community, Whole Child Model

care providers, among other adults that may influence students' lives. It is encouraged that partnerships with government agencies, nonprofit organizations, and the private sector be established to work with the school to enhance students' learning experience. The ultimate goal of this menu is to enhance health and physical education by providing the public with resource to live a healthy lifestyle. This will motivate students to adopt positive behaviors during childhood, which is easier and more effective than trying to change unhealthy behaviors during adulthood (CDC, 2015).

Helpful Terms

Technical Assistance (TA): the providing of advice, assistance, and training pertaining to the development, implementation, maintenance, and/or evaluation of programs.

Training of Trainers (TOT): professional development provided to individuals who are, in turn, responsible for the professional development of others.

Professional Development (PD): a systematic process used to strengthen the knowledge, skills, and attitudes of a particular professional workforce. PD for those who serve adolescents is intended to help improve the health, education, and well-being of youth. This type of PD is consciously designed to actively engage learners and includes the planning, design, marketing, delivery, evaluation, and follow-up of training offerings (events, information sessions, and technical assistance).

Capacity Building Assistance (CBA): the transmission of knowledge and building of skills to improve an organization's ability to achieve its mission. CBA involves using diverse program activities including training, professional development, staff development, technical assistance (see technical assistance), and/or technology transfer

Capacity Building: the process of improving an organization's ability to achieve its mission. It includes increasing skills and knowledge; increasing the ability to plan and implement programs, practices, and policies; increasing the quality, quantity, or cost-effectiveness of programs, practices, and policies; and increasing the sustainability of infrastructure or systems that support programs, practices, and policies.

Cadre of Trainers: a designated, highly proficient core group of individuals who provide professional development to others on particular programs, topics, methods, or skills

Professional Developments and Workshops

Health Education

1. Healthy Schools Act School Health Profile Informational Webinar

Description: The Healthy Schools Act School Health Profiles are a requirement of the Healthy Schools Act of 2010. This webinar explains the login process, how to request access to the online application for new users, how to navigate through the application, and how to answer specific questions in the Profile.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, School nutrition services manager, Athletic coach, School counselor, psychologist or social worker, School nurse or health care provider

Training Format: Pre-Scheduled Online (Live Webinar)

Training Availability: Offered live during the profile collection time, available online afterwards

Training Length: One hour

Registration: Registration link will be provided at time of webinar. Please e-mail osse.schoolhealth@dc.gov for additional information.

Technical Assistance Provided: Yes

Technical Assistance Services:

- Follow-Up Support
- Resources, Materials, and Links

2. Literacy and Wellness Initiative Program Training

Description: This training is a required for participants of the Literacy and Wellness Initiative Program. The training describes the requirements of program participants, explains the importance of integrating health education through language arts classes and activities, and provides ideas on ways to use the Healthy Schools Booklist and the Comprehensive Health Education Booklist, and incorporate them into curricula.

Audience: Physical education teacher, Health education teacher, Classroom teacher/ Educator, School librarians

Training Format: Pre-Scheduled In Person Event (determined by host)

Training Availability: Restricted/Limited - annually at the beginning of the school year;
Registration capacity of 30 individuals

Training Length: One hour

Registration: Registration will be available once the event date has been determined. Please e-mail osse.hydt@dc.gov for additional information.

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Planning Services
- Implementation Services
- Data Collection and Analysis
- Evaluation Services
- Follow-Up Support
- Resource, Materials, and Links

3. FLASH- Comprehensive Sexual Health Education Curriculum

Description: This one-day training will instruct participants how to use FLASH, a widely used comprehensive sexual health education curriculum designed to prevent teen pregnancy, STDs, and sexual violence. FLASH is available for elementary, middle, high school and special education classrooms. It is highly interactive and inclusive curriculum that is respectful of students with a variety of sexual experiences.

Audience: Health education teacher, Classroom teacher/ Educator, Community -based organization (CBO)/ Non-governmental organization (NGO), District Agencies

Training Format: Pre-Scheduled In Person Event (determined by host), By Request In Person (Off-site at Requestor's location)

Training Availability: On Going (available at any time), Restricted/Limited Offerings (i.e. annually, semi-annually, bi-weekly, one per organization, etc.); Registration capacity of 30 individuals

Training Length: One Day

Registration: <https://goo.gl/forms/yOw4pBzkYP65PaYb2>. Please e-mail osse.hydt@dc.gov for additional information.

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Follow-Up Support

4. Reproductive Health Models Training

Description: The Healthy Schools and Wellness Programs (HSWP) in partnership with Planned Parenthood of Metropolitan Washington will be hosting a free workshop on health education using 3-D male and female reproductive health models for school personnel and community-based health educators. This workshop will prepare health educators to provide more interactive instruction around male and female anatomy, sexual health education and contraceptive use. All participants will receive deluxe 3-D male and female reproductive health models and instructional supplies to keep.

Audience: Health education teacher, School nurse or health care provider, Community-based health care and social services provider, Community -based organization (CBO)/ Non-governmental organization (NGO), District Agencies, Student, Grantee(s)

Training Format: Pre-Scheduled In Person Event (determined by host), By Request In Person (Off-site at Requestor's location)

Training Availability: Restricted/Limited Offerings; Fall 2016; Registration capacity of 30 individuals

Training Length: Three hours

Registration: <https://goo.gl/forms/obnct7z4surP162K3>. Please e-mail osse.hydt@dc.gov for additional information.

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Resource, Materials, and Links

5. Contraception 101

Description: This session will prepare health educators to provide more interactive instruction around various contraception methods, sexual health myths and contraceptive use. All participants will receive deluxe contraception kits and instructional supplies to keep.

Audience: Health education teacher, School counselor, psychologist or social worker, School nurse or health care provider, Parent or other family member, Community-based health care and social services provider, Community -based organization (CBO)/ Non-governmental organization (NGO)

Training Format: Pre-Scheduled In Person Event (determined by host), By Request In Person (Off-site at Requestor's location)

Training Availability: Restricted/Limited Offerings (i.e. annually, semi-annually, bi-weekly, one per organization, etc.); 2016-17 school year; Registration capacity of 25 individuals

Training Length: Three hours

Registration: <https://goo.gl/forms/8SNhWcXPswcvqvMz1>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Follow-Up Support
- Resource, Materials, and Links

6. Health Education Curriculum Analysis Tool (HECAT)

Description: The Health Education Curriculum Analysis Tool (HECAT) can help school districts, schools, and others conduct a clear, complete, and consistent analysis of health education curricula based on the National Health Education Standards and CDC's Characteristics of an Effective Health Education Curriculum.

