



2010 Nebraska Action for Healthy Kids Summit Agenda
Energizing Your School Wellness Policy: Engaging Students and Staff for Lasting Change
April 13th, 2010
Holiday Inn, Downtown Lincoln

- 7:30- 8:15 am:** **Registration/Continental Breakfast/Exhibits (Lincoln Ballroom/Assembly/Arbor Room)**
- 8:15- 8:35 am:** **Welcome Address (Lincoln Ballroom)**
Jennifer Skala, Nebraska Action for Healthy Kids Co-Chair
Sally Ganem, First Lady of Nebraska
- 8:35-9:35 am:** **Keynote (Lincoln Ballroom)**
Coordinated School Health: Promoting the Health of Young People,
Melissa Fahrenbruch, B.S., M.Ed., CDC, Division of Adolescent and School Health (DASH)
- 9:35-10:00 am:** **Physical Activity Break/Exhibits (Lincoln Ballroom/Arbor Room)**
- 10:00-11:00 am:** **Breakout Sessions**
A) Taking the School Health Index to the Next Level
(University Room)
B) Improving Nutrition in Schools Through Innovative Strategies
(Platte Room)
C) Strategies for Engaging Students In Wellness Initiatives
(Missouri/Niobrara)
D) Students Taking Action Roundtable Session- Student Track
(Lincoln Ballroom)
- 11:00-11:15 am:** **Break/Exhibits (Arbor Room)**
- 11:15-12:15 pm:** **Luncheon/Action Awards Presentation (Lincoln Ballroom)**
Jessye Goertz, NE Action for Healthy Kids Co-Chair
Patricia Timm, Ne State Board of Education
Jackie Miller, Deputy Director, Ne Department of Health and Human Services
- 12:15-12:30pm:** **Break/Exhibits (Arbor Room)**
- 12:30-1:30 pm:** **Breakout Sessions**
A) Building a Foundation for Success-It Starts with a School Wellness Council
(Platte Room)
B) School Employee Wellness: Creating A Plan for Success
(University Room)
C) Increasing Physical Activity In Schools Through Innovative Strategies
(Missouri/Niobrara)
D) Student Wellness Jeopardy Game- Student Track (Lincoln Ballroom)
- 1:30-1:45 pm:** **Break/Exhibits (Arbor Room)**
- 1:45-3:00 pm** **Activity/Closing Keynote Session (Lincoln Ballroom)**
Lessons Recalled on a Very Long Walk: Steps to Creating a Healthier School Environment, Mark Fenton, BS, MS
- 3:00- 3:30 pm** **Action Planning/Conference Evaluations/Door Prizes (Lincoln Ballroom)**

Keynote Session Details:

Session Title: Coordinated School Health: Promoting the Health Of Young People

Speaker: *Melissa Fahrenbruch, B.S., M.Ed., CDC, Division of Adolescent and School Health (DASH)*

Learning Objectives:

- 1) Attendees will learn the 2 most critical health risks for young people
- 2) Attendees will be able to describe why health is academic
- 3) Attendees will gain a better understanding of the CDC's vision for promoting the health of youth
- 4) Attendees will be able to identify strategies for schools to prevent obesity
- 5) Attendees will be able to identify 2 keys for success

Session Title: Lessons Recalled on a Very Long Walk: Steps to Creating a Healthier School Environment

Speaker: *Mark Fenton, BS, MS*

Learning Objectives:

- 1) Attendees will gain a better understanding of current physical activity recommendations and rates (adult & youth), and the connection between physical inactivity and chronic disease
- 2) Attendees will be able to recognize strengths and weaknesses of traditional exercise promotions such as pedometer programs, and the benefits of social support in physical activity promotion
- 3) Attendees will learn the social ecology model, the limitations of behavior change programs, and the need for environmental and policy changes to attain population improvements in health
- 4) Attendees will be able to describe five key elements of the environment that encourage routine physical activity (walking and bicycling) and healthier nutrition

Breakout Session Details:

