


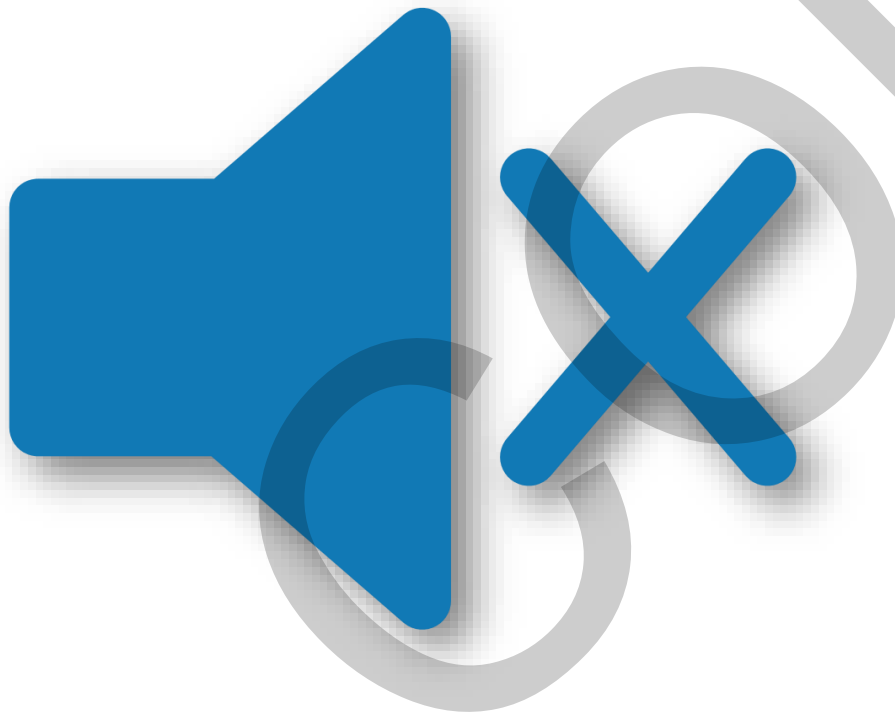


Call-in Information

Step 1: Dial-In

 U.S. & Canada: 866.740.1260
 Access Code: 7544137

 Please keep your phone on mute when not speaking.





Audio Controls:


  Mute Line
  Unmute Line

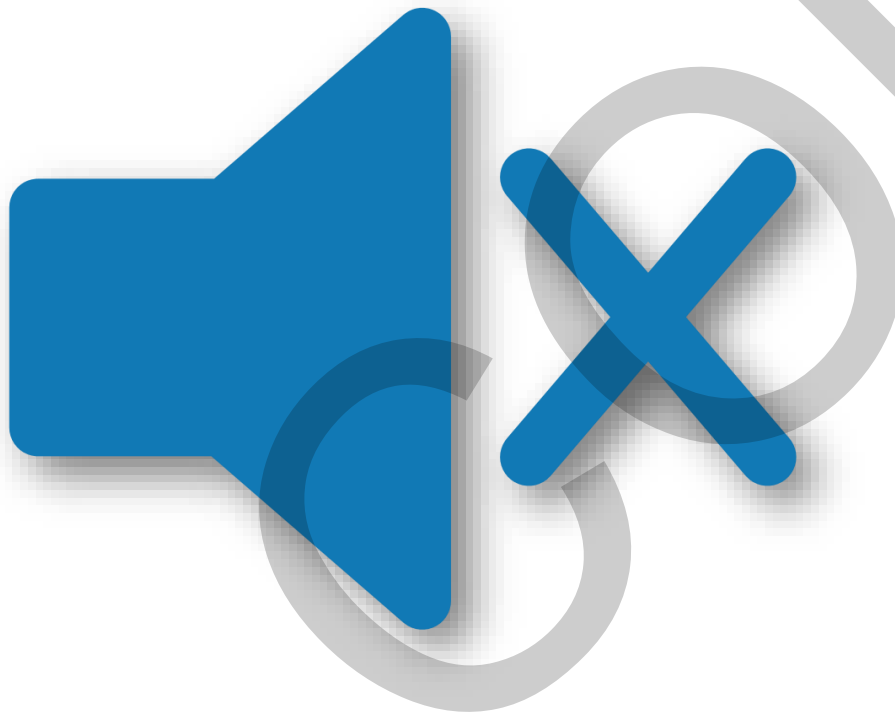
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  Unmute Line

Agenda

- 🍅 Feature Presentation
- 🍅 State Office Updates



Local School Wellness Policy

UNIVERSITY OF CALIFORNIA
cal  fresh Nutrition Education

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

A word cloud centered around the word "wellness" in a large, dark purple font. Other prominent words include "vegetables" (vertical, dark green), "fruits" (vertical, orange), "balance" (horizontal, red), "health" (horizontal, green), "water" (horizontal, yellow), and "vital" (horizontal, orange). Smaller words scattered around include "sleep", "heart", "school", "education", "physical-activity", "caring", "breakfast", "good", "nutrition", "energetic", "lifestyle", "walking", "wholesome", "breath", "food", "laughter", "playful", "safety", "movement", "healthcare", "stress-reduction", "strong", "lunch", "exercise", "well", "feelings", "friends", "bike-riding", "relaxation", and "balance". The background features a large, faint grey graphic of a bicycle wheel and a fork.

