



## 2019 SOUTHERN NEVADA SCHOOL WELLNESS CONFERENCE

February 9, 2019, 8:00a.m. - 4:30p.m.  
College of Southern Nevada, North Las Vegas

TIME		PHYSICAL ACTIVITY	COMPETITIVE FOODS / FUNDRAISING	NUTRITION STANDARDS & EDUCATION	WELLNESS POLICY IMPLEMENTATION	WELLNESS POLICY SUPPORT
7:30a-8:00a	Registration	REGISTRATION <i>Coffee and yogurt sponsored by Dairy Council of NV</i> <i>Building A - Lobby 1702</i>				
8:00a-9:00a	Welcome	WHAT'S WELLNESS GOT TO DO WITH STUDENT SUCCESS? TODAY AND TOMORROW, IN THE CLASSROOM AND BEYOND <i>Building A - Lecture Hall 1772</i>				
9:00a-10:00a	Session 1	WELLNESS POLICY 101 <i>Building A - Lecture Hall 1772</i>				
10:00a-10:15a	Break	BRAIN BREAK <i>Sponsored by Dairy Council of NV</i> <i>Building A - Lobby 1702</i>				
10:15a-11:00a	Session 2	RECESS BEFORE LUNCH: AMAZING SIMPLE WAY TO ENHANCE ACTIVITY, NUTRITION AND BEHAVIOR <i>Building C - Rm 2631</i>	HEALTHY AND SUCCESSFUL ALTERNATIVES TO FOOD-BASED FUNDRAISERS AND CLASSROOM REWARDS AND INCENTIVES <i>Building C - Rm 1682</i>	NUTRITION STANDARDS IN THE WELLNESS POLICY <i>Building C - Rm 1685</i>	CREATE YOUR OWN SCHOOL WELLNESS POLICY <i>Building C - Rm 1684</i>	FARM TO SCHOOL AND THE WELLNESS POLICY <i>Building C - Rm 1674</i>
11:00a-11:05a	Transfer	<i>Move to next session.</i>				
11:05a-11:50a	Session 3	RECESS BEFORE LUNCH: AMAZING SIMPLE WAY TO ENHANCE ACTIVITY, NUTRITION AND BEHAVIOR <i>Building C - Rm 2631</i>	NAVIGATING COMPETITIVE FOODS <i>Building C - Rm 1682</i>	A POSITIVE POSITION ON NUTRITION <i>Building C - Rm 1674</i>	ROLES AND RESPONSIBILITIES OF A SCHOOL WELLNESS COORDINATOR <i>Building C - Rm 1684</i>	THE NUTS AND BOLTS OF GRANT WRITING <i>Building C - 1685</i>
11:50a-12:50p	Session 4	WORKING LUNCHEON <i>Sponsored by Sunrise Hospital &amp; Medical Center and Sunrise Children's Hospital</i> RESOURCE ROUND UP EXHIBITORS: Dairy Council of NV / Fuel Up to Play 60, NDA Food and Nutrition Division, CCSD Nutrition Services, American Heart Association, Southern NV Health District, Green Our Planet, CCSD Safe Routes to School, University of Nevada Cooperative Extension, Core Purpose Consulting, Southern Nevada Strong, Sunrise Children's Hospital <i>Building A - Lobby 1702</i>				
12:50p-1:35p	Session 5	PHYSICAL ACTIVITY BEHAVIOR/ACTIVE TRANSPORTATION <i>Building C - Rm 1682</i>	NAVIGATING COMPETITIVE FOODS <i>Building C - Rm 2631</i>	NUTRITION STANDARDS IN THE WELLNESS POLICY <i>Building C - Rm 1685</i>	ORGANIZING A SCHOOL WELLNESS COMMITTEE <i>Building C - Rm 1684</i>	HEALTH MATTERS <i>Building C - Rm 1674</i>
1:35p-1:40p	Transfer	<i>Move to next session.</i>				
1:40p-2:25p	Session 6	PHYSICAL ACTIVITY BEHAVIOR/ACTIVE TRANSPORTATION <i>Building C - Rm 1682</i>	HEALTHY AND SUCCESSFUL ALTERNATIVES TO FOOD-BASED FUNDRAISERS AND CLASSROOM REWARDS AND INCENTIVES <i>Building C - Rm 2631</i>	A POSITIVE POSITION ON NUTRITION <i>Building C - Rm 1685</i>	WELLNESS ENGAGEMENT: STAFF, STUDENTS, PARENTS & COMMUNITY <i>Building C - Rm 1674</i>	CREATING WELLNESS AT YOUR SCHOOL <i>Building C - Rm 1684</i>
2:25p-2:40p	Break	BRAIN BREAK <i>Sponsored by American Heart Association</i> <i>Building A - Lobby 1702</i>				
2:40p-3:25p	Session 7	WELLNESS CHAMPION PANEL <i>Facilitated by Chris Lineberry, Core Purpose Consulting.</i> PANEL: Tamalyn Taylor, Nye County; Carmen Brown, Nye County; Chris Regan, Lunt ES; Sarah Wright-Clancy, Quannah McCall ES. <i>Building A - Lecture Hall 1772</i>				
3:25p-4:10p	Session 8	FINDING YOUR WHY <i>Building A - Lecture Hall 1772</i>				
4:10p-4:30p	Close	CLOSING REMARKS <i>NDA staff offer closing remarks, collect pre-/post- surveys and give out raffle prizes</i> <i>Building A - Lecture Hall 1772</i>				