Results of the HECAT can help schools select or develop appropriate and effective health education curricula and improve the delivery of health education. The HECAT can be customized to meet local community needs and conform to the curriculum requirements of the state or school district.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Health education teacher, Classroom teacher/ Educator, Parent or other family member, Community-based health care and social services provider, Community -based organization (CBO)/ Non-governmental organization (NGO), District Agencies, Student, Grantee(s)

Training Format: Pre-Scheduled In Person Event (determined by host), In person at OSSE by Appointment only, By Request In Person (Off-site at Requestor's location), On Demand Online

Training Availability: By Request/Appointment Only

Training Length: Varies

Registration: Please e-mail osse.hydt@dc.gov for additional information.

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Follow-Up Support
- Resource, Materials, and Links

7. Making Proud Choices! An Adaption For Youth In Out-Of-Home Care

Description: The goal of Making Proud Choices! is to empower adolescents to change their behavior in ways that will reduce their risk of an unplanned pregnancy or becoming infected with HIV and other STDs. Specifically, this curriculum emphasizes that adolescents can reduce their risk for STDs, HIV and pregnancy by using a condom, if they choose to have sex

Audience: Physical education teacher, Health education teacher, School counselor, psychologist or social worker, School nurse or health care provider, Parent or other family member, Community-based health care and social services provider, Community -based organization (CBO)/ Non-governmental organization (NGO), Grantee(s)

Training Format: Pre-Scheduled In Person Event (determined by host)

Training Availability: During a specific funding period/reporting period- twice during the 2016-17 school year; 10 person minimum, 20 person maximum

Training Length: One Day

Registration: Please e-mail osse.hydt@dc.gov for additional information.

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Implementation Services
- Follow-Up Support
- Resource, Materials, and Links

8. School Health Index Tool

Description: The School Health Index (SHI): Self-Assessment & Planning Guide is an online free self-assessment and planning tool that schools can use to improve their health and safety policies and programs. This training provides school staff with a general overview of what SHI is, its purpose, and how to implement the tool within their school. Participants that complete this workshop will receive additional information on how to access additional resources and support for implementation.

Audience: School administrator; Physical education teacher; Health education teacher; other educators

Training Format: Pre-Scheduled In Person Event (determined by host), By Request In Person (Off-site at Requestor's location)

Training Availability: On Going (available at any time); Registration capacity of 30 individuals

Training Length: Three hours

Registration: <http://goo.gl/forms/1L3OhYZMgu7xcrpX2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Planning Services
- Implementation Services
- Follow-Up Support

9. The Rights, Respect, Responsibility: A K-12 Sexuality Education Curriculum (3Rs Training of Facilitators)

Description: The Advocates for Youth curriculum, the 3Rs Training of Facilitators (TOF), supports teachers and community-based educators to develop the comfort, knowledge and core skills needed to implement sexuality education effectively. The workshops are tailored to address the needs of attendees and the program settings and will focus on ensuring that attendees learn the critical skills needed to implement sexuality education with any grade level or any topic.

Attendees can download a free copy of the curriculum at:

<http://www.advocatesforyouth.org/3rs-curric-lessonplans>. The TOF can be held as a half-day, full-day or multi-day, based on the attendees desired time frame. It is preferable for schools or community-based organizations to provide a minimum of two attendees to complete the TOF.

Audience: Physical education teacher, Health education teacher, Classroom teacher/ Educator, School counselor, psychologist or social worker, Community-based health care and social services provider, Community -based organization (CBO)/ Non-governmental organization (NGO), District Agencies, Grantee(s)

Training Format: Pre-Scheduled In Person Event (determined by host), In person at OSSE by Appointment only, By Request In Person (Off-site at Requestor's location)

Training Availability: On Going (available at any time), By Request/Appointment Only, Ten people minimum and 30 maximum

Training Length: Half day, full day, multi-day (manuals based on registrants)

Registration: <https://goo.gl/forms/RFmETpt9ahzGHavP2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Implementation Services
- Resource, Materials, and Links

10. Beyond the Lesson Plan Series Recordings: Getting Past the Fear: Teaching about Sensitive Topics in Sexuality Education (Limited Copies)

Description: Answer's Webinars provide updates and valuable resources in an interactive, instructor-led format. Scheduled at times that are convenient for youth-serving professionals nationwide, our webinars and webinar series' offer participants one hour of professional development credit for each webinar.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator, School counselor, psychologist or social worker, School nurse or health care provider

Training Format: Disc (Limited Copies)

Training Availability: On Going (available at any time); one per campus

Training Length: One hour

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Not applicable

11. Beyond the Lesson Plan Series Recordings: I'm So Glad You Asked Me That: Answering Tough Sexuality Questions (Limited Copies)

Description: Do you already have lesson plans and strategies for teaching sex education, but want to develop your range of skills as an educator or youth-serving professional? This series will provide guidance around utilizing clinics as resources, keeping appropriate boundaries with youth in today's social online environment, answering tough questions and more.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator, School counselor, psychologist or social worker, School nurse or health care provider

Training Format: Disc (Limited Copies)

Training Availability: On Going (available at any time); one per campus

Training Length: One Hour

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Not applicable

12. Special Topics Recordings: The Wonder Years: Teaching Sexuality Education in Middle School (Limited Copies)

Description: Answer's Webinars provide updates and valuable resources in an interactive, instructor-led format. Scheduled at times that are convenient for youth-serving professionals nationwide, our webinars and webinar series' offer participants one hour of professional development credit for each webinar. This webinar focuses on the important elements of sexual education that should be included in middle school.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator, School counselor, psychologist or social worker, School nurse or health care provider

Training Format: Disc (Limited Copies)

Training Availability: On Going (available at any time); one per campus

Training Length: One hour

Registration: <https://goo.gl/forms/WDMebXenAXdgmSPB2>

Technical Assistance Provided: Not applicable

13. What About the Boys Mini-series Recordings Neglected Needs The Status of Boys' Sexual Health and Education (Limited Copies)

Description: Answer's Webinars provide updates and valuable resources in an interactive, instructor-led format. Scheduled at times that are convenient for youth-serving professionals nationwide, our webinars and webinar series' offer participants one hour of professional development credit for each webinar. This webinar focuses on the improvements that should be made in sexual education targeted towards boys.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator, School counselor, psychologist or social worker, School nurse or health care provider

Training Format: Disc (Limited Copies)

