



WELCOME!

Creating Healthy Schools – what role do you play?

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Session Objectives

- Welcome and overview
- Role of school board
- National research with school wellness advocates, public health nutrition directors, state school boards association leaders and school board members
- Local wellness policy resources
- Specific action steps
- Ask the experts – Q&A

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Lessons Learned

- Partner with diverse stakeholders
- Mobilize community efforts
- Promote the link between nutrition, physical activity and learning
- Advocate for stronger standards
- Collaborate on funding proposals
- Provide opportunities to share successes and challenges

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Quick On Line Poll #1

Do you consider yourself a

1. Public health professional
2. Education professional
3. School wellness advocate
4. School board member
5. State school boards association leader
6. Other

Check the box that applies.

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CSBA/CPL Research

Targeted four audiences:

- School Board Members
- State school boards association leaders
- State public health nutrition directors
- School wellness advocates

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Role of the Board

To ensure that school districts are responsive to the values, beliefs, and priorities of their communities.

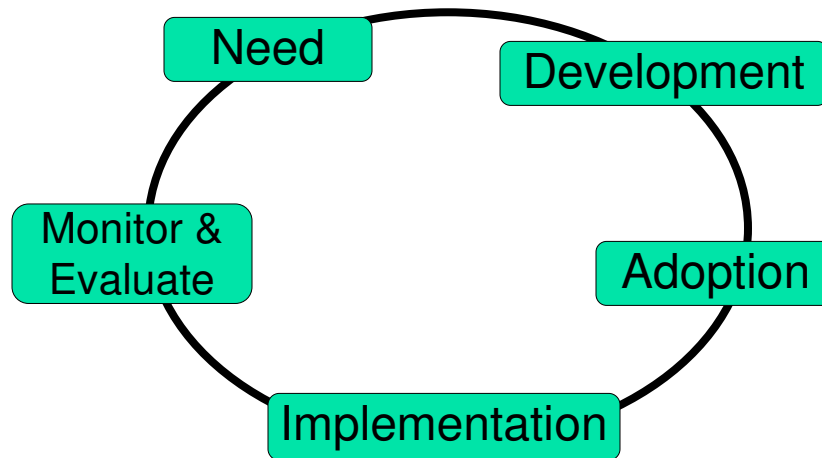
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The Board's Responsibilities

- Set Direction
- Establish the Structure
- Provide Support
- Ensure Accountability, and
- Engage and Lead the Community

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Policy Development Cycle



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Monitoring

Monitoring is an on-going process focused on board policy to ensure district performance and to promote accountability and continuous improvement

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Why Do It?

- It's an obligation to the community so as to ensure accountability
- Measures progress

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What Are The Benefits?

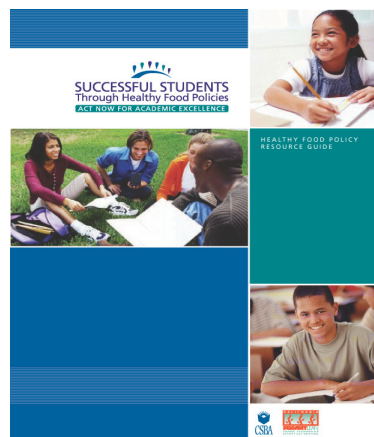
- Ensures board expectations are being met
- Ensures legal operation of the district
- Provides a formal means for the board to be accountable to the community
- Provides an opportunity for continuous improvement

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Keys to Effective Oversight and Monitoring

- Clear indicators and pertinent evidence
- Gathering and recording data
- Interpreting data and revising implementation plan and policy
- Keeps stakeholders informed and engaged

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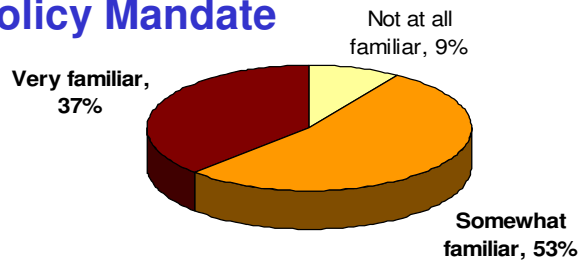
Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide

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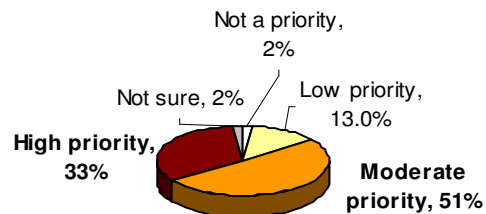


Familiarity With Federal School Wellness Policy Mandate

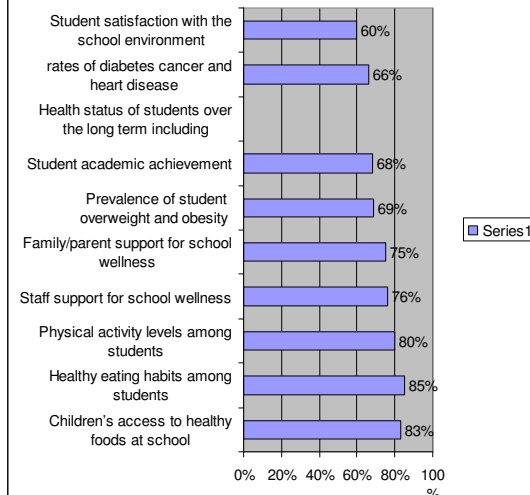
90% of school board members are **familiar** with the School Wellness Policy mandate



Over 84% indicate that it's a **priority** within their district

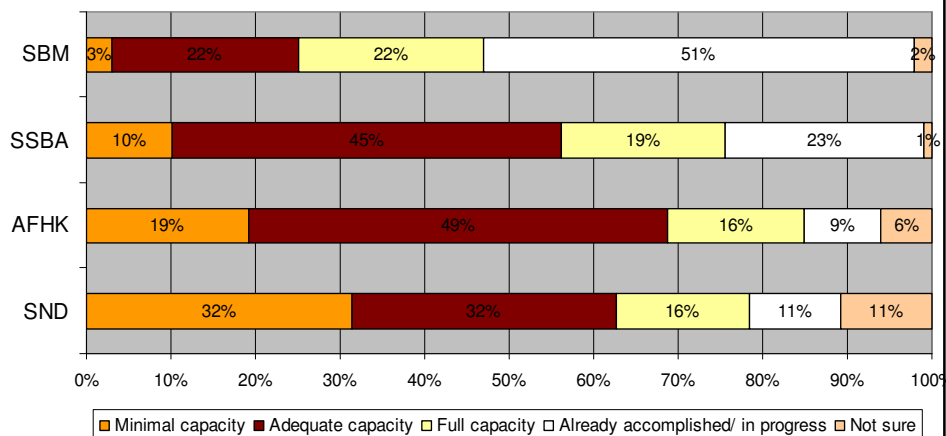


Expectation that Wellness Policies Will Positively Impact...

