



October 18, 2017 • 8:30am-3:30pm
Santa Ynez Valley Marriott

A local school wellness policy (“wellness policy”) is a written document that guides a local educational agency’s (LEA) or school district’s efforts to establish a school environment that promotes students’ health, well-being, and ability to learn. On July 29, 2016, the USDA Food and Nutrition Service (FNS) finalized regulations to create a framework and guidelines for written wellness policies established by LEAs. The 2017 Santa Barbara County School Wellness Summit will focus on the implementation of the finalized regulations, as well as the new requirement to assess compliance with the wellness policy requirements as a part of the general areas of the administrative review.

- AGENDA -

- 8:30-9:00** **Attendee Registration ~ Networking Coffee**
- 9:00** **Welcome**
- 9:05** **Opening Remarks by Susan Salcido, Superintendent of Santa Barbara County Schools**
- 9:10-9:50** **Local School Wellness Policy-Implementation Matters!**
The vision for Local School Wellness Policy (LSWP) is to foster a healthy school environment where students thrive and are ready to learn. A policy is only the first step; school districts must implement their LSWP. But how, given the competing priorities for schools? Providing an overview of the LSWP requirements, the role of public involvement, and key steps and resources to implement LSWP by **Heather Reed, California Department of Education**
- 9:55-10:25** **Wellness Strategies: Inspiration to Create Change**
Evidence-based curriculum resources for Nutrition Education, Physical Activity and other school-based activities that promote student wellness; California LSWP Collaborative resources and network of best practices by **Morgan Carey and Abby Magill Henry, Dairy Council of California and CA Local School Wellness Policy Collaborative**
- 10:25-10:45** *Healthy Meeting Break ~ Resource Showcase*
- 10:45-11:15** **Professional Development Opportunities SY 2016-17 and SY 2017-18 and how they relate to supporting the Final Rule by Katherine Hawksworth, ProjectLEAN**
Parents in Action Train-the-Trainer: *Advocating for Healthier School Environments*
Coordinated Approach to Child Health (CATCH)
Local School Wellness Policy 201
Strategic Health and Wellness Planning Sessions
Nutrition and Students’ Academic Performance
Energizers for the School Day to Support Student Achievement
Nutrition Education Curriculum Resources
- 11:20-11:50** **Employee Wellness San Leandro Unified School District**
Thriving Schools: School Employee Wellness Champions. The wellness effort in San Leandro Unified School District serves as an inspiring model for united labor and management partnership in a shared goal, serving as a first step toward long-term culture change to promote employee wellness by **Isabelle Wettergren, San Leandro USD and Tamar Schnepf, Kaiser Permanente**
- 11:50-1:15** *Networking Lunch ~ Resource Showcase*
- 1:15-1:45** **Supporting and Promoting Healthy Eating Throughout the School Campus**
Addressing your district’s wellness policy: Foods and beverages sold and given away. Presenting an overview of the competitive food standards and resources including marketing, advertising, and fundraising. Meet the minimum or go above and beyond! California Nutrition Standards, Competitive Food Rules, Quick Reference Cards, Marketing, Fundraising, School-sponsored events by **Mike Danzik, California Department of Education**
- 1:50-2:20** **2017 Fast Pitch Presentations**
- 2:20-2:30** **2016 SWS Grant Finalist Reports**
- 2:45-2:50** **Announcement of 2017 Grant Winners**
- 2:55** **Closing Remarks by Supervisor Joan Hartmann, Third District County of Santa Barbara**
- 3:00-3:30** **Networking Reception**



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- PRESENTER BIOGRAPHIES -

Keynote Presentation ~ Local School Wellness Policy-Implementation Matters!