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

LSWP: Final Rule 2016



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

LSWP: Final Rule 2016



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

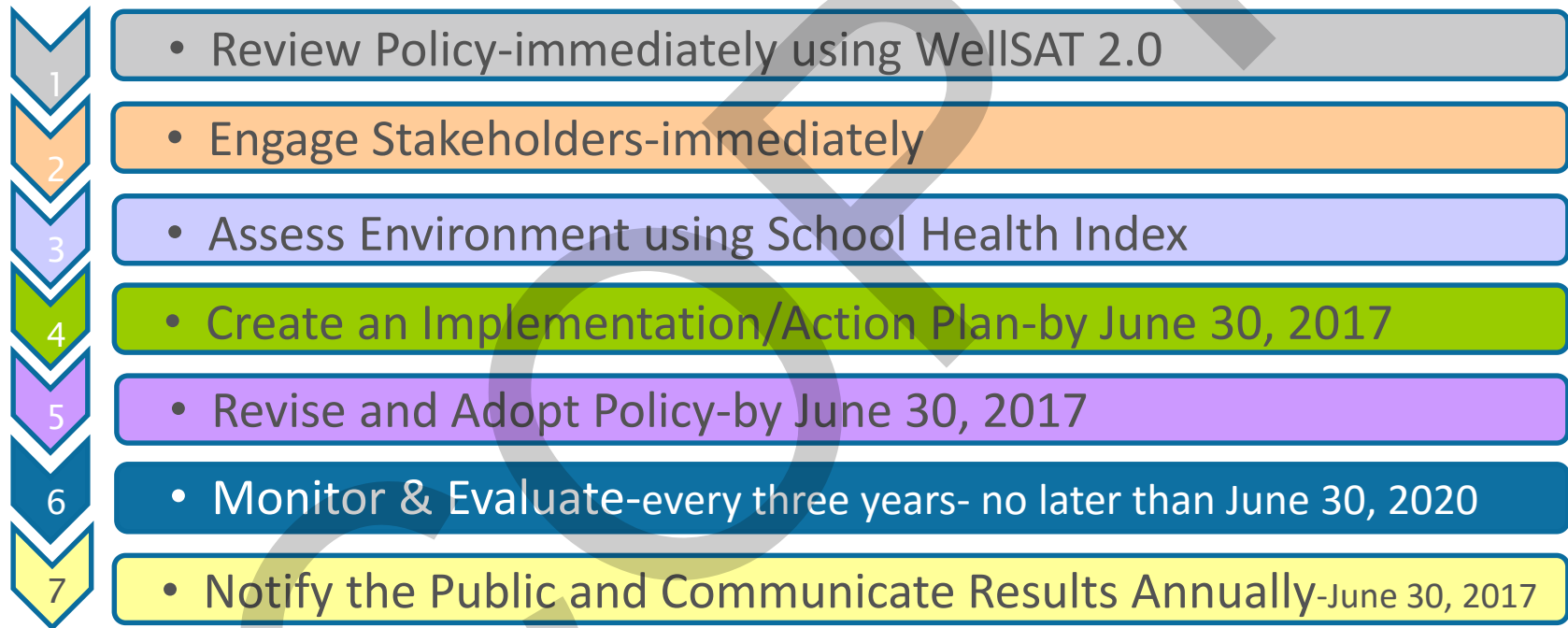


Implementation Required by June 30, 2017

- **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



For more information:

- Wellness School Assessment Tool (WellSAT): <http://wellsat.org/>
- School Health Index (SHI): <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

