



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

10th Annual School Wellness Summit
Wednesday, October 4, 2023

8:00AM-3:30PM
Hotel Corque, Solvang, CA

- AGENDA -

- 7:30 Attendee Registration Opens ~ Networking Coffee Talk**
- 8:00 Welcome ~ Celebrating 10 Years**
- 8:15 Building a Community of Wellness**
Kara Lubin, Founder, 100 Mile Club
- 8:35 Winning at Wellness: Empowering School Communities Together**
California Local School Wellness Policy Collaborative
- 9:35 *Morning Break***
- 9:50 Healthier Generation Model Policy Builder & Supports For Wellness Policy Implementation**
Kat Satterley, Program Manager, Alliance for a Healthier Generation
- 10:05 Steps to Advocate for Wellness in LCAPs for Academic Success**
Crystal Young, California Department of Education
Deirdre Kleske, Sanela Sanborn, Victoria Puckett, County of San Diego Health & Human Services Agency
Ksenia Glenn and Cassidy Boardman, Upland USD
- 10:45 *120 seconds ~ Wellness Break***
- 10:50 The Quality of School Wellness Policies among Low-Income CA Districts after the 2016 USDA Final Rule**
Lynne LoPresto, PhD, MS, RDN, Assistant Clinical Professor, University of the Pacific
- 11:20 Wellness Needs Assessments and Surveys**
Heather Cruz, Director, Attendance & Wellness, Chula Vista Elementary School District
- 11:35 *120 seconds ~ Wellness Break***
- 11:40 Nutrition Trends Impacting the Education Environment**
Bessie O'Connor, Project Manager, Dairy Council of California
- 12:10 Workplace Wellness: Nurturing Ambassadorship through Employee Meal Program and Culinary Excellence**
Devinder Kumar, Director of Food Services, Wonderful College Prep Academy
- 12:35 *Lunch Break***
- 1:15 5 Essentials to Workplace Well Being**
Suzanne Grimesey, PIO/Chief of Strategy & Community Engagement, Santa Barbara Co. Dept. of Behavioral Wellness
- 1:30 Let's Celebrate the Work**
- 2:15 *120 seconds ~ Wellness Break***
- 2:20 Let's Celebrate the Work ~ Let's Eat Healthy Community Grant Awards**
Bailey Suarez, Community Nutrition Manager, Dairy Council of California
- 3:30 End of Programming**

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**Kara Lubin; Klubin@100mileclub.com
Founder, 100 Mile Club**

Kara Lubin, a 4th generation public educator, is the visionary founder of the 100 Mile Club, a trailblazing organization that aims to foster a love for physical fitness and overall well-being among students of all ages. 31 years ago, her passion for encouraging health, fitness, goal setting, and personal success in her students led her to develop a simple concept: run 100 miles over the course of a school year and earn a gold medal, just like an Olympian. The 100 Mile Club quickly gained local and national recognition and made a significant impact across the United States and was named one of the two most innovative, effective, and scalable youth physical activity programs in the United States by the Active Schools Acceleration Project and the Let's Move! Initiative. Since 1993, 100 Mile Club has transformed the lives of countless students. Under Kara's inspiring leadership, the 100 Mile Club has left an indelible impact on communities. Schools that embrace the program have witnessed positive changes in student motivation, focus, and discipline. The ripple effect extends beyond the classroom, creating healthier and more active and connected neighborhoods and communities. With an unwavering commitment to empowering youth through physical activity, Kara has garnered recognition and awards for her outstanding contributions and achievements from the President's Council on Physical Fitness and Sports, the University of California, Let's Move!, and the Jefferson Award for Public Service, among others. As a special education specialist and leading advocate for youth fitness, Kara Lubin continues to be an inspiration to students, educators, parents, and social entrepreneurs alike. Her innovative approach to promoting health and wellness through the 100 Mile Club has become a beacon of hope for the future, making a lasting impact on the lives of young individuals and the communities they call home.



