

# School Wellness Conference

Thursday, November 12<sup>th</sup> 9:00am – 2:30pm

Iowa State University Alumni Center

## MORNING

- 8:30 – 9:00**      **Registration and Light Breakfast**
- 9:00 - 9:15**      **Welcome and Introductions**  
Carrie Scheidel - Iowa Department of Education  
Jami Haberl – Iowa Healthiest State Initiative
- 9:15 – 9:45**      **School Wellness and Academic Achievement**  
Greg Welk – Iowa State University
- 9:45 – 10:15**      **School Wellness Discussion Board**
- 10:15 – 10:30**      **Recess – Physical Activity Break**
- 10:30 – 11:00**      **School Wellness Policy, Systems & Environments**  
Patti Delger & Carrie Scheidel - Iowa Department of Education
- 11:00 – 11:30**      **Smarter Lunchrooms**  
Lorraine Lanningham-Foster – Iowa State University  
Julie Miller – Oskaloosa Community School District
- 11:30 – Noon**      Break Out One  
**Nutrition Opportunities at School**  
Patti Delger and Carrie Scheidel
- Break Out Two (lower level)  
**Shared Use Agreements**  
**Safe Routes to School**  
Stacy Frelund – American Heart Association

## AFTERNOON

- Noon – 12:45**      **Physical Activity Break and Lunch**
- 12:45-1:45**      Break Out One  
**SWITCH: School Wellness Integration**  
**Targeting Child Health**  
Iowa State University
- Break Out Two (lower level)  
**Comprehensive School Physical Activity Program**  
Sara Sprouse – Van Buren CSD
- 1:45 – 2:00**      **Sharing of Wellness Discussion Results**
- 2:00 – 2:30**      **Team Time, Action Plans, and Funding Opportunities**
- 2:30**              **Conclude**

