



October 24, 2018 • 8:30am-2:30pm
Santa Ynez Valley Marriott

A healthy school workplace also helps retain teachers and staff, reduces stress, boosts job satisfaction and supports employees to perform at their best. They are absent fewer days and more likely to stay in their positions, creating the continuity and stability that's essential for students' success. Teachers and staff are also influential role models for students. ~ Thriving Schools

When schools inspire and help students, staff, and teachers to be at their physical, mental, and emotional best, learning thrives.

~ Thriving Schools

Schools are not only a place of learning, but they are also worksites. Fostering school employees' physical and mental health protects school staff, and by doing so, helps to support students' health and academic success.

~ Whole School, Whole Community, Whole Child

- AGENDA -

- 8:15 **Attendee Registration ~ Networking Coffee**
- 8:45 **Welcome and Introductions**
- 8:50 **Opening Remarks by Dr. Susan Salcido, County Superintendent of Schools**
- 9:00 ***Taking time to B.R.E.A.T.H.E. — Strategies for Strengthening Our Well-being* by Dr. Joelle Hood**
- 9:45 *Meeting Break*
- 10:00 ***Wellness: A Measure of Success* by Heather Reed, California Department of Education**
- 10:45 **Transition Activity with Dr. Joelle Hood**
- 10:50 **2018 Fast Pitch Presentations by Grant Finalists**
- 11:30 **2017 Wellness Grant Reports**
- 11:45 **Remarks by Supervisor Joan Hartmann**
- 11:50 *Lunch*
- 12:30 **National Food Day**
- 12:40 ***Taking Time To B.R.E.A.T.H.E — Experiential Learning* by Dr. Joelle Hood**
- 1:10 ***Wellness Policy Assessment and Evaluation: Much Ado's about the Need To Do's* by Mike Danzik, California Department of Education**
- 1:55 **Closing Remarks by Van Do-Reynoso MPH, PhD., Director, Santa Barbara County Public Health Department**
- 2:00 **Announcement of 2018 School Wellness Grant Winners**

Good health is critical to ensuring that students can make the most of their educational opportunities. A foundation of good nutrition and physical activity enriches students' readiness to learn. A school environment that supports students' social and emotional well-being will propel young people to do better on all levels of academic achievement: academic performance, classroom behavior, and cognitive skills and attitudes. ~Thriving Schools



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- PRESENTER BIOGRAPHIES -



**Taking time to B.R.E.A.T.H.E. — Strategies for Strengthening Our Well-being
Dr. Joelle Hood**

Dr. Joelle Hood brings over 25 years of educational and leadership experience to her clients. As a former “Teacher of the Year” and “Principal of the Year”, Joelle brings passion, energy, and expertise to helping all humans thrive. In addition to her doctorate degree in Organizational Change and Leadership from USC, she has a BA in Psychology and an MA in Educational Leadership. She is a Certified Life Coach through iPEC, holds a certification in Social Emotional Learning Leadership from Rutgers’s University, and is a graduate of the Mindful Schools Year-Long Mindfulness Instructor Certification program. She provides researched-based keynotes, coaching, and experiential learning workshops to individuals, groups, and organizations throughout the nation. Her areas of passion and expertise include: Social, Emotional & Academic Learning, Leadership, Positive Psychology, Human Thriving and Flourishing, Well-being, Emotional Intelligence, Mindfulness, The Science of Belonging & Human Connection, Mindset, School Culture Transformation, Restorative Practices, Employee Engagement, Workplace Wellness, Trust, Team-building and Resilience.



**Wellness: A Measure of Success
Heather Reed, California Department of Education**

Heather Reed is a Nutrition Education Consultant with the California Department of Education with a passion for nutrition. She provides leadership to the California Department of Education in the areas of wellness policy, nutrition education, and smarter lunchrooms. In this role, she co-chairs the statewide California Local School Wellness Policy Collaborative and is a founding partner for the Smarter Lunchrooms Movement of California Collaborative. She participated on the wellness committee for her daughter’s school district when wellness policies were first mandated. 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 San Francisco State University and a BS from University of Delaware.



**Wellness Policy Assessment and Evaluation: Much Ado’s about the Need To Do’s
Mike Danzik, California Department of Education**

Mike Danzik is a Nutrition Education Consultant for the California Department of Education. His previous responsibilities included state-wide school meal marketing efforts, as well as training on the National School Lunch and School Breakfast requirements. Mr. Danzik is the subject matter expert for state and federal competitive food and beverage rules and access to free water in school requirements. Along with Heather Reed, he contributes to state-wide efforts for Local School Wellness Policy implementation. Mike holds a Master’s in Public Health Nutrition and is a Registered Dietitian.



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Dr. Susan Salcido

County Superintendent of Schools, Santa Barbara County Education Office

For many students, school can be stressful—between balancing multiple challenging courses and extra-curricular activities, to the normal pressures of childhood and adolescence. Given this, it is imperative that we engage with our students and families—not only about academic performance, but also about the effects of stress and anxiety and the significance of mental health.

When we acknowledge the importance of comprehensive and cohesive support for our youth, our communities are better prepared to foster not only academic success for our students, but also the emotional, social, and behavioral supports that are so critical to their long-term success and positive contributions to our communities.

Important, too, are our families, faculty, and staff, who serve as powerful role models for students; their countless interactions with our youth every day have lasting impacts. Creating positive, supportive environments for adults, as well as those of our children, are essential to our students' learning and development.

Through events like the School Wellness Summit, we support our school systems, including the adults and students, with strategies for creating healthy minds and productive futures. Thank you for taking your valuable time to participate in today's summit.



Joan Hartmann, Ph.D., J.D.

Third District Supervisor for residents of UCSB, Isla Vista, Western Goleta, the Gaviota Coast, the Santa Ynez Valley, the unincorporated parts of Lompoc

Thank you for being a part of this year's School Wellness Summit! As a County Supervisor, the health and well-being of our children is a top priority and my office is grateful to partner in the work of fostering a culture of health and wellness in our school communities. I am proud to continue the County's commitment to the Healthy Eating Active Living (HEAL) initiative. The HEAL initiative builds awareness among stakeholders about the role of the physical environment in promoting healthy habits and provides an array of practical supports in adopting and implementing policies that make it easier for residents to engage in healthy behaviors, which improves our overall community well-being.



Van Do-Reynoso MPH, PhD.

Director, Santa Barbara County Public Health Department

Our mission is to protect the health of our communities by promoting wellness and preventing disease. Childhood experiences, both positive and negative, have a tremendous impact on lifelong health and opportunity. As such, early experiences are an important public health issue. Our partnerships across the sectors will indeed lead to changes in policies, systems, and environments, which will result in more children and families attaining optimal health. Thank you for your commitment to children, and for being our partners in advancing health and well-being.