Training Availability: On Going (available at any time); one per campus

Training Length: One hour

Registration: <https://goo.gl/forms/WDMebXenAXdgmsPB2>

Technical Assistance Provided: Not Applicable

14. What About the Boys Mini-series Recordings Understanding Male Learners Making Sex Ed Relevant for Boys (Limited Copies)

Description: Did you ever stop to think about what messages boys are receiving from adults? Do you find it tough to engage boys in discussions involving sexuality education? This webinar series explores messages boys receive about manhood and explores how to make sex ed relevant for boys.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator, School counselor, psychologist or social worker, School nurse or health care provider

Training Format: Disc (Limited Copies)

Training Availability: On Going (available at any time); one per campus

Training Length: One hour

Registration: <https://goo.gl/forms/WDMebXenAXdgmsPB2>

Technical Assistance Provided: Not Applicable

15. Sisters Informing, Healing, Living, and Empowering (SiHLE) Training of Facilitators

Description: Sisters Informing, Healing, Living, and Empowering (SiHLE) is a peer-led, social-skills intervention aimed at reducing HIV sexual risk behavior among sexually active, African American teenage females, ages 14-18. An adaptation of the SISTA intervention, SiHLE emphasizes ethnic and gender pride, and enhances awareness of HIV risk reduction strategies such as abstaining from sex, using condoms consistently, and having fewer sex partners. It consists of four 3-hour sessions, delivered by two peer facilitators (ages 18-21) and one adult facilitator in a community-based setting.

SiHLE sessions are designed for 10-12 African American teenage females. The sessions are gender-specific, culturally relevant and include behavioral skills practice, group discussions, lectures, role-playing, and take-home exercises. SiHLE targets sexually experienced, African American teenage girls (ages 14-18) who are at risk for acquiring or transmitting HIV/STIs.

Since SiHLE is a peer-led intervention, the majority of the activities in each session are facilitated by near peers (18-21 years old) who are co-facilitators with the adult facilitator. Therefore, we strongly recommend that 2-3 staff members (one adult and two near peers) per organization attend SiHLE TOFs: SiHLE training requires group facilitators (or any staff) who will facilitate the SiHLE sessions. At least one of the attendees MUST be a trained near peer facilitator (18-21 years old). The near peer facilitator must have initial facilitator training as well as HIV training (facilitation and HIV 101), or there must be an indication of how this training will occur prior to facilitating the SiHLE intervention.

Audience: Physical education teacher, Health education teacher, Classroom teacher/ Educator, School counselor, psychologist or social worker, School nurse or health care provider, Community-based health care and social services provider, Community -based organization (CBO)/ Non-governmental organization (NGO), District Agencies, Student, Grantee(s)

Training Format: Pre-Scheduled In Person Event (determined by host), In person at OSSE by Appointment only, By Request In Person (Off-site at Requestor's location)

Training Availability: On Going (available at any time), By Request/Appointment Only, Minimum of six participants

Training Length: Three full days and copies of curriculum based on number of registrants

Registration: <https://goo.gl/forms/TfhhPobd3MRBVURq2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Implementation Services
- Data Collection and Analysis
- Evaluation Services
- Monitoring Services
- Follow-Up Support Resource, Materials, and Links

16. Health and Physical Education Assessment Webinar

Description: The Health and Physical Education Assessment must be completed yearly by students in grades 5, 8, and high school (in the year when the student takes health education). A training webinar is offered at the beginning of the test window with instructions for successful administration of the assessment. Technical assistance is provided throughout the test window.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator

Training Format: Pre-Scheduled Online (Live Webinar), Phone/Conference Call

Training Availability: On Going (available at any time)

Training Length: One hour

Registration: Registration is available through a link that will be emailed prior to the webinar date. Ongoing technical assistance is provided by emailing osse.schoolhealth@dc.gov.

Technical Assistance Provided: Yes

Technical Assistance Services:

- Follow-Up Support
- Resource, Materials
- Links

17. Putting Standards into Practice: Implementing the 2016 DC Health Education Standards

Description: Putting Standards into Practice: Implementing the 2016 DC Health Education Standards is an interactive session that will allow participants to become familiar with implementing the 2016 DC Health Education Standards. Participants will learn best practices and utilize tools such as the Centers for Disease Control and Prevention's Health Education Curriculum Analysis Tool to aid in aligning, adapting, and selecting appropriate health curricula. The activities within this session will provide practical skills that will assist in improving the quality of health instruction and programming within educational settings.

Audience: School Administrator, Physical education teacher, Health education teacher, Classroom teacher/ Educator, Curriculum and Instruction Coordinator

Training Format: In-Person

Training Availability: 2016-17 school year

Training Length: 2 hours

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Follow-Up Support
- Resource, Materials
- Links

Nutrition Environment and Services

1. Integrating Nutrition into Curricula

Description: This professional development opportunity will explain the importance of incorporating nutrition into your curricula and provide you with ideas on how to do so.

Audience: Physical education teacher, Health education teacher, Classroom teacher/ Educator, Community-based health care and social services provider, Community -based organization (CBO)/ Non-governmental organization (NGO)

Training Format: Pre-Scheduled Online (Live Webinar)

Training Availability: Restricted/Limited Offerings-This professional development opportunity will be available as a live webinar two times during the 2016-17 school year.

Training Length: One hour

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop

2. Healthy Eating and Structured Play training

Description: The Child and Adult Care Food Program (CACFP) and the Healthy Schools and Wellness Programs at the Office of the State Superintendent of Education (OSSE) will be hosting physical activity and nutrition professional development workshops for early care and education (ECE) facilities and pre-kindergarten to 12th grade schools. Learn fun, appropriate physical activities and nutrition best practices that will equip you in practical lessons on the importance of engaging in physical activity and nutrition for your center-based childcare, preschool, and kindergarten to 12th grade settings. Sessions will include yoga, Soca dancing, Zumba, and nutrition 101 (for ECE staff only). FREE giveaways will be offered to participants! Note: Priority seating will go to participants of the DC Child Care Centers Promoting Lifelong Activity in Youth (P.L.A.Y) Program.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator, Athletic coach,

School counselor, psychologist or social worker, School nurse or health care provider, Parent or other family member, Community-based health care and social services provider, Community - based organization (CBO)/ Non-governmental organization (NGO), District Agencies

Training Format: Pre-Scheduled In Person Event (determined by host)

Training Availability: During a specific funding period/reporting period; 40 person maximum

Training Length: Four hours

Registration: <https://goo.gl/forms/uK2gaD3gLFipQybX2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Planning Services
- Implementation Services
- Follow-Up Support
- Resource, Materials, and Links

