



**May 30 – June 2, 2023 Medora, ND**



Sponsored by the Roughrider Health Promotion Association Inc.

**[WWW.NDROUGH RIDER.COM](http://WWW.NDROUGH RIDER.COM)**

**HEALTHY SCHOOLS HEALTHY SELF HEALTHY COMMUNITIES**

**ROUGH RIDER MISSION:** To promote healthy lifestyle concepts to North Dakota students, school personnel and community members in order to share, learn and develop plans of action for healthy schools and communities.

**REGISTRATION:** Go to **NDROUGH RIDER.COM** and click on the Registration Tab

A confirmation e-mail of individual acceptance will be sent to you with-in **72 hours**.

\*If you do not receive your confirmation within this time call: **Rodney Volk at 701-412-3323**

Registration fee is **\$200** per person.

Payment must be received by **May 15, 2023**

Make payment out to: **Roughrider Health Promotion**

Send payment to: **Rodney Volk – Roughrider President**  
**302 12<sup>th</sup> Ave. North Casselton, ND. 58012**

Team size may consist of any number of individuals. If the conference fills up beyond capacity, we will ask teams to limit number of members to accommodate more schools to network with.

Each participant will attend every session offered so there is no list to pick from.

**NOTE:** The conference often fills before deadline as space is limited, so we encourage you to complete your registration and send your payment as soon as possible. **Registration and payment is necessary for your spot to be secured.**

**CANCELLATIONS:**

If cancellation request is received by May 1, 2023 a refund will be issued minus a \$50 service charge per team member. Substitutions will be accepted if possible at no charge. Cancellations requests must be made by calling Rodney Volk @ 701-412-3323

**CONFERENCE GRADUATE CREDITS “Professional Development”:**

**Two (2) graduate credits** “Professional Development” will be available for participants.

Registration for credits will be available starting **May 1<sup>st</sup>, 2023**

A link to sign up for credit with the University System (NDSU, UND, Minot State) will be available through the Roughrider website at **WWW.NDROUGH RIDER.COM**

Participants are responsible for online payment of graduate credits “Professional Development”

Attendance is taken at all sessions for documenting as required by for credit.

Check-in for the conference will be held at:

**Rough Riders Hotel and Conference Center, Medora, ND.**

**Monday, May 29<sup>th</sup>, 2023**

**5:00 p.m. to 7:00 p.m.**

**Tuesday, May 30<sup>th</sup> 2023**

**6:30 a.m. to 7:30 a.m.**

Once checked in for the conference you will complete the fun, easy, and healthy Personal Wellness Inventory Assessment.

**ROOMS:** We have secured a super low Roughrider special rate of:

**\$79.00** per night at the **Badlands Hotel** double occupancy

**\$99.00 Rough Riders Hotel** double occupancy.

Call and reserve your rooms early if you plan to attend. (1-800-MEDORA1) and ask for the **Roughrider Conference room block rate**. Please note that if you are **direct billing your room** to your school district, you will need to have this information set up with your school district and available when you make your reservation.

**MEALS:** are on your own. The Maltese Cross Burger Grill and Medora Pizza Parlor will be open for lunch and dinner, along with other Medora establishments during the conference. Theodores Restaurant in the Rough Riders Hotel will be open for breakfast and evening meals. The Medora Foundation policy states, “no outside food or beverages allowed in the meeting rooms at the Rough Riders Hotel.” They will allow you to bring in your own bottled drink as long as it has a cover, but no outside food source is allowed.

### **REASONS TO ATTEND THE CONFERENCE:**

Personal and Professional Motivational and Educational Opportunities

Coordinated School Health (CSH) Strategies and approaches for Action Plans

After-School Programs

Personal Wellness/Healthy Living Skills

Networking Opportunities

Safe and Drug-Free Schools and Communities

School-to-Community Collaboration and Risk Prevention

Recreational Opportunities

Two Graduate Credits Available “Professional Development”

Character Education

School Assessment: School Improvement Plan

Positive Behavior Support

### **WHO SHOULD ATTEND:**

Administrators, Educators, Counselors, School Staff, Kitchen Staff, Transportation Staff, School Board Members, School Nurses/Public Health Staff, After-School Program Staff Community Members (Extension Service, Parents, Pastors, Safety, Tobacco and Trauma Coordinators, Social Workers, Youth Workers)

## OBJECTIVES:

Develop a realistic and attainable Healthy School and Community Action Plan.  
Expand knowledge of research-based prevention curriculum, enhancement through after-school programming, and classroom behavior management strategies.  
Expand prevention efforts specific to environmental strategies and evidence-based programs.  
Share successful teaching techniques, prevention strategies and programs.  
Expand knowledge of North Dakota health initiatives, resource and community programs for healthy students, schools and communities.

## EXPECTATIONS OF CONFERENCE PARTICIPANTS:

Attend the entire conference/complete graduate credit requirements “Professional Development.”  
Participate in conference activities.  
Develop an attainable Action Plan to take back to your school and community.  
Learn healthy skills for self, schools and community.  
Be an enthusiastic “team player” and “conference networker.”  
Submit team photo and press release to your local newspaper after the conference  
Look at the conference photos/videos on the NDROUGH RIDER site following the conference.  
Respect Medora and Roughrider Health Promotion Association, policies, rules and Laws.

