

## Montana School Wellness in Action Workshop Agenda

April 3<sup>rd</sup>, 2019 - 1:00 pm to 4:30 pm

Manhattan, Manhattan Christian School, 8000 Churchill Road, Library

Objectives:

Participants will:

- 1) List the 4 key components of implementing the USDA's School Wellness Policy.
- 2) List three nutrition or physical activity best practice policy implementation strategies.

Agenda:

- 1:00 pm      **Welcome - Review of agenda and objectives**
- 1:10            **Why Wellness Matters from an Administrator's Perspective - Dr. Kimberly DeBruycker (15 min)**
- 1:30            **School Wellness Policy Key Components - Katie Bark (25 min)**
- 1) Stakeholder Input - Health Committee and regular meetings throughout SY
  - 2) Assessment/Oversight - Periodic (yearly but at least each three years)
  - 3) Goal Setting/Monitoring/Progress - Foods/Guidelines; Nutrition Ed; Nutrition Promotion; Physical Activity; School Wellness Topics
  - 4) Communication – Staff, students, parents and community
- 1:55            **Q and A (5 minutes)**
- 2:00            **Energizer (5 minutes) Bruce Colton**
- 2:00            **Goal Setting Based on Best Practices for Student Success**
- Wellness Speed Dating: 7 speakers' cover a best practice (10 minutes each speaker; 70 minutes)**
1. Staff Wellness: Bruce Colton, Bozeman
  2. Student Rewards, Classroom Parties, Smart Snacks: Katie Bark
  3. School Meals: Expanded Breakfast programs; Recess before Lunch: Cook Fresh: Katie Bark
  4. Physical Activity Project 150: SHAPE MT: Julie Smith HE Emily Dickinson, Bozeman
  5. Fueling Student Success (Smarter Lunchrooms) Molly Stenberg
  6. Nutrition Education: Molly Stenberg
  7. Montana Farm to School/Harvest of the Month: Aubree Roth; Rachael Jones, Livingston
- 3:20            **Fuel up Break (Energy Break- 10 minutes)**
- 3:30            **Wellness Works Round Tables; Participants can select to learn more about 2 two topics in this two-part roundtable sessions (2 roundtables of 15 each-total 30 minutes)**
- 4:00            **Goal Setting and Next Steps (10 minutes)**
- 4:10            **Summarize and share resource Lists, complete evaluation forms and pass out CE forms (15 minutes)**
- 4:25            **Ending Energizer! (5 minutes) Bruce Colton**
- 4:30            **End of Workshop**



*This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider and employer. If you have questions about this resource, please contact Montana Team Nutrition at <https://www.montana.edu/teamnutrition/>*