



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

10th Annual School Wellness Summit

Thursday, October 5, 2023

8:00AM-3:30PM

Hotel Corque, Solvang, CA

- AGENDA -

- 8:00** **Welcome ~ Celebrating 10 Years**
- 8:15** **SDUSD Employee Wellness Program**
Kate McDevitt, District Wellness Supervisor, San Diego Unified School District
Andrea Eaton, Andrea Eaton, Senior Coordinator, Maintenance Planning Department,
San Diego Unified School District
Kat Satterley, Program Manager, Alliance for a Healthier Generation
- 9:00** *120 seconds ~ Wellness Break*
- 9:05** **Local School Wellness Policy Triennial Assessment showed Workplace Wellness
as an Area of Improvement**
Heather Cruz, Director, Attendance & Wellness, Chula Vista Elementary School District
- 10:15** *Morning Break*
- 10:30** **Workplace Wellness ~ Empowering Success: The Strategic Art of Investing
in Employees**
Devinder Kumar, Director of Food Services, Wonderful College Prep Academy
- 11:00** **Let's Celebrate the Work ~ Santa Barbara USD Staff Wellness ~ Recommendations
and Implementation**
ShaKenya Edison Assistant Superintendent, Student & Family Services Division,
Santa Barbara Unified School District
- 11:20** *120 seconds ~ Wellness Break*
- 11:25** **100 Mile Club as a part of Local School Wellness Policy BP 5030 Physical Activity Goals**
BJ Walker, Paula Bences, 100 Mile Club
Dave Doubravsky, Assistant Superintendent, Education Services, Jurupa Unified
School District
- 12:05** **Mental Well Being ~ Supports**
Rachael Steidl, Executive Director, YouthWell
- 12:45** *Lunch Break*
- 1:30** **Well-Being Video Library**
Suzanne Grimmese, PIO/Chief of Strategy & Community Engagement, SBC Dept.
of Behavioral Wellness
- 1:55** **Workshop ~ Mindfulness-Based SEL: An Innovative Approach to School Safety,
Mental Wellness, & Resilience**
Lisa Grady, Chief Strategy Officer, Inner Explorer
- 3:15** **Closing Remarks**
- 3:30** **End of Programming**



10th Annual School Wellness Summit • October 5, 2023 • Hotel Corque, Solvang, CA

- PRESENTER BIOGRAPHIES -



**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.



**Andrea Eaton; aeaton@sandi.net
Senior Coordinator, Maintenance Planning Department, San Diego Unified School District**

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.



10th Annual School Wellness Summit • October 5, 2023 • Hotel Corque, Solvang, CA

- PRESENTER BIOGRAPHIES -



**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.



**Heather Cruz; 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.



10th Annual School Wellness Summit • October 5, 2023 • Hotel Corque, Solvang, CA

- PRESENTER BIOGRAPHIES -



**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.



**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.



**BJ Walker; bjwalker@100mileclub.com
National Program Director, 100 Mile Club**

BJ Walker is a clinical social worker by degree, but 'retired' from this field while raising her three boys, who are now grown. She has worked with non-profit organizations since 1982, both as an employee and a volunteer, including serving on several local and national boards. BJ first served on the Board of 100 Mile Club, before becoming an employee in 2013. She now serves as the National Program Director, overseeing the program and looks forward to the daily adventures it brings.



10th Annual School Wellness Summit • October 5, 2023 • Hotel Corque, Solvang, CA

- PRESENTER BIOGRAPHIES -



Paula Bences; Paula@100mileclub.com
100 Mile Club, Operations Manager and Program Specialist

Paula Bences kicked off her non-profit career in 2015. She spent several years in sales and marketing and has a passion for property management and public relations, which she earned a degree in. She currently serves as the Operations Manager, overseeing daily tasks at the 100 Mile Club and as the Program Specialist working directly with schools in California. When she's not in the office, Paula loves spending time with her family and grandchildren and celebrating life to the fullest.



Dave Doubravsky
Assistant Superintendent, Education Services, Jurupa Unified School District

Dave has spent the last 30 years in K-12 education. He has been in the role of Assistant Superintendent for 12 years. His experience includes, Director of Child Welfare and Attendance (CWA), Elementary Principal, Middle School Assistant Principal, Elementary Teacher. Dave is a strong advocate for healthy students and physical fitness. He is a lifelong endurance athlete – competing in marathons, long distance cycling events, and triathlons including the 2019 Arizona Ironman Triathlon.



Rachael Steidl; ceo@youthwell.org
Executive Director, YouthWell.org

Rachael Steidl is the founder and Executive Director of YouthWell and launched the Community Collaborative to focus on prevention and early intervention efforts in Santa Barbara County. YouthWell provides an online Mental Health & Wellness Resource Directory and Community Calendar for youth through age 25 and their families in Santa Barbara County. YouthWell hosts Wellness Workshops and Support Groups for youth, parents, and teachers, to eliminate stigma and provide tools for managing mental health. Rachael designed the Wellness Connection Clubs and Council for the Mental Wellness Center working with 150+ students each year on “mental health awareness” on 5 high school campuses. She spent 5 years educating students on mental health, developing their leadership skills, and strengthening communication and listening skills. Rachael is also the founder and former publisher of the ParentClick Network which she sold in 2016 after fourteen years. She has over 25 years of experience in management, marketing, community engagement, and strategic planning. Rachael has an M.A. in Clinical Psychology. She is the mother of 3 daughters and a Santa Barbara native.



10th Annual School Wellness Summit • October 5, 2023 • Hotel Corque, Solvang, CA

- PRESENTER BIOGRAPHIES -



**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.