

Health Education

Additional Support Services



HIDDEN DANGERS: **Understanding Drug Trends and Stash Products**

The free training will assist participants in understanding current drug trends and products, recognizing signs of drug use, and accessing available support services to promote a safer and healthier school environment.



Interrupting Prolonged sitting with Activity

It is recommended that children and adolescents aged 6–17 years engage in at least 60 minutes of moderate-to-vigorous physical activity daily.

Active students are better learners, as demonstrated in the Comprehensive School Physical Activity Program model. Schools and buildings can request an informational session to explain the rationale, process, and practice for INPACT.

This evidence-informed, classroom-based physical activity program enables teachers to deliver 20 minutes of health-enhancing physical activity daily.

INPACT has been shown to prime the brain for learning, and improve emotional regulation. Open to all school districts and buildings by appointment.

AUDIENCE
Teachers and Educators

WHEN
Open to all school districts and buildings by appointment

LOCATION
Bay-Arenac ISD
ESC building

COST
Free

***Sub-reimbursement is available**

SCECHs are available for all sessions.

***If you are an educator in a district or ISD outside of BAISD or IRESA, additional fees may apply.**



FACILITATED BY
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REGISTRATION QUESTIONS
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