Employee Wellness

1. CDC's Professional Development 101- The Basics A Professional Development Series (Part 1 and 2)

Description: The ultimate goal of professional development (PD), in the context of the Centers for Disease Control and Prevention's priorities, is the effective implementation of skills and strategies that positively impact the health and well-being of young people. The Professional Development Practices include sustaining, designing, marketing, delivering, supporting, and evaluating. They are based on research and best practice and provide optimal conditions for implementation to occur. The Practices encompass the delivery of PD in a group setting (trainings, presentations, meetings) and one-on-one (general technical assistance, coaching/mentoring). This is a two part training.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator, School counselor, psychologist or social worker, School nurse or health care provider, Community-based health care and social services provider, Community -based organization (CBO)/ Non-governmental organization (NGO), District Agencies, Grantee(s)

Training Format: On Demand Online

Training Availability: On Going (available at any time); Please use a modern Web browser, such as Google Chrome, Internet Explorer 11 or later, or Apple Safari for the best viewing experience.

Training Length: Self-paced, Approximately one hour each

Registration:

Part 1 - <http://goo.gl/forms/K82QRO0j0pOZmFgk2>

Part 2 - <http://goo.gl/forms/tWkXPY9WaqPqIBav1>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Planning Services
- Implementation Services
- Follow-Up Support

Social and Emotional Climate

1. How to Create a Safe Space Webinar Mini-series Recordings Homophobia In Schools Strategies for Professionals to Become More Inclusive (Limited Copies)

Description: Through Answer’s high-quality online workshops and webinars, adults can learn to provide the information teens need and deserve to be healthy and informed. This webinar focuses on how to prevent and manage bullying cases, especially in the incidences due to homophobia.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator, School counselor, psychologist or social worker, School nurse or health care provider

Training Format: Disc (Limited Copies)

Training Availability: On Going (available at any time); one per campus

Training Length: One hour

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Not applicable

2. An Ally’s Guide to Terminology: Talking about LGBTQ People & Equality

Description: An Ally's Guide to Terminology helps us use the correct terminology when talking about lesbian, gay, bisexual, transgender and questioning (LGBTQ) people. Additionally, this guide is designed for allies who want to support not only the LGBTQ community, but our LGBTQ youth. This capacity building assistance will help allies learn and understand how to implement commonly used terminology in their classrooms, schools and communities.

Often in conversations about issues like marriage, employment protections, inclusive hate crimes laws, adoption, and ending Don't Ask, Don't Tell, it can be easy to fall back on technical, abstract or highly charged language. This kind of language, while it may feel familiar and comfortable to us, can derail discussions with those who are not familiar with the issues, are conflicted or not yet supportive, or are simply not aware of how their actions — or their inaction — can hurt people.

These issues are really about basic human values and needs — our ability to earn a living, be safe in our communities, serve our country, and take care of the ones we love. And when we

move away from abstract, technical language and toward discussions that connect people to our common ground and common values, true understanding can take root.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator, School nutrition services manager, Athletic coach, School counselor, psychologist or social worker, School nurse or health care provider, School security personnel, Bus driver, Janitor or custodial worker, Facility and maintenance staff, Parent or other family member, Community-based health care and social services provider, Community -based organization (CBO)/ Non-governmental organization (NGO), District Agencies, Student, Grantee(s)

Format: By Request In Person (Off-site at Requestor's location), E-mail

Availability: On Going (available at any time) for the 2016-17 school year, five-person minimum and 25-person maximum

Length: Varies depending on request

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Follow-Up Support
- Resource, Materials, and Links

3. The Respect Online Course

Description: The purpose of the Respect Online Course is to promote sexual health and responsibility and prevent HIV infection, other sexually transmitted infections and pregnancy among LGBTQ students. The course teaches school professionals how to provide direct services and utilize school-based practices that promote sexual health and responsibility among LGBTQ students. By the end of the course, participants will be able to assist LGBTQ students in coping with their distinctive challenge, promote safe school environments that nurture healthy and successful students, and motivate all students to prevent HIV, STIs, and pregnancy.

Audience: Physical education teacher, Health education teacher, Classroom teacher/ Educator, School counselor, psychologist or social worker, School nurse or health care provider, Community-based health care and social services provider, Community -based organization (CBO)/ Non-governmental organization (NGO), Grantee(s)

Training Format: Pre-Scheduled Online (Live Webinar), E-mail

Training Availability: By Request/Appointment Only for 2016-17 school year

Training Length: 7.5 hours

Registration: <https://docs.google.com/forms/d/1bv9fnqfnn8NPLs1HrJqmOHmsmyzDAe5O94kuAFNZg/viewform>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Implementation Services
- Follow-Up Support
- Resource, Materials, and Links

Physical Environment

1. Introduction to School Gardens

Description: The Introduction to Schools Gardens in the Districts of Columbia training is a five hour course that takes place in April and September and is designed to provide general information to teachers, school staff, community members, and parents how establishing and maintaining a sustainable school garden program. The first half of the training will take place in a classroom where participants will learn about the resources available to support school gardens and guidance on school garden safety and program management. The second half of the training participants will embark on a tour of three school gardens where model design features, programing, and basic planting techniques will be demonstrated.

Audience: Head of School, Principal, Assistant Principal, Health education teacher, Classroom teacher/ Educator, Facility and maintenance staff, Parent or other family member, Community - based organization (CBO)/ Non-governmental organization (NGO), Grantee(s)

Training Format: Pre-Scheduled In Person Event (determined by host)

Training Availability: During a specific funding period/reporting period; Spring and Fall

Training Length: Five hours

Registration: https://docs.google.com/forms/d/1seMQClAag-KERSQ0h1rdn0GBvvTD2e_kfj9qxxfM9TM/viewform ; Spring and Fall

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Planning Services
- Implementation Services
- Follow-Up Support
- Resource, Materials, and Links

2. Project Learning Tree Workshops

Description: Project Learning Tree is a national environmental education organization that provides curricula and resources for teachers and families. The curricular materials help teach environmental concepts and issues through engaging, hands-on activities. The emphasis is teaching students how to think, not what to think, about the environment. Teachers and

educators who successfully complete a workshop will receive a curriculum guide. Those who complete the training have the opportunity to apply for small grants to Project Learning Tree. Training is available for: Environmental Experiences for Early Childhood (Ages 3-6), Environmental Education Activity Guide (PreK-8), and Green Schools Investigations.

