



*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*

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*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 -**

#### **SOCIAL EMOTIONAL SCHOOL CLIMATE**

*Five Ingredients of Resiliency* by Suzanne Grimesey, PIO/Chief Quality Care and Strategy Officer, Santa Barbara County Department of Behavioral Wellness

*ACEs and Toxic Stress: Understanding and Responding to the Needs of Your Students* by Mariana Harms, CALM & Barbara Finch, Children & Adult Network Director for the Santa Barbara County Department of Social Services

*It's All Connected: School Nutrition, Social Emotional Learning, and the Social Emotional School Climate* by Bessie O'Connor and Heather Reed, Dairy Council of California

#### **WORKPLACE WELLNESS & EMPLOYEE WELL-BEING**

*Labor-Management Partnership; A Winning Approach To Workplace Wellness In Schools* by Isabelle Wettergren, Teachers' Wellness Coaching & Consulting

*Five Tools for Simple Self Care* by Jenny Tucker

#### **WELLNESS POLICY (BP5030) AND WELLNESS COMMITTEES**

*Local School Wellness Policy and Triennial Assessment* by Mike Danzik, Nutrition Education Consultant, California Department of Education

#### **LOCAL SCHOOL WELLNESS CHAMPIONS**

*Goleta-Area Brothers Jump at Chance to Buy Jump Ropes for Fellow Elementary Students*, The Bodenhamer Family

*100 Mile Club* by Kara Lubin

#### **COMMUNITY PARTNERS**

*Apples to Zucchini Cooking School* by Nancy Martz, Executive Director of Apples to Zucchini Cooking School

*Wilderness Youth Project's Bridge to Nature*

*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*

**[www.SchoolWellnessSummit.org](http://www.SchoolWellnessSummit.org)**

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