School Wellness Policy Workshops

FREE* regional workshops for school teams to reactivate their local school wellness policies and engage students in the implementation and evaluation process.

Tuesday, February 25th - Cedar Rapids
Wednesday, February 26th - Des Moines

The workshops will be held from 9:00am - 2:30pm at both locations. The agenda will cover the following educational objectives that will increase participants knowledge of:

- Wellness Policy Background Information
- How to Complete a Wellness Assessment
- How to Build Awareness and Support
- How to Monitor and Evaluate Policies
- How to Report to the Public

Regulations and Resources for:
- All Foods Available on Campus
- Nutrition Education and Promotion
- Physical Activity and Physical Education
- Other School-Based Wellness Activities

Presenters:
Patti Delger, RDN, LDN - Iowa Department of Education
Angie Mitchell, RN, BA - Iowa Department of Education
Carrie Scheidel, MPH - Iowa Department of Education
Sarah Taylor-Watts - Iowa Department of Public Health
Adam Fanning, MPA - Alliance for a Healthier Generation
Erin Thole, MS, RDN, LDN - Midwest Dairy Council
Jen Ransom, RDN, LDN - Midwest Dairy Council

School Teams Need to Include:
✓ Physical Education Teacher
✓ School Staff Member
  (school nurse, food-service, etc.)
✓ Two High School Students

Lunch will be provided by the Alliance for a Healthier Generation.

Continuing Education Credits*:
School Nutrition of Association of Iowa (SNAI): 5 CEC
There are no CEU processing fees

Iowa School Nurse Organization (ISNO): 0.51 CEU
ISNO is Iowa Board of Nursing Approved Provider #68
Processing fees: $5 for ISNO members and $25 for non-members
Course #’s: Feb. 25th - 14-0225-02 and Feb. 26th - 14-0226-03

Mileage Reimbursement and Sub-Pay Will be Available!

Contact:
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Register Today!
Cedar Rapids - Click here!
Des Moines - Click here!

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9:00-9:15: Introductions and Overview of the Day
9:15-9:45: Local Wellness Policy Background Information
  - What You Need to Do, Why, and How
  - The Case for Wellness Policies
  - Regulations
9:45-10:15: Team Time: Complete Healthy Schools Programs Inventory
10:15-10:30: Break
10:30-11:00: All Foods Available on Campus
11:00-11:30: Nutrition Education and Promotion
11:30-12:15: Lunch
12:15-12:30: Physical Activity and Physical Education
12:30-1:00: Other School-Based Activities
  - Farm-to-School
  - Smarter Lunchrooms
  - Water Access
  - School Gardens
  - Chefs Move to Schools
  - Recognition and Award Programs
1:00-1:30: Where to Start?
  - How do build awareness and support
  - How to monitor and evaluate
  - How to report to the public
  - How to share your story!
1:30-2:00: Team Time: Revisit Inventory and Develop Next Steps
2:00-2:30: Funding Opportunities
2:30: Adjourn