



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.

Mileage Reimbursement and Sub-Pay Will be Available!

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



Contact:

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Register Today!

Cedar Rapids - [Click here!](#)

Des Moines - [Click here!](#)

This webinar is supported by Cooperative Agreement Number 3U50DP000734-04S1 from the Centers for Disease Control and Prevention and a United States Department of Agriculture Team Nutrition grant.

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WORKSHOPS



- 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
 - School Gardens
 - Smarter Lunchrooms
 - Chefs Move to Schools
 - Water Access
 - 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