



# Stepping Up School Wellness

## November 15, 2016

### Kalahari Resort – Wisconsin Dells

## Agenda

<b>7:30 – 8:30am</b>	<b>Registration and Continental Breakfast Buffet</b>
<b>8:30 – 8:45am</b>	<b>Welcome</b>
<b>8:45 – 10:00am Keynote Address</b>	<p><b>The Learning Connection: Healthy Kids are Better Learners</b></p> <p>Research continues to demonstrate the positive correlation between health and learning. Hear about the science behind this learning connection and the importance of creating a healthy school environment that enriches readiness to learn and achieve for all students.</p>
<b>10:15 – 11:15pm Breakout Sessions I</b>	<p><b>Active Recess</b></p> <p>Physical activity is linked to academic success. Providing your students with active recess involves purposefully designing the playground and recess activities to encourage physical activity for all students. Active recess provides children with a guarantee of non-structured play each day, with equipment and supplies needed to be physically active on the playground. Hear how three schools have successfully created active recess and learn strategies that you can implement at your school.</p>
	<p><b>Building a Better Breakfast</b></p> <p>Providing your students with a nutritious breakfast can improve their well-being while being beneficial to your budget's bottom line. Learn about the benefits for students and schools participating in the School Breakfast Program, the <i>breakfast in the classroom</i> model, and how two school districts have successfully served their student population this important meal.</p>
	<p><b>Green and Healthy Schools</b></p> <p>Indoor environmental air quality, nutrition, and fitness all impact student learning and are critical components of a Green &amp; Healthy School. Green &amp; Healthy Schools Wisconsin provides recognition for schools that are reducing environmental impact and costs, improving health and wellness of students and staff, and increasing environmental and sustainability literacy. Schools can also gain national recognition for their work from the U.S. Department of Education Green Ribbon Schools. In this session, participants will learn how their health or wellness teams can serve key roles for gaining positive recognition and make a business case for health initiatives. Join us and leave with resources for your school to cultivate education for a healthier tomorrow!</p>
	<p><b>Local Wellness Policy 101</b></p> <p>School wellness policies are essential for creating healthier school environments. In July 2016, the U.S. Department of Agriculture released their final rule for school wellness policies. Learn about the new requirements for policy content, review, and evaluation. Additionally, learn about the resources currently available to assist you in meeting these new requirements.</p>
<b>11:30 – 12:30pm Breakout Sessions II</b>	<p><b>Advancing Active Schools</b></p> <p>The national guidelines set by the U.S. Department of Health and Human Services issued physical activity guidelines for youth indicating children and adolescents should get 60 minutes or more of physical activity a day. Efforts to maximize physical activity in schools should be coordinated, well planned, thoughtfully executed and evaluated thus creating a culture of physical activity that is integrated throughout the school environment and reaches beyond the school and into the community. Advancing active schools reflects the Whole School, Whole Community and Whole Child model.</p>

	<p><b>Building and Sustaining Wellness Committees</b>  School wellness committees are responsible for assessing wellness policies, programs, and the overall school health environment and identifying ways to improve the health of students and staff. How do you form a high-functioning wellness committee that promotes a culture of wellness? Hear from two districts who have built strong wellness committees and sustained its success over time.</p> <p><b>Creating Community Partnerships</b>  This break out session highlights the interesting and innovative partnerships being forged between community organizations and schools. Set-up in a World Café model, the session will be split into six mini-sessions. During each session, participants will choose which organization they would like to learn about. The organization's presenter will provide a brief overview of their work and resources they can offer to schools before allowing participants to ask questions. After each session is over, participants will move to a new table where they can learn about a different organization.</p> <p><b>Marketing Your School Meals</b>  Marketing is an important tool to influencing students' behaviors. How are you promoting your school meal programs to students, families, and the community? With our tech-savvy culture, students can be easily reached through social media. Learn the basics of social media platforms, tips for getting started, and hear from a school successfully using social media to market their meals.</p>
<p><b>12:30 – 1:30pm</b></p>	<p><b>Lunch Buffet</b></p>
<p><b>1:30 – 2:30pm  Breakout Sessions III</b></p>	<p><b>Active After Schools</b>  It is recommended students get at least 60 minutes of physical activity a day. To help achieve this goal school districts can implement a wide variety of after-school programs, in addition to intramurals, that include physical activity for students and their families. These can include school-community recreation, community education, 21st Century Community Learning Centers, and clubs or related education-focused programs. Learn strategies from schools who have successfully improved physical activity opportunities after school.</p> <p><b>Creating an Action Plan for Success</b>  Overwhelmed with all of the things that <i>could</i> be done at your school? Finished an environment assessment and are now unsure of next steps? We'll discuss creative ways to gather and use information to prioritize action items and keep moving forward.</p> <p><b>Enhancing Your Program Through Student Involvement</b>  Your students are savvier to what appeals to their peers than any adult. Capitalize on this by involving students in your school meal programs. Engaging your students can help boost meal participation rates, increase nutrition knowledge, and improve overall student satisfaction. Learn about engaging students through creating a Student Nutrition Action Committee, implementing Farm to School programing and taste testings events, and working with UW-Extension educators to enhance your school meal programs.</p> <p><b>Strategies for Staff Wellness</b>  Healthy employees are just as important as healthy students. They are more productive, have more energy, better manage stress, and are wonderful role models for students. Wellness programs can keep your staff healthy, decrease sick days, lower insurance costs, and increase employee retention. Learn about designing a workplace wellness program that will make the most of your dollars and how to measure its success.</p>
<p><b>2:40 – 3:00pm  Closing Session</b></p>	<p><b>Student Leaders – The Change Makers!</b>  Hear from student leaders of two school teams share their stories of how they have used the Fuel Up to Play 60 program to create healthier school environments.</p>