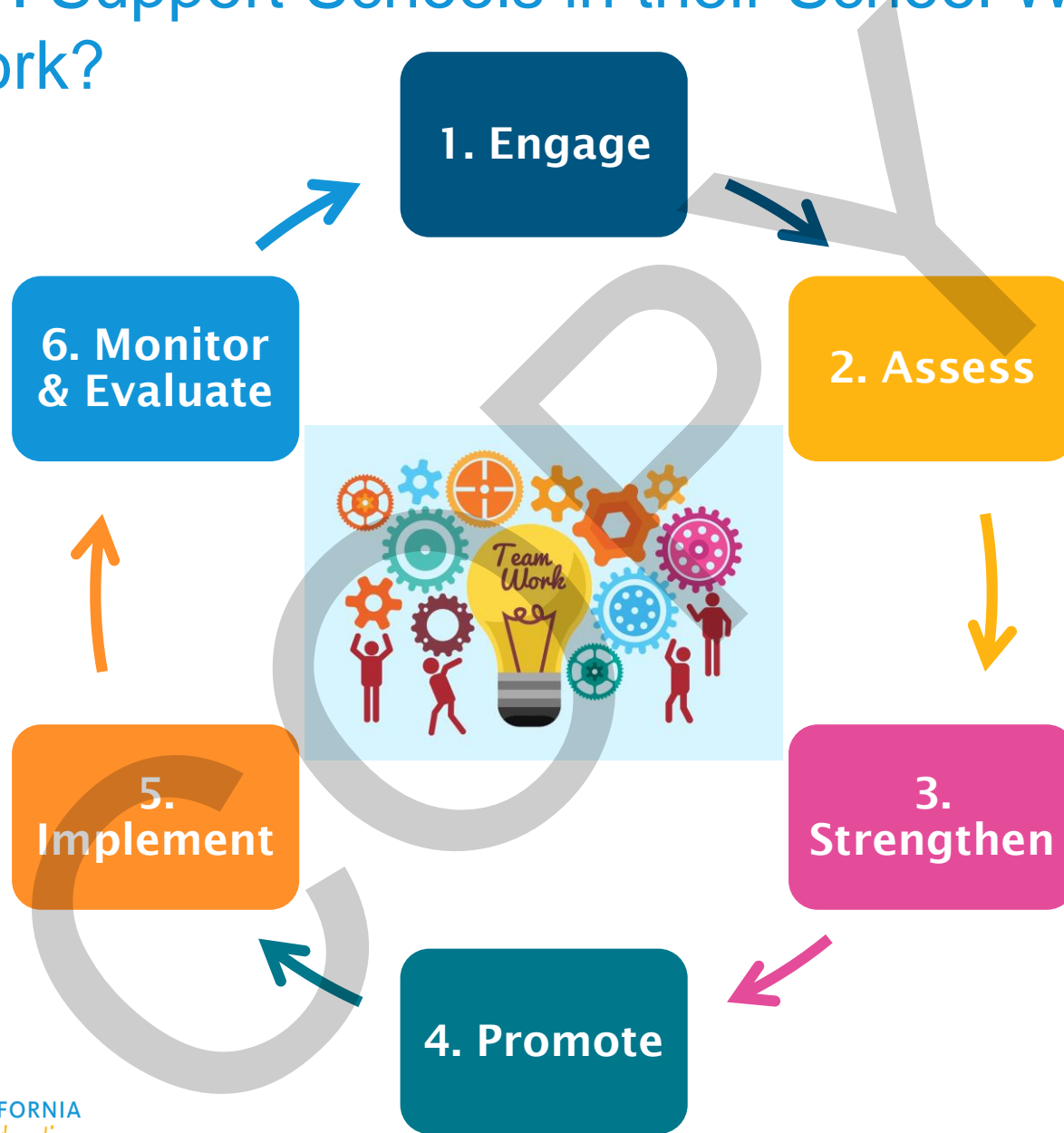


What is Local School Wellness Policy?

- 🍌 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 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

THE ASSESSMENT TOOL

Read "How to Rate Policy Statements" before beginning this assessment

Section 1: Nutrition Education and Wellness Promotion

SUBJECT	RATING
NEWP1: Provides nutrition curriculum for each grade level.	0 1 2
NEWP2: Links nutrition education with the school food environment.	0 1 2
NEWP3: Nutrition education teaches skills that are behavior-focused.	0 1 2
NEWP4: Encourages staff to be role models for healthy behaviors.	0 1 2

Jump to a Section

- 1. Nutrition Education-Wellness Promotion
- 2. Standards for USDA School Meals
- 3. Nutrition Standard
- 4. Physical Education & Physical Activity
- 5. Evaluation

Policy Name: Wisconsin

My saved policies

Name

How to rate policy statements

Sign out and return later

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

A photograph of a young girl with dark skin and long braids, smiling and looking towards the camera. She is wearing a white shirt with pink trim. In front of her is a large, green watermelon. The background is a blurred outdoor setting.

