

SAS WELLNESS SUMMIT - AUGUST 23

3:30 p.m.—4:15 p.m.	Registration and Tapas Reception - Cafeteria
4:15 p.m.—4:30 p.m.	Welcome - Treena Casey and Anne Wenstrom Opening Remarks - Tom Boasberg Opening Introduction to Dr. Lea Waters - Nikki Muller Elementary School Theater
4:30 p.m.—5:30 p.m.	Keynote Address: Dr. Lea Waters —Making Wellbeing Visible in Schools Elementary School Theater
5:30 p.m.—6:25 p.m.	Panel Discussion: Why Wellness? Elementary School Theater
6:25 p.m.—6:30 p.m.	Closing Remarks Elementary School Theater
6:30 p.m.—7:30 p.m.	Optional: Nature Therapy Experience Youmin Yap Meet at MS Cafeteria

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7:30 a.m.—8:00 a.m.	Early Morning Sessions - Get Up and Move						
	Amy Ferguson Power Breakfast Bowl Middle School M204	Beth Bayley Yoga Pilates Blend Elementary School Gym C and D	Denise Dillon A Taste of Forest Therapy 7:00 a.m.—8:00 a.m. Meet at Middle School Cafeteria Garden Area		Ivan Ang Sun ("Soon") Style Taijiquan and Baguaquan Dojo Room (Weight Room) S101	Jeff Pabotoy Origami Bowl High School H100D (7:00 a.m.- 8:00 a.m.)	Genevieve Chan Vipassana - Mindfulness Meditation Middle School Library - Collaborative Side
	Leanne Pepple and Kang Atung Gamelan, Gongs, and Personal Growth Elementary School C202	Kim Criens SAS CrossFit High School APEx (6:45 a.m.—7:45 a.m.)	Rebecca Watters Beginner Ukulele Middle School S215				
7:45 a.m.—8:15 a.m.	Breakfast and Registration Browsing Vendor Tables						
8:15 a.m.—8:30 a.m.	Host Welcome and Agenda - Nikki Muller Elementary School Theater						
8:30 a.m.—9:30 a.m.	Keynote: Dr. Michelle Segar The Right Why: Harnessing the true driver of sustainable behavior change Elementary School Theater						
9:30 a.m.—9:45 a.m.	Break and Transition Time						
9:45 a.m.—10:30 a.m.	Featured Speakers Round 1						
	Wasfia Narzeen Climbing Inner and Outer Mountains High School Drama Theater	Koko Kondo and Maya Soetoro-Ng Interview Peace and Diversity - Building Global and Cultural Competence Middle School Library	Dr. Lea Waters Strength-Based Parenting: Small Shifts Can Make a Positive Difference in Your Kids Middle School/High School Gym 2		Dr. Michelle Segar The Three Transformations: A science-based system for sustainable change Elementary School Theater		

