Call-in Information

Step 1: Dial-In
U.S. & Canada: 866.740.1260
Access Code: 7544137

Please keep your phone on mute when not speaking.

Audio Controls:
- * 6 Mute Line
- * 7 Unmute Line
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Agenda

- Feature Presentation
- State Office Updates
Local School Wellness Policy
Today’s Topics

- Overview of School Wellness Policy and USDA’s Final Rule
- The Role of UC CalFresh in School Wellness Policy
- Alliance for a Healthier Generation Healthy Schools Program Assessment Tool
Poll: Are you aware of the school wellness policy(ies) at the schools and/or districts where you provide services?

- Yes
- No
Poll: Are you actively engaged in your school or district wellness policy committee?

- Yes
- No
Overview of School Wellness Policy and USDA’s Final Rule

Katherine Hawksworth
Public Health Institute
Why Local School Wellness Policies (LSWP)?

Local school wellness policies are designed to promote student health and reduce childhood obesity.
The Evolution of LSWPs

Child Nutrition Reauthorization: 2004

Healthy, Hunger Free Kids Act: 2010

Final Rule: 2016

In just a little over a decade!
LSWP: Final Rule 2016

Implementation Required by June 30, 2017

• LSWP Leadership
• Public Involvement and Notification
• Specific, Measurable Goals for Student Wellness
• Nutrition Standards for All Foods on Campus
• Policies for Food and Beverage Marketing
• Implementation, Assessment and Updates
LSWP: Final Rule 2016

Implementation Required by June 30, 2017

• **LSWP Leadership**

• Designate one or more LEA officials or school officials to ensure each school complies with LSWP

• Provide notification to public about the position and title of the designee(s)
LSWP: Final Rule 2016

Implementation Required by June 30, 2017

- **Public Involvement and Notification**
  - Permit a variety of stakeholders to be involved in development, implementation, periodic review and updates to the LSWP

- LSWP information including progress
LSWP: Final Rule 2016

Implementation Required by June 30, 2017

- Specific, Measurable Goals for Student Wellness
- Nutrition Education and Promotion
- Physical Activity, Other Student Wellness areas

Local discretion allowed in specificity of goals
Implementation Required by June 30, 2017

• **Nutrition Standards for All Foods on Campus**
  • Federal Meal programs meet minimum standards
  • Competitive foods and beverages for foods sold (Smart Snacks guidelines)
  • Local standards for foods provided but not sold
Implementation Required by June 30, 2017

- **Policies for Food and Beverage Marketing**
- Marketing prohibited for foods that do not meet Smart Snacks guidelines
LSWP: Final Rule 2016

Implementation Required by June 30, 2017

• Implementation, Assessment and Updates
  • Description of the plan for measuring implementation
  • Annual public notification about content of the LSWP and any updates
  • Triennial Assessment

Local discretion for methods
Steps for Successful LSWP Implementation and Connections to Your Work

1. Review Policy-immediately using WellSAT 2.0
2. Engage Stakeholders-immediately
3. Assess Environment using School Health Index
5. Revise and Adopt Policy-by June 30, 2017
6. Monitor & Evaluate-every three years- no later than June 30, 2020
7. Notify the Public and Communicate Results Annually-June 30, 2017

For more information:
- School Health Index (SHI): [https://www.cdc.gov/healthyschools/shi/index.htm](https://www.cdc.gov/healthyschools/shi/index.htm)
Thank you!

Katherine Hawksworth
Center for Wellness and Nutrition
California Project LEAN
Public Health Institute
(925) 708-7027
katherine.hawksworth@phi.org
Quiz- Is it Allowable?

Amy DeLisio, MPH, RD
Public Health Institute
SNAP-Ed
Allowable or Not Allowable

Provide samples of model policies, assessment tools, and other resources to the Wellness Committee
SNAP-Ed
Allowable or Not Allowable

Lead wellness committee meetings, by inviting participants, developing agendas, and keeping the committee on task.
SNAP-Ed
Allowable or Not Allowable

Engage a group of students to advise the wellness committee on issues important to students through peer research, propose solutions and support the implementation of changes on the campus.
Thank you!

Amy DeLisio
Deputy Director
Center for Wellness and Nutrition
Public Health Institute
amy.delisio@wellness.phi.org
916-265-4042 x109
@phi_wellness
The Role of UC CalFresh in School Wellness Policy

MaryAnn Mills
UC CalFresh Nutrition Education Program
What is Local School Wellness Policy?

