

Dreaming a Lean and Green School: A Symposium on Healthy Food, Fitness and Environments

Confirmed Speakers and Presenters

Physical Activity

Aaron Beighle, Ph.D.

Assistant Professor
Department of Kinesiology and Health Promotion
University of Kentucky

In addition to teaching and training future physical educators, Dr. Beighle has consulted with school districts, recreation programs and youth sports organizations across the country in their efforts to maximize and promote physical activity. This has included workshops and training for physical educators, after school staff, recess supervisor, teachers, youth sport coaches and parents. He is the author and co-author of numerous articles, books and guidelines pertaining to physical activity and physical education, including a book "*Pedometer Power, Promoting Physical Activity and Health in the Classroom*," designed specifically to assist classroom teachers with physical activity promotion.

Megan Babkes Stellino, Ed.D.

Associate Professor
School of Sport and Exercise Science
University of Northern Colorado

Dr. Stellino specializes in the area of social psychology of sport and physical activity. She teaches numerous courses, including the psychology of sport/exercise and theories of motivation. Her focus is on the influence that significant others (parents, siblings, peers, coaches/teachers) have on the developmental components (body image, motivation) of youth achievement. Additionally, she studies the choices children make during free time (e.g. recess); and the nature of the complex social relationships that relate to obesity.

Terry Jones

Senior Consultant
Health and Physical Education
Colorado Department of Education

Mr. Jones has spent his professional career committed to the health and wellness of our children. His work has included the development of quality physical activity and education programs. In his current position at the Colorado Department of Education, he is a resource for physical educators and wellness professionals throughout the state. He was honored in 2004 as the Colorado Physical Education Teacher of the Year and currently serves as the COAHPERD Professional Development Chair. He is also an active member of the Metro Denver Health and Wellness Commission Schools Team.

Physical Education

Jayne Greenberg, Ed. D.

District Director of Physical Education and Health Literacy
Miami-Dade County Public Schools

Dr. Greenberg's 26 year professional education career has been dedicated to creating and implementing cutting-edge physical fitness programs, national initiatives and curricula. She has been successful, in one of the largest (370,000 students) and diverse school districts in the country, developing innovative physical education programming, securing federal and foundation grants for programs, and strengthening the linkage between physical education and academic achievement. Dr. Greenberg has recently published a book, *"Developing School Site Wellness Centers"*, as well as numerous other articles and texts. In addition to serving on a number of commissions, national committees and advisory boards, she has served as Special Advisor on Youth Fitness to the President's Council on Physical Fitness and Sports; President of the Florida Alliance for Health Physical Education, Recreation and Dance. In 2005, Dr. Greenberg was named as the National Physical Education Administrator of the Year by the National Association of Sport and Physical Education (NASPE) and received the 2005 Highest Recognition Award by the U.S. Secretary of Health, Michael Leavitt.

Susan Brittenham, Ed.D.

District Physical Education Coordinator
Boulder Valley Public School District

Dr. Brittenham has spent her 30 year career in physical education advocating for the importance of quality school physical education programs for every child in America. She has been responsible for developing a district wide physical education curriculum and assessment guide, as well as an innovative pedometer education program for students. Her motivation is to help young people establish healthy habits they can continue for a lifetime, to increase students' ultimate quality of life. Dr. Brittenham's accolades include being recognized in 2005 as the Colorado Elementary Teacher of the Year and Central District Elementary Teacher of the Year in 2006. She has met with members of Congress to emphasize the role that physical education play in preventing childhood obesity, and she wholeheartedly believes that physical activity is critical to improved school and work performance.

Nutrition/Healthy Eating

Toni Liquori, Ed.D., MPH

Director, Liquori and Associates LLC
Adjunct Professor of Nutrition
Teachers College Columbia University

Dr. Liquori is a public health nutritionist whose lifetime work has been dedicated to improving the quality of foods available through schools in New York City. She is the developer of the CookShop *tm* Program and the SchoolFood Plus Initiative *tm*, two successful NYC school programs that focus on the important connections among farms, classroom education and school meals. Dr. Liquori brings years of experience with urban institutions and their challenges with implementing large-scale institutional change. She now works with school administrators at the highest level, developing clear, realistic plans to increase healthy local foods in school meals. Her current project, *School Food FOCUS*, with funding from W.K. Kellogg Foundation, is dedicated to a collaborative approach to policy development and advocacy that builds participation, trust and a sense of ownership among *FOCUS* stakeholders and allies. This grant is enabling her to extend this strategic vision on school meal reform to large, urban school districts across the country.

