



Active Students are Better Learners

WI Active Schools: Core 4+ Training

All Workshops:
9:00 am-12:00 pm
Registration 8:30-9:00 am

■ October 4, 2016

CESA #4
923 East Garland Street
West Salem, WI 54669
Contact: Carol Zabel, CESA #10
(715) 720-2145
czabel@cesa10.org

■ October 5, 2016

CESA #2
1221 Innovation Drive, Suite 205
Whitewater, WI 53190
Contact: Jackie Schoening, CESA #6
(920) 236-0515
jschoening@cesa6.org

■ October 26, 2016

CESA #10
725 West Park Avenue
Chippewa Falls, WI 54729
Contact: Carol Zabel, CESA #10
(715) 720-2145
czabel@cesa10.org

■ October 28, 2016

CESA #11
225 Ostermann Drive
Turtle Lake, WI 54889
Contact: Carol Zabel, CESA #10
(715) 720-2145
czabel@cesa10.org

■ November 7, 2016

CESA #8
223 West Park Street
Gillett, WI 54124-9414
Contact: Christine Kleiman, CESA #7
(920) 617-5645
ckleiman@cesa7.org

■ November 21, 2016

CESA #7
595 Baeten Road
Green Bay, WI 54304
Contact: Christine Kleiman, CESA #7
(920) 617-5645
ckleiman@cesa7.org

■ February 8, 2017

CESA #5
626 E. Slifer Street
Portage, WI 53901
Contact: Lynn Verage, CESA #9
(920) 236-0515
lverage@cesa9.org



Active Students Learn Better with Active Schools Core 4+

According to the CDC, students who are physically active tend to have better grades, school attendance, cognitive performance (e.g., memory) and classroom behaviors (e.g., on-task behavior). CDC recommends 60 minutes of physical activity each day. However, this is not always the case in school. Too often students are sedentary the majority of their day. This workshop will provide the tools necessary for the implementation of a comprehensive physical activity program (CSPAP) that multiple national

organizations, including SHAPE America and the Centers for Disease Control and Prevention (CDC), recommend developing and implementing.

Wisconsin has developed its own very successful comprehensive program called Active Schools: Core 4+ This program is tailored to meet the needs of your school/district. Learn the strategies and help your students meet their need of 60 minutes of activity a day and boost their academic performance without disrupting the current school schedule.

Who should attend this training?

We recommend a team of 2 or more consisting of: Administrators, Curriculum Coordinators, School Board Members, Classroom Teachers, Physical Education Teachers, Health Educators, District Wellness Committee Members, Parents, PBIS Team Members, School Nurses, Before/After School Coordinators, Community Center Wellness Coordinators and Community Education Coordinators.

How much will it cost? \$25.00

What is the registration deadline? One week before each training

How do I register? Please register online

■ October 4—West Salem:

<http://login.myquickreg.com/register/event/event.cfm?eventid=15393>

■ October 5—Whitewater:

<http://login.myquickreg.com/register/event/event.cfm?eventid=15394>

■ October 26—Chippewa Falls:

<http://login.myquickreg.com/register/event/event.cfm?eventid=15396>

■ October 28—Turtle Lake:

<http://login.myquickreg.com/register/event/event.cfm?eventid=15400>

■ November 7—Gillett:

<http://login.myquickreg.com/register/event/event.cfm?eventid=15397>

■ November 21—Green Bay:

<http://login.myquickreg.com/register/event/event.cfm?eventid=15398>

■ February 8—Portage:

<http://login.myquickreg.com/register/event/event.cfm?eventid=15399>

For more information, please contact:

Eileen Hare, DPI Consultant, Eileen.hare@dpi.wi.gov or
Lynn Verage, WISH Center Coordinator, lverage@cesa9.org

Registration or billing questions: Mary Devine, mdevine@cesa4.org

Send payment to: 923 East Garland Street, West Salem, WI 54669

ATTN: Mary Devine—**PLEASE include and clearly define:**

Participant name, exact name of workshop, and date, with all checks or purchase orders. Thank you!

*Sponsored by: WI Department of Public Instruction and
Wisconsin Safe and Healthy Schools (WISH) Center*