Audience: Classroom teacher/ Educator, Community -based organization (CBO)/ Non-governmental organization (NGO), District Agencies, Grantee(s), Any (No preference)

Training Format: Pre-Scheduled In Person Event (determined by host), By Request In Person (Off-site at Requestor's location)

Training Availability: By Request/Appointment Only; 15 people maximum

Training Length: Varies

Registration: <https://goo.gl/forms/WDMebXenAXdgmsPB2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Resource, Materials, and Links

3. Climate Change Film Project

Description: Through the Climate Change Film Project, teams of science and visual art/media teachers will engage their students in creating one-minute films on the impacts of climate change. Teachers participate in two four-hour workshops on climate change and filmmaking, and then work with their students to create the films. This program is conducted in partnership with the DC Environmental Education Consortium and the American Film Institute. In the past, completed films have been screened at the DC Environmental Film Festival, National Geographic Society, and/or the Anacostia Environmental Youth Summit.

Audience: Classroom teacher/ Educator, Parent or other family member, Community -based organization (CBO)/ Non-governmental organization (NGO), District Agencies, Student, Any (No preference)

Training Format: Pre-Scheduled In Person Event (determined by host)

Training Availability: During a specific funding period/reporting period; Offered only once in FY17

Training Length: Varies

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>.

Technical Assistance Provided: The DC Environmental Education Consortium may offer technical assistance.

Technical Assistance Services:

- Resource, Materials, and Links

4. 2017 Environmental Literacy Summer Institute

Description: In summer 2017, OSSE and the DC Environmental Education Consortium plans to with the Carnegie Academy of Science Education to organize and host a three-week Environmental Literacy Summer Institute. The focus of the institute is to revise and finalize the draft curriculum units and lesson plans based on the NGSS and also support the Environmental Literacy Framework created in 2014 and to develop new resources.

Audience: Classroom teacher/ Educator, Community -based organization (CBO)/ Non-governmental organization (NGO), District Agencies, Any (No preference)

Training Format: Pre-Scheduled In Person Event (determined by host)

Training Availability: During a specific funding period/reporting period, Restricted/Limited Offerings (i.e. annually, semi-annually, bi-weekly, one per organization, etc.); 40 person maximum

Training Length: Varies

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Follow-Up Support
- Resource, Materials, and Links

Health Services

1. Let's Take Action! Wellness Policy Development and Implementation for Child Care Facilities

Description: In the Let's Take Action! Wellness Policy Development and Implementation for Child Care Facilities session, participants will gain a better understanding of health and wellness policies and learn how to develop and implement them in their early care and education (ECE) facility.

Session Objectives:

- Develop an understanding of a wellness policy and the benefits of implementing one in your ECE facility.
- Develop a drafted wellness policy specific to the areas of need for your ECE facility, including physical activity, nutrition, food service guidelines, environmental sustainability, etc.
- Engage in interactive discussions on different components of sections in the Healthy Tots Act Early Child Care Wellness Policy guide and usage in your ECE

Audience: Physical education teacher, Health education teacher, Childcare Director

Training Format: By Request In Person (Off-site at Requestor's location), E-mail

Training Availability: By Request/Appointment Only; 30 person maximum for 2016-17 school year.

Training Length: Two hours

Registration: <http://goo.gl/forms/M3J7MDVD8hCc1B472>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Planning Services
- Follow-Up Support
- Resource, Materials, and Links

2. Healthy Youth Resource Guide and Online Referral Tracking Training

Description: The Office of the State Superintendent of Education will be hosting a training on the Healthy Youth Resource Guide and Online Referral Tracking System. This is the first training of many to equip school staff and community partners on connecting their students to adolescent health and support services. Upon completion of this training, each attendee will receive a copy of the Healthy Youth Resource Guide and receive skills in utilizing the Quickbase Online Referral Tracking System. This training will assist DC PREP and CDC 1308 grantees in satisfying a requirement to offer sexual health referral services to students and is open to all schools.

Audience: Physical education teacher, Health education teacher, Classroom teacher/ Educator, School counselor, psychologist or social worker, School nurse or health care provider, Community-based health care and social services provider, Community -based organization (CBO)/ Non-governmental organization (NGO), District Agencies, Grantee(s)

Training Format: Pre-Scheduled In Person Event (determined by host), In person at OSSE by Appointment only, By Request In Person (Off-site at Requestor's location), On Demand Online

Training Availability: On Going (available at any time)

Training Length: Two hours

Registration: <https://goo.gl/forms/pR8FcGRGPh276kMN2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Implementation Services
- Data Collection and Analysis
- Follow-Up Support
- Resource, Materials, and Links

3. OSSE's Undesignated Epinephrine Injector Online Training

Description: This training discusses the introduction to food allergies in schools, how to CARE™ for students with food allergies, and Building a Food Allergy Smart® institution. Participants who complete this training shall be certified in administering an undesignated epinephrine auto-injector during all hours of the school day in case of an anaphylaxis emergency.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator, School nutrition services manager, Athletic coach, School counselor, psychologist or social worker, School nurse or health care provider, School security personnel, Facility and maintenance staff, Parent or other family member, Community-based health care and social services provider, Community - based organization (CBO)/ Non-governmental organization (NGO), District Agencies, Grantee(s)

Training Format: On Demand Online

Training Availability: On Going (available at any time); 30 person maximum

Training Length: One hour

Registration: <http://goo.gl/forms/2uy2tw01SbGUY4M2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Planning Services
- Implementation Services
- Data Collection and Analysis
- Evaluation Services
- Monitoring Services
- Follow-Up Support
- Resource, Materials, and Links

4. Beyond the Lesson Plan Series Recordings: From the Classroom to the Clinic: Making Effective Linkages with Health Services (Recording- Limited Copies)

Description: Do you already have lesson plans and strategies for teaching sex education, but want to develop your range of skills as an educator or youth-serving professional? This series will provide guidance around utilizing clinics as resources, keeping appropriate boundaries with youth in today's social online environment, answering tough questions and more. This particular lesson focuses on available health services.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator, School counselor, psychologist or social worker, School nurse or health care provider

Training Format: Disc (Limited Copies)

Training Availability: On Going (available at any time); one per campus

Training Length: One Hour

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Not applicable

Community Involvement

1. The Youth Risk Behavior Surveillance System (YRBSS) 101

Description: The Youth Risk Behavior Surveillance System (YRBSS) monitors six types (behaviors that contribute to unintentional injuries and violence, sexual behaviors related to unintended pregnancy and sexually transmitted diseases, including HIV infection, alcohol and other drug use, tobacco use, unhealthy dietary behaviors and inadequate physical activity) of health-risk behaviors that contribute to the leading causes of death and disability among youth and adults. This training will provide those who work closely in schools the opportunity to understand why the YRBSS is a vital and beneficial survey for future programmatic planning.

