



## 2019 NORTHERN NEVADA SCHOOL WELLNESS CONFERENCE

March 16, 2019, 8 a.m. - 4:30 p.m.  
Truckee Meadows Community College –  
Dandini Campus, Sierra Building  
Reno, NV

# WELCOME TO THE 2019 NORTHERN NEVADA SCHOOL WELLNESS CONFERENCE!



## SCHEDULE

TIME		PHYSICAL ACTIVITY	COMPETITIVE FOODS / FUNDRAISING	NUTRITION STANDARDS & EDUCATION	WELLNESS POLICY IMPLEMENTATION	WELLNESS POLICY SUPPORT
7:30a-8:00a	Registration	REGISTRATION <i>Coffee and yogurt sponsored by Nevada Dairymen</i> Sierra 108				
8:00a-9:00a	Welcome	KEYNOTE SPEAKER - CHEF ANN COOPER <i>Sponsored by Nevada Department of Agriculture and USDA Team</i> <i>Nutrition Training Grant</i> Sierra 108				
9:00a-10:00a	Session 1	WELLNESS POLICY 101 Sierra 108				
10:00a-10:15a	Break	BRAIN BREAK <i>Sponsored by Dairy Council of NV</i> Sierra 108				
10:15a-11:00a	Session 2	5210 HEALTHY WASHOE Sierra 212	FUNDRAISING ALTERNATIVES/ INCENTIVES & REWARDS Sierra 116	NUTRITION STANDARDS IN THE WELLNESS POLICY Sierra 115	ROLES AND RESPONSIBILITIES OF A SCHOOL WELLNESS COORDINATOR Sierra 211	FARM TO SCHOOL AND THE WELLNESS POLICY Sierra 117
11:00a-11:05a	Transfer	Move to next session				
11:05a-11:50a	Session 3	CREATING WELLNESS AT YOUR SCHOOL Sierra 212	NAVIGATING COMPETITIVE FOODS Sierra 116	NUTRITION EDUCATION Sierra 115	CREATE YOUR OWN SCHOOL WELLNESS POLICY Sierra 211	FARM TO SCHOOL AND THE WELLNESS POLICY Sierra 117
11:50a-12:50p	Session 4	WORKING LUNCHEON <i>Sponsored by Northern Nevada Medical Center</i> RESOURCE ROUND UP EXHIBITORS: Dairy Council of NV / Fuel Up to Play 60, University of Nevada, Reno - Rethink Your Drink, American Heart Association, Northern Nevada Medical Center, University of Nevada Cooperative Extension, Community Health Alliance, Food Bank of Northern Nevada, Core Purpose Consulting Sierra 108				
12:50p-1:35p	Session 5	5210 HEALTHY WASHOE Sierra 212	NAVIGATING COMPETITIVE FOODS Sierra 116	NUTRITION STANDARDS IN THE WELLNESS POLICY Sierra 115	ORGANIZING A SCHOOL WELLNESS COMMITTEE Sierra 211	HEALTH MATTERS Sierra 117
1:35p-1:40p	Transfer	Move to next session				
1:40p-2:25p	Session 6	CREATING WELLNESS AT YOUR SCHOOL Sierra 212	FUNDRAISING ALTERNATIVES/ INCENTIVES & REWARDS Sierra 116	NUTRITION EDUCATION Sierra 115	WELLNESS ENGAGEMENT: STAFF, STUDENTS, PARENTS & COMMUNITY Sierra 211	
2:25p-2:40p	Break	BRAIN BREAK <i>Sponsored by Dairy Council of NV</i> Sierra 108				
2:40p-3:25p	Session 7	WELLNESS CHAMPION PANEL <i>Facilitated by Chris Lineberry, Core Purpose Consulting</i> Sierra 108				
3:25p-4:10p	Session 8	FINDING YOUR WHY Sierra 108				
4:10p-4:30p	Close	CLOSING REMARKS <i>NDA staff offer closing remarks, collect pre-/post- surveys and give out raffle prizes</i> Sierra 108				