Best Practices in Wellness

*Melanie Gerdes
Program Representative*

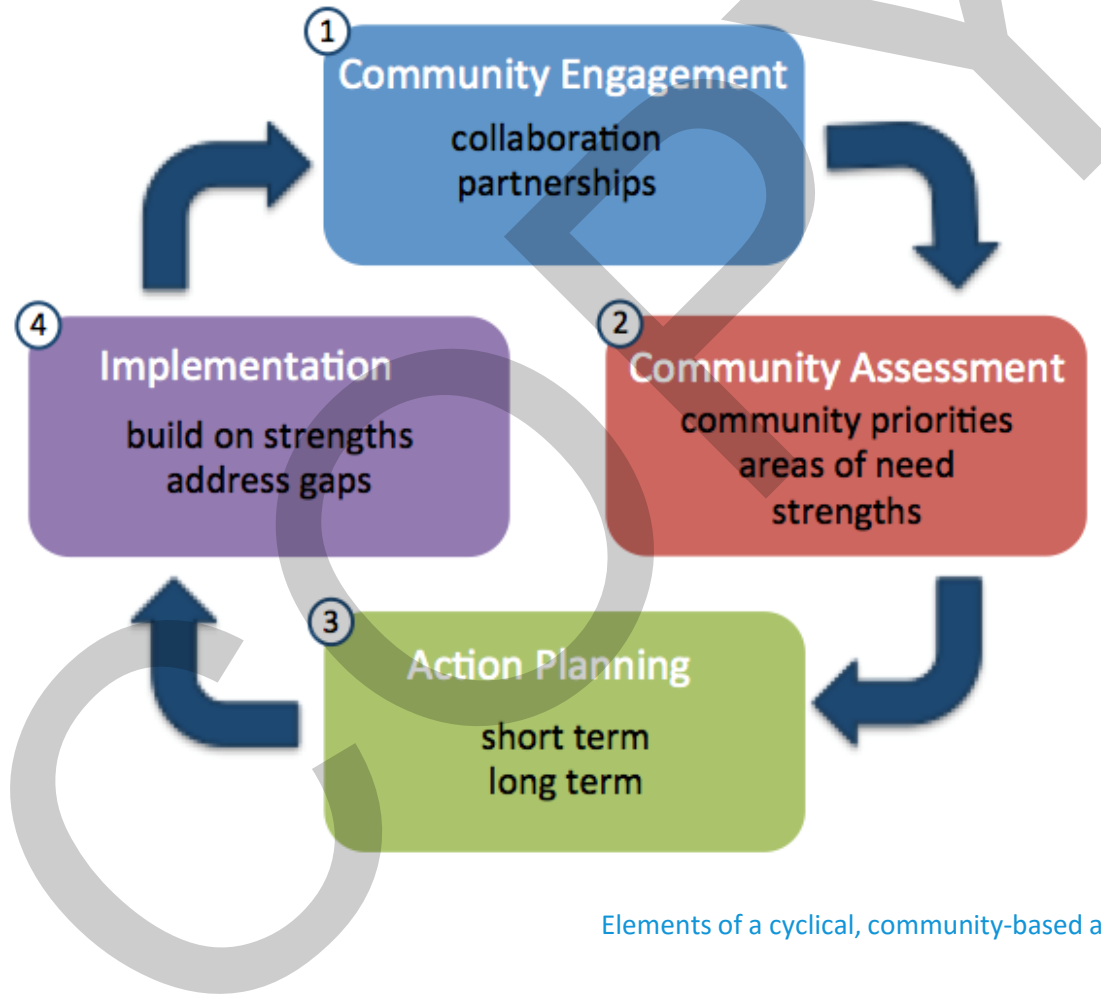


CENTER for NUTRITION in SCHOOLS
CONNECTING FOOD, HEALTH, AND LEARNING

UNIVERSITY OF CALIFORNIA
cal  fresh Nutrition Education

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.

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



Best Practices: Assessment and Next Steps

- 🌱 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



USDA

Best Practices: General Tips

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



Thank you!



Melanie Gerdes
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cns.ucdavis.edu
(530) 752-3387



The Alliance's Healthy Schools Program

Supporting Student Success

Melissa McDonald



Healthy Schools

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



Key Tool



BEST PRACTICES FOR Health Education

SILVER/GOLD

❑ Meets Bronze/Silver

❑ **Sequential health education curriculum consistent with standards:** All teachers of health education use an age-appropriate sequential health education curriculum that is consistent with state or national standards for health education (see National Standards).

Consider using CDC's Health Education Curriculum Analysis Tool (HECAT), which is designed to help school districts and schools conduct a clear, complete, and consistent analysis of written health education curriculum. HECAT results can help districts and schools enhance, develop, or select appropriate and effective health education curricula. The HECAT assesses how consistent curricula are with national standards and can assist users in determining if the curriculum being analyzed is sequential.

❑ **Opportunities to practice skills:** All teachers of health education provide opportunities for students to practice or rehearse the skills needed to maintain 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 comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
3. Students will demonstrate the ability to access valid information and products and services to enhance health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
8. Students will demonstrate the ability to advocate for personal, family, and community health.

School Health Index

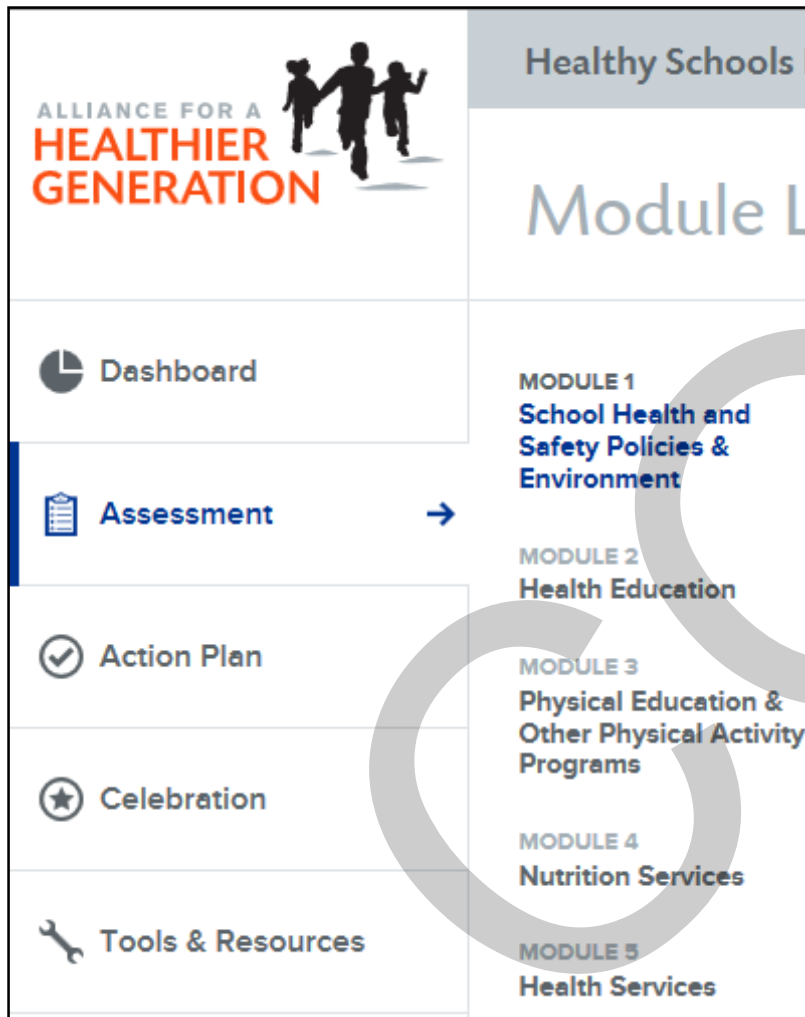
HSP & SHI:

