



**Celebrating 10 Years  
Week of Wellness ~ W.O.W.**

10th Annual School Wellness Summit

**Tuesday, October 3, 2023**

8:00AM-3:30PM

Hotel Corque, Solvang, CA

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## **- AGENDA -**

- 8:00 Attendee Registration ~ Networking Coffee**
- 8:30 Welcome ~ Celebrating 10 Years**
- 8:45 Post-Covid School Wellness Matters**  
Lynne LoPresto, Assistant Clinical Professor, University of the Pacific
- 9:15 *120 seconds ~ Wellness Break***
- 9:20 Nutrition Education: How *Let's Eat Healthy* Curriculum Can Meet Your Local School Wellness Policy Goals**  
Rajwinder Kaur, Bessie O'Connor, Dairy Council of California
- 10:35 *Morning Break***
- 10:50 Nutrition Promotion: *FARM TO FUTURE: GPS to Nutritional Excellence***  
Devinder Kumar, Director of Food Services, Wonderful College Prep Academy
- 11:20 *120 seconds ~ Wellness Break***
- 11:25 School Food Legislation**  
Erin Primer, Food & Nutrition Services Director, San Luis Coastal Unified School District
- 12:00 *Lunch Break***
- 1:00 Making your Local School Wellness Policy BP 5030 an Action Plan for Wellness in your District**  
Lynne LoPresto, Assistant Clinical Professor  
Crystal Young, Nutrition Education Consultant, California Department of Education
- 1:25 Local School Wellness Policy in Action and in Collaboration**  
Kate McDevitt, District Wellness Supervisor, San Diego Unified School District  
Andrea Eaton, Senior Coordinator, Maintenance Planning Department, San Diego Unified School District  
Kat Satterley, Program Manager, Alliance for a Healthier Generation
- 2:25 *120 seconds ~ Wellness Break***
- 2:30 School Site Wellness to Support Local School Wellness Policy BP 5030**  
Heather Cruz, Director, Attendance & Wellness, Chula Vista Elementary School District
- 2:50 California Department of Food & Agriculture ~ Farm to School Roundtable**  
Sophia Riemer Bopp, California Department of Food & Agriculture  
Cassidy Boardman, Farm to School Manager, Upland Unified School District
- 3:25 Closing remarks**



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- PRESENTER BIOGRAPHIES -



**Erin Primer; [epriemer@slcusd.org](mailto:epriemer@slcusd.org)**

**Food & Nutrition Services Director, San Luis Coastal Unified School District**

**Erin Primer** is the Director of Food & Nutrition Services at San Luis Coastal Unified School District located in the Central Coast of California. She brings over 15 years of experience in the food service industry, ranging from high quality catering to hospitals and universities. With two young children of her own, she is passionate about providing students with quality food options and ensuring a healthy school environment. Erin is an enthusiastic Farm to School advocate and believes in educating youth about how food gets to their plate, while building respect for the greater food system and procuring local food. She constantly develops and tests new recipes that fit dietary needs while managing to establish food contracts with local farmers and vendors. Her professional and personal life crossover tremendously, from growing tomatoes at home to picking blueberries with her family, where she can connect with sources of fresh produce. Erin's son and daughter are an inspiration for her to challenge and ignore adult assumptions about the way kids interact with food, and this ultimately pilots her vision of positively impacting students with healthy food choices.



**Lynnea Marie LoPresto, PhD, MS, RDN; [llopresto@pacific.edu](mailto:llopresto@pacific.edu)**

**Assistant Clinical Professor, University of the Pacific**

**Dr. Lynne LoPresto**, is faculty in the Master of Science in Clinical Nutrition Program at the University of the Pacific (Sacramento Campus). She is also a public health nutritionist and advocate for child nutrition programs. Dr. LoPresto began her career as a clinical dietitian and transitioned to health education and public health after experiencing first-hand that many health conditions could have been prevented. In her public health role, she supported nutrition education in schools and the development of school wellness policies at the local and state level. She completed her PhD in the Department of Public Health Science at UC Davis School of Medicine to support school nutrition program and policy assessment and translation. At Davis, she managed a state-wide assessment of local school wellness policies and farm to school practices.



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**Crystal Young; [cyoung@cde.ca.gov](mailto:cyoung@cde.ca.gov)  
Nutrition Education Consultant, California Department of Education**

**Crystal Young** is a Nutrition Education Consultant at the California Department of Education Nutrition Services Division and co-chair of the California Local School Wellness Policy (LSWP) Collaborative. She has a Master's degree in Special Education and over 17 years of experience in administering and evaluating multi-agency grant programs that provide direct social emotional and behavioral supports and nutrition services to improve physical health and academic outcomes among K-12 students. Mrs. Young's priorities for the 23–24 school year are to elevate the school food best practices and models for LSWP implementation that support the

whole child and increase nutrition security in schools.



