



The John C. Stalker Institute of Food and Nutrition

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Wellness Symposium

Tuesday, April 7, 2009

Agenda

8:30 – 9:00

Registration

Continental Breakfast

Partial support for breakfast graciously provided by the New England Dairy and Food Council

9:00 – 9:20

Welcome

Katie Millett, Administrator
Massachusetts Department of Elementary and Secondary Education

Opening Remarks

Mitchell D. Chester, EdD
Commissioner of Elementary and Secondary Education

9:20 – 10:40

Keynote Address

Feet, Forks, & the Fate of Children

Dr. David Katz, MD, MPH, FACPM, FACP
Director and Co-Founder, Yale Prevention Research Center
Director and Founder, Integrative Medicine Center
Associate Professor, adjunct, Public Health
Yale University School of Medicine
Medical Journalist

10:40

Greetings

Patricia K. Luoto, EdD, RD
Director, John Stalker Institute of Food and Nutrition
Framingham State College

10:45 – 10:55

Stretch/Activity Break

Robert FitzPatrick, MS
PE Providers, Northborough, Massachusetts

11:00 – 12:00

Session 1

Ballroom E

5 Concurrent Breakout Sessions

Best Practices in School Wellness

Mary Ann Gapinski, RN, MSN, School Health Administrator
Massachusetts Department of Public Health

Debbie Gorman, MEd, Physical Education Teacher
Weston Public Schools

Janice King, RD, Director, School Food Programs
Quaboag District Schools

Arlene Argir, MEd, Principal, David Mindess School
Ashland Public Schools

**Session 2
Princess**

Evaluating Your Wellness Policy

Carol Goodenow, PhD
Director, Coordinated School Health Programs
Massachusetts Department of Elementary and Secondary Education

Chrissy Horan, MPH, School Wellness Coordinator
Massachusetts Department of Public Health

**Session 3
Westborough**

Action for Healthy Kids Tools

Presented by Mass Action for Healthy Kids
Vanessa Cavallaro, MS, RD, LDN
Senior Program Manager, Action for Healthy Kids

Pat Degon, MEd
Director of Health/PE/FCS
Shrewsbury Public Schools

**Session 4
Seminar Room**

Wellness Ingenuity: One School's Story

Dr. José Salgado, EdD
Principal, Umana Middle School Academy
Boston

**Session 5
Southborough**

Promoting Fruits and Vegetables for School Wellness

John Magnarelli
Director, Special Nutrition Programs, USDA

Kelly Erwin, Managing Consultant
Massachusetts Farm-to-School Project

Donna Lombardi, MEd, RD
Director of School Nutrition Programs
Worcester Public Schools

12:00 – 1:00

Lunch

1:00 – 2:00

Keynote Address

There is Life After Tests...and Before

Pat Cooper, EdD
CEO, Early Childhood and Family Learning Foundation
New Orleans, Louisiana
Former Superintendent, McComb School District, Mississippi

2:00 – 3:00

Wellness Initiatives: An Administrator's Perspective

Richard Hoffman, EdD, Superintendent
Ashland Public Schools

José Salgado, EdD, Principal
Umana Middle School Academy, Boston

Mary Jo McLarney, MS, RD, Foodservice Director
Somerville Public Schools

Robert McGowan, EdD, Director of Health Education
Cambridge Public Schools

3:00 – 3:30

Closing Commentary, Q&A

Pat Cooper, EdD

Closing Remarks

Patricia K. Luoto, EdD, RD