# SESSION DESCRIPTIONS

## OPENING & CLOSING SESSIONS

### WHAT'S WELLNESS GOT TO DO WITH STUDENT SUCCESS? TODAY AND TOMORROW, IN THE CLASSROOM AND BEYOND

Dayle Hayes - School Meals that Rock

School wellness policies are not just a requirement; they are a critically important way to address the needs of today's students. When students are well-nourished and physically active, they are better prepared to focus and learn at school. Dayle will explore opportunities for schools to invest in the health of students for a successful future.

### FINDING YOUR WHY

Dr. Lynn Miller, Dr. Shane Hesse, Dr. Chris Lineberry - Core Purpose Consulting

It is the belief of Core Purpose Consulting that educators are some of the best people on planet Earth: giving, intelligent, caring, gifted, kind and determined to make a positive difference. How do we translate these outstanding qualities into a greater purpose than improving achievement, the test we want kids to do well on is the test of life. Academics is definitely a part of that, but this session is designed to help educators reconnect to their "why" and reignite the flames of passion and persistence to improve the lives of children, young adults, families and the community.

## FEATURED SESSIONS

### WELLNESS POLICY 101

Dr. Shane Hesse, Dr. Chris Lineberry, Dr. Lynn Miller - Core Purpose Consulting

This session will be an introduction into the legislation behind the school wellness policy requirement, the steps to create a school wellness policy, the benefits to schools having a school wellness policy and a wide variety of ideas and suggestions on how to get started and build excitement.

### WELLNESS CHAMPION PANEL

Facilitated by Chris Lineberry, Core Purpose Consulting.

Panel: Tamalyn Taylor, Nye County; Carmen Brown, Nye County; Chris Regan, Lunt ES; Sarah Wright-Clancy, Quannah McCall ES.

This session will be an opportunity to have a discussion with leading school health experts on school health. This session will cover potential roadblocks to success and how to navigate them. There will also be an opportunity for attendees to ask questions about school wellness policy implementation and establishment of school health.

## PHYSICAL ACTIVITY

### RECESS BEFORE LUNCH: AMAZING SIMPLE WAY TO ENHANCE ACTIVITY, NUTRITION AND BEHAVIOR

Dayle Hayes, MS, RD - School Meals that Rock

Recess Before Lunch (RBL) is a simple, research-based schedule change recommended by school health advocates and government agencies (e.g., CDC, USDA and SHAPE). Scheduling RBL – allowing students to play first, then eat – has documented potential to improve student's physical, socio-emotional and cognitive health and well-being. Dayle will explore RBL benefits – improved consumption, atmosphere and behavior – and discuss effective implementation.