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

Completing the Assessment




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

Schools.HealthierGeneration.org



ALLIANCE FOR A
**HEALTHIER
GENERATION**

Healthy Schools Program

REGISTER / LOG IN FIND YOUR SCHOOL OR DISTRICT

Register/Login

Please log in below.

E-mail address

Do you have an account with the Alliance for a Healthier Education and Physical Activity Programs or the Healthy Schools Program?

☐ **No** — I'm a new member.

☒ **Yes** — I have a password:

☐ Remember Me

[FORGOT PASSWORD](#) [CANCEL](#)

Home →

About Assessment

✓ About Action Plan

★ About Celebration

Tools & Resources

Module Health Index by building responses so that your work on this year.

MODULE 3

school has not yet completed this module.

Module Not Started

Schools.HealthierGeneration.org

MODULE 1	MODULE 2	MODULE 3	MODULE 4
School Health, Safety Policies & Environment	Health Education	Physical Education & Other Physical Activity Programs	Nutrition Services
Assessment Not Started	Assessment Not Started	Assessment Not Started	Assessment Not Started
MODULE 5	MODULE 6	MODULE 7	MODULE 8
Health Services <i>Optional</i>	Counseling, Psychological & Social Services <i>Optional</i>	Health Promotion for Staff	Family & Community Involvement
Assessment Not Started	Assessment Not Started	Assessment Not Started	Assessment Not Started

50 Required Questions




Programs for staff members on physical activity/fitness Module 7: 702
UNANSWERED

REQUIRED

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

 ALLIANCE FOR A HEALTHIER GENERATION

LOG OUT

HELP

143 ALERTS

ACCOUNT

YOUR SCHOOL
LYON CO ELEMENTARY SCHOOL

Healthy Schools Program

Dashboard

Assessment

Action Plan →

Celebration

Tools & Resources

Training Opportunities

Action Plan

About Action PlanHelp

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.

Prohibit using food as reward or punishment • 109

PARTIALLY IN PLACE

Completed Items

Prohibit withholding recess as punishment • 108

FULLY IN PLACE

PRINT

DOWNLOAD

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**






Convene Your Committee

Build support with a wellness committee made up of diverse points of view.


GET STARTED ►



Refresh Your Policy

Wellness policies establish the foundation for health-promoting practices throughout your school district.


GET STARTED ►



Put Policy into Practice

Wellness policies require action and continuous evaluation at the school level.

GET STARTED ►



Evaluate and Communicate

Reporting on your school's progress keeps everyone on track and motivated to continue meeting your goals

GET STARTED ►

Quick Links

- [Alliance's Model Wellness Policy](#)
- [School Wellness Committee Toolkit](#)
- [Wellness Committee Meeting Guide](#)
- [USDA's Local School Wellness Policy Process](#)

USDA's Final Rule

The Alliance is here to help you get ready for June 30, 2017. View our videos, trainings, templates and other resources that will guide you in implementing the final rule.

FINAL RULE

Alliance's Training Center

LEARNING TOGETHER
Hear from national experts and connect with like-minded healthy change makers.

Find New Training

- ☐ Healthy Schools Program 6-Step Process
- ☐ Healthy Out-of-School Time 6-Step Process
- ☐ Healthy Eating
- ☐ Physical Activity
- ☐ Physical Education
- ☐ Employee Wellness
- ☐ Health Education
- ☐ Policy and Systems

Continue Training

	Due Date	Action
Make a Splash with Water	None	Launch
A Candy Here, A Candy There: Proposing Alternatives to Foods as Rewards	None	Launch
Healthy Schools Award Criteria Explorer	None	Launch