Jennifer Cook, MS, RD, SNS

Area Supervisor, Enterprise Management
Denver Public Schools

Ms. Cook's has 15 years of experience in various aspects of school foodservice. She has worked as a clinical and consulting dietician, as well as teaching courses at Front Range Community College. In her role at the Denver Public Schools, she serves as the community liaison, providing information about their program to parents, staff and students. She is also a collaborator on menu selection and planning.

Creating Healthy School Environments

Rachel Gutter

Senior Manager, Education Sector
U.S. Green Building Council
Washington, DC

Ms. Gutter works on a national level to promote and facilitate the design, construction and operations of high performance, green schools. She oversees USGBC's National Green Schools Campaign, as well as the LEED for School Green Building Rating System. Through collaborative efforts with energy services companies, utility companies, foundations and other organizations, Ms. Gutter is working to create green building incentives to assist schools in achieving their green building goals. Ms. Gutter is also passionate about incorporating "green" into the schools' curriculum, fostering a new generation of students, of all ages, who are stewards and champions of the environment.

Ms. Gutter's efforts also include promoting green school policies at the local, state and federal level and educating stakeholders and the public on the value of transforming the education sector towards sustainability.

Tim Guiterman

Commercial Buildings Engineer
Governor's Energy Office

Tim Guiterman is an engineer with the Governor's Energy Office (GEO) and manages the High Performance Design for Commercial Buildings Program. The GEO believes that high performance design reduces the consumption of natural resources and minimizes environmental impacts as well as increasing the productivity and improving the health of building occupants. Mr. Guiterman is the public school liaison in Colorado, working with schools to help reduce their energy costs (in most school districts, utility costs are second only to salary as the greatest expense) and allocate the savings toward improved facilities and academics. The GEO has developed two exciting programs to improve energy efficiency in all Colorado schools; the High Performance Design for new facilities and the Performance Contracting program to serve existing facilities. The GEO is currently seeking schools that are interested in partnering to make energy improvements in school buildings.

Deb Kleinman, MPH

Executive Director
U.S. Green Building Council
Colorado Chapter

Since 2007, Deb Kleinman has been the executive director of the Colorado Chapter of the USGBC. The Green Schools Initiative has blossomed, thanks to the enormous contributions of a core group of dedicated volunteers. Ms. Kleinman has spent the bulk of her career working in public health, and has focused on the intersection of community and environmental health and community economic development. The Colorado Chapter of the USGBC promotes green building in Colorado through educational programs, workshops, community outreach and collaboration with other organizations to advance buildings that are environmentally responsible. This very active chapter of the green building council is currently involved in a comprehensive outreach program to all schools in Colorado.

William S. Franzen, ASBO, CEFPI, USGBC

Executive Director of Operation Services
Poudre School District
Ft. Collins CO

Through Mr. Franzen's long-term leadership, the Poudre School District has emerged as a nationally recognized leader in energy conservation, environmental stewardship and green building programs. Mr. Franzen oversees a staff of 600 Operation Services members who provide a wide variety of services to the District. His diverse experience both in the education field and with 29 years in the construction industry has provided him the credibility and experience to connect with educators, facility managers and design professionals.

Luncheon Presentation

Allison Slade, M.Ed.

Co-Founder and Principal
Namaste Charter School
Chicago IL

Over the past decade and a half, Allison Slade has served as a teacher, professional developer, mentor, curriculum designer and principal in urban and suburban settings. She began her career as a member of Teach for America in inner-city Houston and eventually returned to Chicago, where she knew she wanted to make a larger difference in the educational opportunities for children. She, along with two Teach for America alumni distilled the ideas for “the perfect school”, and was granted a charter for the Namaste Charter School in 2003. The school opened in fall 2004, with the tagline, “Educating Children from the Inside Out.”

The school sets itself apart from other schools by taking a holistic approach to education. The philosophy at Namaste is to help students achieve optimal academic performance by nourishing and stimulating the mind and body of each child.

They have created and sustain cutting-edge, innovative programming and curriculum to accomplish these goals. The school is committed to the physical, social and academic well-being of the students, staff and parents and incorporates healthy, nutrition and athletics into its rigorous curriculum. Namaste has grown over the past 5 years to serve over 300 students in grades K-5. This summer, Namaste has embarked on a \$9 million building project, so that Namaste will have a home for many years to come and can grow to a K-8 grade school by 2011.