### PHYSICAL ACTIVITY BEHAVIOR/ACTIVE TRANSPORTATION

Timothy Bungham, DrPH - University of Nevada, Las Vegas

Traci Traasdahl - CCSD Safe Routes to School

This session will provide a review of the guidelines and benefits of physical activity, specific guidelines for age groups and safety while exercising. This session will also discuss the Safe Routes to School program, student bike and pedestrian safety, and education and encouragement programs that can be incorporated at any school.

## COMPETITIVE FOODS / FUNDRAISING

### HEALTHY AND SUCCESSFUL ALTERNATIVES TO FOOD-BASED FUNDRAISERS AND CLASSROOM REWARDS AND INCENTIVES

Allison Schnitzer, RD, LD - Southern Nevada Health District

Learn creative and innovative ways to hold successful school fundraisers and provide motivational classroom incentives and rewards that are not food-based and comply with the standards for fundraising and incentives and rewards.

### NAVIGATING COMPETITIVE FOODS

Lory Hayon, RD, LDN

Eliminate the confusion surrounding what foods and beverages may be offered during the school day. This session will explain the current regulations and how to choose compliant offerings for the student store, vending machines, class parties and other events that take place during the school day.

## NUTRITION STANDARDS & EDUCATION

### NUTRITION STANDARDS IN THE WELLNESS POLICY

Joe Dibble, LD, RDN - Nevada Department of Agriculture

Participants will learn foundational nutrition information, requirements and limitations within state and district school wellness policies. The session will also review how to screen and implement school wellness policies in schools and classrooms.

### A POSITIVE POSITION ON NUTRITION

Aurora Buffington, PhD, RDN, LD - University of Nevada Cooperative Extension

This session will provide tips to help schools achieve the nutrition promotion and education goal of the Nevada School Wellness Policy. Five ways to meet the goal will be presented, along with specific resources and references to help make nutrition education and promotion easy for your school.

## SESSION DESCRIPTIONS

### WELLNESS POLICY IMPLEMENTATION

#### CREATE YOUR OWN SCHOOL WELLNESS POLICY

Dr. Chris Lineberry- Core Purpose Consulting

This session will be a deeper dive into what is required in a school wellness policy, how to put together a Student Health Advisory Council, scripts to use when speaking with a principal or administrator (as well as potential team members) and ways to get students involved.

#### ROLES AND RESPONSIBILITIES OF A SCHOOL WELLNESS COORDINATOR

Bobbie Davidson - Nevada Department of Agriculture

Learn about what being a school wellness coordinator entails, important dates for reporting and useful resources to aide in your new role.

#### ORGANIZING A SCHOOL WELLNESS COMMITTEE

Sierra Kirby, MPH, RD - University of Nevada Cooperative Extension

This session will provide background information on organizing an ideal school wellness committee. Additionally, experience and stories from the field will be provided by Crystal Momii, a Community Based Instructor for the Healthy Kids, Healthy Schools programs at the University of Nevada Cooperative Extension.

#### WELLNESS ENGAGEMENT: STAFF, STUDENTS, PARENTS & COMMUNITY

Dr. Shane Hesse, Dr. Lynn Miller - Core Purpose Consulting

This session will be an overview of the Whole School, Whole Child, Whole Community (WSCC) program developed by the Center for Disease Control and Prevention. Additionally, Dr. Hesse and Dr. Miller will delve into the Student Wellness Advocacy Team (SWAT) program and how students can help drive the process of a school becoming healthier.

### WELLNESS POLICY SUPPORT

#### FARM TO SCHOOL AND THE WELLNESS POLICY

Emily Litz, M.Ed - Green Our Planet

School garden programming is a great way for schools to meet the Nevada School Wellness Policy standards by providing students a fun way to become physically active and learn about nutrition. School gardens offer healthy fundraising alternatives and provide the community access to affordable, healthy produce.

#### THE NUTS AND BOLTS OF GRANT WRITING

Millicent Braxton, PhD - University of Nevada Cooperative Extension

A grant proposal is not merely a request for money—it is much more than that. A grant award is not just funding—it is a tool, a means to an end and an investment in change. By the end of this workshop, participants will acquire knowledge to writing a successful grant proposal.

