



## Central Louisiana School Wellness Summit 2008

Friday, December 5, 2008  
The Wesley Center, Woodworth, Louisiana

### Goals for the School Summit:

- Establish a regional vision for increasing physical activity and healthy eating opportunities in nine school districts in Central Louisiana
- Gain district level commitment to adopting aspects of a Coordinated School Health Model and District/School Wellness Policy
- Strengthen district accountability systems through implementation of a School Health Index that will be used to determine needs and progress of each school (focused on Nutrition and Physical Activity)
- Increase the knowledge of district stakeholders regarding the use of model interventions in diet and physical activity for the schools
- Offer Foundation Planning Grants to assist districts with the Louisiana School Health Index process and wellness plan improvement process.

### AGENDA

8:00 a.m. - 9:00 a.m.	<b>CONFERENCE REGISTRATION and CONTINENTAL BREAKFAST</b>	
9:00 a.m. - 9:10 a.m.	<b>Welcome – Why are we here?</b> Joe Rosier, President and CEO, The Rapides Foundation	Main Room
9:10 a.m. - 9:40 a.m.	<b>Louisiana Report Card on Physical Activity</b> Dr. Peter Katzmarzyk, Pennington Biomedical Research Center	Main Room
9:40 a.m. - 10:40 a.m.	<b>Keynote Address</b> Strengthening Healthy Schools in Cenla Dr. Millie Naquin, Professor of Health Studies at Southeastern Louisiana University	Main Room
10:40 a.m. - 11:30 a.m.	<b>District Team Breakouts</b> Discussion: Based on what you just heard – Is this true for your kids? Is it a serious problem? How do you see your schools playing a role? What do you think the benefits/barriers/issues are in Louisiana?	Main Room
11:30 a.m. - 12:00 p.m.	<b>Team Reports and Speaker Comments</b>	Main Room
12:00 p.m. - 1:00 p.m.	<b>LUNCH</b>	Dining Hall



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1:00 p.m. - 1:45 p.m.	<p><b>What is the Louisiana School Health Index?</b>            Dr. Diane Cole, Professor of Kinesiology &amp; Health Studies at Southeastern Louisiana University</p>	Main Room
1:45 p.m. - 2:15 p.m.	<p><b>Breakout Session #1</b></p>	
	<p>CATCH – Coordinated Approach To Child Health            Presented by Eileen Avato of Flaghouse, Inc.</p>	Main Room
	<p>SPARK – Sports, Play &amp; Active Recreation for Kids            Presented by Julie Frank &amp; Jeff Mushkin of San Diego State University</p>	Room #1004
	<p>SMART – Student Media Awareness to Reduce Television            Presented by Sonia Tinsley, Ph.D., and Tara Gallien, Ph.D., Consultants</p>	Room #1006
	<p>Team Nutrition in Louisiana            Presented by Dr. Julie Lester, SLU, &amp; Alice Carroll, Dept. of Education</p>	Room #1010
2:15 p.m. - 2:45 p.m.	<p><b>Breakout Session #2</b></p>	
	<p>CATCH – Coordinated Approach To Child Health            Presented by Eileen Avato, Flaghouse, Inc.</p>	Main Room
	<p>SPARK – Sports, Play &amp; Active Recreation for Kids            Presented by Julie Frank &amp; Jeff Mushkin, San Diego State University</p>	Room #1004
	<p>SMART – Student Media Awareness to Reduce Television            Presented by Sonia Tinsley, Ph.D., and Tara Gallien, Ph.D., Consultants</p>	Room #1006
	<p>Team Nutrition in Louisiana            Presented by Dr. Julie Lester, SLU, &amp; Alice Carroll, Dept. of Education</p>	Room #1010
2:45 p.m. - 3:15 p.m.	<p><b>Group Discussion</b>            Teams discuss what they learned, what might work in their school, and other interventions they may be aware of</p>	Main Room
3:15 p.m. - 3:45 p.m.	<p><b>All Teams Report on their Discussions</b></p>	Main Room
3:45 p.m. - 4:00 p.m.	<p><b>What happens now?</b>            The Rapides Foundation package for School Wellness planning grants            Joe Rosier, President and CEO, The Rapides Foundation</p>	Main Room

\*\*This information and grant application forms will be accessible from our Web site at [gethealthycenla.org](http://gethealthycenla.org).