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
## SCHEDULE

<table>
<thead>
<tr>
<th>TIME</th>
<th>PHYSICAL ACTIVITY</th>
<th>COMPETITIVE FOODS / FUNDRAISING</th>
<th>NUTRITION STANDARDS &amp; EDUCATION</th>
<th>WELLNESS POLICY IMPLEMENTATION</th>
<th>WELLNESS POLICY SUPPORT</th>
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<tbody>
<tr>
<td>7:30a-8:00a</td>
<td>Registration</td>
<td>REGISTRATION</td>
<td>Coffee and yogurt sponsored by Nevada Dairymen</td>
<td>Sierra 108</td>
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<tr>
<td>8:00a-9:00a</td>
<td>Welcome</td>
<td>KEYNOTE SPEAKER - CHEF ANN COOPER</td>
<td>Sponsored by Nevada Department of Agriculture and USDA Team</td>
<td>Sierra 108</td>
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<tr>
<td>9:00a-10:00a</td>
<td>Session 1</td>
<td>WELLNESS POLICY 101</td>
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<td>Sierra 108</td>
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<tr>
<td>10:00a-10:15a</td>
<td>Break</td>
<td>BRAIN BREAK</td>
<td>Sponsored by Dairy Council of NV</td>
<td>Sierra 108</td>
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<tr>
<td>10:15a-11:00a</td>
<td>Session 2</td>
<td>5210 HEALTHY WASHOE</td>
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<td>Sierra 212</td>
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<td>FUNDRAISING ALTERNATIVES/ INCENTIVES &amp; REWARDS</td>
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<td></td>
<td>NUTRITION STANDARDS IN THE WELLNESS POLICY</td>
<td></td>
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<td></td>
<td></td>
<td>ROLES AND RESPONSIBILITIES OF A SCHOOL WELLNESS COORDINATOR</td>
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<td></td>
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<td>FARM TO SCHOOL AND THE WELLNESS POLICY</td>
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<td>Sierra 117</td>
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<td>11:00a-11:05a</td>
<td>Transfer</td>
<td>Move to next session</td>
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<tr>
<td>11:05a-11:50a</td>
<td>Session 3</td>
<td>CREATING WELLNESS AT YOUR SCHOOL</td>
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<td>NAVIGATING COMPETITIVE FOODS</td>
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<td>NUTRITION EDUCATION</td>
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<td>CREATE YOUR OWN SCHOOL WELLNESS POLICY</td>
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<td>FARM TO SCHOOL AND THE WELLNESS POLICY</td>
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<td>Sierra 117</td>
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<tr>
<td>11:50a-12:50p</td>
<td>Session 4</td>
<td>WORKING LUNCHEON</td>
<td>Sponsored by Northern Nevada Medical Center</td>
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<td>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</td>
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<td>Sierra 108</td>
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<td>12:50p-1:35p</td>
<td>Session 5</td>
<td>5210 HEALTHY WASHOE</td>
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<td>ORGANIZING A SCHOOL WELLNESS COMMITTEE</td>
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<td>HEALTH MATTERS</td>
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<td>1:35p-1:40p</td>
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<td>1:40p-2:25p</td>
<td>Session 6</td>
<td>CREATING WELLNESS AT YOUR SCHOOL</td>
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<td>WELLNESS ENGAGEMENT: STAFF, STUDENTS, PARENTS &amp; COMMUNITY</td>
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<td>2:40p-3:25p</td>
<td>Session 7</td>
<td>WELLNESS CHAMPION PANEL</td>
<td>Facilitated by Chris Lineberry, Core Purpose Consulting</td>
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<td>3:25p-4:10p</td>
<td>Session 8</td>
<td>FINDING YOUR WHY</td>
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<td>4:10p-4:30p</td>
<td>Close</td>
<td>CLOSING REMARKS</td>
<td>NDA staff offer closing remarks, collect pre-/post - surveys and give out raffle prizes</td>
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## 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.

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

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**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
**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.
CHEF ANN COOPER
Chef Ann Foundation
Chef Ann Cooper is a celebrated author, chef, educator and enduring advocate for better food for all children. As 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 Cordeskill 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.

AMANDA MAGRINI, MD, FAAFP
Dr. Magrini 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 Heath (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 deliver 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 Darry 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 SCHARTZ
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.

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.

SIERRA KELLY, MPH
Sierra 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.

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.
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.
SPECIAL THANKS TO OUR SPONSORS AND PARTNERS

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[Northern Nevada Medical Center]

BRAIN BREAK SPONSOR

[Logo of Dairy Council of Nevada]

PLANNING PARTNERS

[Logos of various organizations]

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