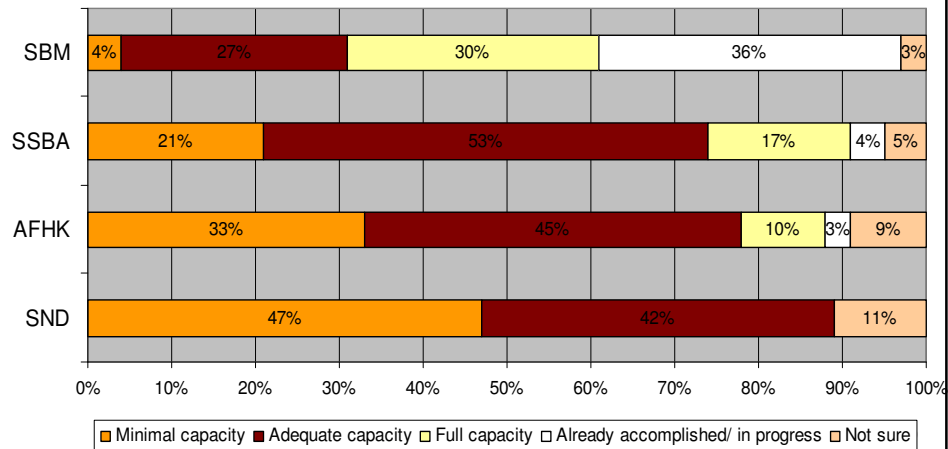


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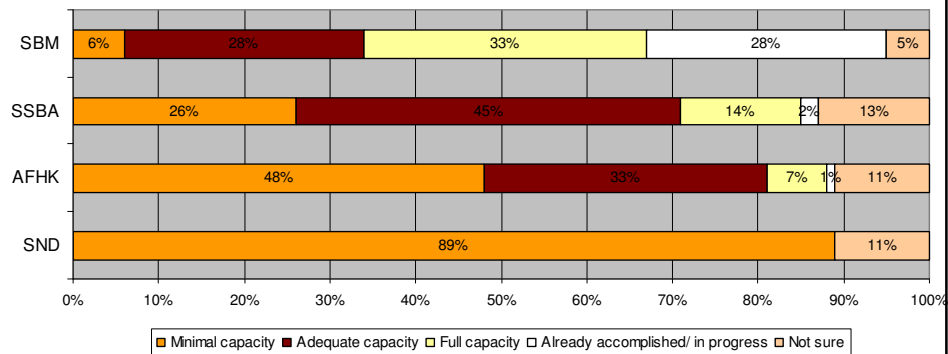
Perceptions of School Districts Capacity to... ...Develop a School Wellness Policy



Perceptions of School District Capacity to... ...Implement the School Wellness Policy



Perceptions of School District Capacity to... ...Monitor/Evaluate the School Wellness Policy



Conditions that Represent Challenges to Effective SWP Development, Implementation and Monitoring/Evaluation

Most Challenging Conditions:

- Adequate funding
- Competing priorities; lack of time
- Support from
 - Parents/caregivers
 - Students
 - Community
- Lack of tools and resources

Least Challenging Conditions:

- School board support
- District administrator support
- School administrator support

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Preferred Topics for Training

- Development, Implementation, Monitoring and Evaluation
- Communicating the policy and building partnerships
- Staff development and support
- Setting nutrition/PE standards
- Maintaining a school health council/wellness committee

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School Wellness Advocates and State Public Health Directors Training and Support

One-third providing TA on:

- Policy development
- Nutrition/physical education standards
- Link between nutrition, physical activity and learning

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Top Wellness Policy-Related Tools

- Model nutrition standards (78%)
- Sample board policies (75%)
- Model physical education standards (74%)
- Youth engagement tool kit (67%)
- Case studies (62%)
- Communications tool kit (60%)
- Action planning guide (59%)
- Monitoring/evaluation challenges (58%)
- Partnership/alliance building guidelines (50%)

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Quick On Line Poll #2

Would you be interested in training on:

1. Implementing school wellness policies
2. Monitoring school wellness policies
3. Evaluating school wellness policies
4. Parent engagement
5. Youth engagement
6. Nutrition and PE standards
7. Maintaining a coordinated school health council
8. Maintaining a school wellness committee

This is a multiple choice question. Check all that apply.

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CPL Resources

- **Policy in Action**
- **Playing the Policy Game**
- **FOR: Lessons Learned**
- **Parent Engagement**
- **Reaching School Board members**
- **Student Wellness Guide (with CSBA)**
- **Captive Kids: Selling Obesity to Schools**

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Key National Resources

- USDA, www.fns.usda.gov/tn/Healthy/wellnesspolicy.html
- National Alliance for Nutrition and Activity, www.schoolwellnesspolicies.org/
- National Association of State Boards of Education, www.nasbe.org
Fit, Healthy, and Ready to Learn: a School Health Policy Guide and Issue Brief: State Strategies to Support Local Wellness Policies
- Action for Healthy Kids web site, www.afhk.org
- Alliance for a Healthier Generation, www.healthiergeneration.org
- Case Studies :
 - Making it Happen
www.fns.usda.gov/tn/Resources/makingithappen.html
 - Bright Ideas
www.CaliforniaProjectLEAN.org/brightideas/

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Action Steps

- Continuing Education
- Provide Assistance
- Provide Resources
- Seek Partnerships

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Ask the Experts Q&A

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For more information visit these websites:

www.csba.org

www.CaliforniaProjectLEAN.org

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