**Crystal Young; 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.



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**Bailey Suarez (she/her); BSuarez@HealthyEating.org
Community Nutrition Manager, Dairy Council of California**

Bailey Suarez is the Community Nutrition Manager for Dairy Council of California representing the Let's Eat Healthy Initiative. Bailey provides leadership, mentoring and management to a team of Community Nutrition Advisers across the state. Her team is committed to empowering and equipping educators, school foodservice professionals, and health professionals with access to science-based nutrition education, agricultural programs and ensuring access for nutritious foods for children and families. Bailey is Co-Chair of the California Local School Wellness Policy Collaborative and brings together state leaders committed to improving student

wellness and academic success.



**Kate McDevitt; 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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**Anna Jones, PhD; anajones@ucdavis.edu
School Wellness and Smarter Lunchrooms Project Manager
CalFresh Healthy Living, University of California**

Dr. Anna Jones is a project manager with CalFresh Healthy Living, University of California State Office, focusing on school wellness policies and Smarter Lunchrooms Movement. Dr. Jones supports CalFresh Healthy Living, UC local implementing agencies with effective strategies to improve the school environment and encourage healthy choices through policy, systems, and environmental changes. Prior to joining CalFresh Healthy Living, UC, she spent ten years with the UC Davis Department of Nutrition, Center for Nutrition in Schools, working on various projects related to school nutrition, including training for school nutrition services, nutrition education materials and curricula development, and supporting comprehensive, school-based nutrition and health programs. Dr. Jones earned her undergraduate degree in Clinical Nutrition and her doctorate in Nutritional Biology, both from UC Davis.



**Dr. Margaret A. Sedor, Ph.D., NCSP, LEP, ABSNP; Margaret.Sedor@sweetwaterschools.org
District Suicide Prevention & Wellbeing Coordinator, Sweetwater Union High School District**

Dr. Margaret A. Sedor, NCSP, is a School Psychologist and serves as the District Suicide Prevention and Wellbeing Coordinator within the Sweetwater Union High School District. She is Adjunct Faculty in the Department of Counseling and School Psychology at San Diego State University. Over the past 20 years, Dr. Sedor has provided leadership in the areas of mental health, wellbeing, suicide prevention, and crisis management at the county, state and national level. Dr. Sedor has been instrumental with the Sweetwater school district in building a systemic framework for staff and student wellbeing, has created a wellbeing ambassador program, wellbeing centers, and a district youth leadership council to engage student voice and agency. Currently, she serves on the NASP School Safety and Crisis Response Committee, the CASP Legislation Committee, CASP Mental Health Committee, and recently the California Department of Education Social Emotional Learning Task Force. As a nationally recognized presenter, Dr. Sedor provides training in MTSS, mental health and wellbeing, restorative practices, crisis management and psychological triage, and suicide prevention, intervention, and postvention.



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Katie Dooley Hedrick; kdooley@strength.org

Associate Director, Share Our Strength's No Kid Hungry Campaign

Katie Dooley-Hedrick serves as Associate Director of Share Our Strength's No Kid Hungry campaign. The goal of the No Kid Hungry campaign is ending childhood hunger in America by ensuring all children get the healthy food they need, every day. The priority is connecting kids to effective nutrition programs like school breakfast and summer meals. Katie joined the No Kid Hungry campaign in 2010 and served in many capacities within the organization prior to joining the California team and returning to her home state in 2015. Prior to joining Share Our Strength, Katie spent time working on Capitol Hill in the offices of Congressman Waxman and Congressman Cardoza. Katie holds a Bachelor of Arts from Wheaton College (Massachusetts) in Psychology and Early Childhood Education and spent her first working years as a preschool teacher. Katie is a proud product of the San Joaquin Valley. She currently lives in Davis, CA with her spouse and two children.



Kat Satterley; 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.



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Deirdre Kleske; Deirdre.Kleske@sdcounty.ca.gov

Healthy Works Program Specialist, County of San Diego Health and Human Services Agency

Deirdre Kleske is a Health Information Specialist II in the Chronic Disease and Healthy Equity unit of the County of San Diego's Public Health Services. Deirdre provides support and technical assistance to school districts and other stakeholders on the subject of local school wellness policy implementation and is a member of Live Well San Diego's Live Well Schools team. Deirdre serves as co-chair of the Schools and After-School Domain workgroup for the San Diego County Childhood Obesity Initiative and is a member of the California Local School Wellness Policy Collaborative. In addition to her work supporting healthy schools, Deirdre is also involved in County initiatives and projects that aim to create a more local, sustainable, and equitable food system in San Diego County.



