Southern California Thriving Schools
Childhood Obesity Pre-Conference Session
June 29, 2015
Town & Country Resort and Convention Center – Sunrise Room – San Diego, CA

District and School Wellness Committees: Building and Sustaining Your Team

“We reinstituted our district wellness committee and are now meeting quarterly. How do we make sure this is a priority for administration?” “School staff and teachers are too overwhelmed, how can stakeholders help to communicate, implement, and monitor our policies?” “We are implementing good ideas but how can we continue to improve?”

This special session with will feature presentations and discussions about the role of Wellness Committees in creating and sustaining healthy food and physical activity environments in your districts and schools.

OBJECTIVES
- Participants will learn how to build support for district and school wellness committees.
- Participants will identify strategies for communicating, implementing, and monitoring wellness policies.
- Participants will understand how to effectively use data for program improvement.

PRE-SESSION READING
- READING: Alliance for a Healthier Generation School Wellness Committee Toolkit (Link)
- RESOURCES: AHG Model Wellness Policy (Link) and CSBA Model Wellness Policy (Link)

HOMEWORK
As part of your preparation for this important day of discussion, please bring a copy of your district’s wellness policy. Also, please draft answers to the following questions:

1. What is the vision or mission of your district and nutrition services department?
2. What is the brief history of your district wellness committee and what roles have different stakeholders played?

AGENDA

11:30 – 12:00 pm  Registration and Networking Lunch

12:00 – 12:30 pm  Welcome
Angela Coron, Kaiser Permanente

Introductions and Framing
Arpiné Shakhbandaryan, Community Partners
Ben Melendrez, Alliance for a Healthier Generation
12:30 – 2:00 pm  
**Stories from Three Southern California School Districts**

ROUND 1:  
Rodney Taylor, Director of Nutrition Services, Riverside Unified School District

ROUND 2:  
Sharon Hillidge, Wellness Resource Teacher, Chula Vista Elementary School District

ROUND 3:  
Patricia Suppe, Physical Education Teacher, Alvord Unified School District

*The presentations will be followed by a walk-and-talk around the Grand Plaza and Rose Garden in groups of 2-3. Discuss how you might apply key lessons in your school district and local school wellness committees. Walk-and-talk will be followed by a question and answer session with each presenter.*

2:00 – 2:30 pm  
**Physical Activity and Networking Break**  
Pia Bañez, Community Partners

2:30 – 3:00 pm  
**Small Group Discussion**  
Arpiné Shakhbandaryan, Community Partners

*Presenters and peers will reflect on the presentations in small breakout groups. Discussion questions may include: Who needs to be around the table and what roles will different stakeholders play? What are the challenges and strategies to successfully implement, monitor, and communicate your district or school wellness policies? How can funding partners be most supportive?*

3:00 – 4:30 pm  
**Using Data for Program Improvement**  
Ama Atiedu, Center for Community Health and Evaluation

*The presentation will be followed by a small group activity that provides hands-on examples of how school data can feed into a continuous quality improvement process.*

4:30 – 5:00 pm  
**Sharing and End of Day Reflections**  
Judy Harper, Community Partners

5:30 – 7:00 pm  
**Optional No Host Dinner at The Handlery Hotel Restaurant**