#### HEALTH MATTERS

Jessica Enders, RDN - Children's Heart Center

This session will review the benefits of activity and healthy eating and the consequences of inactivity and unhealthy eating from the perspective of a dietician working with children in a risk-reduction program. Ideas for community resources will also be provided.

#### CREATING WELLNESS AT YOUR SCHOOL

Mimi Parkerson, MPH, RD - American Heart Association

Jake Yarberry, RDN, RD - Dairy Council of NV/Fuel Up to Play 60

This session is a partnership between the Nevada Dairy Council and the American Heart Association (AHA) Las Vegas. Fuel Up to Play 60 funding opportunities will be discussed, how other programs such as the AHA's Kids Heart Challenge fits in to Fuel Up to Play 60's playbook and how incentives from the NFL can help to promote wellness programs in Nevada schools.

### WORKING LUNCHEON SPONSORED BY



Please visit the exhibitors at our Resource Round Up for more wellness tools.

Stick around and turn in your survey to enter to win raffle prizes including: School Garden Conference Registration, swag, gift cards and more!

## KEYNOTE SPEAKER



**DAYLE HAYES, MS, RD**  
**School Meals That Rock**

Registered dietitian, Dayle Hayes, has dedicated decades to making school environments healthy for students and staff. As a cheerleader for School Meals That Rock, she understands the important connections between school food, academic success and lifetime healthy habits. She has been honored with numerous state and national awards for her commitment to feeding the future.

## FEATURED SPEAKERS



**DR. SHANE HESSE, DR. CHRIS LINEBERRY, DR. LYNN MILLER**  
**Core Purpose Consulting**

Dr. Hesse, Dr. Lineberry and Dr. Miller of Core Purpose Consulting (CPC) are educational experts in the fields of staff development, education, student achievement, increased proficiency and the integration of health and wellness into schools, businesses and organizations. CPC has collectively published over 100 books, trained adults and young adults in over 750 districts in all 50 states and 15 foreign countries, presented at multiple national educational conferences and has been recognized by multiple agencies for excellence in the fields of education and health and wellness.

## SESSION SPEAKERS

**ALLISON SCHNITZER, RD, LD**

Allison is a registered dietitian and health educator in the Office of Chronic Disease Prevention and Health Promotion at the Southern Nevada Health District. Her work focuses on improving the food environment into one that makes healthy choices more accessible and affordable.

**AURORA BUFFINGTON, PhD, RDN, LD**

Aurora is an assistant professor for the University of Nevada Cooperative Extension. Her Healthy Kids, Healthy Schools team delivers nutrition education in over 200 elementary classrooms. Her team also provides time and resources to 21 school wellness coordinators to help them meet their school wellness goals.

**BOBBIE DAVIDSON**

Bobbie is a native Nevadan, culinary school graduate, a proud former “lunch lady” and advocate for school nutrition. She has been with the Nevada Department of Agriculture since 2016 and is the School Wellness Coordinator for the state of Nevada. Through much research and hands-on technical assistance with sponsors, she has learned and embraced the ins and outs of the School Wellness Policy, its history and the regulations that govern it.

**EMILY LITZ, M.Ed.**

Emily Litz has worked in event planning for the past six years. In 2018, she received her M.Ed. in community engagement, K-12. She believes health and wellness are an integral part of life, and that nature in the classroom is a huge component of them. She is excited to further this mission through Green Our Planet events.

**JAKE YARBERRY, RDN, LD**

Jake Yarberr, RDN, LD is one of the nutrition managers for the Dairy Council of Nevada. He was hired to promote Fuel Up to Play 60 with the Raiders coming to Las Vegas. He is a registered dietitian, president of the Nevada Academy of Nutrition and is currently finishing his master's degree in public health.

**JESSICA ENDERS, RDN**

Jessica has over 15 years of experience as a registered dietitian. She currently serves as the program director for the Healthy Hearts Program at Children's Heart Center Nevada, guiding a team of six dietitians and providing counseling for children and families daily on eating healthier and staying active.