Sanela Sanborn; Sanela.Sanborn@sdcounty.ca.gov

Graduate Student Worker Live Well Schools Team, County of San Diego Health & Human Services Agency

Sanela Sanborn is a student from National University completing her master's in public health with a specialization in health promotion. Sanela joined the Live Well Schools team in December 2022. As a graduate student worker, she analyzes and reports district-provided data on chronic absenteeism, wellness policies, and budgets called Local Control and Accountability Plan (LCAP). In addition, she works to update and maintain the Live Well Schools website and the Tools for Schools resources and provides her artistic touch when creating banners for events and promotions.



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Victoria Puckett, VictoriaM.Puckett@sdcounty.ca.gov
**Graduate Student Worker Live Well Schools Team, County of San Diego
Health & Human Services Agency**

Victoria Puckett is a second-year master's student at San Diego State University, getting her Master of Public Health with a focus in Health Management and Policy. Victoria is originally from Portland, Oregon, and attended Oregon State University to get her B.S. in Public Health. She joined the Live Well Schools team in February of 2023 and has been closely working with Pam Smith and Deirdre Kleske on addressing health disparities to reach our goal of health equity for all children in San Diego County. Victoria's job as a graduate student worker is to analyze data for chronic absenteeism, wellness policies, and Local Control and Accountability Plans (LCAP). Other responsibilities include updating the Live Well Schools website and finding resources to add to the Tools for Schools searchable online database.



Cassidy Boardman; 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!



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**Lynnea Marie LoPresto, PhD, MS, RDN; 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.



**Heather Cruz; HEATHER.CRUIZ@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.



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**Bessie O'Connor, RDN (she/her); 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
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. 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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Suzanne Grimesey, suzkirk@sbcbswell.org

MFT PIO/Chief of Strategy and Community Engagement Santa Barbara County Department of Behavioral Wellness

Suzanne Grimesey is a licensed Marriage and Family Therapist and works for the County of Santa Barbara, Department of Behavioral Wellness. Suzanne has worked closely with countywide school districts providing training and leading school based Behavioral Health disaster and trauma response including postvention response for suicides, student deaths, psychological first aid, and aiding in establishing ongoing support structures. In 1997, she began her work with the County of Santa Barbara, Department of Behavioral Wellness and began her training and work providing first responder debriefings which she has continued to provide since this time. She serves as the Public Information Officer (PIO) for the department and is the Chief of Strategy and Community Engagement, serves on the Public Information Team for the County of Santa Barbara, provides critical incident debriefings for first responders and others, and provides countywide Disaster Behavioral Health coordination and community recovery.



Lisa Grady; lgrady@innerexplorer.org

Chief Strategy Officer, Inner Explorer

Lisa Grady brings over 30 years of experience in the mindfulness field and has provided Inner Explorer with input and expertise on program development and research since its inception in 2011. She has an undergraduate degree from UC Berkeley and has completed Clinical Training in Behavioral Medicine with Dr. Herbert Benson and Harvard Medical School as well as certification in Mindfulness-Based Stress Reduction from the Center for Mindfulness at the University of Massachusetts. She works with districts throughout California, including LAUSD, Goleta Union, Chula Vista Elementary School District, and San Bernardino County, to support the social, emotional, and behavioral well-being of their school communities. Lisa understands that when she embodies the practices she teaches, she is a kinder, happier, more resilient, and peaceful person eager to support Inner Explorer's vision of changing the world, one student at a time.