Featured Training

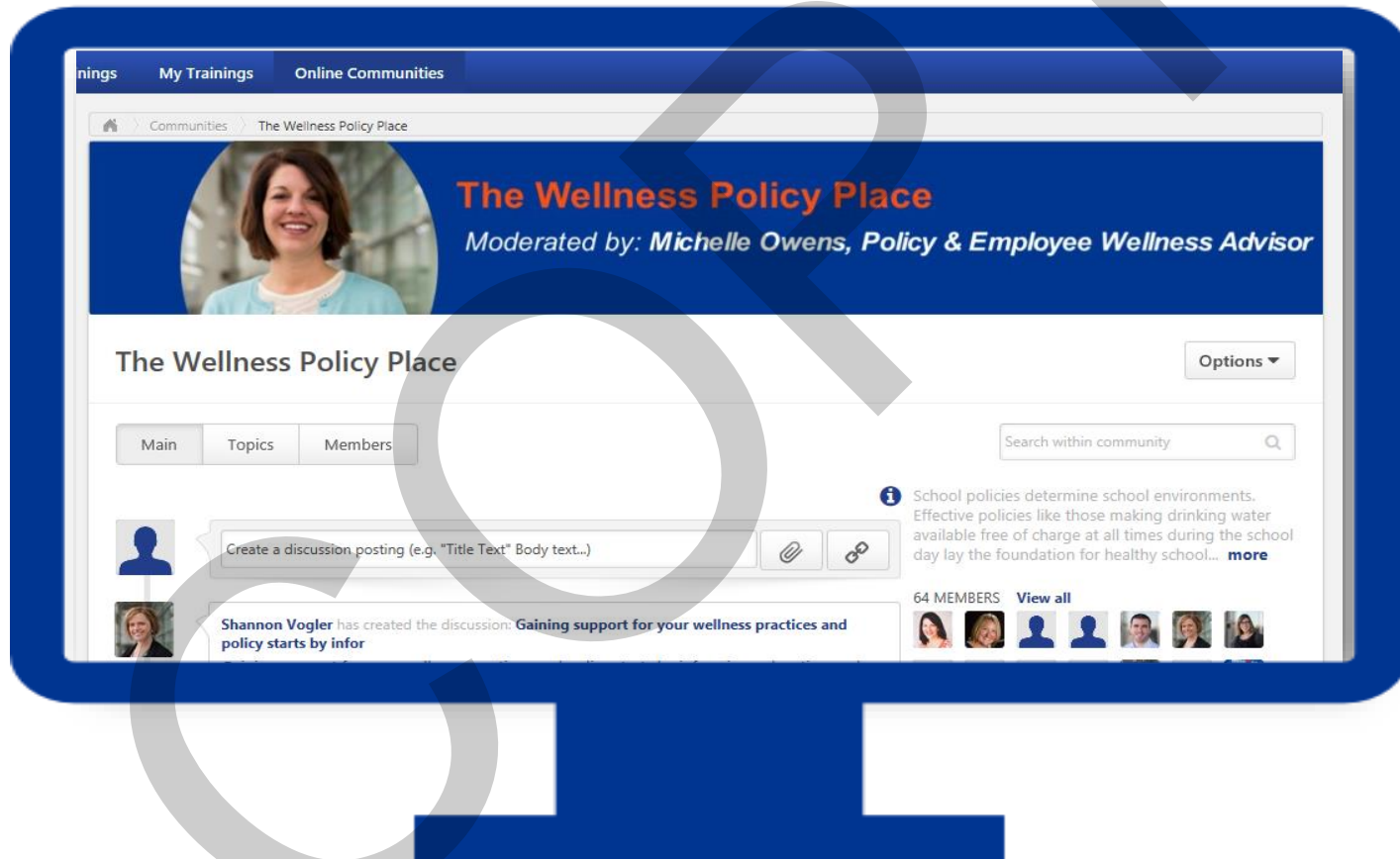
- » [MVPA I: Spelling it Out](#)
- » [The Nuts and Bolts of Label Reading](#)
- » [A Candy Here, A Candy There: Proposing...](#)
- » [Walk The Talk: Modeling Healthy Behavior](#)

