Learn how to build support for district and school wellness committees. Identify strategies for communicating, implementing, and monitoring wellness policies. Understand how to effectively use data for program improvement.
Agenda

12:00 – 12:30 pm
Welcome, Introductions and Framing

12:30 – 2:00 pm
Stories from Three Southern California School Districts

2:00 – 2:30 pm
Physical Activity and Networking Break

2:30 – 3:00 pm
Small Group Discussion

3:00 – 4:30 pm
Using Data for Program Improvement

4:30 – 5:00 pm
Sharing and End of Day Reflections
Kaiser Permanente Welcome

Angela Coron
Managing Director, Community Benefit
Kaiser Permanente
Wellness Champion! Icebreaker

Meet 3 New Wellness Champions and Trade Cards

Share your name, title, and school district.
Share a wellness success story you are proud of.
Share a wellness strategy you want to improve.
School Wellness Committees and Policies

Arpiné Shakhbandaryan
Community Partners

Ben Melendrez
Alliance for a Healthier Generation
Wellness Committees

Purpose
An advisory group concerned with the health and wellbeing of students and staff.

District Level Wellness Committee
Focus is on policy and the common mission of district policies and programs.

School Level Wellness Committee
Focus is on the needs of students and staff in a specific school building.
Active and Effective Wellness Committees

- Shared Vision & Mission
- Celebrating Success
- Hosting Effective Meetings
- Administrative Support
- Consistent Decision Making
Wellness Policies

**Essential**
Wellness policies are essential to making the healthy choice the easy choice on campus.

**Effective**
Effective wellness policies make physical activity and healthy eating sustainable practices.

**Diverse**
They include school staff, students and families to make sure the diverse needs of your community are met.
Successful Wellness Policies

**Implement**
Develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy.

**Monitor**
Document compliance, evaluate and modify the wellness policies.

**Communicate**
Community Involvement, Outreach, and Communications.
Stories from Three School Districts

Arpiné Shakhbandaryan, Community Partners, Hostess

Rodney Taylor, Director of Nutrition Services, Riverside USD
Sharon Hillidge, Wellness Resource Teacher, Chula Vista ESD
Patricia Suppe, Physical Education Teacher, Alvord USD
Chula Vista Elementary School District

Sharon Hillidge
Wellness Resource Teacher
Alvord Unified School District

Patricia Suppe
Physical Education Teacher
Coming Fall 2015

Wellness Committee Peer Exchange Site Visits
Physical Activity and Networking Break

Amanda Charles and Pia Bañez
Community Partners
Small Group Discussions

• How will you build support for district and school wellness committees?

• 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?
Using Data for Program Improvement

Ama Atiedu
Center for Community Health and Evaluation
Closing Reflections

Judy Harper
Sr. Program Director
Community Partners
Thank You for Participating

Please complete and return the surveys in your packet.

Join us for a no-host, networking dinner at the Handlery Hotel.