Heather Reed, California Department of Education

Heather Reed is a Nutrition Education Consultant with the California Department of Education. She co-chairs the California Local School Wellness Policy and Smarter Lunchrooms Movement Collaboratives. She was on planning committees for School Wellness and Childhood Obesity Conferences and her daughter's school wellness committee. She was formerly a state public health nutritionist, Head Start nutrition coordinator, WIC coordinator and Los Rios Community College adjunct professor. A Registered Dietitian, she earned a MA from SFSU University and BS from University of Delaware. She enjoys camping and cooking for friends in her spare time.

Wellness Strategies: Inspiration to Create Change

Morgan Carey and Abby Magill Henry, Dairy Council of California

Both Morgan and Abby are Cal Poly San Luis Obispo alumni; they met in college and love being able to work together at Dairy Council. They are both Community Nutrition Advisers supporting wellness locally Morgan in Los Angeles County and Abby on the Central Coast.

Morgan sits on the CA Local School Wellness Policy Collaborative. In her free time she enjoys biking around Los Angeles, practicing Spanish, and watching standup comedy shows.

Abby lives in Ojai with her husband and two little girls. In her free time she enjoys practicing Pilates, kayaking and boating with her family and working on her painting skills alongside her girls.

Professional Development Opportunities SY 2016-17 and SY 2017-18 and how they relate to supporting the Final Rule

Katherine Hawksworth, ProjectLEAN

Katherine Hawksworth is Program Manager with California Project LEAN (Leaders Encouraging Activity and Nutrition) (CPL) and provides support to the Center for Wellness and Nutrition, both programs of the Public Health Institute. Ms. Hawksworth provides training and technical assistance to schools, health departments, and community members to create healthier environments. Ms. Hawksworth participates on the California Local School Wellness Policy Collaborative and recently co-facilitated numerous statewide trainings informing school stakeholders of the USDA wellness policy final rule provisions and is currently co-planning upcoming webinars and in-person trainings for this next year. Ms. Hawksworth has experience in curriculum development, training design and facilitation, and continues to work to address nutrition, physical activity, and other topic areas addressing wellness. Ms. Hawksworth has a BA in Women's Studies and a Minor in Health Education and a Master in Public Health from San Francisco State University.

Thriving Schools: School Employee Wellness Champions

Isabelle Wettergren, San Leandro Unified School District Phys. Ed. Teacher & Wellness Coordinator, and Tamar Schnepf, MPH

Union Engagement Leader, Kaiser Permanente

Isabelle Wettergren is native from Montréal, Canada. She holds a bachelor degree in Kinesiology and a Masters degree in Health & Wellness Psychology. She is an active member of the National Wellness Institute where she holds certifications; Certified Wellness Practitioner (CWP), Certified Workplace Wellness Specialist (CWWS), and Certified Workplace Wellness Program Manager (CWWPM). Isabelle developed a case for school employee wellness, which rapidly developed in a strong collaboration between union, district leaders, and community health partners in the development of San Leandro Unified School District's employee wellness initiative.

Tamar Schnepf is the Employee & Union Engagement Leader for the Workforce Health Consulting group at Kaiser Permanente. Tamar holds a Masters of Public Health from UC Berkeley and a BA from UC Davis. Her primary work is to promote strategies that engage all levels of employees in well-being in workplaces including municipalities, school districts and the private sector. As such, Tamar supports unions and employers to work together for effective health and wellness strategies in work environments. Tamar has a long history working in public health and with the labor movement, including as the Education Director at the Service Employees International Union, CA State Council. She lives in Oakland and is a regular hiker in the East Bay Regional Parks, and a YMCA enthusiast.

Supporting and Promoting Healthy Eating Throughout the School Campus

Mike Danzik, California Department of Education

Mike Danzik is a Nutrition Education Consultant for the California Department of Education. His previous responsibilities included school meal state-wide marketing and outreach efforts, competitive food and beverage implementation pilot under California Senate Bill 19, and Local School Wellness Policy development. Mike's current responsibilities include competitive food and beverage requirements, access to free water in schools, and implementing the updated Local School Wellness Policy requirements. Mike holds a Master's in Public Health Nutrition and is a Registered Dietitian.



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