**Rajwinder Kaur, MPH; [rkaur@healthyeating.org](mailto:rkaur@healthyeating.org)  
Community Nutrition Adviser, Dairy Council of California**

**Raj Kaur** focuses on building strong relationships with community members, educators, administrators, and health professionals to ensure they are supported with relevant, science-based resources to teach students and families nutrition education to support good health and wellness. Her experience as a local representative of both the Smarter Lunchrooms Movement of California and Local School Wellness Policy Collaborative provides her with unique insight into positively implementing changes to build healthier schools, expertise she leverages to support the school community and region. She supports and creates nutrition-driven programs and

resources in the school and community environment, as well as supports food access programs and initiatives that enable all children to access the nutritious foods they need for optimal growth and development and lifelong health.



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**Bessie O'Connor, RDN (she/her); [boconnor@healthyeating.org](mailto:boconnor@healthyeating.org)  
Project Manager, Dairy Council of California**

**Bessie O'Connor** is a Nutrition Science Project Manager at Dairy Council of California. As a member of the nutrition science team, she helps collect, analyze, and communicate current nutrition research to ensure resources and messaging are evidence-based. She also supports the organizational Trends process and the development of nutrition science publications and reports. She has three school-aged children and believes strongly in the collective role of the whole school environment in shaping children's social emotional development.



**Devinder Kumar; [Devinder.Kumar@wonderfulcollegeprep.org](mailto:Devinder.Kumar@wonderfulcollegeprep.org)  
Director of Food Services, Wonderful College Prep Academy**

Meet **Devinder Kumar**, a multifaceted leader passionate about food, health, and community. Born and raised in northern India, Devinder initially embarked on a career as a pharmacist. However, he soon realized that food held the potential to nourish both the body and soul just as effectively as prescriptions. With this epiphany, he traded in his lab coat for a chef's coat and joined a family-owned restaurant. Driven by an entrepreneurial spirit, Devinder successfully established three restaurants before taking on the role of executive chef for Stanford University Dining. In 2020, Devinder expanded his impact by joining Wonderful College Prep Academy K-12 charter schools as the director of nutrition services, where he highlighted his commitment to quality and innovation through health wellness and nutrition-centric programs. Not one to be deterred by challenges, even during the pandemic, he founded a nonprofit organization called [FreeMealsOnWheels.com](http://FreeMealsOnWheels.com). Through this initiative, Devinder aimed to provide free meals to those in need, exemplifying his dedication to serving the community. Devinder's unique blend of knowledge in both food and medicine allows him to create enticing, nutritionally balanced dishes, keeping in mind how food functions in both the kitchen and the body. His menus reflect this intentional approach.



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**Heather Cruz, [HEATHER.CRUZ@cvesd.org](mailto:HEATHER.CRUZ@cvesd.org)**

**Director Attendance and Wellness, Chula Vista Elementary School District**

**Heather Cruz** has been an educator in the Chula Vista Elementary School District for the past 21 years as a classroom teacher, instructional coach, and district administrator. For the past 8 years, she has been at the forefront of promoting physical education, health, and wellness within her district, ensuring students' overall well-being. Heather's commitment to wellness is evident as she actively runs the District's Wellness Committee, fostering a culture of health-consciousness among students and staff. Her visionary leadership also led to the initiation of the District's Site Wellness Leads program, amplifying the impact of healthy living initiatives throughout the educational community. In recognition of her outstanding efforts, Heather was honored on Kaiser Permanente's Thriving Schools Honor Roll in 2018 and was acknowledged as a Let's Eat Healthy Award Recipient by the Dairy Council of California in 2022, further solidifying her position as a trailblazer in championing healthy schools. During her free time, she enjoys watching her 2 kids play soccer, engaging in outdoor adventures such as hiking and snowboarding, walking her Belgian Malinois dog named Stella, or cheering on the San Diego Padres.



