

# TRANSFORMING SCHOOLS INTO CENTERS OF HEALTH & WELLNESS

*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*

---

## SCHOOL WELLNESS PROFESSIONAL DEVELOPMENT

Wednesday, March 2, 2022

Hotel Corque in Solvang, CA

### - AGENDA -

- 9:00 **Welcome & Introductions**
- 9:15 Lexi Brenner, Santa Barbara County Public Health Department
- 9:30 **Nutrition Promotion ~ Smarter Lunchroom Movement and Marketing School Meals For All** by Bessie O'Connor, Dairy Council of California and Evette Tovar-Lugo, No Kid Hungry Campaign
- 10:15 Fidel Villanueva, Santa Barbara County Public Health Department
- 10:30 Wellness Break (15 minutes)
- 10:45 **Management & Leadership** by Ron Lovell, Allan Hancock College Culinary Arts & Hospitality Management
- 11:45 Lunch Break
- 12:45 **Local School Wellness Policy (LSWP) ~ Convening Wellness Committees & Triennial Assessment Template** by Bessie O'Connor and Abbi Marrs, UC Cal Fresh Education Program
- 1:45 Wellness Break (15 minutes)
- 2:00 **Worksite Wellness: Small Steps to Get Wellness and Staff Moving** by Megan Vercelli, MS, RDN, CLS, Registered Dietitian, Santa Barbara County Nutrition Services/WIC Program
- 2:30 **It's All Connected: Using Nutrition Education to Address Nutrition Security** by Bessie O'Connor
- 3:00 Networking Opportunity