## SESSION DESCRIPTIONS

### OPENING & CLOSING SESSIONS

#### WRITING AND IMPLEMENTING GREAT WELLNESS POLICIES

Chef Ann Cooper - Chef Ann Foundation

School wellness policies are not just a requirement, they are a critically important way to address the needs of today's students. When students are well-nourished and physically active, they are better prepared to focus and learn at school. This session will focus on best practices for wellness policies that support healthy school food. Chef Ann Cooper will discuss both the challenges and successful implementation of wellness policies and strategic solutions for collaboration and success.

#### FINDING YOUR WHY

Dr. Lynn Miller, Dr. Shane Hesse, Dr. Chris Lineberry - Core Purpose Consulting

It is the belief of Core Purpose Consulting that educators are some of the best people on planet Earth: giving, intelligent, caring, gifted, kind and determined to make a positive difference. How do we translate these outstanding qualities into a greater purpose than improving achievement? The test we want kids to do well on is the test of life. Academics is definitely a part of that, but this session is designed to help educators reconnect to their "why" and reignite the flames of passion and persistence to improve the lives of children, young adults, families and the community.

### FEATURED SESSIONS

#### WELLNESS POLICY 101

Dr. Shane Hesse, Dr. Chris Lineberry, Dr. Lynn Miller - Core Purpose Consulting

This session will be an introduction into the legislation behind the school wellness policy requirement, the steps to create a school wellness policy, the benefits to schools having a school wellness policy and a wide variety of ideas and suggestions on how to get started and build excitement.

#### WELLNESS CHAMPION PANEL

Facilitated by Chris Lineberry, Core Purpose Consulting.

This session will be an opportunity to have a discussion with leading experts on school health. This session will cover potential roadblocks to success and how to navigate them. There will also be an opportunity for attendees to ask questions about school wellness policy implementation and establishment.

### PHYSICAL ACTIVITY

#### 5210 HEALTHY WASHOE

Dr. Steve Shane - Community Health Alliance

Sierra Kelly - Community Health Alliance

5210 Healthy Washoe is a community-based health improvement initiative working to slow the growing obesity epidemic. This session will examine the initiative's framework and potential to support the Nevada School Wellness Policy, while providing concrete strategies for teachers and administrators to improve the health of their students.

#### CREATING WELLNESS AT YOUR SCHOOL

Jake Yarberry, RDN, LD - Dairy Council of NV/Fuel Up to Play 60

Leland Brandon - American Heart Association

This session is a partnership between the Nevada Dairy Council and the American Heart Association (AHA) Las Vegas. Fuel Up to Play 60 funding opportunities will be discussed, how other programs such as the AHA's Kids Heart Challenge fits in to Fuel Up to Play 60's playbook and how incentives from the NFL can help to promote wellness programs in Nevada schools.

**Please visit the exhibitors at our Resource Round Up for more wellness tools.**

WORKING LUNCHEON SPONSORED BY



Northern Nevada Medical Center is an acute care hospital that offers services including orthopedics, cardiology, rehab therapies, behavioral health, and emergency services, just to name a few. Additionally, NNMC has an outpatient Medical Group with over 24 providers specialized in family medicine, cardiology, general surgery, neurology, pulmonary medicine and more. Learn more at [NNMC.com](http://NNMC.com)

## SESSION DESCRIPTIONS

### COMPETITIVE FOODS / FUNDRAISING

#### HEALTHY AND SUCCESSFUL ALTERNATIVES TO FOOD-BASED FUNDRAISERS AND CLASSROOM REWARDS AND INCENTIVES

Katie Schartz - Carson City School District/Aramark

Learn creative and innovative ways to hold successful school fundraisers and provide motivational classroom incentives and rewards that are not food-based and comply with the standards for fundraising, incentives and rewards.