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10:30 a.m.—10:45 a.m.	Break and Transition Time						
10:45 a.m.—11:30 a.m.	Breakout Workshops Round 1						
	Jana Dawson Positive Communication Elementary School Theater	Brenna Baidon Mindful/Intuitive Eating - “Undieting” Middle School World Language Community	Dr. Denise Dillon It Takes a Forest: Some Benefits of Forest Air Bathing High School Drama Theater		Darnell Fine When Naming White Privilege and Culture is Not Enough: Healing Practices and Antidotes for Racism Middle School 6C Learning Community	Leanne Pepple and Kang Atung Gamelan, Gongs, and Personal Growth Elementary School C202	Helen Clare Rozario Welcoming Mindfulness: Embarking on a Mindful Way of Being Elementary School Gym C and D
	Simon Leow and Sherman Ho - The Mindset Board Game Middle School Math Learning Community	Dr. Sridhar Venkateswaran Improve Sleep Hygiene Middle School Library- Quiet Side	Dr. Joanna Coleman No Wellness Without Nature Middle School 7B Learning Community		Jannah Tayib Aromatic Candle-Making Middle School 6B Learning Community	Ann Marie Regal Healthy Financial Habits Middle School M301	Dr. Caron Sak One size does not fit all! Personalize your healthcare Middle School 6A Learning Community
	Yen-Lu Chow Courage: Where does it Come From Grade 5 Learning Community	Intimatesuppers Cooking Session with Nikki Muller and Celina Tan Middle School M204	Dr. Vicki Rogers Beyond Book Smart: Supporting Your Smart But Scattered Child By Developing Strong Executive Functioning Skills Elementary School P220/221		Matt Herd Supporting the Body for Movement High School APEx		
11:30 a.m.—12:30 p.m.	Lunch, Networking, and Visiting Wellness Vendor Marketplace						
12:30 p.m.—1:30 p.m.	Keynote: Dr. Maya Soetoro-Ng Diversity and Inclusion: Bridging our Communities and Understanding Identity in Multicultural Classrooms Elementary Theater						
1:30 p.m.—1:45 p.m.	Break and Transition Time						
1:45 p.m.—2:30 p.m.	Breakout Workshops Round 2						
	Jana Dawson Building a Culture of Appreciation High School Drama Theater	Bala Matchap Breathe and be Free Elementary School Gyms C and D	Denise Dillon Bringing Nature Indoors for Your Wellbeing! Middle School 7B Learning Community		Widjaja Surja Kenjana Indonesian Grown Premium Organic Teas Middle School M301	Yuanhui Chen Mindful Conversations with Art Elementary School P220/221	Randolph Oudemans Connect and Nurture a Culture of Respect Elementary School Fifth Grade Learning Community
	Sha-En Yeo Nurturing Stronger Relationships in School Middle School 6C Learning Community	Nik Abraham Fitter, Healthier, Happier You Middle School World Language Community	Dr. Sarah Farris and Colleen Steigerwald Building a Parenting Toolkit Middle School 6A Learning Community		Teodora Pavkovic Digital Wellness Elementary School Theater	Simon Gustafson Finding Your Groove with the Blues Elementary School C204	Peter Cuthbert Unlock the Power of Sleep Middle School 6B Learning Community
	Kavita Satwalekar Educators Wheel Of Balance Middle School Math Learning Community	Dr. Brian Schwender The Truth About Gluten Middle School Library - Quiet Side	Beth Cone Intro to Kundalini Elementary School - Gym B		Kirsten Harvey, Charlotte Huston, Suzanne Heathorn Modeling Clay Workshop Elementary School C104		

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2:30 p.m.—2:45 p.m.	Break and Transition Time						
2:45 p.m.—3:30 p.m.	Featured Speakers Round 3						
	Maya Sotoreo-Ng Peace Education High School Drama Theater	Dr. Michelle Segar The Three Transformations: A science-based system for sustainable change Middle School/High School Gym 2	Dr. Lea Waters Bringing an Apple to School: Evidence of the effects of gratitude on the wellbeing of students, teachers and school leaders Elementary School Theater		Wasfia Nazreen - Interview Conquering Life's Challenges Middle School Library		
3:30 p.m.—3:45 p.m.	Break and Transition Time						
3:45 p.m.—4:30 p.m.	Breakout Workshops Round 3						
	Dr. Imelda Santos Caleon Gratitude Pays: Nurturing Grateful Learners in Schools Middle School Math Learning Community	Brenna Baildon Gut Health Middle School M301	Michael Fiebrich Designing Living Spaces for Well Being High School Drama Theater		Intimatesuppers Cooking Session with Nikki Muller and Celina Tan Middle School M204	Kirsten Harvey, Charlotte Huston, Suzanne Heathorn Modeling Clay Workshop Elementary School C104	Ashoka A Chakra Healing Meditation Middle School 6B Learning Community
	Dr. Lea Waters Strength-Based Teaching: Bringing Out the Best in Students and Teachers Elementary School Theater	Nik Abraham Fitter, Healthier, Happier You Part II: The Plan MS World Language Community	Dr. Josh Symes Developing Well-Being, and Resilience, as a Preventative Factor Against Child and Adolescent Mental Health Disorders Middle School 6C Learning Community		Dr. Martha Began - Experiential Service-Learning and Its Connection to Wellness Middle School 6A Learning Community	Beth Bayley Yoga Pilates Blend Elementary School Gym C and D	Youmin Yap Resting with Yoga Nidra Elementary School Gym B
	Teodora Pavkovic Emotional Wellness Middle School 7B Learning Community	Karthika Thirugnanam Fads vs. Facts - Understanding Trendy Diets Middle School Library - Quiet Side					
4:30 p.m.-4:45 p.m.	Break and Transition Time						
4:45 p.m.-4:50 p.m.	Host Finale: Nikki Muller						
4:50 p.m.-5:50 p.m.	Koko Kondo - Elementary School Theater						
5:50 p.m.-6:00 p.m.	Final Thank You and Lucky Draw						