**JOE DIBBLE, LD, RDN**

Joe is a licensed and registered dietitian, and the current school nutrition supervisor at the Nevada Department of Agriculture. He oversees Nevada's National School Lunch Program, School Breakfast Program, After-School Snack Program, the Nevada School Wellness Policy and relevant supplemental grant improvement programs and projects. Joe has 15 years of school, public and community nutrition experience.

**LORY HAYON, RD, LDN**

Lory is a registered dietitian for Clark County School District Food Services. She currently provides assistance in maintaining a list of Smart Snack compliant food and beverage items that may be sold or given away during the school day.

**MILLICENT BRAXTON, PhD**

Millicent Braxton serves as a Program Officer with the University of Nevada Cooperative Extension. As an educator, Ms. Braxton has co-authored several published nutrition education curricula, fact sheets and journal articles. As a grant writer, she has served as co-principal investigator and principal investigator on grants totaling over \$700,000. Millicent intends to defend her doctoral dissertation in spring 2019.

**MIMI PARKERSON, MPH, RD**

Mimi Parkerson, MPH, RD is a registered dietitian and earned her master's degree in public health nutrition from Loma Linda University and has been working in nutrition for the past 21 years. She is currently working for the American Heart Association as the Community Impact Coordinator, working to improve childhood obesity in southern Nevada through work with CCSD and their school wellness policy.

**SIERRA KIRBY, MPH, RD**

Sierra Kirby is the program officer for Healthy Kids, Healthy Schools at the University of Nevada Cooperative Extension. She supports schools in creating healthy environments that promote nutrition and physical activity. Sierra is a registered dietitian with a master's degree in public health from the University of Minnesota-Twin Cities.

**TIMOTHY BUNGHAM, DrPH**

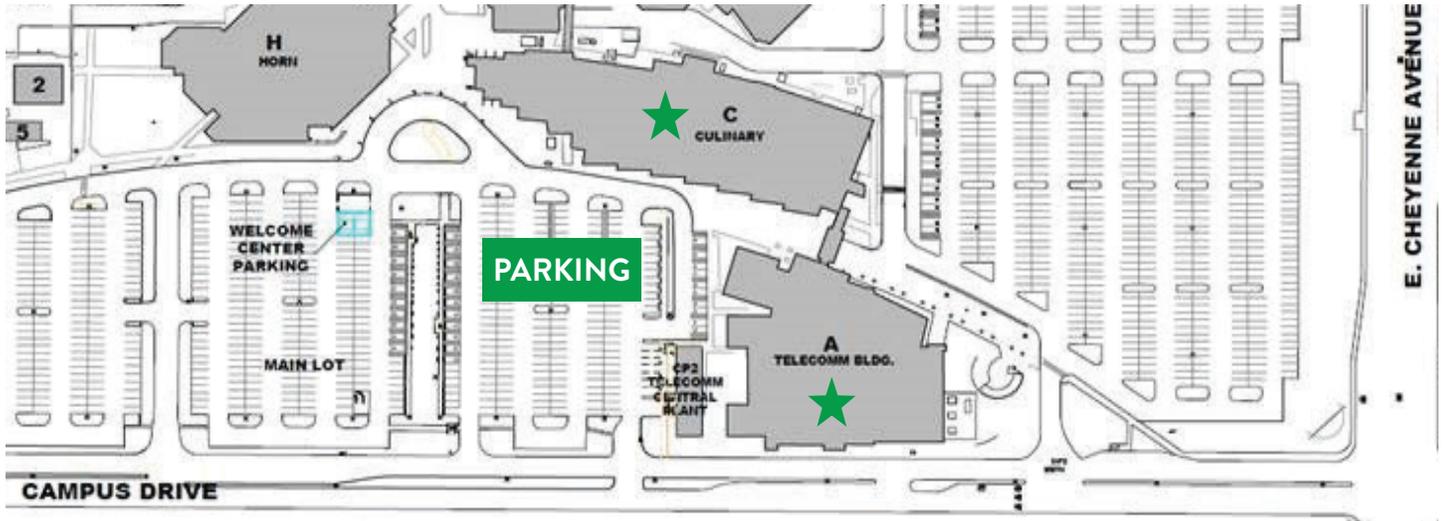
Dr. Bingham earned his doctorate at the University of South Carolina in 1994. His research has focused on physical activity behavior, pedestrian safety and the history of public health. He has published over 60 peer-reviewed articles and presented at dozens of conferences.

