

**2018 Northern Nevada School Wellness Conference Agenda**  
*Truckee Meadows Community College*  
 March 23, 2018



<b>7:45-8 a.m.</b>	<b>Registration</b>	Sierra Bldg
<b>8-9 a.m.</b>	<b>Accept Your Role - Why Wellness Matters to You</b> <i>Stephanie Joyce, Alliance For a Healthier Generation</i>	108
<b>9-9:30 a.m.</b>	<b>Green Ribbon Schools</b> <i>Andre DeLeon, Nevada Department of Education</i>	116
<b>9-9:30 a.m.</b>	<b>Healthier US Schools Challenge (HUSSC)</b> <i>Bobbie Davidson, Nevada Department of Agriculture</i>	117
<b>9:30-9:45 a.m.</b>	<b>Break</b>	
<b>9:45-10:45 a.m.</b>	<b>Find Your Fit - Engaging a Full Cast in your Wellness Production</b> <i>Stephanie Joyce, Alliance For a Healthier Generation</i>	108
<b>10:45-11:45 a.m.</b>	<b>Wellness Café: Students, Advocacy, and Improvement</b> <i>Andrea Gregg and Andraya Dickens, High Sierra AHEC</i>	117
<b>10:45-11:45 a.m.</b>	<b>Building a framework for a Comprehensive School Physical Activity Program</b> <i>Rose Sutherland, Nevada Department of Health and Human Services</i>	116
<b>11:45-12:45 p.m.</b>	<b>Luncheon</b> <i>Provided by Nevada Department of Agriculture Team Nutrition Grant</i>	108
<b>12:45-1:45 p.m.</b>	<b>Guidance and Strategies for Supporting Recess in Schools</b> <i>Rose Sutherland, Nevada Department of Health and Human Services</i>	116
<b>12:45-1:45 p.m.</b>	<b>SEL Wellness for Students and Educators</b> <i>Tara Madden-Dent and Michelle Trujillo, Nevada Department of Education Social and Emotional Learning</i>	117
<b>1:45-2:45 p.m.</b>	<b>CHA Healthy Weight Program and 5210 Let's Go!</b> <i>Steven A. Shane MD MS, Community Health Alliance</i>	116
<b>1:45-2:45 p.m.</b>	<b>Let's Talk Foods and Beverages</b> <i>Stephanie Joyce, Alliance For a Healthier Generation</i>	117
<b>2:45-3 p.m.</b>	<b>Break</b>	
<b>3:00-3:30 p.m.</b>	<b>More than just a tasty veggie!</b> <i>Rachel Leach, Silver Springs Elementary</i>	108
<b>3:30-4 p.m.</b>	<b>Wellness Reporting Tool Tutorial</b> <i>Bobbie Davidson, Nevada Department of Agriculture</i>	108
Watch all sessions live! Visit <a href="http://agri.nv.gov/Food/Wellness/Conference/School_Wellness_Conference/">http://agri.nv.gov/Food/Wellness/Conference/School_Wellness_Conference/</a> for more information.		

# Session Descriptions

## Accept Your Role - Why Wellness Matters to You

Companies spend thousands to millions of dollars to gain a competitive edge in their markets. What if schools could gain that same competitive edge for their students and the cost would be minimal? We know that healthy students do better and there are key practices schools can implement to support the health of students and staff. Join us as we explore why wellness matters in and outside of the school setting; and how we each have a role to play to help gain that competitive edge for our kids.

Participants will learn:

- The impact wellness strategies have on academics, economics and student success
- The national drive, to support wellness strategies in schools apply to the mission and existing drivers of the education landscape
- About the whole school, whole community, whole child model (WSCC) and how addressing the whole child is a win-win strategy
- The basics of Final Rule requirement and expectations of wellness policy revision

## Green Ribbon Schools

This presentation will share information about Nevada's Green Ribbon Schools program. The Governor's Office of Energy, Nevada Department of Health and Nevada Department of Education are collaborating with U.S. Department of Education Green Ribbon Schools (ED-GRS) recognition award to honor Nevada public and private elementary, middle, high schools, districts and higher education programs demonstrating progress in three Pillars: 1) reducing environmental impact and costs, including waste, water, energy use and alternative transportation; 2) improving the health and wellness of students and staff; and 3) providing effective sustainability education.