#### NAVIGATING COMPETITIVE FOODS

Cindy Rainsdon, RD, SNS and Scott Schelb - WCSD Nutrition Services

Eliminate the confusion surrounding what foods and beverages may be offered during the school day. What is a competitive food and how can they be used during the school day? Do you have a school store, vending machine or student group looking to sell food items? Come hear some tips and tricks on finding and selling compliant items!

### NUTRITION STANDARDS & EDUCATION

#### NUTRITION STANDARDS IN THE WELLNESS POLICY

Brittany Mally, RD - Douglas County School District

Participants will learn foundational nutrition information, requirements and limitations within state and district school wellness policies. The session will cover the basics of Smart Snack Nutrition Standards and how they fit into the wellness policy. We will cover how to use the Smart Snack calculator and practice determining if a snack meets the requirements or not.

#### A POSITIVE POSITION ON NUTRITION

Aurora Buffington, PhD, RDN, LD - University of Nevada Cooperative Extension

Kerry Kelly, MPH - Food Bank of Northern Nevada

This session will provide tips to help schools achieve the nutrition promotion and education goal of the Nevada School Wellness Policy. Five ways to meet the goal will be presented, along with specific resources and references to help make nutrition education and promotion easy for your school. Food Bank of Northern Nevada will also provide information on their Smart Shopper class which teaches parents how to eat, cook and shop healthy on a limited budget.

### WELLNESS POLICY IMPLEMENTATION

#### CREATE YOUR OWN SCHOOL WELLNESS POLICY

Dr. Chris Lineberry - Core Purpose Consulting

This session will be a deeper dive into what is required in a school wellness policy, how to put together a Student Health Advisory Council, scripts to use when speaking with a principal or administrator (as well as potential team members) and ways to get students involved.

#### ROLES AND RESPONSIBILITIES OF A SCHOOL WELLNESS COORDINATOR

Bobbie Davidson - Nevada Department of Agriculture

Learn about what being a school wellness coordinator entails, important dates for reporting and useful resources to aid in your role.

#### ORGANIZING A SCHOOL WELLNESS COMMITTEE

Sarah Chvilicek, Kylie Russell, Ana Nunez-Zepeda - University of Nevada Cooperative Extension

This session will provide background and information on organizing a school wellness council. Sarah Chvilicek, Kylie Russell and Ana Nunez, who implement and oversee the Healthy Kids, Healthy Schools programs at the University of Nevada, Reno Cooperative Extension, will provide experience and stories from the field.

#### WELLNESS ENGAGEMENT: STAFF, STUDENTS, PARENTS & COMMUNITY

Dr. Shane Hesse, Dr. Lynn Miller - Core Purpose Consulting

This session will be an overview of the Whole School, Whole Child, Whole Community (WSCC) program developed by the Center for Disease Control and Prevention. Additionally, Dr. Hesse and Dr. Miller will delve into the Student Wellness Advocacy Team (SWAT) program and how students can help drive the process of a school becoming a healthier environment.

### WELLNESS POLICY SUPPORT

#### WRITING AND IMPLEMENTING FARM TO SCHOOL BASED WELLNESS POLICIES

Chef Ann Cooper - Chef Ann Foundation

School garden programming is a great way for schools to meet Nevada School Wellness Policy requirements. This session will explore best practices for wellness policies that focus on cooking healthy and when possible scratch/speed scratch meals based on Farm to School ingredients.

#### HEALTH MATTERS: CURRENT HEALTH CHALLENGES IN CHILDREN AND ADOLESCENTS

Dr. Amanda Magrini - Northern Nevada Medical Center

A review of the top three challenges medical providers are facing among the adolescent population. Dr. Magrini will share ways to address obesity, depression and a trend among youngsters—vaping.

Stick around and turn in your survey to enter to win raffle prizes including:  
School Garden Conference Registration, swag and more!