**TRACI TRAASDAHL**

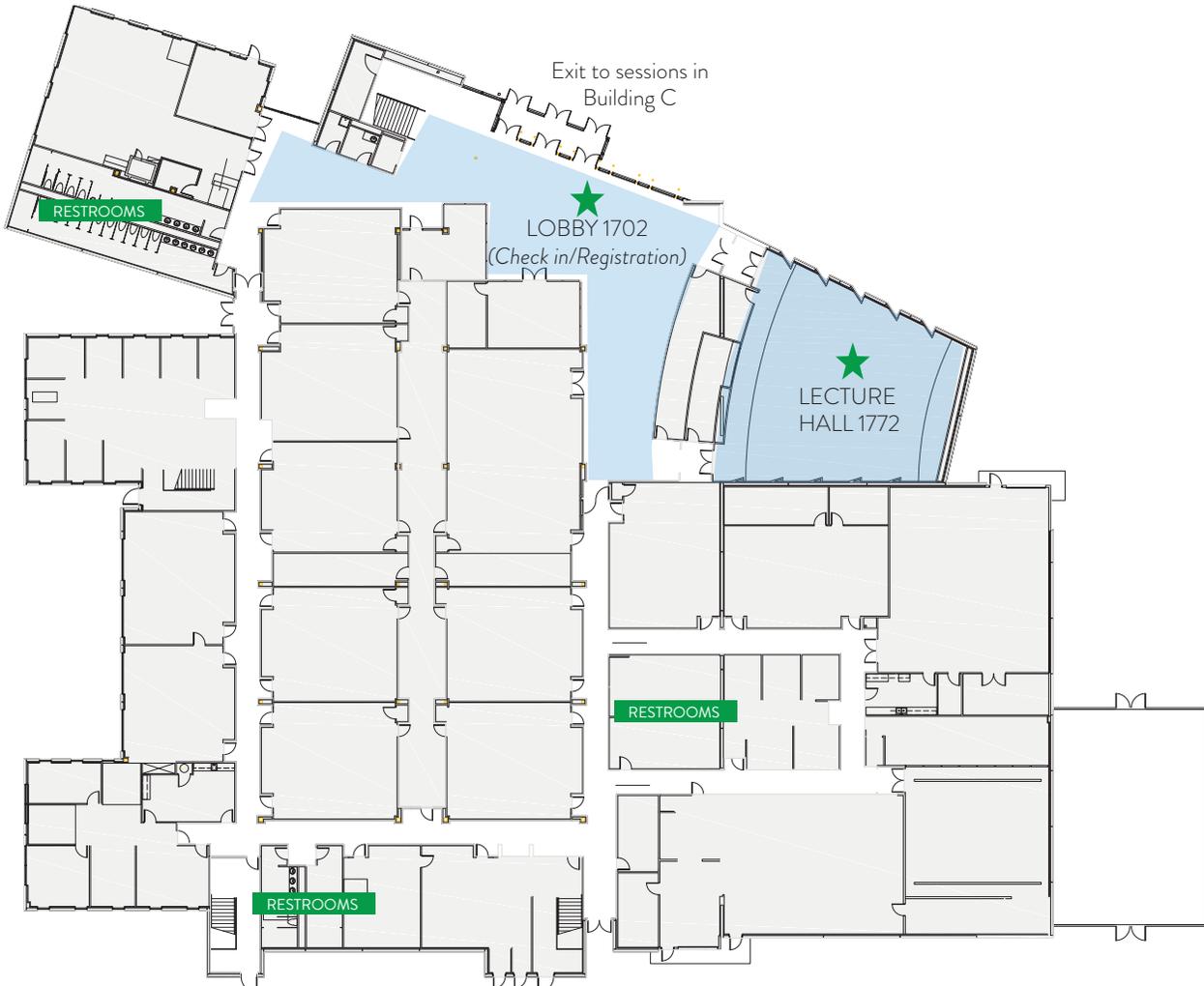
Traci Traasdahl has been a Clark County School District educator for 24 years. She is passionate about getting herself and others moving. As the Clark County School District Safe Routes to School coordinator, her main goal is to get more students walking and bicycling to school.

