



October 30, 2019 • 8:30am-3:00pm
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

- AGENDA -

- 8:00 Registration and Networking Coffee
- 8:30 **Welcome and Introductions**
- 8:45 Opening Remarks by Erik Burmeister, Superintendent Menlo Park City School District
- 9:00 *Stress Less; Communicate More - Learning At Its Best* by Ann Anzalone
- 9:20 2019 Fast Pitch Grant Presentations
- 9:50 *Safe Alternatives for Treating Youth (SAFTY) and Suicide Prevention in Schools* by Meghann Torres, Casa Pacifica
- 10:10 Meeting Break
- 10:35 2018 Grant Recipient Reports
- 10:45 Lightning Presentation Panel
 - One Cool Earth, Dlyan Jones: *School Gardens*
 - CalFresh Healthy Living, University of California, Melissa Rorabough: *Engaging youth in nutrition and physical activity promotion*
 - California Department of Education, Heather Reed: *The Reasons Why for Wellness Policy*
 - California Department of Education, Mike Danzik: *Triennial Trivia*
- 11:15 Wellness Hero Katie Booser, Santa Barbara Unified School District
- 11:30 Lightning Presentation Panel
 - Department of Behavioral Wellness, Suzanne Grimmesey: Signs of Suicide (SOS) Program Implementation
 - Fighting Back Santa Maria Valley, Edwin Weaver: The Community Resiliency Model© in Schools
 - MINDBODY, Erin Holohan: Workplace Wellness — 7 Dimensions of Wellness
 - California Physical Education-Health Project, Dianne Wilson-Graham: Replacing the Limited Vision for Physical Education
- 12:15 Lunch
- 1:00 **Breakout Sessions**
 - Los Padres Room ~ California Department of Education**
Heather Reed and Mike Danzik: *Breaking down the Local School Wellness Policy Triennial Assessment into bite-size pieces: Triennial Assessments for the wellness policy are required to be completed by June 30, 2020. Are You Ready? Not Sure? Join us to discuss the three main requirements for the Triennial Assessment. We'll examine each part as you work through activities that will help you understand what documentation is needed, where to obtain it, and how to prepare a report that meets the*

requirements. Gain some ideas about how to leverage the report and go above and beyond to enhance the impact of your wellness policy.

Figueroa Ballroom ~ Social and Emotional School Climate

Erik Burmeister, Superintendent of Menlo Park City Schools: Making Wellness & SEL a System-Wide Priority
Join a school district Superintendent for an interactive conversation to ensure Wellness and SEL goals are met at the larger system level. System-wide leaders have the challenge of leading through others, rather than leading than leading the work themselves. How do we set vision, engage stakeholders, determine outcomes, and hold the system accountable to achieve Wellness & SEL goals? How do we create schools that are designed around students and committed to all parts of the child? Come for the discussion. Bring your successes and questions.

Edwin Weaver, Fighting Back Santa Maria Valley: The Community Resiliency Model© in Schools

Nojoqui Falls Room ~ Wellness Workshop

Ann Anzalone, Active Learning: Learn Actively, Learn Actively Setting Students Up For Success
Wellness At Its Best: Learn three wellness essentials that contribute to school success. Movement, sleep and diet lay the foundation for students to be able to pay attention, stay focused and self-regulate. Discover what movements create the foundation skills, how sleep enhances memory and the key role diet plays in self-regulation. Set students up for success!

Dianne Wilson-Graham of the California Physical Education-Health Project: *Replacing the Limited Vision for Physical Education*. Every student in California schools is to receive instruction in physical education. School leaders, teachers, and wellness champions, can support this important opportunity for our students to develop the knowledge, skills, and dispositions they need to self-direct their own physical activity endeavors at any age, when they lead with a clear vision for what can and should be. Join us to replace the likely limited vision for physical education in your school(s).

Erin Holohan, MINDBODY: *Workplace Wellness - 7 Dimensions of Wellness*

- 2:25 Closing Remarks
- 2:45 Announcement of 2019 School Wellness Summit Grant Winners
- 3:00 End of Programming