Connection Requests

No Pending Evaluations

- 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



- 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



**THE ALLIANCE CAN
HELP SUPPORT
YOUR Policy
EFFORTS!**

Access to our FREE Support System

National Health Experts/ Advisors



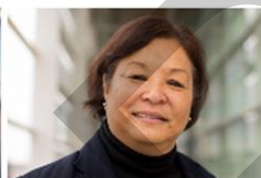
LISA PERRY



ERIC LARSON



SEAN BROCK



CAROL CHONG



STEPHANIE JOYCE



JILL TURLEY



MICHELLE OWENS

Member Engagement & Support Team



Nicole Dufour
-MEST Manager



Kayla Bowman
-MEST Manager

California Districts

Central Unified School Dist

Anita Ruiz

Kerman Unified School District

Anita Ruiz

Manteca Unified School Dist

Anita Ruiz

San Juan Unified School Dist

Anita Ruiz

Azusa Unified School District

Ben Melendrez

Los Angeles Unified Sch Dist

Ben Melendrez

San Mateo USD

Dru Bagwell

Alvord Unified School District

Staci Boretzky

San Bernardino City Unified SD

Staci Boretzky

San Diego Unified School Dist

Staci Boretzky

San Gabriel Unified Sch Dist

Stephanie K

Pittsburg Unified School Dist

Vacant

San Leandro Unified Sch Dist

Vacant

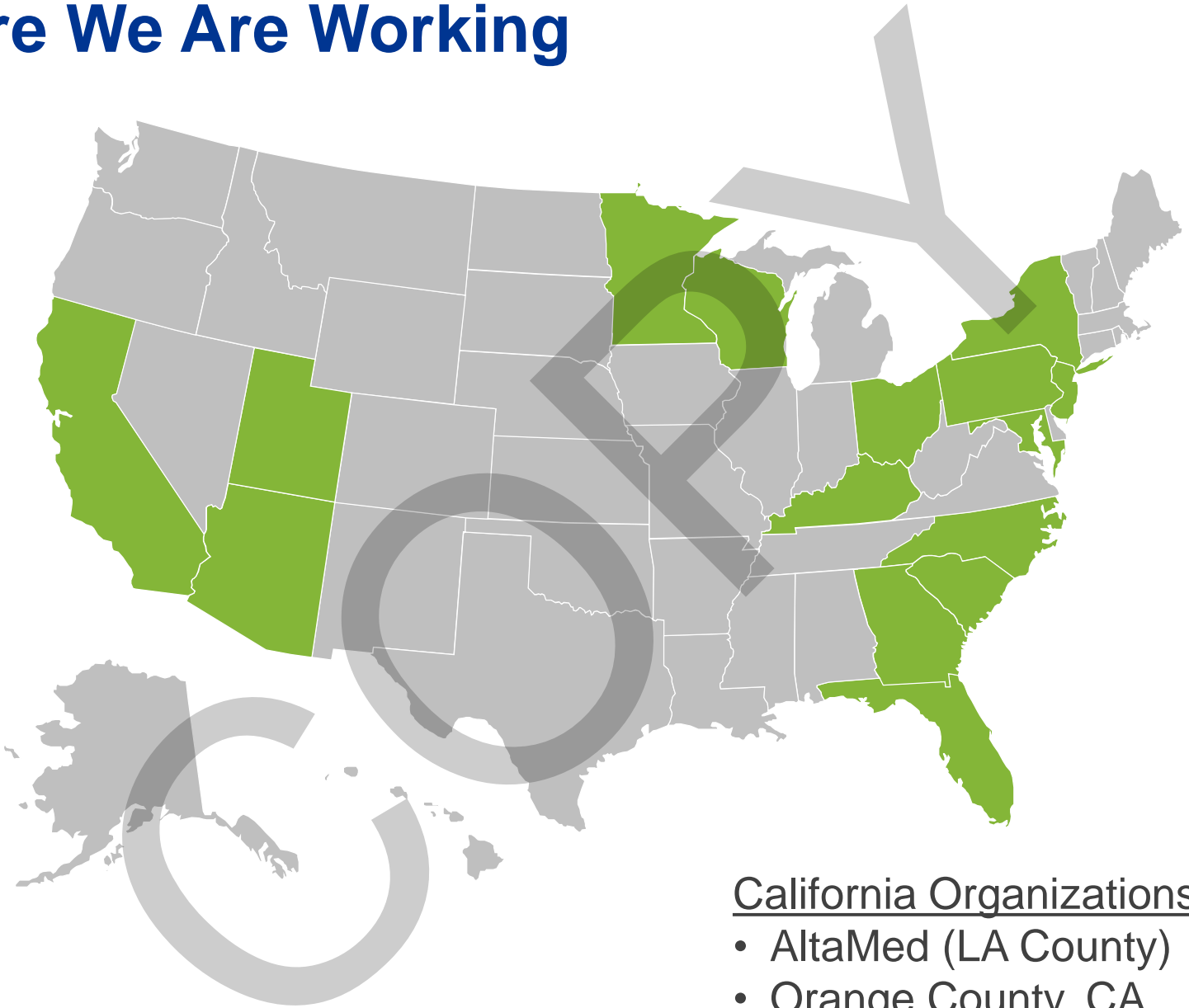
Santa Rosa City School Dist

Vacant

West Contra Costa USD

Vacant

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.



Banner header question mark question problem
many/ geralt - Pixabay/ Public Domain

Thank you for joining us today!



thank you paprika broccoli red yellow message/
publicdomainpictures - Pixabay/ Public Domain

State Office Updates



UPDATE

Evaluation Updates

evaluation forming performance
process teaching formative learner
co-creating co-constructing teach ongoing observation assessment product feedback for check-in checklist adjust
practice conversation criteria

