



## MIAA to Host 24<sup>th</sup> Annual Wellness Summit on March 9-11, 2021

The Massachusetts Interscholastic Athletic Association (MIAA) is hosting its 24<sup>th</sup> Annual Wellness Summit virtually on Tuesday, March 9-Thursday, March 11, 2021.

The Summit, being offered at no cost and intended for student leaders and school personnel, will include a morning and afternoon session each day. There will be 12 interactive workshops covering subjects such as student and staff mental health, self-care and resiliency, substance misuse prevention, promoting support for LGBTQ students, suicide prevention, sports injury prevention, clean eating and diet culture and student leadership and teamwork. 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 Wellness Summit Session 1 on Tuesday, March 9 at 9:00am:

### **MIAA Michael J. Kane Wellness Award**

Jeff Perrotti, DESE Safe Schools Programs for LGBTQ Students

### **MIAA Champions of Wellness Student Award**

Jhoan Perez, Cristo Rey Boston High School

### **MIAA Wellness Coordinator of the Year Award**

Dorothy Pearl, Director of Wellness for Norfolk, Plainville, Wrentham & King Philip Schools

### **MIAA Wellness Partner of the Year Award**

Ivy Watts, Ivy Watts Speaks

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.

Separate registration is required for each session and participants may register for as many sessions as possible while space is available. To register, please visit the MIAA website at [www.miaa.net](http://www.miaa.net) or [click here](#).

Special thanks to our sponsors University Orthopedics and McLean Hospital and the MIAA Partners in Prevention for helping make this Summit possible.

**EDUCATIONAL ATHLETICS**



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