- Guides local education agencies
- Establishes a school environment that promotes students’ health, well-being, and ability to learn.
How Can I Support Schools in their School Wellness Policy Work?

1. Engage
2. Assess
3. Strengthen
4. Promote
5. Implement
6. Monitor & Evaluate
1. Engage Stakeholders

Leverage existing relationships

- Students
- Parents
- Teachers
- Principals
- Food Service Staff
- Community partners
2. Assess the School Environment

- Utilize the Alliance for a Healthier Generation Tool
- Include youth in completing assessments
- Share your results!
- Leverage findings to strengthen policy
3. Strengthen Written Policy

- Encourage partners to use the WellSAT to assess and strengthen written policy
- Provide sample language from the Alliance for a Healthier Generation model policy

WellSAT – Online
4. Promote the Policy

Increase awareness of wellness policy initiatives

– Develop newsletters
– Conduct informational trainings
– Engage students in promotion
– Develop handouts that outline simple wellness activities for teachers
5. Support Policy Implementation

- UC CalFresh programming supports the implementation of a strong school wellness policy
- Collaborate with teachers to develop youth-led wellness committees
- Support and assist in the development of implementation plans
6. Monitor & Evaluate

- Leverage existing data collected through UC CalFresh evaluation
- Share evaluation results with partners
- Gather feedback from stakeholders regarding implementation
- Give students a voice!
Poll: If my county decides to work on SWP, who should be responsible for the work?

a. Advisors  
b. Supervisors  
c. Educators  
d. All of the above
Thank you!

MaryAnn Mills
Program Manager
UC CalFresh Nutrition Education Program
mamills@ucdavis.edu
530-752-8946
Best Practices in Wellness

Melanie Gerdes
Program Representative
Primary Goals for Wellness

Elements of a cyclical, community-based approach, Israel et al., 1995
Best Practices: Building a Committee

- Diversity in committee representation
  - Administration
  - Teachers
  - Staff
  - Students

- Administrative involvement is important
  - Incentive for attendance

Weaving the Fabric Activity, SHCP Workshop with UC CalFresh
Best Practices: Make Wellness a Priority

- Apply for funding
  - Alliance for a Healthier Generation Wellness Coordinators in Riverside county

- Allocate funding in your LCAP
  - Wellness Coordinator position
  - Goals for health and wellness

- Work with a community partner
  - Kaiser, AFHG
Help your committee assess their site/s
   – Spread the load: create a team or sub-committee to assess and compile results

Discuss Results and Plan for Success!
   – Marysville Unified
Best Practices: General Tips

- Make small, achievable goals
- Give yourself time
- Plan for sustainability
- Celebrate successes!
Thank you!

Melanie Gerdes
Program Representative
Center for Nutrition in Schools
magerdes@ucdavis.edu
cns.ucdavis.edu
(530) 752-3387
The Alliance’s Healthy Schools Program
Supporting Student Success

Melissa McDonald
Our Healthy Schools Program helps to create and sustain healthy school environments where students, especially those in greatest need, can learn more and flourish.
HEALTHY SCHOOLS PROGRAM

6 STEP PROCESS

1. BUILD SUPPORT
2. ASSESS YOUR SCHOOL
3. DEVELOP YOUR ACTION PLAN
4. EXPLORE RESOURCES
5. TAKE ACTION
6. CELEBRATE SUCCESSES
Key Tool

Healthy Schools Program
framework of best practices

Best Practices for Health Education

Silver-Gold
- Student achievement: student achievement in health education. The curriculum is designed to help students achieve their educational goals.
- Professional development: emphasis on professional development for health educators.

Opportunities to practice skills:
- All teachers of health education provide opportunities for students to practice and enhance the skills needed for maximum and improve their health.

Professional development:
- All teachers of health education participate at least once a year in professional development in health education.

NATIONAL STANDARDS FOR HEALTH EDUCATION

1. Students will demonstrate the ability to teach students about the factors that influence their health and decision-making.
2. Students will demonstrate the ability to use interpersonal communication skills to enhance health and reduce health risks.
3. Students will demonstrate the ability to use decision-making skills to enhance health.
4. Students will demonstrate the ability to use critical thinking skills to enhance health.
5. Students will demonstrate the ability to use problem-solving skills to enhance health.
6. Students will demonstrate the ability to use health-enhancing behaviors and avoid or reduce health risks.
7. Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
8. Students will demonstrate the ability to advocate for personal, family, and community health.
School Health Index

HSP & SHI:
- Policy
- Health Education
- Physical Education & Physical Activity
- Nutrition Services
- Health Promotion for Staff
- Family & Community Involvement