Audience: School Administrator, Physical education teacher, Health education teacher, Classroom teacher/ Educator, School counselor, psychologist or social worker, Community-based health care and social services provider, Community -based organization (CBO)/ Non-governmental organization (NGO), District Agencies, Grantee(s), AmeriCorps Members

Training Format: Pre-Scheduled In Person Event (determined by host), In person at OSSE by Appointment only, By Request In Person (Off-site at Requestor's location), Pre-Scheduled Online (Live Webinar), E-mail

Training Availability: On Going (available at any time), By Request/Appointment Only, 2016-17 school year

Training Length: Three hours

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Follow-Up Support
- Resource, Materials, and Links

Family Engagement

1. CDC's Parents for Healthy Schools Toolkit and E-Learning Series

Description: The purpose of the Parents for Healthy Schools course is to provide resources to motivate and educate parents to be part of creating a healthy school environment. The course provides guidance on how to: (1) use and share resources developed for Parents for Healthy Schools; (2) use the parent engagement framework of connecting, engaging, and sustaining; (3) and provide ways for parents to help create a healthy school environment. Parents for Healthy Schools focuses on the school nutrition environment and services, physical education and physical activity, and managing chronic health conditions in schools.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, School counselor, psychologist or social worker, School nurse or health care provider, Parent or other family member

Training Format: On Demand Online

Training Availability: On Going (available at any time)

Training Length: Self-paced approximately one hour

Registration: <http://goo.gl/forms/hDmPn2ZU1FcSqP11>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Planning Services
- Implementation Services
- Follow-Up Support

Physical Education and Activity

1. DC Physical Activity for Youth Grant & Physical Education and Health Education Grant Training

Description: This training provides DC Physical Activity for Youth (PAY) and DC Physical Education and Health Education (PEHE) grant recipients with grant information and physical activity resources.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator, Athletic coach, Community-based organization (CBO)/ Non-governmental organization (NGO), Grantee(s)

Training Format: Pre-Scheduled In Person Event (determined by host)

Training Availability: During a specific funding period/reporting period

Training Length: Two hours, Three times per year

Registration: Mandatory attendance for grantees.

<https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Planning Services
- Implementation Services
- Data Collection and Analysis
- Evaluation Services
- Monitoring Services
- Follow-Up Support
- Resource, Materials, and Links

2. Best Practices for Physical Education in Child Care Centers Workshop

Description: This in-house OSSE workshop explores the importance of helping young children to master age-appropriate physical activity levels. These best practices are appropriate for health and development, as well as the benefits of physical activity in child care centers. Research shows that physical activity is linked to a child's physical and social development. The workshop

serves as a guide for increasing and/or enhancing physical activity/education in your child care environment.

Audience: Physical education teacher, Health education teacher, Classroom teacher/ Educator

Training Format: By Request In Person (Off-site at Requestor's location)

Training Availability: By Request/Appointment Only; 40 people maximum for 2016-17 school year.

Training Length: 1 hour, 15 minutes

Registration: <http://goo.gl/forms/pNUsbCUajPjoFSij1>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Planning Services

3. LACSAL Physical Activity Training

Description: LACSAL is an easy to learn game, for the beginning lacrosse player. Easy to learn, with directions to scoop, catch, throw, etc. LACSAL has developed the best way to modify, teach, and learn the sport of lacrosse. LACSAL was created with visions of “lifetime physical activity” with the creation participants stating that “we wanted a game that can be played into your 80’s”.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator, School nutrition services manager, Athletic coach, School counselor, psychologist or social worker, School nurse or health care provider, Parent or other family member, Community-based health care and social services provider

Training Format: Pre-Scheduled In Person Event (determined by host), In person at OSSE by Appointment only, Phone/Conference Call, E-mail

Training Availability: Restricted/Limited Offerings (i.e. annually, semi-annually, bi-weekly, one per organization, etc.); 25 people maximum

Training Length: Four hours

Registration: <http://goo.gl/forms/7OdwlyL6X6tiSpwC3>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Planning Services
- Implementation Services
- Monitoring Services
- Follow-Up Support
- Resource, Materials, and Links

4. SQAIRS Physical Activity within limited spaces

Description: SQAIR Fitness Solutions offer a broad range of fun, effective, and versatile lesson plans for K-12 physical education curriculum. This dynamic, progressive program implements NASPE standards and is loaded with time management techniques, organization ideas, objectives, lesson bodies, variations, rubric assessments, interdisciplinary skills, cooperative learning, and so much more! SQAIRS is a dynamic and explosive physical activity curriculum for all ages and ready to implement in small spaces!

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator, School nutrition services manager, Athletic coach, School counselor, psychologist or social worker, School nurse or health care provider, Parent or other family member

Training Format: Pre-Scheduled In Person Event (determined by host), 30-40 participants

Training Availability: During a specific funding period/reporting period

Training Length: Four hours

Registration: <http://goo.gl/forms/1UnZroHjGtKY04UD2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Monitoring Services
- Follow-Up Support
- Resource, Materials, and Links

5. CDC's Comprehensive School Physical Activity Program (CSPAP)

Description: A multi-component approach by which schools use all opportunities for students to be physically active, meet the nationally-recommended 60 minutes of physical activity each day, and develop the knowledge, skills, and confidence to be physically active for a lifetime. A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation, physical activity before, during, and after school, staff involvement, and family and community engagement.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Parent or other family member

Training Format: On Demand Online

Training Availability: On Going (available at any time)

Training Length: Self-paced approximately one hour

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Planning Services
- Implementation Services
- Follow-Up Support

6. CDC's School Health Guidelines to Promote Healthy Eating and Physical Activity

Description: Schools play a critical role in improving the dietary and physical activity behaviors of children and adolescents. Schools can create environments supportive of students' efforts to eat healthy and be active by implementing policies and practices that support healthy eating and regular physical activity and by providing opportunities for students to learn about and practice these behaviors. Each of the nine guidelines is accompanied by a set of implementation strategies developed to help schools work towards achieving each guideline.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Parent or other family member

Training Format: On Demand Online

Training Availability: On Going (available at any time)

Training Length: Self-paced approximately one hour

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Planning Services
- Implementation Services

7. Training of Trainers: YOGA

Description: Participants will learn fun, appropriate best practices that will equip them in practical lessons on the importance of engaging in yoga for their center-based childcare, preschool, and K-12 settings. This training will be delivered onsite to select ECEs and schools (15 people minimum per site).