Session Title: Taking the School Health Index to the Next Level

Speaker: *Melissa Fahrenbruch, B.S., M.Ed., CDC, Division of Adolescent and School Health (DASH)*

Learning Objectives:

- 1) Identify strengths and weaknesses of health policies and programs
- 2) Practice developing an action plan for improving school health
- 3) Strategize how to engage teachers, parents, students and the community in promoting health enhancing behaviors and better health

Session Title: Improving Nutrition In Schools Through Innovative Strategies

Facilitator: *Shawn Vondracek and Mary Ann Brennan, Nebraska Department of Education Nutrition Services*

Panelists: *Bonnie Sekutera, Loup City Public Schools, Bob Bednar, Pleasanton Public Schools, Matt Dykstra, Ezra Millard Elementary School, Millard Public Schools*

Learning Objectives:

- 1) Attendees will learn innovative strategies to promote nutrition within the school environment
- 2) Attendees will learn about the benefits of offering healthy food options beyond the traditional school meal program and benefits of implementing programs such as Expanded Breakfast and Recess Before Lunch

Session Title: Strategies for Engaging Students In Wellness Initiatives

Facilitator: *Governor's Youth Advisory Council*

Panelists: *Becki Deisley, Crete Middle School, Denise Knotwell, Goodrich at Dawes Middle School, Linda Hoven, MSN, RN, LCCE, Bishop Neumann High School*

Learning Objectives:

- 1) Participants will learn about the importance of involving students in the planning, implementation and evaluation of school based wellness initiatives
- 2) Participants will learn about success stories from Nebraska schools who have been successful at engaging students in wellness initiatives

Session Title: Student's Taking Action Roundtable Session (Student Track)

Featured Schools: *Beveridge Middle School, Millard South High School, Norris High School, Plattsmouth Community Middle School, Westside High School, Grand Island Senior High, Bishop Neumann High School, Hastings St. Cecilia*

Learning Objectives:

- 1) Student participants will learn about success stories from other students who have played a leadership role in wellness initiatives in their school
- 2) Students will learn why it is important for them to be involved in wellness initiatives in their school
- 3) Students will have the opportunity to dialogue with other students across the state about various school wellness topics

Session Title: Building a Foundation for Success- It Starts With a School Wellness Council

Speaker: *Julane Hill, Nebraska Department of Education, Shannon Vogler, Alliance for A Healthier Generation*

Learning Objectives:

- 1) Attendees will learn about the benefits of creating a School Wellness Council and who should be involved
- 2) Attendees will learn about the role of the School Wellness Council and a blueprint for successfully creating change in the school including planning, advocacy, education, resource mapping and accountability
- 3) Attendees will learn about key elements for making their School Wellness Council efficient and effective at moving their school toward a healthier environment
- 4) Attendees will learn how to evaluate the efforts of their School Wellness Council and how to keep efforts sustainable

Session Title: School Employee Wellness: Creating a Plan for Success

Speaker: *Linda Kenedy, M.A., Wellness Council of the Midlands(WELCOM)*

Learning Objectives:

- 1) Attendees will learn about the importance of staff wellness programs in the school environment
- 2) Attendees will learn strategies to assist them in implementing new staff wellness programs or improving existing programs
- 3) Attendees will learn examples of schools in Nebraska that are having success with staff wellness programs

Session Title: Increasing Physical Activity In Schools Through Innovative Strategies

Facilitator: *Mark Fenton, BS, MS*

Panelists: *Natalie Kingston, Public Health Solutions District Health Department, Amber Tiefenthaler, Fredstrom Elementary School, Lincoln Public Schools, Ellie Seward, St. Bernard Catholic School*

Learning Objectives:

- 1) Attendees will learn innovative ways to increase physical activity within the school environment
- 2) Attendees will learn benefits of providing more opportunities for physical activity in the school environment

Session Title: Student Wellness Jeopardy Game (Student Track)

Facilitator: *Governor's Youth Advisory Council*

Learning Objectives:

- 1) Students will review and learn about health, nutrition and physical activity concepts in a fun setting
- 2) Students will have the opportunity to work in teams and network with students from across the state of Nebraska