Cross Cutting
addresses issues that are relevant to all health

SHI Only:
- Asthma
- Tobacco
- Safety
- Sexual Health
1. Divide the School Health Index by modules - assign to SWC members

2. Sliding scale is useful

3. No need to collect evidence right now

4. Answers entered into the school page on the website
<table>
<thead>
<tr>
<th>MODULE 1</th>
<th>MODULE 2</th>
<th>MODULE 3</th>
<th>MODULE 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Health, Safety Policies &amp; Environment</td>
<td>Health Education</td>
<td>Physical Education &amp; Other Physical Activity Programs</td>
<td>Nutrition Services</td>
</tr>
<tr>
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<td>Assessment Not Started</td>
<td>Assessment Not Started</td>
<td>Assessment Not Started</td>
</tr>
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<td><strong>Optional</strong></td>
<td><strong>Optional</strong></td>
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<td></td>
</tr>
<tr>
<td><strong>Health Services</strong></td>
<td><strong>Counseling, Psychological &amp; Social Services</strong></td>
<td><strong>Health Promotion for Staff</strong></td>
<td><strong>Family &amp; Community Involvement</strong></td>
</tr>
<tr>
<td>Assessment Not Started</td>
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<td>Assessment Not Started</td>
<td>Assessment Not Started</td>
</tr>
</tbody>
</table>
Does the school or district offer staff members accessible and free or low-cost physical activity/fitness programs?

- Yes.
- Offers physical activity/fitness programs, but some staff members find them inaccessible or expensive.
- Offers physical activity/fitness programs, but many staff members find them inaccessible or expensive.
- Does not offer physical activity/fitness programs.
Online Action Plan

Healthy Schools Program

Action Plan

Here’s Your Action Plan

Choose an item below to access notes, resources, implementation strategies, and expert help specifically tailored to help you meet each of these criteria.

Watch this video for help working with your Action Plan.

Completed Items

- Prohibit using food as reward or punishment
  - Partially in place

- Prohibit withholding recess as punishment
  - Fully in place
TAPPING INTO TOOLS & RESOURCES

**ASSESSMENT AND ACTION PLAN** process tools to assist with continual improvement efforts

**MEMBER SUPPORT CENTER** to offer guidance, answer questions, and help overcome obstacles

**PROFESSIONAL DEVELOPMENT OPPORTUNITIES** comprised of onsite and virtual trainings for staff to implement the Framework

**SUBJECT EXPERTS** who provide support to help site staff address specific healthy eating and physical activity issues

**RESOURCE DATABASE** which connects site staff to science-based quality resources, grant opportunities and discounted materials

**PRODUCT NAVIGATOR** and **SNACK FOODS CALCULATOR** and other tools to help sites select healthier options that meet nutrition standards
Content Focus Pages

SWC Toolkit
Model Wellness Policy
LWP Resources
Alliance’s Training Center

- Access content and process related on-demand training opportunities
- Register for upcoming live-virtual PD sessions
- Build your transcript overtime
- Explore the “Online Communities”
Online Learning Communities

The Wellness Policy Place

Moderated by: Michelle Owens, Policy & Employee Wellness Advisor

The Wellness Policy Place

Create a discussion posting (e.g., "Time Test" Body test...")

Shannon Vogler has created the discussion: "Gaining support for your wellness practices and policy starts by inform..."

School policies determine school environments. Effective policies like those making drinking water available free of charge at all times during the school day lay the foundation for healthy schools.

64 MEMBERS: View all
THE ALLIANCE CAN HELP SUPPORT YOUR Policy EFFORTS!

- Develop and maintain a School Wellness Committee
- Monitor and evaluate the school wellness policy with the Healthy Schools Program Assessment (SHI)
- Support strengthening schools wellness policies with the Alliance Model Wellness Policy
- Share success stories of other schools/districts that have made sustainable changes due to environmental and policy changes
Access to our **FREE** Support System