## KEYNOTE SPEAKER



### CHEF ANN COOPER

#### Chef Ann Foundation

Chef Ann Cooper is a celebrated author, chef, educator and enduring advocate for better food for all children. A graduate of the Culinary Institute of America, Ann has been a chef for more than 40 years, over 17 of those in school food programs. She currently serves as the Food Services Director for the Boulder Valley School District. Known as the “Renegade Lunch Lady,” Ann has been honored by the National Resources Defense Council, selected as a Kellogg Food and Society Policy Fellow, and awarded an honorary doctorate from SUNY Cobleskill for her work. Ann founded the nonprofit Chef Ann Foundation (CAF) to focus on solutions to the school food crisis. CAF provides tools, training, resources and funding to support schools transitioning to scratch-cooked meals made with whole, healthy food.

## FEATURED SPEAKERS



### DR. SHANE HESSE, DR. CHRIS LINEBERRY, DR. LYNN MILLER

#### Core Purpose Consulting

Dr. Hesse, Dr. Lineberry and Dr. Miller of Core Purpose Consulting (CPC) are educational experts in the fields of staff development, education, student achievement, increased proficiency and the integration of health and wellness into schools, businesses and organizations. CPC has collectively published over 100 books, trained adults and young adults in over 750 districts in all 50 states and 15 foreign countries, presented at multiple national educational conferences and have been recognized by multiple agencies for excellence in the fields of education and health and wellness.

## SESSION SPEAKERS

### AMANDA MAGRINI, MD, FAAFP

Dr. Mangrini is a board-certified family medicine physician at Northern Nevada Medical Group. She completed her undergraduate degree at the University of Nevada, Reno and her medical training at UNR Med. Dr. Magrini has practiced family medicine for several years and enjoys being able to take care of the whole family, from newborns to grandparents.

### ANA NUNEZ-ZEPEDA

Ana is a Community Based Instructor for Coordinated Approach to Child Health (CATCH) Kids AfterSchool Program at the University of Nevada, Reno Cooperative Extension. She creates healthy environments that promote nutrition and physical activity. Ana is a student at University of Nevada, Reno finishing a degree in dietetics.

### AURORA BUFFINGTON, PhD, RDN, LD

Aurora is an assistant professor for the University of Nevada Cooperative Extension. Her Healthy Kids, Healthy Schools team delivers nutrition education in over 200 elementary classrooms. Her team also provides time and resources to 21 school wellness coordinators to help them meet their school wellness goals.

### BOBBIE DAVIDSON

Bobbie is a culinary school graduate, former “lunch lady” and advocate for school nutrition. She is the School Wellness Coordinator for the Nevada Department of Agriculture Food and Nutrition Division. Through much research and hands-on technical assistance, she has learned and embraced the of the School Wellness Policy, its history and the regulations that govern it.

### BRITTANY MALLY, RD

Brittany is a registered dietician and has been working at Douglas County School District as the Director of School Nutrition Programs for the last year and a half.

### CINDY RAINSDON, RD, SNS

Cindy has worked in school nutrition for over 6 years, starting as a Program Officer for NDA, then became the Food Service Director for Lyon County SD, and currently is the General Manager for Washoe County SD Nutrition Services. Cindy is a Registered Dietitian, and school nutrition advocate.

### JAKE YARBERRY, RDN, LD

Jake is a nutrition manager for the Dairy Council of Nevada promoting Fuel Up to Play 60 for the Raiders in Las Vegas. He is a Registered Dietitian, president of the Nevada Academy of Nutrition and is finishing his master's degree in public health.

### KATIE SCHATZ

Katie was Food Service Director for 8 years working in Bentonville, Arkansas before moving to Nevada. She has years of food service experience and studied hospitality management. Currently, she is the Food Service Director for Carson City School District/Aramark and is working towards her master's degree in business.

### KERRY KELLY, MPH

Kerry earned her Master's in Public Health from San Jose State University in 2015. She has since been working on community level programs and projects in Reno. Kerry is currently leading the Supplemental Nutrition Assistance Program (SNAP) Outreach and Nutrition Education programs for the Food Bank of Northern Nevada.

