

DEVELOPING A HEALTH CURRICULUM IN YOUR SCHOOL



DATE: October 14 - 15, 2017

COST: \$50 USD per person

TIME: 8:30 a.m. - 3:00 p.m.

REGISTRATION DUE: Friday, October 6, 2017

LOCATION: Shanghai American School, Puxi Campus, 258 Jinfeng Road
Huacao Town, Minhang District, Shanghai, China 201107

DESCRIPTION

In an international community, Health Education is often added as an afterthought or tasked to teachers who don't have enough time or resources to give it the attention it deserves. In this two-day workshop, participants will be guided through the process of creating a comprehensive, skills-based Health Education curriculum that can be applicable for grades K-12 and adapted to align with any set of standards.

Participants will leave with ready to use resources, projects and unit plans, as well as answers to the following questions:

- How do we make sure our curriculum is up-to-date and relevant to our unique student population?
- What are the current best practices in Health Education and what is happening in Health around the world?
- How do we advocate for skills based health education in our international communities?

Content areas covered will include: stress management and mental health, mindfulness, technology balance, sleep, puberty, current issues in sex ed, nutrition for multicultural students, and social/emotional learning in the health class.

FACILITATOR

Amy Lauren Smith teaches Middle School Health at the Shanghai American School and has a passion for curriculum that is current, relevant, adaptable, and shared. She has presented at conferences in Asia as well as at SXSWedu and the SHAPE America National Convention. Outside of the classroom, Amy writes the teacher's guide and a weekly column for Choices, Scholastic's health magazine for teens. You can find her online at thehealthteacher.com and on Twitter [@teaching_health](https://twitter.com/teaching_health).



REGISTRATION

Step 1: Online Registration:

Complete the online registration form by Friday, October 6, 2017. [Click here](#) to register.

Step 2: Registration Fee:

Please wire \$50 USD to Shanghai American School by Friday, October 6, 2017

PLEASE identify that the wire transfer is for the EARCOS Weekend Workshop 'Designing a Health and Wellness Program'

RMB Account Name: Shanghai American School

Account Number: 121909916010101

Bank Name: China Merchants Bank, Shanghai Waigaoqiao Free Trade Zone Sub-Branch

Bank Address: No 333 Fute Road [W.I] Shanghai, China, 200131

Bank telephone: +86 21 58663941

USD Account Name: Shanghai American School

Account Number: 121909916032606

Bank Name: China Merchants Bank Head Office

Bank Address: China Merchants Bank, Shanghai Waigaoqiao Free Trade Zone Sub-Branch
No 333 Fute Road [W.I], Shanghai, China, 200131

SWIFT Code: CMBCCNBS

Bank telephone: +86 21 58664142

ADDITIONAL DETAILS:

Visa

You will need a visa if you are coming to Shanghai from outside of China. **A simple tourist visa is sufficient for the trip.** Contact Alicia Mao [alicia.mao@saschina.org] if you require a letter of invitation.

Transportation

Transportation will be provided from the recommended hotel to the Puxi campus. Participants are responsible for their own transport to and from the airport.

Recommended Hotels

Intercontinental NECC, 1700 Zhuguang Rd., Puxi, Shanghai, 201702, Tel: +86-21-67001888.

The hotel is close by the school and five minutes walk to the subway.

[Intercontinental NECC Puxi.](#)

Registration Fee Includes

- Transportation to and from Intercontinental NECC and the Puxi campus.
- Lunch and coffee breaks each day of the workshop
- All workshop materials

Weather

The average temperature for October is 22°C/72°F.

If you have any questions please contact Janet Claassen at janet.claassen@saschina.org.