

Germantown Middle School Health Wellness Day
Saturday, October 26, 2019
10:00a.m. -12:00p.m.

Topic	Description/Presenter	Location
<i>Shatter the Silence: Suicide the Secret You Shouldn't Keep</i> (Four- 30-minute sessions)	Darby Damon- This session/topic was originally funded by the 2008 Garret Lee Smith Suicide Prevention Grant but was so successful it has been sustained in its basic form into 2019. For 2018 alone, over 10,000 youth, families, school personnel, and youth serving professionals were trained. <i>Shatter the Silence</i> goes over what to look for in the case of a potential suicide, as well as how to intervene and access help. Warning signs, risk factors, and resources are given and discussed in order to promote conversation on the topic of mental health and suicide. Together, we can prevent suicide. <i>Shatter the Silence</i> is all about starting a conversation that can save a life and talking openly about mental health.	708 Audience: Parents
Dangers of Vaping (Four- 30-minute sessions)	Mr. Tommy Jones- (Madison County Sherriff Department) How many million dollars are made from the vaping industry. Where vaping started? Counterfeit vapes that are being found here in Madison, MS	710 Audience: Parents, Students, and Educators
Risk and Protection (Four- 30-minute sessions)	Jacob Watters- National Council on Alcoholism and Drug Dependency Session I: Facts on underage drinking. (10:00 a.m. – 10:35 a.m.) Sessions II, III, and IV: Statistics on underage drinking in our area in Mississippi and the effects on the adolescent brain.	701 Audience: Parents ONLY Audience: Parents and Students

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Financial Literacy (Four – 30-minute sessions)	Conner Ward (GHS Student) and Christy Walker (GHS Teacher) -In this session, you will learn how to incorporate financial literacy in your home and in everyday decisions, helping your student make good choices about how to use money wisely. You will also hear how Connor became a business man at 13 years old.	705 Audience- Parents and Students
Mental Health: SAYING IT ALOUD (Four- 30-minute sessions)	Brett Mayfield- One in five teens lives with a mental health condition and yet more than half are not getting the help they need. Stigma remains a huge barrier to teens seeking help. Many cite fear of negative perceptions as a major factor in choosing not to speak up. Raising awareness by sharing information and starting conversations about mental health is key in reducing these perceptions and increasing the likelihood that teens will seek mental health care when they need it. NAMI Mississippi is committed to helping start those conversations. NAMI created <i>Say it Out Loud</i> to get teens talking about mental health.	704 Audience- Parents and Students
Proper Nutrition and Physical Wellness- Starke Fitness (Four- 30-minute sessions)	Anson Walker (Certified Nutritionist) – Hear the importance of physical fitness and a proper diet for overall good health.	707 Audience- Parents
Cyberbullying and Internet Safety (Four- 30-minute sessions)	Victoria Rice (Mississippi Attorney General's Office)- The presentation focuses on what parents need to look out for on their child's phones as well as tips on how to ensure that their child is using electronics, social media, and the internet safely.	706 Audience- Parents and Educators

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Topic	Description/Presenter	Location
Healthy Snacks- Chartwells Food Service One 30-minute session ONLY beginning at 10:00 a.m.)	Yumetrice Fulton and Guest Master Chef- Nutritionist will discuss healthier snack options for children and create Smoothies for attendees of the session!	Cafeteria Audience- <u>FIRST 50</u> to be at the session promptly at 10:00 a.m. Parents and Students
Suicide Prevention- Region 8 One 30-minute session (10:00 a.m. – 10:35 a.m.)	Dee Willis- How to watch for warning signs of teens in distress.	Audience- Parents ONLY
It's "OK" Not to be Ok- Knowing When Your Child Needs Behavioral Health Services (Canopy Children's Solutions) Four 30-minute sessions	Heather Statham and Caleb Cauthen- General mental health issues and a Q&A time for parents.	702 Audience- Parents