## OUTCOMES:

Provide data-driven decision-making choices.  
Understand Coordinated School Health approach.  
Realize healthy students make better learners.  
Facilitate a sustained collaboration between schools and community.  
Prevent substance abuse in all communities of North Dakota.  
Understand how your local Rural Education Association (REA) can help your school.

## PRIOR TO CONFERENCE:

Organize your team.  
Complete registration online.  
Secure payment of conference fees and send to name and address listed on page 1.  
Professional Development Graduate credit registration at [WWW.NDROUGH RIDER.COM](http://WWW.NDROUGH RIDER.COM) linked to the University System payment for either (NDSU/UND/Minot State) of (2) Credits starting **May 1<sup>st</sup>, 2023**  
Create a communication and support network.  
Identify needs of individual and team events.  
Secure a Silent Auction item – see Silent Auction link on website NDROUGH RIDER.COM

## AFTER THE CONFERENCE:

Send copy of action plan to Roughrider Association  
Submit press release to local paper with team picture.  
Present action plan to your school and/or community.  
Lead and plan activities in your area to accomplish goals determined at conference.  
Organize team meetings to monitor accomplishments of the team action plan.

## **SILENT AUCTION:**

The Silent Auction is a Roughrider Health Promotion Association Fundraising **Tradition!**  
**Each individual is encouraged to participate by bringing a Silent Auction donation.**

Auction proceeds support special conference events.

Items should be at least \$10.00 in total value.

Items should not have a school name or logo.

The “Silent Auction” format is paper bidding of items on display.

Each “shopper” outbidding the prior bidder.

Your bidding participation is the key to the success of this event!

The winning bidders pays and claim items when auction is closed.

Individuals can drop off Silent Auction items at Conference check-in @ the Rough Riders Hotel

### **Silent Auction Agenda: (Rough Riders Hotel)**

Thursday, June 1<sup>st</sup>, 2023

Final Bidding, Pick-up and Payment: 5:15 p.m.

### **NOTE:**

Conference dress is casual. Comfortable clothes for light exercise, shoes for walking.

Video or still pictures may be used for future promotional materials for North Dakota Roughrider Health Promotion Conferences.

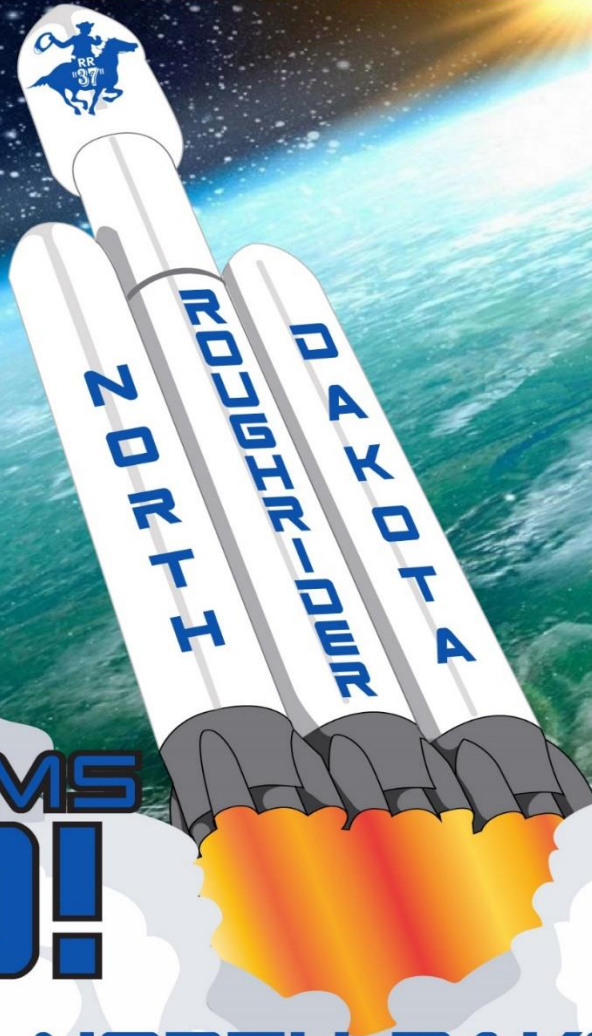
All activities listed on the schedule are required to attend if taking the conference for credit.

All outside activities including the traditional Teddy Walk are rain or shine events.

**NOTICE OF NONDISCRIMINATION:** The Roughrider Health Promotion Association Inc. does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. The North Dakota Roughrider Health Promotion Association Inc. does reserve the right to refuse registration to any individuals who are felt to pose a safety threat to others. The North Dakota Roughrider Health Promotion Association Inc. and the Board of Directors reserves the right to dismiss from the conference any individuals with unfavorable behavior not deemed suited in the best interest of the conference or the other participants. The North Dakota Roughrider Health Promotion Association Inc. Board of Directors is not liable for any injuries to person or property sustained at the conference.

The Equal Employment Opportunity law has been amended to include genetics, meaning applicants and employees and their families are protected from discrimination based on genetic information (includes information about genetic tests, the manifestation of diseases or disorders in family members, and requests for or receipt of genetic services).

# NORTH DAKOTA ROUGH RIDER HEALTH CONFERENCE



**ALL  
SYSTEMS  
GO!**

**MEDORA NORTH DAKOTA  
MAY 30 - JUNE 2  
2023**