# CAMPUS MAP

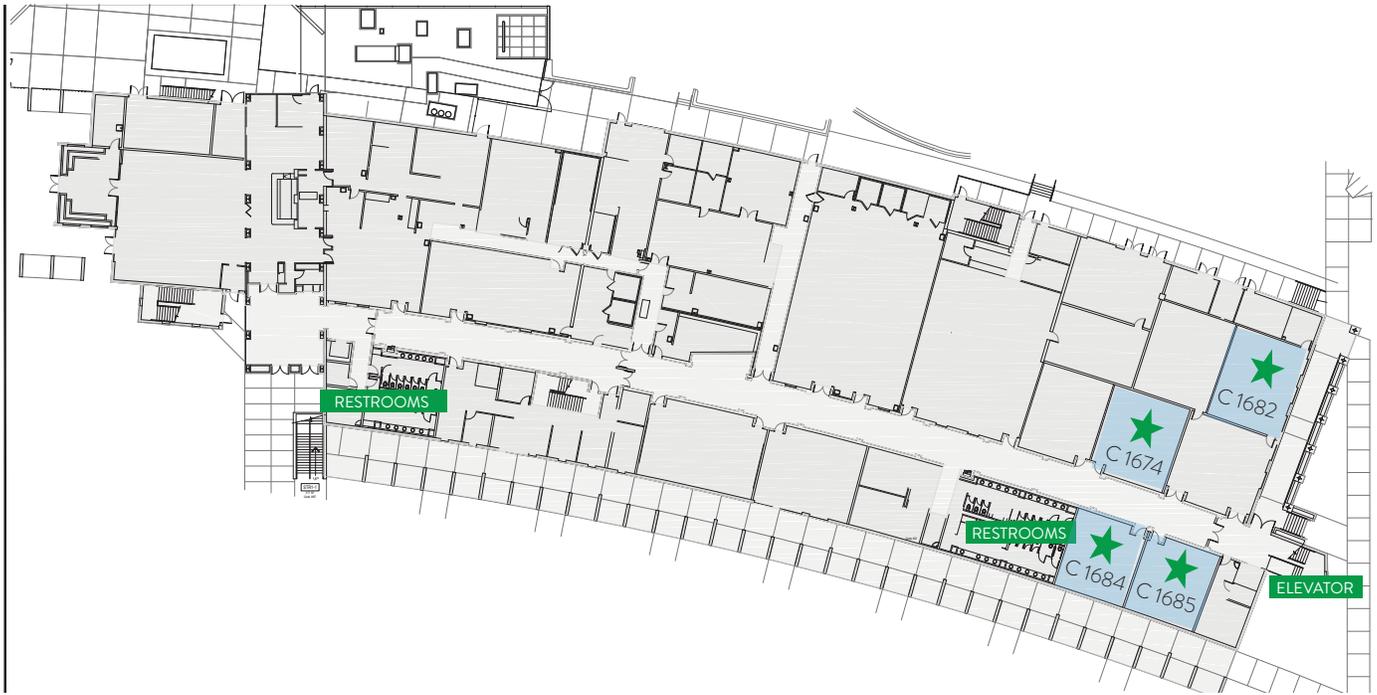
COLLEGE OF SOUTHERN NEVADA - NORTH LAS VEGAS CAMPUS  
3200 EAST CHEYENNE AVE.  
NORTH LAS VEGAS, NV 89030



# BUILDING A MAP



## BUILDING C - FLOOR 1 MAP



## BUILDING C - FLOOR 2 MAP



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American Heart Association -  
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