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

PEARS

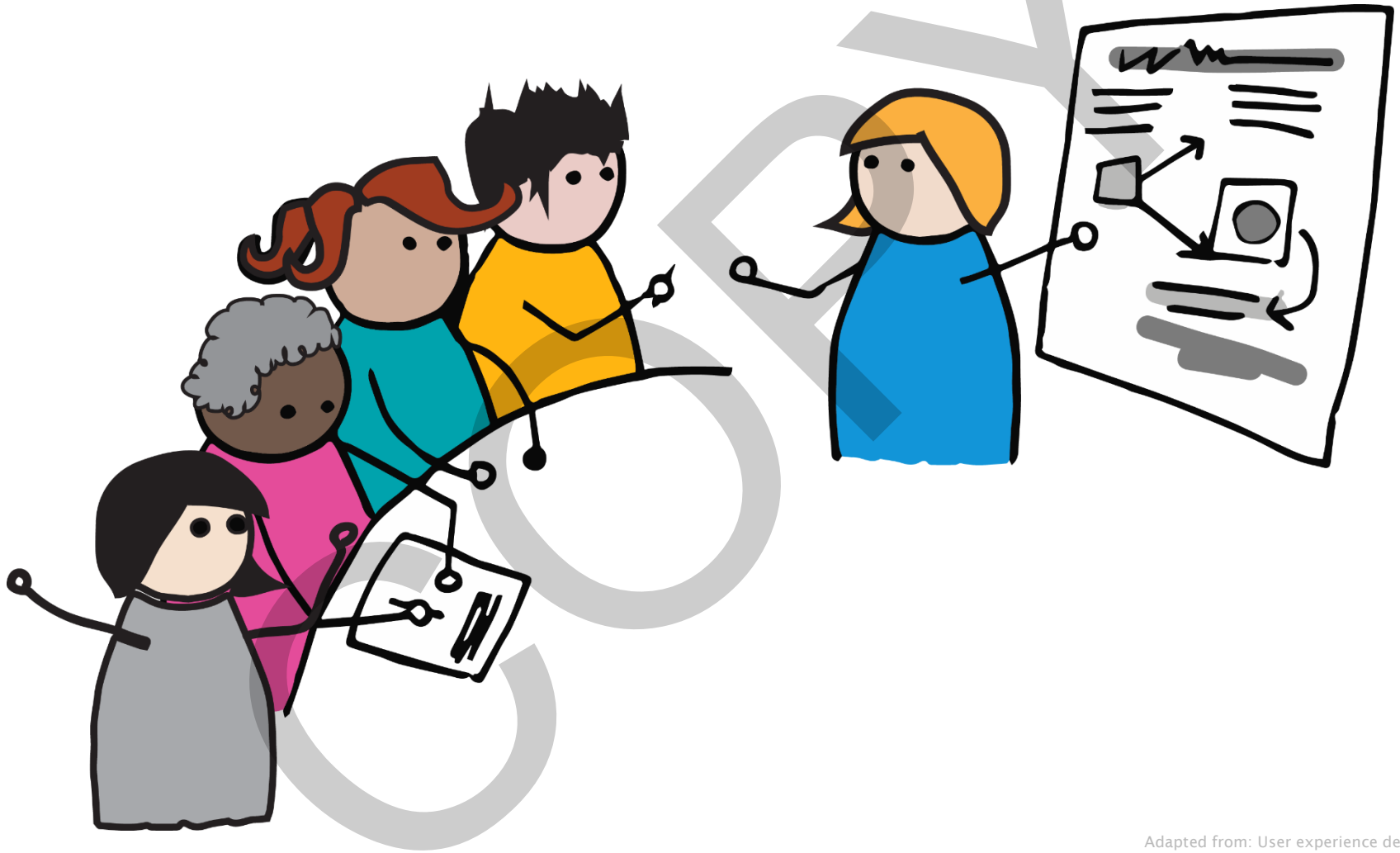


Please sign in

Sign in

[Forgot password?](#)

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 McNelly (bmknelly@ucdavis.edu) or Angie Keihner (akeihner@ucdavis.edu)

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>
 - 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>
 - Questions? Please contact Sandy Vice and/or Lindsay Hamasaki
- ✿ LIA Site Lists due to SIAs: **May 1**
 - Questions? Please contact Jennifer Quigley



Link to FFY 2018 LIA & SIA State Plan Timeline on CDSS SNAP-Ed SharePoint Site (“Resources” tab):
<https://snaped.dss.ca.gov/resources/Resource%20Documents/FFY%202018%20LIA%20and%20SIA%20State%20Plan%20Timeline.xlsx>

UC CalFresh Trainings and Meetings Calendar

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County UCCE Offices

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ADMINISTRATIVE CURRICULUM EVALUATION PUBLICATIONS RESOURCES TRAININGS WEEKLY UPDATES

You are here: Home > Trainings > Calendar

UC CalFresh Trainings and Meetings Calendar

by State Office — last modified Oct 26, 2016 04:30 PM

Legend:

- UC CalFresh Town Hall Webinars
- UC CalFresh Trainings
- UC CalFresh Meetings
- Other Trainings & Meetings

Click on the event name below to see details.

Today April 2017

Print Week Month Agenda

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	Apr 1
	CA Farm to School and Garden Conference - Modesto, CA 9am Local School Wellnes			10am Curriculum Fidelity		
2	3	4	5	6	7	8
		3pm SHCP Check-In Meet	9am Local School Wellnes			
9	10	11	12	13	14	15
8am SLM TAPs Workshop						

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)



CATCH Early Childhood Training

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



Image: <https://pixabay.com/> under Creative Commons CC0

...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.



Image: Pixabay