

PURPOSE AND OVERVIEW

ACTIVITY OBJECTIVE(S): After this activity, participants will be able to

1. Identify the purpose of the training.
2. Name at least three other people attending the training.
3. List reasons to use the SHI.

TOTAL ESTIMATED TIME: 30 min

MATERIALS:

- Overview PowerPoint notes pages
- Training agenda

PREPARATION:

- Make sure to use the PowerPoint file entitled **Overview** for this part of the training.
- Create an agenda for the training. See the Trainer's Resource Bank, the last section of this manual, for an example.
- Make copies of the training agenda for participants.
- Select any short icebreaker. The script includes one example. See the Trainer's Resource Bank for another activity (entitled "Life with the Wright Family") that may be used either as an icebreaker or at any time during the training session.

<u>Slides</u>	<u>Time</u>	<u>Facilitator Script</u>	<u>Facilitator Notes</u>
	1 min	<p><i>Welcome to the School Health Index training. My name is _____ from _____.</i></p>	<p>Open PowerPoint entitled Overview.</p>
	1 min	<p><i>The purpose of today's workshop/training is to acquaint you with the School Health Index: A Self-Assessment and Planning Guide. Throughout the day, I may refer to the School Health Index by its acronym, SHI. By the end of the training, I hope that you will feel comfortable with the purpose and structure of the SHI and understand how to effectively use it to improve the health and well-being of young people.</i></p>	<p>Hold up copy of SHI.</p>
	1 min	<p><i>We will be having breaks and lunch during the training. Please turn off all ringers so that we will not be disturbed during the day's activities.</i></p>	<p>Go over any logistical issues related to training (when breaks will be held, location of restrooms, lunch arrangements, etc.)</p>
	15 min	<p><i>Before we get started, let's get to know each other a little bit better.</i></p> <p><i>We will go around the room and each of you should first introduce yourself with an adjective that begins with the same first letter as your first name. For example, if your name is Amber, you could call yourself Ambitious Amber. Then, you will</i></p>	<p> Facilitate icebreaker. You might want to provide an example by using your own name and Jeopardy-like answers.</p>

<u>Slides</u>	<u>Time</u>	<u>Facilitator Script</u>	<u>Facilitator Notes</u>
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give the group a Jeopardy-like answer to a question about yourself. For example, you might say "Australia," and people might guess that's where you've always wanted to go. Or "pizza" as your favorite food. Using this method, we will easily be able to remember all the people in the room: Ambitious Amber who loves pizza and has always wanted to visit Australia.

So, take a moment to think of an adjective to describe yourself and a Jeopardy-like answer about yourself.

All right, let's begin!

2 min	<i>That was great! Let's talk in a little more detail about what we are going to be doing today. Today I will be providing you with an overview of the SHI and equip you with the skills needed to implement the SHI to improve school health and safety policies and programs. A number of today's activities will be conducted in teams, just like the SHI is completed in teams.</i>
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 Hand out copies of agenda and read the list of areas to be covered.

Overview 1-7	5 min	<i>So, you might be wondering, why should we use the School Health Index?</i>
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 Use PowerPoint notes pages provided in this section to assist in presentation.