

# Coalitions + Schools

## Moving Forward Effectively

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Get Active Wood County



# Tap Into Local Coalitions

- Help with resources and expertise
- Partner for funding and programming

# PC CAN workshops

- Held on school campus
- School wellness team + PC CAN
  - Translate into locally-relevant assessment tool
    - For each district policy area:
      - Write locally-relevant policy statement
      - Assess capacity to carry out
      - Identify practices to measure

## Instructions:

- Determine extent to which each indicator is implemented in your school/district using scale below (0 – 4).
- Comments: describe any gaps, barriers, or ways to improve, or what is being done right.

0	1	2	3	4
-Not in place -Not being considered	-Not in place -Awareness of Need	-Not in Place -Plans being made	-In place -Partially Implemented	-Fully Implemented -Being Evaluated

### Component 4: Pleasant Eating Experience

Indicator	0	1	2	3	4	Comments/Gaps/Ways to Improve
Capacity						
1. School administrators, teachers and food service staff meet to set meal service schedules.						
2. Adequate staff, trained in effective behavior management, is available for effective supervision of food service and dining areas.						
3. Cafeteria lines are set up efficiently to minimize students' wait in line.						
Policy						
1. Guidelines developed and used for the scheduling of meal service periods.						
Practice						
1. Schedules set to promote participation and provide a pleasant eating experience for students that include a minimum of 20 minutes to eat lunch and 10 minutes to eat breakfast.						
2. Recess for elementary grades is scheduled before lunch so that children will come to lunch less distracted and ready to eat.						
3. Schools recognize children's natural need for socialization and nourishment at lunchtime.						

**Team Nutrition Project , USDA**  
<http://www.fns.usda.gov/tn/>  
**2006**

# PC CAN workshops

- Held on school campus
- School wellness team + PC CAN
  - Translate into locally-relevant assessment tool
  - **Build an action plan (annual, 5-yr)**
    - Implementation timeline, ranked priorities
    - Attend to all federally required elements
    - Responsible parties

# Example current guides

- School Health School Health Guidelines to Promote Healthy Eating and Physical Activity: Recommendations and Reports. September 16, 2011 / 60(RR05);1-71

[http://www.cdc.gov/mmwr/preview/mmwrhtml/rr6005a1.htm?s\\_cid=rr6005a1\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/rr6005a1.htm?s_cid=rr6005a1_w)

- School Health Index (SHI), 2005

<http://www.cdc.gov/healthyyouth/shi/>

- Self-assessment & planning guide
  - Score cards
  - Planning worksheets
  - Timelines
  - Meeting agendas
  - Etc.

There may be  
2012 updates  
from USDA

# PC CAN - other support

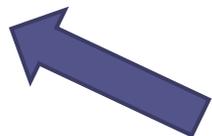
- Policy assessment (e.g., WellSAT, new DPI tool)

Policies analyzed in Portage County		
	Compr.	Strength
<b>District 1</b>	<b>44</b>	<b>16</b>
<b>District 2</b>	<b>47</b>	<b>28</b>
<b>District 3</b>	<b>79</b>	<b>45</b>

- Help strengthen policy language
- Building leadership buy-in
  - School board, superintendent, PTO, PhyEd administrator
- Grants to support new efforts in schools (e.g., SR2S)
- Experts serve on district wellness committee

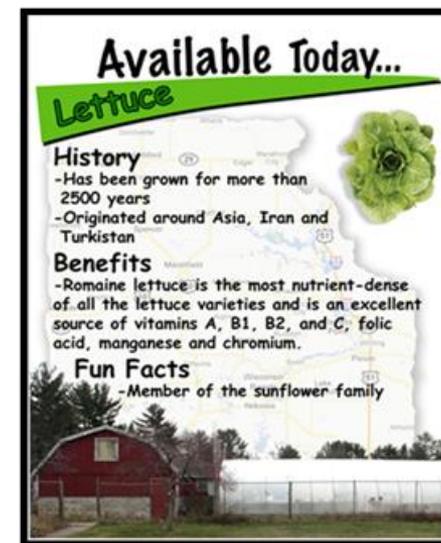
# Get Active Wood County

- Communities Putting Prevention to Work-funded initiative focusing on obesity prevention and improved community health in Wood County
  - Restaurants
  - Health care
  - Worksites
  - Community spaces
  - Childcare centers
  - Schools



# Get Active Wood County - Schools

- School Wellness Committee Meetings
  - Assess, revise, and communicate school wellness policies
- Practices discussed
  - School vending
  - School gardens
  - Physical activity
  - Farm to School
    - Nutrition education
    - Promotion of healthy foods
    - Local procurement



# Get Active Wood County - Schools

## Lessons Learned

- Read and understand current wellness policy
- Bring all stakeholders to the table
- Recognize different perspectives
- Start!





# Questions?

**We appreciate your feedback**

<http://survey.uwsp.edu/TakeSurvey.aspx?SurveyID=n4KM5620>