National Health Experts/ Advisors

Member Engagement & Support Team

Nicole Dufour
-MEST Manager

Kayla Bowman
-MEST Manager
<table>
<thead>
<tr>
<th>California Districts</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Unified School Dist</td>
<td>Anita Ruiz</td>
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<tr>
<td>Kerman Unified School District</td>
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<td>Manteca Unified School Dist</td>
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<td>San Juan Unified School Dist</td>
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<td>Azusa Unified School District</td>
<td>Ben Melendrez</td>
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<td>Los Angeles Unified Sch Dist</td>
<td>Ben Melendrez</td>
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<tr>
<td>San Mateo USD</td>
<td>Dru Bagwell</td>
</tr>
<tr>
<td>Alvord Unified School District</td>
<td>Staci Boretzky</td>
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<tr>
<td>San Bernardino City Unified SD</td>
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<td>San Gabriel Unified Sch Dist</td>
<td>Stephanie K</td>
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<td>Pittsburg Unified School Dist</td>
<td>Vacant</td>
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<td>San Leandro Unified Sch Dist</td>
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<td>Santa Rosa City School Dist</td>
<td>Vacant</td>
</tr>
<tr>
<td>West Contra Costa USD</td>
<td>Vacant</td>
</tr>
</tbody>
</table>
Where We Are Working

California Organizations
- AltaMed (LA County)
- Orange County, CA
- Department of Education
A Partnership Approach…

- In-person Consultations
- Monthly Check-in & Technical Assistance Calls
- Group Intermediary Brainstorming Webinars
- Live Virtual Training Sessions
- Call-in Hours
- Partner Digest & Regular Email Communication
- Online Intermediary Community
Melissa McDonald

Alliance for a Healthier Generation
National Network Manager

melissa.mcdonald@healthiergeneration.org
Questions? Use the chat box.
Thank you for joining us today!
Evaluation Updates
Full PEARs Pilot

- Counties:
  - San Francisco, San Joaquin, Shasta, Riverside

- Training Dates:
  - Thursday Mar 23 9-11am
  - Tuesday Mar 28 1-3pm

- Implementation: Apr 10-May 31

- Pilot Feedback Survey: Jun-July
PEARS PSE Module

- Counties:
  - All County Programs

- Training Dates:
  - TBD (~May)

- Implementation: ~June-Sept
Upcoming Trainings, Meetings, and Deadlines
FFY 2017 Regional Evaluation Workshops

July 10th - Fresno
August 14th - Bay Area
August 16th - Davis
September 8th - Davis

Questions? Email Barbara MkNelly (bmknelly@ucdavis.edu) or Angie Keihner (akeihner@ucdavis.edu)

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.
FFY 2018 State Plan Timeline

LIA IWP Revisions (FFY 2017 Round 2): **April 3 through May 1**
- Resources related to the LIA IWP Revision Process on the CDSS SNAP-Ed SharePoint Site (“Resources” tab): [https://snaped.dss.ca.gov/resources/Pages/Resources.aspx](https://snaped.dss.ca.gov/resources/Pages/Resources.aspx)
- Questions? Please work with your UC CalFresh State Office County Contact

LIA Budgets due to SIAs: **April 10** via CDSS SNAP-Ed SharePoint Site
- Refer to email from UC CalFresh State Office (dated 3/14/17) sent to Advisors, Program Managers & Supervisors
- Doodle poll for *optional* technical assistance meetings: [http://doodle.com/poll/msr9pt92fd3eupx3](http://doodle.com/poll/msr9pt92fd3eupx3)
- Questions? Please contact Sandy Vice and/or Lindsay Hamasaki

LIA Site Lists due to SIAs: **May 1**
- Questions? Please contact Jennifer Quigley

UC CalFresh Trainings and Meetings Calendar

http://uccalfresh.org/trainings/calendar
Spring SLM Technical Advising Professionals Trainings!

April 10th  - Riverside
April 21st  - San Joaquin
May 4th    - Fresno

* Check weekly update for registration information

Questions? Emailed Mary Ann Mills (mamills@ucdavis.edu)
Registration is now open!

The registration link sent out to UC CalFresh Program Supervisors and Advisors on 2/16/17.

Register by March 30th.

Questions? Emailed Michele Byrnes (mnbyrnes@ucdavis.edu)
Webinar: Protein - What’s at Stake?
Wed, April 19, 10:00am – 11:30am

Topics Include:
• DGA recommended protein intake
• Good sources of protein
• Misconceptions about protein intake

To register:
https://attendee.gototraining.com/r/3192699573097441537

Images: Pixabay
SAVE-the-DATES!

Youth Educator Regional Trainings
- Focus on Classroom Management

July 24th – Sacramento
July 25th – San Diego
July 26th – Redding
July 27th – Fresno
July 28th - Stockton
…and Save-these-Dates too!

Adult Educator Regional Trainings
- Learner-Centered Education/ESBA Updates
  - August 7th – Irvine
  - August 8th – Fresno
  - August 9th – Redding
  - August 10th - Sacramento
  - August 11th - Stockton
Thank you!

Next Town Hall: April 18th, 2017

Contact the State Office if you have any questions.