Southern California Thriving Schools Childhood Obesity Pre-Conference Session
Tuesday, May 30, 2017
Manchester Grand Hyatt – La Jolla A&B – San Diego, CA

Supporting and Sustaining Strategies for Thriving Students and Staff

OBJECTIVES
- Participants will connect and network with peers from across Southern California.
- Participants will share and discuss best practices that support and sustain student and staff wellness.
- Participants will learn and reflect on cross site data findings to strengthen interventions.

AGENDA

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

12:00 – 12:30 pm  Welcome and Introductions
Angela Coron, Kaiser Permanente
Arpiné Shakhbandaryan, Community Partners

12:30 – 2:00 pm  Stories from Southern California School Districts
Jose Campos, Jurupa Unified School District, Riverside County
Deborah Wood, Bakersfield City School District, Kern County
Martha Bajet, San Diego Unified School District, San Diego County

Host: Arpiné Shakhbandaryan, Community Partners

In this session, presenters will share insights on their role as champions for wellness in their districts and schools, strategies for improving staff wellness, and opportunities for supporting wellness policies through the Local Control and Accountability Plan. The presentations will be followed by question and answer sessions and large group discussion.

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

2:30 – 4:00 pm  You’re Invited to a Data Party!
Ama Atiedu, Center for Community Health and Evaluation

In this session, we will highlight and discuss key findings from Thriving Schools and Alliance for a Healthier Generation. We’ll reflect on school-level changes, successful strategies, and the components that helped school districts thrive. We will also have an opportunity to think about how to share what you have learned and utilize data for program improvement. You might even want to host a data party of your own!
The School Café
These small peer group conversations will focus on best practices for supporting and sustaining thriving students and staff. Topics will include partnering with parents and students to create healthier schools; implementing and monitoring wellness policies; improving access and consumption of healthy foods and beverages; and linking increased physical activity opportunities with student behavior and academic performance. When the buzzer rings, you will have the opportunity to join a different table. Facilitators will provide guiding questions and record discussion highlights to share with the larger group.

Healthy Food and Beverage Consumption
Facilitator: Staci Boretzky, Alliance for a Healthier Generation

Physical Activity, Student Behavior and Academic Performance
Facilitator: Ama Atiedu, Center for Community Health and Evaluation

Parent and Student Empowerment
Facilitator: Arpiné Shakhbandaryan, Community Partners

School Wellness Policy Implementation and Monitoring
Facilitator: Ben Melendrez, Alliance for a Healthier Generation

4:45 – 5:00 pm  Sharing and End of Day Reflections
Judy Harper, Community Partners

5:45 – 7:00 pm  Optional Hosted Dinner at Seasons 52