



# Active Students are Better Learners

## WI Active Schools: Core 4+ Training

### TIMES ♦ DATES ♦ LOCATIONS

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

#### ■ October 14, 2015

CESA #9  
304 Kaphaem Road,  
Tomahawk, WI 54487  
**Contact:** Lynn Verage, CESA #9  
(715) 453-2141 Ext. 228  
[lverage@cesa9.org](mailto:lverage@cesa9.org)

#### ■ October 21, 2015

CESA #12  
618 Beaser Avenue  
Ashland, WI 54806  
**Contact:** Lynn Verage, CESA #9  
(715) 453-2141 Ext. 228  
[lverage@cesa9.org](mailto:lverage@cesa9.org)

#### ■ November 4, 2015

CESA #1  
N25 W23131 Paul Road  
Pewaukee, WI 53072  
**Contact:** Christine Kleiman CESA #7  
(920) 617-5645  
[ckleiman@cesa7.org](mailto:ckleiman@cesa7.org)

#### ■ November 11, 2015

CESA #3  
1300 Industrial Drive  
Fennimore, WI 53809  
**Contact:** Jackie Schoening, CESA #6  
(920) 236-0515  
[jschoening@cesa6.org](mailto:jschoening@cesa6.org)

#### ■ November 18, 2015

CESA #6 Conference Center  
2300 State Road 44  
Oshkosh, WI 54904  
**Contact:** Jackie Schoening, CESA #6  
(920) 236-0515  
[jschoening@cesa6.org](mailto:jschoening@cesa6.org)

#### ■ February 17, 2016

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

### ACTIVE SCHOOLS



### 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

Tomahawk: [www.myquickreg.com/event/event.cfm?eventid=12881](http://www.myquickreg.com/event/event.cfm?eventid=12881)

Ashland: [www.myquickreg.com/event/event.cfm?eventid=12882](http://www.myquickreg.com/event/event.cfm?eventid=12882)

Pewaukee: [www.myquickreg.com/event/event.cfm?eventid=12883](http://www.myquickreg.com/event/event.cfm?eventid=12883)

Fennimore: [www.myquickreg.com/event/event.cfm?eventid=12885](http://www.myquickreg.com/event/event.cfm?eventid=12885)

Oshkosh: [www.myquickreg.com/event/event.cfm?eventid=12886](http://www.myquickreg.com/event/event.cfm?eventid=12886)

Chippewa Falls: [www.myquickreg.com/event/event.cfm?eventid=12887](http://www.myquickreg.com/event/event.cfm?eventid=12887)

### For more information, please contact:

Eileen Hare, DPI Consultant, [Eileen.hare@dpi.wi.gov](mailto:Eileen.hare@dpi.wi.gov) or  
Lynn Verage, WISH Center Coordinator, [lverage@cesa9.org](mailto:lverage@cesa9.org)

### Registration or billing questions:

Mary Devine, [mdevine@cesa4.k12.wi.us](mailto:mdevine@cesa4.k12.wi.us)

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