

WI Healthier Schools Workshop

Wednesday, November 19, 2014

9AM-3PM

Holiday Inn Hotel & Convention Center, Stevens Point

Registration: FREE

*Teams of 2-5 members will be required at registration. Larger teams will need to contact Emily Reynolds to register. *Suggested Team Members could be School Administrator, PE Teacher, Food Service Director or Staff, School Nurse, Parent, Community Coalition Member, School Board Member*

Learning Objectives:

To learn how to use the Alliance for a Healthier Generation Tool to assess your school environment

To understand the link between academics & health

To understand how to make your wellness policy work for your district

Define next steps for your wellness team to create a healthier environment for students and staff

Take-Aways:

-Networking/work time with teams

-Ideas from other districts

-Engagement from administrators

-National assessment tool

AGENDA

9-9:30am **Registration/Networking Activity**

9:30-10:15 **Welcome**

Featuring 2014 Alliance for a Healthier Generation Healthier Schools Program National Bronze Award Winners:

Rob Vanderloop, Principal, Hillcrest Elementary School

Jennifer Sarauer, Principal, Jim Falls Elementary School

Chippewa Falls Area Unified School District

10:25am-11:25 **Breakout sessions:**

Alliance for a Healthier Generation 101: The Basics

This session is for those that are new to the Healthy Schools online program. It will provide overview of the program & assessment tool, technical assistance with the online tools, tools for wellness committee recruitment.

Alliance for a Healthier Generation 201: Taking it to the next level

This session is for those familiar with the Healthy Schools program. It will provide a short update on the new assessment tool, provide technical assistance on action planning, a wellness roadblock discussion, and Q&A.

Administrators: How to improve Academic Achievement when your plate is over flowing!

This session is for administrators and school board members. It will cover the Coordinated School Health Model, the link between academics and health, tools for communicating with stakeholders, and ideas for how to integrate wellness into the school day.

- 11:35-12:35 **Round Robin Discussions/Lunch**
Table Topics to include:
-Integrating physical activity in the school day when time is already crunched
-Community involvement in school wellness
-Parent engagement in school wellness
-Creative food service strategies
-Rural district ideas
-Urban district ideas
- 12:45-1:45 **Team Discussion/Planning Time**
This time is reserved for teams to work together on the assessment tool and planning next steps.
- 1:45-2:45 **Panel Discussion: Healthy achieving students start with great wellness environments**
This session will cover how to make the wellness policy a living document without instituting the wellness police.
Featuring:
-Tarasa Lown, Director of Resource Development, North Crawford School District/School Board Member, DeSoto School District, CESA #3 School Wellness Coordinator Pilot
-Diane Rasmussen, Assistant Food Service Director, Chippewa Falls Area Unified School District
-Leslie Bergstrom, Director of Instruction and Student Achievement, Oregon School District
-Kayla Plante, Second Grade Teacher, Neenah Joint School District
- 2:45-3:00 **Wrap-up/Closing**