

School Wellness Forum

The Iowa Action for Healthy Kids Team is holding a forum that will highlight the academic benefits of a healthy school environment, share programs that generate excitement about healthy schools, and provide an opportunity for professionals to network about child wellness.

Wednesday, November 13th Grimes State Office Building

- 9:30-9:45** **Welcome and Introductions**
Carrie Scheidel - Iowa Department of Education
- 9:45-10:15** **Action for Healthy Kids**
Hannah Laughlin – National Action for Healthy Kids Office
- 10:15-10:30** **Networking Break and Stretch**
- 10:30-11:00** **The Wellness Impact Report**
Dr. Ruth Litchfield – Iowa State University
- 11:00-11:15** **Small Group Discussion and Sharing**
- 11:15-11:30** **What’s New with School Meals and School Wellness Policies?**
Carrie Scheidel – Iowa Department of Education
- 11:30-12:00** **Lunch!**
Provided by Action for Healthy Kids
Catered by Des Moines Public Schools Nutrition Department
- 12:00-12:45** **School Wellness Resource Panel**
Alliance for a Healthier Generation (AHG): Adam Fanning - AHG
FuelUp to Play60: Melissa Young – Midwest Dairy Council
HealthierUS School Challenge: Patti Delger – Iowa Department of Education
Live Healthy Iowa Kids: Lisa Weber – Iowa Sports Foundation
- 12:45-1:00** **Small Group Discussion and Sharing**
- 1:00-1:30** **Schools Sharing School Wellness Initiatives**
- 1:30-1:45** **Legislative Update**
- 1:45-2:00** **Next Steps**
- 2:00** **Leave for Tour of Des Moines Central Kitchen**

Action for Healthy Kids is dedicated to improving the health and educational performance of children through better nutrition and physical activity in schools. Healthy schools produce healthy students — and healthy students are better able to learn and achieve their true potential.