**Kate McDevitt; [kmcdevitt@sandi.net](mailto:kmcdevitt@sandi.net)**

**District Wellness Supervisor, San Diego Unified School District**

**Kate McDevitt** works for San Diego Unified School District as the District's first Wellness Supervisor, and in 2016 launched their now award-winning wellness initiative to support the health and well-being of more than 90,000 students and 15,000 employees. This effort includes a 45-person District Wellness Council with 9 sub-committees representing each area of their wellness policy, more than 150 school site wellness committees, and 15 school-based centers for wellness. Through their *Healthy Schools Program*, San Diego Unified's school site wellness coordinators receive monthly training on wellness programs and resources to assess, plan and improve wellness offerings for students, staff and families. In the first seven years of the wellness initiative, San Diego Unified has been recognized six times as a national awardee of the American Heart Association's *Workplace Health Achievement Index*, for building a culture of health within their school district. They have also received national recognition as *America's Healthiest Schools* from Alliance for a Healthier Generation, for creating healthier school environments where children can thrive. Kate is public health leader with over 20 years progressive experience in non-profit leadership and program management, supporting a wide range of communities – from CEOs of global Fortune 500 companies, to deploying military commands, to beginning farmers. Prior to joining San Diego Unified, Kate worked for five years for University of California - San Diego in the School of Medicine, directing School Wellness Programs, in coordination with the USDA, California Department of Public Health, County of San Diego and The Institute of Medicine. Kate was honored to be named the UC-San Diego 2013 *Exemplary Employee of the Year* for her work addressing and finding creative solutions to end childhood obesity and hunger in San Diego. In 2023 she received the *California Let's Eat Healthy Leadership Award* from the California Department of Food & Agriculture and the Dairy Council of California. Kate sits on the steering committee member of the California Local School Wellness Policy Collaborative and serves as Co-Chair of the School Domain of the San Diego County Childhood Obesity Initiative.



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**Kat Satterley; [kathleen.satterley@healthiergeneration.org](mailto:kathleen.satterley@healthiergeneration.org)  
Program Manager, Alliance for a Healthier Generation**

**Kat Satterley** is a 30-year veteran in the field of education and coaching. She began teaching and coaching athletics in 1993 in New York State. She moved to Miami in 2005, was voted Teacher of the Year in 2008 then took a career leap to work as a district administrator in Washington, D.C. where she improved pedagogical practices for hundreds of teachers through formal evaluation and professional development. Kat used that experience to become a contributing Author for International College Textbook, Organization and Administration of Physical Education: Theory and Practice. As a successful life coach, she has also played an impactful role in the personal development of others from the executive offices of Perry Ellis in China to the Caribbean, and throughout US. Kat became a program manager with the Alliance for a Healthier Generation in 2018 partnering with districts to make improvements in health and learning. She has supported some of the largest districts in the country including New York City, Chicago Public Schools, Palm Beach County School District, and currently works side by side with education leaders in San Diego USD, San Bernardino CUSD, San Bernardino County Superintendent of Schools, Los Angeles County Office of Education and Orange County Department of Education to name a few. In her spare time, she enjoys home improvement projects, traveling, hiking, and swimming. She loves to cook, entertain, and spread joy.



**Andrea Eaton; [aeaton@sandi.net](mailto:aeaton@sandi.net)  
Senior Coordinator, Maintenance Planning Department, San Diego Unified School District**

As a Senior Coordinator in the Maintenance Planning Department of San Diego Unified School District, Andrea Eaton saw a need for awareness of healthy living and wellness for fellow employees. Starting in 2013, in addition to her permanent, full-time position, she implemented wellness classes, annual fairs, and biometric screenings to her co-workers at the Physical Plant Operations Division of SDUSD. Since then, the program has grown to include all central offices of the district as well as employee wellness activities for ALL employees. Today's wellness activities at SDUSD include ALL staff from the Superintendent, to teachers, bus drivers, maintenance workers, custodians, and administrators. The district hosts an all-staff wellness event twice per year and this year is embarking on a partnership with Gallup to survey employees with measures to implement to improve their wellbeing. Andrea was honored to be the Classified Employee of the Year in 2020, her wellness efforts being the highlight of that award.



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**Sophia Riemer Bopp, MPH, RDN; [Sophia.Bopp@cdfa.ca.gov](mailto:Sophia.Bopp@cdfa.ca.gov)**  
**Regional Farm to School Network Lead, Greater Los Angeles, California Department of Food and Agriculture**

**Sophia Riemer Bopp**, MPH, RDN, works to expand and support farm to school programming in the Greater Los Angeles Region as a Regional Farm to School Network Lead with the California Department of Food and Agriculture. Sophia has national, state, and local experience in farm to school through her time as National Farm to School Network's Farm to ECE Program Manager, Washington State's Farm to ECE Coordinator, and as Program Manager for a farm to afterschool program held in Title 1 school districts. Based in Long Beach, CA, Sophia is dedicated to bringing her experience in network building and collaborative change to help uplift and empower the farm to school movement in her hometown.



**Cassidy Boardman; [cassidy\\_boardman@upland.k12.ca.us](mailto:cassidy_boardman@upland.k12.ca.us)**  
**Farm to School Manager, Upland Unified School District**

**Cassidy Boardman** has been doing school garden and Farm to School work in various capacities and organizations for almost 10 years. For the past 5 years she has been at Upland USD helping to develop a sustainable Farm to School program that educates students about food systems, sustainability and community. Cassidy started with Upland USD as an intern and is very proud and fortunate to now be the Farm to School Program Manager. It has been an absolute dream watching this program grow and grow every year!