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Abby Vasquez
Director of Pupil Services, Goleta Union School District

Abby Vasquez came to Goleta Union School District from Santa Barbara Unified School District, where she had served as a teacher at Franklin Elementary School for nine years. She shifted to become a Teacher on Special Assignment (TOSA) for 3 years supporting teachers by providing professional development in the areas of English Language Development (ELD) and Mathematics instruction. She served as the Principal of the SB Community Academy for two years. In 2011, she was appointed principal at Ellwood Elementary School where she served for six years. Since then, Abby Vasquez has served as principal at Mountain View Elementary School, for one year, and Hollister Elementary School for four years. In October of 2022, Abby was appointed as the Director of Pupil Services, with the focus of supporting families and community engagement.



Gloria Ino, M.Ed
Teacher, Goleta Union School District

Gloria Ino graduated from the UC Santa Barbara Teacher Education Program and has since taught grades K-3 in the Goleta Union School District for 27 years. She was named Teacher of the Year at La Patera School, where both of her children attended. Gloria has served as a PTA, ELAC, and Union Rep. You can catch her volunteering for the 100 Mile Club and Science Night. Currently, she is a Teacher Rep for the SB County Wellness Council and on the GUSD District Wellness Committee. Gloria loves teaching 3rd grade and integrates Inner Explorer mindfulness teachings to create a vibrant and confident classroom community.



ShaKenya Edison
Assistant Superintendent - Student & Family Services Division, Santa Barbara Unified School District

ShaKenya Edison has worked throughout California in TK-12 and high school only districts in various Student & Family Services leadership roles since 2010. She is committed to transforming education to improve overall experiences and life outcomes for students, families, and the community-at-large. She is committed professionally and personally to improving systems through partnership, capacity building and focusing on equity and justice in policies, practices and access. She is excited to serve the students, families and staff of Santa Barbara Unified School District in the role of Assistant Superintendent of Student and Family Services.



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Tony Ramirez
Chief Technology Officer, Santa Barbara Unified

Tony Ramirez is an accomplished technology professional with over 20 years of experience in Education. He holds a Bachelor's degree in Computer Information Systems and a Master's degree in Information Technology, both from Azusa Pacific University. Throughout his career, Tony has been dedicated to leveraging technology to enhance the educational experience for students and educators alike. Before Santa Barbara, Tony served as the Chief Technology Officer for the West Covina USD and the Director of IT at Glendora USD. At Santa Barbara Unified, Tony has worked alongside several key stakeholders and committees to reimagine the District's technology offering to students, teachers, and support staff. Beyond his professional achievements, Tony is an avid runner and finds solace in staying physically active. Additionally, he cherishes his role as a devoted family man, blessed with three young boys, two of whom attend schools within Santa Barbara Unified.



Shannon Cottam; cottam.shannon@lusd.org
SEL Program Specialist, Lompoc Unified School District

Shannon Cottam has been an educator for 25 years. She holds a M. Ed., a M. Counseling and is currently working on her M. Educational Leadership. She has worked in all sectors of education: elementary, middle, high school and college. As a Middle School teacher, she was named Teacher of the Year. Transitioning from the classroom, Shannon moved into counseling. She has worked as both an elementary and middle school counselor where in both instances she designed and delivered an equitable student centered SEL Counseling program promoting connectedness, awareness and belonging to empower students to reach their academic and social and emotional potential. Currently Shannon works as the SEL Program Specialist for Lompoc Unified School District establishing district systems that support student development in the areas of: Self Awareness, Self Management, Responsible Decision Making, Relationship Skills and Social Awareness. In addition to supporting students, Shannon is also a resource supporting adult SEL and families across the district.



Brian Jaramillo; jaramillo.brian@lusd.org
Assistant Superintendent of Education Services, Lompoc Unified School District

Brian Jaramillo, Assistant Superintendent of Education Services with Lompoc Unified School District, has twenty years of experience in education as a teacher, site administrator, and district administrator. He has worked in alternative educational settings for 11 years, supporting at-risk students to engage in school and reach their potential in Ventura, Santa Barbara, and Lompoc. He is passionate about addressing the needs of all students, through social-emotional learning, restorative practices, and engaging learning experiences. Brian is a collaborative leader and an advocate for students, working to address youth violence, human trafficking, and other issues that affect our community.