

An Invitation To:

Wellness Policy Coordinators, School Health Coordinators, Classroom Teachers, Administrators, Physical and Health Education Teachers, Food Service Staff, Schools Nurses, and All Individuals Interested in Improving School Wellness

*The Maine Center for Public Health and the USM/Muskie School of Public Service are pleased to sponsor two free **Take Time!** Trainings*

Training 1 - Tuesday, May 16th in Bangor from 9:00 am – 2:00 pm

Training 2 – Wednesday, May 31st in Yarmouth from 9:00 am – 2:00 pm

These trainings offer you an opportunity to learn the *Take Time!* Program and return to your school with free classroom materials, resources, and an action plan to share your experience with school staff and administration and implement the physical activity program with little to no additional resources or preparation time.

To register, please fill out the attached registration form and forward as directed to the Maine Center for Public Health.

What is the *Take Time!* Program?

- A model program that may be used **to assist with the physical activity portion of the School Wellness Policy** required to be developed by the start of the 2006-2007 school year for all Maine schools
- Part of a coordinated approach to school health that can have a positive impact on student health and the overall learning environment
- A physical activity resource that provides ***10-20 minutes of accumulated physical activity per school day*** outside of PE class
- A ***free*** program with demonstrated success and ***little to no preparation time***

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 encourage movement for all training participants and a free *Take Time!* binder to use as a resource in your school
- ***Demonstrations*** of classroom physical activities and games linked to academic content areas and lesson plans
- Ways to connect increased physical activity to increased capacity for learning and decreased discipline problems
- Presentations from peers who have successfully implemented *Take Time!*

We look forward to seeing you there!

If you have any questions regarding the trainings, please contact Karen O'Rourke (629-9272)

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 physical activity.