## Healthier US Schools Challenge (HUSC)

Learn about the USDA initiative to give recognition to schools achieving success in Wellness Policy implementation. Learn about funding opportunities for those willing to take the HUSC challenge!

## Find Your Fit - Engaging a Full Cast in your Wellness Production

Wellness efforts are an investment in the health of our communities, but how do we sign on a full cast in our efforts? If you have been playing the lead role all by yourself in your wellness efforts, it is time to call for auditions! Engaging students, parents and community members in school wellness efforts will not only lighten your load but also offer a richer outcome. During this session, we will identify methods and strategies for informing and building support for school wellness efforts and policy.

- Participants will learn the benefits of engaging students, parents and community members in school wellness efforts.
- Participants will identify methods and strategies for informing and building support for school wellness efforts and policy

## Wellness Café: Students, Advocacy and Improvement

Join us for a French Café style roundtable of resource sharing in order to champion student wellness as a team in our community. We will special address leadership, internal organization, and team building. Required: Energy, Enthusiasm, and Engagement!

## Building a framework for a Comprehensive School Physical Activity Program:

How do you engage school leadership and the community to increase physical activity daily for students? Learn the health and academic benefits of physical activity for students, how to share and develop an action plan with schools to meet physical activity wellness goals.

### **Guidance and Strategies for Supporting Recess in Schools**

Utilize key recess resources, specifically the Centers for Disease Control and Prevention, *Strategies for Recess in Schools* and *Recess Planning in Schools*.

### **SEL Wellness for Students and Educators**

Social and emotional skills contribute to student wellness through increasing self-awareness, self-management, social awareness, relationship skills, and responsible decision-making skills. Attendees will gain new insights in how to embed SEL skills into current practices to reinforce campus safety, inclusiveness, respectful learning communities, and healthy school climates.

### **CHA Healthy Weight Program and 5210 Let's Go!**

The 5210 Let's Go! Program has been in place since 2006 in Maine and provides a community framework for childhood obesity prevention. This program enables healthcare providers, schools, childcare centers, and after school programs to promote simple and consistent messaging throughout the state. The Community Health Alliance developed the Healthy Weight Program in 2016 utilizing 5210 messaging for prevention and treatment of obesity. It has been very successful, and CHA would now like to expand this messaging out into the community. To be maximally impactful, obesity prevention programs need to have a school-based component. The 5210 Let's Go! framework would be a logical choice for facilitating NDA and local school district wellness objectives.

### **Let's Talk Foods and Beverages**

Got Milk...or maybe your school is still promoting Coke or Pepsi. The HHFKA Final Rule has directed school districts to change the landscape when it comes to the marketing of unhealthy products. During this session, participants will understand what the new food and beverage marketing requirements of the final rule will mean for schools. We will uncover a few hidden areas schools can bring into the light to bring a consistent and healthy message to their students when it comes to celebrations, rewards and in school fundraising.

- Participants will learn about food and beverage marketing requirements of schools through the Final Rule.
- Participants will learn fundraising ideas that meet best practice and federal/state restrictions
- Participants will learn healthy alternatives to improve nutrition options for foods served and provided in the classroom

### **More than just a tasty veggie!**

Tired of watching kids use their recess time to play on electronics instead of running, swinging and throwing a ball around? Why not consider using your school garden as part of your physical fitness and school wellness program? Check out how the Silver Stage G.R.E.E.N. Team has changed the culture of a small, impoverished rural Nevada community through their student-led school garden and waste reduction program.”

### **Wellness Reporting Tool Tutorial**

View a live demonstration of the wellness reporting tool, get username and password assistance, and view tips on navigating the wellness reporting tool.