Audience: Physical education teacher, Health education teacher, School nutrition services manager, Athletic coach

Training Format: On-site (at select ECE and school sites)

Training Availability: 2016-17 school year

Training Length: 2 hours

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>. Please e-mail osse.pepa@dc.gov for additional information.

Technical Assistance Provided: Yes

Technical Assistance Services:

- Follow-Up Support
- Resources, Materials, and Links

8. Training of Trainers: Soca

Description: Participants will learn fun, appropriate best practices that will equip them in practical lessons on the importance of engaging in Soca for their center-based childcare, preschool, and K-12 settings. This training will be delivered onsite to select ECEs and schools.

Audience: Physical education teacher, Health education teacher, School nutrition services manager, Athletic coach

Training Format: On-site (at select ECE and school sites)

Training Availability: 2016-17 school year

Training Length: 2 hours

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>. Please e-mail osse.pepa@dc.gov for additional information.

Technical Assistance Provided: Yes

Technical Assistance Services:

- Follow-Up Support
- Resources, Materials, and Links

Capacity Building and Technical Assistance

Health Education

1. Health and Physical Education Curricula and Resource Library

Description: The Healthy Schools and Wellness Programs Team provides free access to its Health and Physical Education Curricula and Resource Library for educators and residents in the District of Columbia.

Curricula Available: The Healthy Schools and Wellness Programs Team has identified over 80 different health and physical education curricula for public viewing. A list of the curricula available at the library is available on the form.

Audience: District residents, Teachers, DC educators, school personnel, government employees, parents/guardians, professionals who work on health education and school health, community based organizations who work with schools within the District of Columbia, and/or early child care staff

Format: In person at OSSE by Appointment only

Availability: By Request/Appointment Only, three per request

Length: Appointment are scheduled for two hour time blocks

Registration: <http://goo.gl/forms/ibzpw9vQpe>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Planning Services
- Follow-Up Support
- Resource, Materials, and Links

Nutrition Environment and Services

1. Farm to School Technical Assistance

Description: Advice, assistance, and training is provided pertaining to farm to school, which includes using local foods in school meals, food system education in the classroom, and taking students on field trips to local farms.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Classroom teacher/ Educator, School nutrition services manager, Community -based organization (CBO)/ Non-governmental organization (NGO), District Agencies, Grantee(s)

Format: Pre-Scheduled In Person Event (determined by host), In Person at OSSE by Appointment Only, By Request In Person (Off-site at Requestor's location), Pre-Scheduled Online (Live Webinar), Phone/Conference Call, E-mail

Availability: On Going (available at any time), During a specific funding period/reporting period, By Request/Appointment Only

Length: Varies

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Planning Services
- Implementation Services
- Follow-Up Support
- Resource, Materials, and Links

Physical Environment

1. School Garden Technical Support

Description: Technical Support on creating school gardens

Audience: Classroom teacher/ Educator

Format: By Request In Person (Off-site at Requestor's location)

Availability: On Going (available at any time)

Training Length: Varies

Registration: <https://goo.gl/forms/WDMebXenAXdgmsPB2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Planning Services
- Implementation Services
- Monitoring Services
- Follow-Up Support
- Resource, Materials, and Links

2. US Green Ribbon Schools Application Assistance

Description: Schools interested in applying to the US Green Ribbon Schools recognition program can contact OSSE for assistance in completing the application.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Classroom teacher/ Educator, Facility and maintenance staff, Parent or other family member, Community-based health care and social services provider, Community -based organization (CBO)/ Non-governmental organization (NGO), District Agencies

Format: In person at OSSE by Appointment only, By Request In Person (Off-site at Requestor's location), E-mail

Availability: By Request/Appointment Only

Length: Varies

Registration: <https://goo.gl/forms/WDMebXenAXdgmsPB2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Follow-Up Support
- Resource, Materials, and Links

Health Services

1. Local Wellness Policy

Description: Local Wellness Policy overview on how each local education agency can collaborate with parents, students, food service providers, and community organizations (i.e. school wellness team) to develop, adopt, and update a comprehensive local wellness policy.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator, School nutrition services manager, School counselor, psychologist or social worker, School nurse or health care provider

Format: Pre-Scheduled In Person Event (determined by host), In person at OSSE by Appointment only, By Request In Person (Off-site at Requestor's location), On Demand Online, Pre-Scheduled Online (Live Webinar), Phone/Conference Call, E-mail

Availability: On Going (available at any time), By Request/Appointment Only; For the 2016-17 school year

Length: One hour but varies depending upon request

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Evaluation Services
- Monitoring Services

Physical Education and Activity

1. Physical Education and Physical Activity Technical Assistance

Description: Provide training pertaining to the development, implementation, maintenance, and/or evaluation of physical education and physical activity programs. This includes selecting appropriate physical education and activity curricula, equipment, classroom strategies, etc.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator

Format: Phone/Conference Call

Training Availability: On Going (available at any time), By Request/Appointment Only

Length: Varies

Registration: <https://goo.gl/forms/LitKU5ChuhWx8off1>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Follow-Up Support
- Resource, Materials
- Links

Equipment, Materials, and Resources

Health Education

1. Comprehensive Health and Physical Education Booklist for Grades K-12

Description: The Comprehensive Health and Physical Education Booklist contains annotations for close to 300 books for elementary (K – 5), middle (6 – 8), and high school (9 – 12) students on a variety of health topics important for students to gain knowledge on, including but not limited to, mental and emotional health, safety skills, physical education and activity, the environment, food and nutrition, food cultures and customs, gardens and farms, alcohol and drug use, and personal and sexual health.

Audience: Physical education teacher, Health education teacher, Classroom teacher/ Educator, Athletic coach, School counselor, psychologist or social worker, School nurse or health care provider, Parent or other family member, Community-based health care and social services provider, Community -based organization (CBO)/ Non-governmental organization (NGO), Student, Dietitians, Librarians, School Health Coordinators

Format: PDF (available in-print by request only)

Availability: On Going (available at any time)

Length: One Book

Registration: Booklist can be downloaded from <http://osse.dc.gov/node/1192212>

Technical Assistance Provided: Not applicable

2. DC Healthy Schools Booklist for grades K-5

Description: The DC Healthy Schools Booklist contains a list of books for elementary (K – 5) students on various topics that are important for students to gain knowledge on, including physical education and activity, the environment, food and nutrition, food cultures and customs, and gardens and farms.

