



John C. Stalker Institute of Food and Nutrition Spring 2010 Professional Development for *School Nutrition Directors*



Massachusetts Department of
**ELEMENTARY & SECONDARY
EDUCATION**

The John C. Stalker Institute
of Food and Nutrition
is a partnership of the
Massachusetts Department of
Elementary and Secondary
Education, Nutrition, Health
and Safety
and
Framingham State College

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All courses 15 CEUs • All courses online • All courses \$169.00
To register please complete the attached registration form or contact:
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March 1 – March 26

PRDV 71120 Childhood Overweight: Exploring an Epidemic
Instructor: Alison Rainey Doak, M.S., RD

An investigation of childhood obesity for teachers, school nurses and other school professionals concerned with this emerging issue. Participants investigate how overweight is assessed and explore data on the prevalence. Health implications of overweight in children and strategies that schools are using in and out of the classroom to address this complex issue will be presented. A variety of resources for schools and families will be shared.

PRDV 71621 Children with Special Dietary Needs: A School Perspective
Instructor: Christanne Smith Harrison, M.P.H., RD

Reviews regulations for schools concerning the special dietary needs of children, including school food service regulations. Participants examine selected disabilities, issues that impact nutrition, intervention strategies and environmental considerations.

PRDV 73321 Diabetes in Schools
Instructor: Alison Rainey Doak, M.S., RD

An overview of diabetes and its impact in schools for teachers, school nutrition directors, school nurses and other school professionals. Topics addressed in this course include: basic understanding of type 1 and type 2 diabetes; dietary management of diabetes and basic carbohydrate counting; and strategies to create a safe environment for students with diabetes. Participants will explore available resources to promote nutrition, physical activity, and student safety.

PRDV 78417 Managing Life Threatening Food Allergies in Schools
Instructor: Christanne Smith Harrison, M.P.H., RD

An overview of the Massachusetts Department of Education *Allergy Guidelines* used by school personnel working to accommodate the increasing number of children with food allergies. Participants assess the needs of their students and review current policies to develop an appropriate future action plan for their schools. School-wide team planning and implementation are examined.