



MIAA Hosting 25th Annual Wellness Summit Friday, October 15, 2021 (virtual)

FOR IMMEDIATE RELEASE:

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Franklin, MA - The Massachusetts Interscholastic Athletic Association (MIAA) is hosting its 25th Annual Wellness Summit virtually on Friday, October 15, 2021.

The Summit, being offered at no cost and intended for student leaders and school personnel, will include an awards presentation, two keynote presentations and two workshop sessions. Attendees will choose between 12 workshop presentations in total, covering subjects such as substance misuse prevention, social-emotional learning, self-care, student leadership and teamwork, technology use and addiction, mindfulness, resiliency, positive psychology, nutrition, and sports injury prevention. To preview the program and schedule of events please [click here](#).

Workshop presenters include members of the MIAA Partners in Prevention, a collaboration of public and private prevention agencies and initiatives that provide support, resources and expertise in the delivery of wellness services and programs. Schools are encouraged to preview these resources and presentations to bring back to their schools and communities.

Four awards will be presented at this year's Summit: *The MIAA Michael J. Kane Wellness Award*, which honors the legacy of former MIAA Director of Student Services Mike Kane, and seeks to recognize those who share his motivation for making a difference in the lives of others; the *MIAA Wellness Partner of the Year Award* which honors an organization or individual for their service, support and partnership with MIAA wellness initiatives; the *MIAA Wellness Coordinator of the Year Award* which recognizes a school Wellness Coordinator who has proven dedication and commitment to help students make healthy life choices; and the *MIAA Champions of Wellness Student Award* which recognizes a student or student group who exemplify the importance of wellness in their school and/or community.

The following award recipients will be honored during the Awards presentation:

MIAA Michael J. Kane Wellness Award: Mr. John Crocker, M.Ed., Director of School Mental Health & Behavioral Services for the Methuen Public Schools and the founder and leader of the Massachusetts School Mental Health Consortium (MASMHC).

MIAA Champions of Wellness Student Award: Natalie Mack, Nantucket High School

MIAA Wellness Coordinator of the Year Award: Dr. Ryan Sherman,
Director of Wellness, Medway Public Schools

MIAA Wellness Partner of the Year Award: Jon Mattleman and Minding
Your Mind

Team Captains, Student Leaders, School Administrators, Athletic Directors,
Club Advisors, Coaches, Guidance Counselors, Wellness Educators, School
Resource Officers and other school personnel are encouraged to attend the
Wellness Summit.

To register, please visit the MIAA website at www.miaa.net or [click here](#).

Special thanks to the MIAA Partners in Prevention for helping make this
Summit possible.

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