Audience: Physical education teacher, Health education teacher, Classroom teacher/ Educator, Athletic coach, School counselor, psychologist or social worker, School nurse or health care provider, Parent or other family member, Community-based health care and social services

provider, Community -based organization (CBO)/ Non-governmental organization (NGO), Student, Dietitians, Librarians, School Health Coordinators

Format: PDF (available in-print by request only)

Availability: On Going (available at any time)

Length: One Book

Registration: The DC Healthy Schools Booklist can be downloaded at <http://osse.dc.gov/node/1063292>

Technical Assistance Provided: Not applicable

3. Health Curricula Guidance Document

Description: This is a guide for educators, particularly those in the DC Public and Public Charter school systems. The guide includes summary and in-depth information about various health education curricula. Each of the curricula has been thoroughly reviewed to ensure it aligns with the Centers for Disease Control and Prevention’s Health Education Curriculum Analysis Tool (HECAT) and Physical Education Curriculum Analysis Tool (PECAT) which are based on the National Health Education Standards, the OSSE Health Education and Physical Education Standards and the National Standards for Physical Education. Preliminary information and short summaries of each of the available curricula are included in the guide as well as contact information on means of accessing curricula. The Health and Physical Education Curricula and Resource Library may be accessed for viewing through the OSSE’s Health Education Team.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator, School nutrition services manager, Athletic coach, School counselor, psychologist or social worker, School nurse or health care provider, Parent or other family member, Community-based health care and social services provider, Community -based organization (CBO)/ Non-governmental organization (NGO), District Agencies, Student, Grantee(s)

Format: PDF, In person at OSSE by Appointment only

Availability: On-Going (available at any time)

Length: 1 Guide per topic

Registration: Resource will be provided online through OSSE or by request
<https://goo.gl/forms/LitKU5ChuhWx8off1>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Planning Services
- Resource, Materials, and Links

4. The Choice is Yours Activity Cards – Sexual health instruction cards (Limited Quantity)

Description: Participants learn to consider, explore, and discuss various options to the difficult, real-life situations presented in this activity card set. Topics include cheating, bullies, dating and sex, parties, parental expectations, siblings, personal responsibilities, drinking, money, smoking, and drug use. Meets National Family and Consumer Science Education Standards and National Health Education Standards. Includes 30 situation cards, idea sheet, and instructions. For 2 or more players or teams. Grades 6-12.

Audience: Physical education teacher, Health education teacher, Classroom teacher/ Educator, Student

Format: Cards

Availability: On Going (available at any time), one per campus

Length: One set

Registration: <https://goo.gl/forms/WDMebXenAXdgmsPB2>

Technical Assistance Provided: Not Applicable

5. Deluxe Condom Training Model, Brown (Limited Quantity)

Description: Demonstrate the importance of proper condom usage with this realistic model that includes UV light-sensitive fluid. Comes with syringe, UV light-sensitive fluid, 12 condoms, and carrying case. 5" x 9 1-2" x 5".

Audience: Physical education teacher, Health education teacher, Classroom teacher/ Educator, School nurse or health care provider, Student

Format: Model with case

Availability: On Going (available at any time); one per campus

Length: One model

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Not applicable

6. Human Sexuality Bingo (Limited Quantity)

Description: Featuring multiple aspects of sex education in a thought-provoking yet non-threatening manner, this game is perfect for teaching students about human sexuality in way they will enjoy.

Audience: Physical education teacher, Health education teacher, Classroom teacher/ Educator, Student

Format: Cards

Availability: On Going (available at any time); one per campus

Length: One set

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Not applicable

7. Understanding Birth Control Flip Chart

Description: With its bold simple illustrations and bite-size blocks of text, this flip chart helps viewers make confident, informed choices. Discusses male and female reproductive anatomy, menstruation, conception, and methods of contraception. Each of the 21 panels has presentation notes on the reverse side. 14" x 12".

Audience: Physical education teacher, Health education teacher, Classroom teacher/ Educator, Student

Format: 21 panels

Availability: On Going (available at any time), One per campus

Length: One Chart

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Not applicable

8. Female Contraceptives Kit (Limited Quantity)

Description: Finally, a way to make understanding contraceptive choices easy! Kit uses 3-D models to present a wide variety of contraceptive methods. Provides summary of the pros, cons, and reliability of each contraceptive. Includes two stand-alone panels and informative handout. Case has a Plexiglas cover and is 29" x 20" opened.

Audience: Physical education teacher, Health education teacher, Classroom teacher/ Educator, School nurse or health care provider, Student

Format: Contraceptive Kit

Availability: On Going (available at any time); one per campus

Length: One kit

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Not applicable

Social and Emotional Climate

1. LGBTQ & Gender Lesson Plans: What a Difference an Ally Makes (Limited Copies)

Description: Gender, gender identity and sexual orientation are three terms that are often confused. When teaching about these terms it is easy to blur the definitions and cause addition confusion for students. The lesson plans below address these terms and help to clearly define this complicated topic.

Audience: School Administrator, Head of School, Principal, Assistant Principal, Physical education teacher, Health education teacher, Classroom teacher/ Educator, School counselor, psychologist or social worker, School nurse or health care provider

Format: Handouts (Limited Copies)

Availability: On Going (available at any time); one per campus

Length: Not applicable

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Not applicable

Physical Education and Activity

1. Equipment Incentive for ECEs

Description: Early care and education (ECE) facilities shall receive free play equipment upon completing the DC PLAY Program Assessment.

Audience: ECE Facilities

Format: Not Applicable

Availability: On Going (available at any time); one per center

Length: 20 Minutes

Registration: Link to Survey - <http://bit.ly/1Nxjy7R>

Technical Assistance Provided: Not Applicable

2. Physical Activity Equipment

Description: Variety of physical activity equipment available for a limited number of K-12 schools. Physical activity equipment includes Tchoukball set, Zumba set, yoga mats, etc.

Audience: Physical education teacher, Health education teacher, Classroom teacher/ Educator, Athletic coach, Grantee(s)

Format: Varies

Availability: On Going (available at any time); one per campus

Length: Not Applicable

Registration: <https://goo.gl/forms/WDMEbXenAXdgmsPB2>

Technical Assistance Provided: Yes

Technical Assistance Services:

- Training/Workshop
- Planning Services
- Implementation Services

- Follow-Up Support
- Resource, Materials, and Links