### KYLIE RUSSELL

Kylie Russell is a Community Based Instructor for Healthy Kids, Healthy Schools and for Eating Smart, Being Active programing at the University of Nevada Cooperative Extension. Kylie has earned her Bachelor of Science in both Dietetics and Nutritional Science from the University of Nevada, Reno.

### LELAND BRANDON

Leland has many years of public speaking and teaching experience. He was Owner/Chief Instructor at ATA Karate for Kids for 22 years and since started Master Minds Business Consultants. He is also the Director of Youth Market for the American Heart Association (AHA) for the past 2 ½ years. In this role, he engages Clark County youth by teaching Heart Healthy habits based on the research of the AHA.

### SARAH CHVILICEK

Sarah is Administrative Faculty and Program Manager for the Washoe County 4-H Youth Development Program in Reno. She currently supervises 200 volunteer youth & adult leaders in 4-H Youth Development Programs in Washoe County. She has served on regional and national planning and training committees specific to supporting urban-based programs.

### SCOTT SCHELB

Scott has been with Aramark K-12 as a Food Service Manager for over 6 years and works in conjunction with WCSD as a Nutrition Services Field Supervisor. Scott has been in the food service industry for 31 years, with 25 of those years spent working at destination hotels and resorts across the country.

### SIERRA KELLY, MPH

Sierra is a Reno native and graduate of the University of Nevada, Reno with a Master's in Public Health and Bachelor of Science in Neuroscience. She is the Wellness and Nutrition Coordinator at Community Health Alliance and is passionate about improving the health and well-being of all members of our community.

