

Subject: *Take Time!* Physical Activity in School Training May 13 Presque Isle
Attachment: *Take Time!* Registration Form

An Invitation To: Wellness Policy Coordinators, School Health Coordinators, Classroom Teachers, Administrators, Physical and Health Education Teachers

*The Maine Center for Public Health and the
USM/Muskie Maine Nutrition Network are pleased to sponsor a
free Take Time! Physical Activity Program Training*

**Tuesday, May 13, 2008, from 9:00-2:00
at the Presque Isle Inn and Convention Center**

This training will offer participants an opportunity to learn about the *Take Time!* program and return to school with increased skills and confidence to **integrate physical activity and nutrition into the classroom**. We recommend schools send teams of two or more participants. Each team will receive free classroom materials, resources, and an action plan to take back and share with other school staff and administration.

To register, please fill out the attached registration form and forward as directed to the Maine Center for Public Health. Registration material is also available at the following link:
http://www.mcph.org/Major_Activities/TakeTime/TakeTime508.htm

What is the *Take Time!* Program?

- A physical activity and nutrition resource that provides **10-20 minutes of accumulated physical activity per school day** outside of PE class
- A model program that may be used to **support the physical activity portion of the School Wellness Policy**
- Part of a coordinated approach to school health that can have a positive impact on student health and the overall learning environment
- A **free** program with demonstrated success

What will the *Take Time!* Trainings include?

- Strategies to easily integrate *Take Time!* into School Wellness Policy efforts and action steps to implement the program in your own school
- *Free classroom teaching tools* that help to integrate physical activity into existing lesson plans
- Hands on demonstrations of classroom physical activities and PA breaks linked to academic content areas and lesson plans
- Support and idea sharing from your high energy peers!

We look forward to seeing you there!

If you have any questions regarding the training, please contact Amy Root (aroot@usm.maine.edu) or Karen O'Rourke (korourke@mcph.org).

For more information on the *Take Time!* Program and to view the resource materials, visit the Maine Nutrition Network Website www.maine-nutrition.org and click on *projects, Take Time!*

Training Registration Form



Take Time! Physical Activity Program

Co-Sponsored by the Maine Center for Public Health and
The USM/Muskie School of Public Service, Maine Nutrition Network

Date: Tuesday, May 13th
Time: 9:00 am -2:00 pm
Location: Presque Isle Inn and Convention Center
Lunch will be included

This *Take Time!* Training works best as a team approach. We recommend teams attend the training and then use May and June to plan for implementation next fall. Suggested team members: School Health Coordinator, Administrator (highly recommended), Classroom Teacher, PE Teacher, Health Teacher

The Take Time! Training is very interactive. Please dress comfortably and be ready to move!

To register*, fax or email this completed form to:
FAX 629-9277 E-MAIL dkalian@mcph.org

Participant's Name:
Title:
Name of School:
Location (city/town):
E-Mail:
Phone:
Other team members names:

**Please fill out one registration form per participant.
There is no fee for the Take Time! Training.*

Registration Deadline is May 5th.

*Maine Center for Public Health, One Weston Court, Suite 109, Augusta, ME 04330
Phone: 629-9272*

Funding for this training has been provided, in part, by the Harvard Pilgrim Health Foundation.