



2025 School Wellness Summit
Tuesday, September 16, 2025
12:00PM-4:30PM (lunch included)
Inspire • Innovate • Implement

- AGENDA -

10:45 ***Registration Check-in***

11:00 ***Networking Luncheon***

12:00 ***General Session***

Reimagining Nutrition Education

Dareen Khatib, Administrator of Health, Safety, and Prevention Programs Orange County Department of Education

Learning objectives:

- **Identify** key considerations for teaching skills-based nutrition education
- **Review** competencies for teaching culturally relevant nutrition education that honors diverse student identities
- **Explore** ideas that can help students fuel their bodies and minds without judgment or the influence of diet culture

1:05 ***“When Staff Thrive, Students Flourish: The Case for Movement in School Communities”***

Allyson Reeds, Physical Education Coordinator Orange County Department of Education
When school staff thrive, students flourish. In this fast-paced, 25-minute session, we’ll explore “The Why” behind physical activity as a powerful driver of whole-child wellness—starting with the well-being of the adults in the building. Through research-backed insights and practical strategies, participants will discover how regular movement boosts staff energy, reduce stress, and strengthen connections with students. Walk away with simple, time-friendly ideas to embed activity into the school day, foster a culture of care, and model the healthy habits our students need to succeed in school and in life.

Learning Objectives

By the end of this session, participants will be able to:

1. **Explain** the research-based connections between staff wellness, physical activity, and improved student outcomes within the Whole School, Whole Community, Whole Child (WSCC) framework.
2. **Identify** simple, time-efficient strategies to incorporate movement into the school day that benefit both staff well-being and student engagement.
3. **Commit** to at least one personal or school-wide action that promotes a culture of care through regular movement opportunities for staff and students.

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1:30 *Meeting Break (10 minutes)*

1:40 ***“The How: Quick, Energizing Moves to Boost Staff and Student Well-Being”***
Allyson Reeds, Physical Education Coordinator Orange County Department of Education
Learning Objectives

By the end of this 10-minute session, participants will be able to:

1. **Experience** at least three simple, low-prep movement activities adaptable for any school setting.
2. **Demonstrate** how to integrate short movement breaks into daily routines to re-energize staff and students.
3. **Recognize** how movement can enhance focus, connection, and a culture of care in school communities.

1:50 ***Competitive Foods and Beverages: A Flamin’ Hot Overview of the Requirements – Be Ready for Some Snackin’ Learning Checks and Resources***
Michael Danzik, MPH, RD, Nutrition Services Division, California Department of Education
This presentation will provide a general overview of competitive food and beverage rules for California’s schools, including some upcoming changes. Additional online resources and information will also be shared.

2:35 *Meeting Break (10 minutes)*

2:45 ***The Why Physical Activity Mini-Lab***
Allyson Reeds, Physical Education Coordinator Orange County Department of Education
This interactive 10-minute “mini-lab” takes The Why of physical activity and brings it to life. Participants will get up, move, and learn quick, engaging activities they can use immediately with colleagues or students—no special equipment or clothing required. Each activity is designed to boost energy, lift mood, and strengthen community while fitting seamlessly into the school day. Walk away refreshed, recharged, and ready to lead by example.

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- 2:55** ***From Policy to Practice: A Comprehensive Approach to Nutrition Education***
Bailey Suarez, Community & School Engagement Manager, Dairy Council of California;
Chair, CA Local School Wellness Policy Collaborative and Maria Frye, RDN, Project Manager,
Dairy Council of California
This interactive session will show how to transform policy into practice by weaving nutrition
education throughout the school year and across K–12 settings. Participants will explore
district best practices, sample policy language, and engaging activities using Let's Eat Healthy
resources – leaving with actionable strategies to strengthen policies, leverage resources, and
activate whole school communities around healthy eating.
- 3:30** ***Local School Wellness Policies: Creating, Implementing, and Sustaining a Healthy
School Environment – Take it in Bite-size Pieces***
Michael Danzik, MPH, RD, Nutrition Services Division, California Department of Education
With a review of the requirements, we'll highlight some of the challenging areas of such a
wide-ranging undertaking and discuss how to design realistic goals specific to your agency's
needs.
- 4:30** ***End of Programming***



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- PRESENTER BIOGRAPHIES -



**Dareen Khatib, Administrator of Health, Safety, and Prevention Programs
Orange County Department of Education**

Dareen Khatib is the Administrator of Health, Safety, and Prevention Programs at the Orange County Department of Education where she oversees various whole child centered support for districts and schools, including health education, nutrition and physical activity, school wellness, staff well-being, and family and community engagement. She started her career through various health and nutrition programs focused on serving under-resourced and underserved communities in San Bernardino, Riverside, Los Angeles, and Orange County. She is a public health professional, certified health educator, and registered dietitian with over 25 years of experience in PK-16 education. Most importantly, she is a passionate advocate for equitable access to the pursuit of health.



Allyson Reeds, Physical Education Coordinator at Orange County Department of Education

Allyson Reeds is the Physical Education Coordinator at Orange County Department of Education, where she champions student wellness, equity, and instructional innovation. She holds a Master's Degree in Curriculum and Instruction, a Physical Education Teaching Credential, and an Adapted Physical Education Specialist Credential. Allyson recently completed her Doctor of Education through the Global Executive Ed.D. program at USC Rossier School of Education, exploring international education and leadership.

A lifelong athlete and marathon runner, Allyson brings energy and passion to her work, which includes designing inclusive K-12 PE curriculum, coordinating cross country events, leading professional development, and organizing school-wide wellness and culture-building initiatives. Known for her engaging presentations, she inspires educators to elevate physical education as a vital part of whole-child development. Allyson lives in Yorba Linda, CA with her husband, two children, and Goldendoodle, Gigi.



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Michael Danzik, MPH, RD, California Department of Education, Nutrition Education Consultant
mdanzik@cde.ca.gov

Michael Danzik is a Nutrition Education Consultant for the California Department of Education. His previous responsibilities included state-wide school meal marketing efforts, as well as training on the National School Lunch and School Breakfast requirements. Mr. Danzik is the subject matter expert for state and federal competitive food and beverage rules and access to free water in school requirements. He contributes to state-wide efforts for Local School Wellness Policy implementation. Mike holds a Master's in Public Health Nutrition and is a Registered Dietitian.



Bailey Suarez, Community & School Engagement Manager, Dairy Council of California Chair, CA Local School Wellness Policy Collaborative
BSuarez@DairyCouncilofCA.org

Bailey Suarez is the Community & School Engagement Manager for Dairy Council of California. Bailey provides leadership, mentoring and management to a team of project managers across the state of California. Her team is committed to empowering and equipping wellness leaders, 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 Chair of the California Local School Wellness Policy Collaborative and brings together state leaders committed to improving student wellness and academic success.



Maria Frye, RDN, Project Manager, Dairy Council of California
MFrye@DairyCouncilofCA.org

Maria Frye, RDN, is a Project Manager with Dairy Council of California. Maria works closely with school districts and wellness leads across California to provide science-based nutrition resources and professional development opportunities. Maria is passionate about equipping school leaders and educators with tools that empower them to integrate nutrition education and foster healthier school environments for all students.