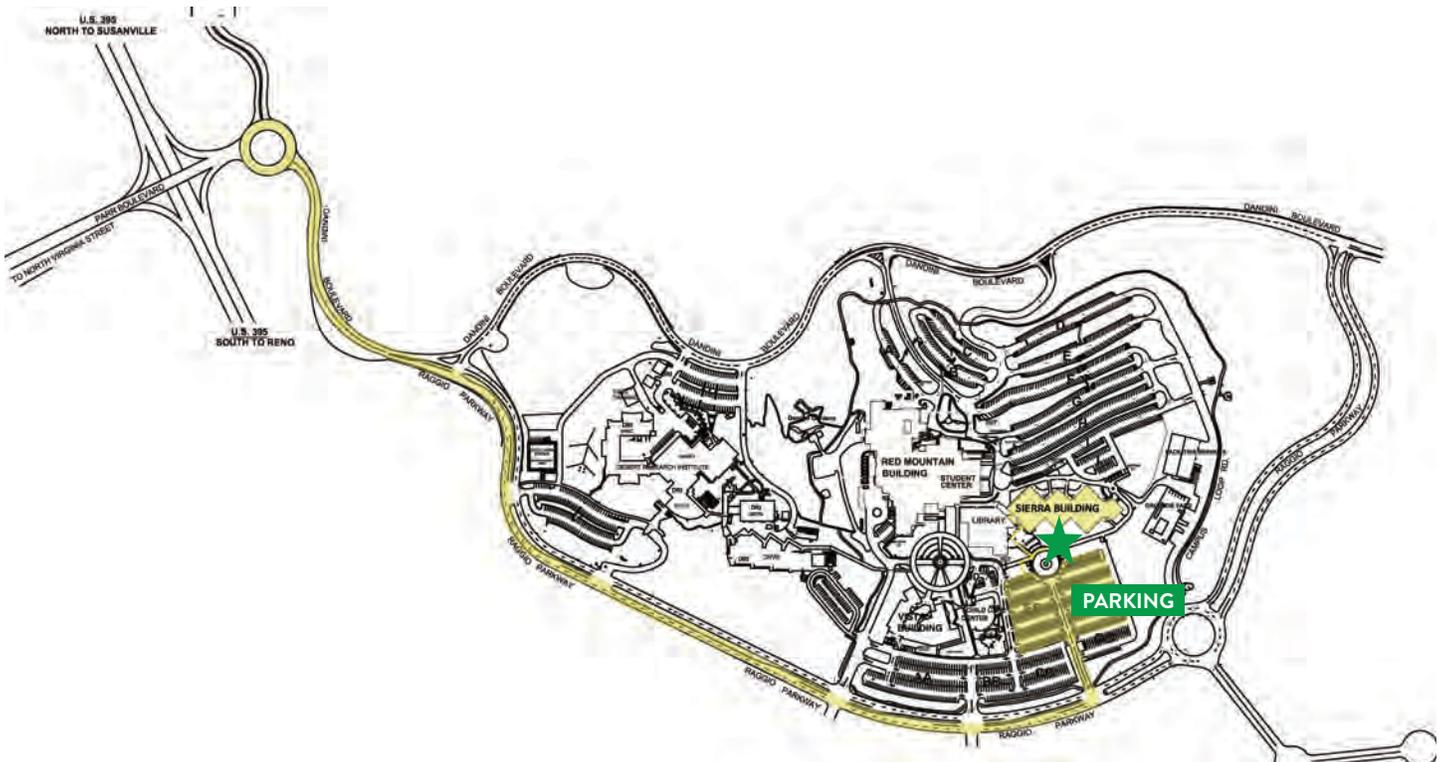
### STEVEN SHANE, MD

Dr. Shane is a pediatrician passionate about creating a better community promoting healthy behaviors. He began using the 5210 framework in 2015, established the Community Health Alliance Healthy Weight Program in 2016 and has been part of the WCSD Student Wellness Advisory Committee since its inception.

## CAMPUS MAP



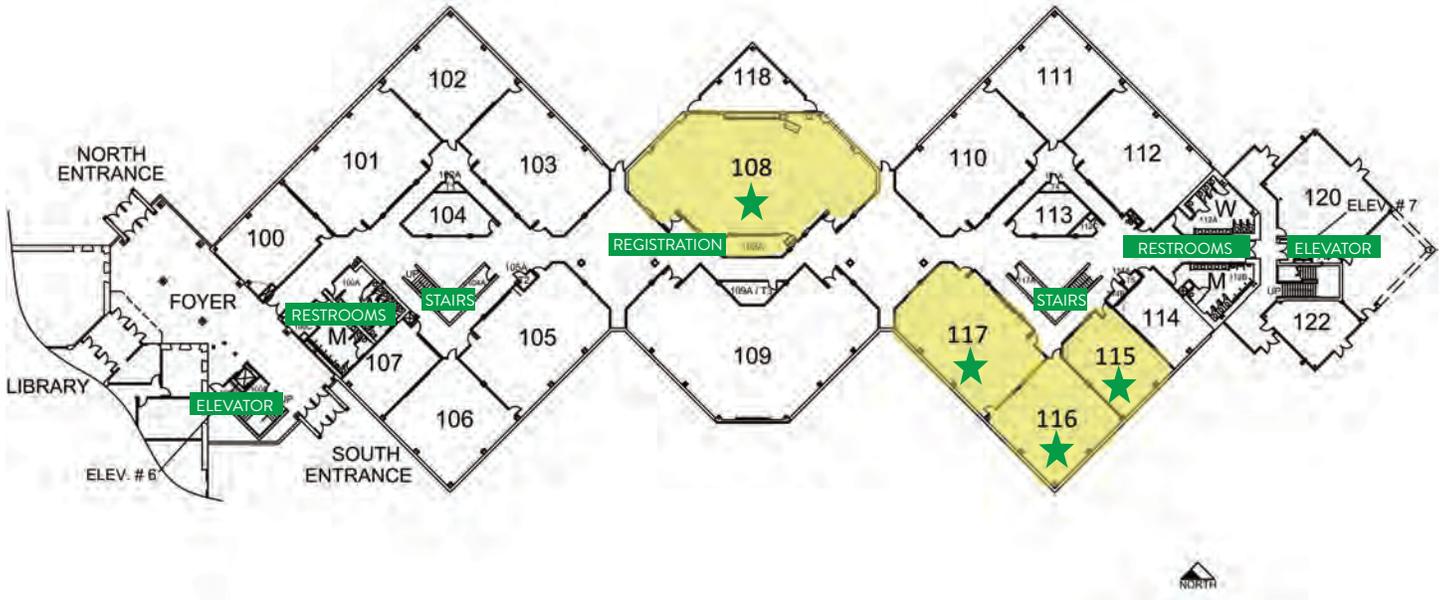
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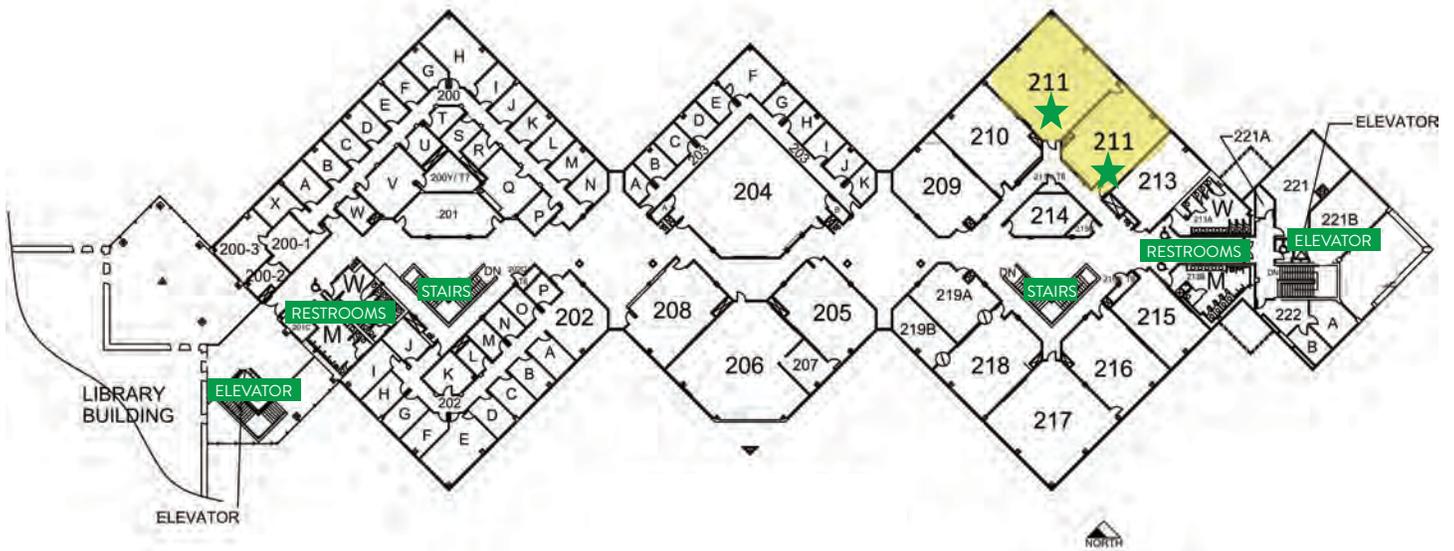
### DIRECTIONS:

- From US 395, take exit 71 onto Dandini Blvd.
  - Head East onto Dandini Blvd.
  - At the roundabout, take the first exit onto Dandini Blvd.
  - Continue straight onto Raggio Pkwy.
  - Pass parking lots AA and BB.
  - Turn left at parking lots CC and GG.
  - Continue straight to park in lots EE or FF.
- 
- From the parking lot, walk toward the Library and Sierra Building.
  - Please use the South Entrance of the Foyer between the Library and Sierra Building.
  - Registration will be available in the lobby in front of room 108.

# SIERRA BUILDING - FLOOR 1 MAP



# SIERRA BUILDING - FLOOR 2 MAP



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*This material is based on work that is supported by the Food and Nutrition Service, US Department of Agriculture, an equal opportunity provider.*