

**Breakout Session Notes– School Age Workgroup**  
Hope Wilson, Coordinated School Health Program Manager  
Julie Garcia, Physical Activity Coordinator  
Partner Meeting 8/25/11

Participants were divided into small groups and asked to discuss the following scenarios. When the large group reconvened, a representative from each small group shared what had been discussed.

**Scenarios & Responses**

Policy:

A food service director from a school district you are working with for years and have a great relationship with has asked you to sit on their District School Health Advisory Council to help them complete the School Health Index. You are currently working with only a hand-full of schools and would like to increase the amount. Knowing the given parameters around policy with the AZ Nutrition Network, how would you respond to this request while being strategic about the potential of working with additional sites?

- Offer resources and support
- Broker resources
- Come up with individuals they could use as a resource
- SHAC
- Sit as a non-voting member
- Can support through education but not advocacy
- Clearly indicate parameters and possibly sit on council showcasing means of AzNN education implementation

Marketing:

You are meeting, for the first time, with a Principal at a site you have been trying to work with for years. The Principal has given you 20 minutes out of her busy schedule to chat about the AZ. Nutrition Network. The Principal says to you that she has been meeting with many organizations that want to work with her school and asks you specifically, “What does the Arizona Nutrition Network bring my school that no other organization brings?” How would you answer this question?

- Provide students(and adults) with both nutrition education and physical activity
- Variety and flexibility
- Resources
- Dynamic Educational program for multiple populations
- Free materials/resources tied to standards through nutrition education
- Long history, sustained, year long program

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Partners:

A reputable partner organization has just begun a new initiative that is now focusing on childhood obesity prevention in the schools. The organization does not provide direct nutrition education to the schools; however, does advocate for comprehensive health education to include nutrition education through a change process. This organization has a list of schools they have identified as possible sites to include in their work and you are working with half of them. This partner has asked for a meeting with you to and is specifically looking to you to help her get her food in the door you are working with.

Come up with your strategy on how you will approach this meeting; thinking strategically about how you might be able to increase the amount of sites you are working with by partnering with this organization.

- Identify goals/strengths of both organizations
- Come up with a plan
- Pilot in 1 or 2 schools, possibly expand (MOA)
- What is a change process
- Collaborate for efficiency
- Support without duplication
- Dovetail programs
- Dialog-Information gathering/sharing
- Determine how efforts can be mutually beneficial
- Help schools create SHACs

**What is your passion?**

- ✓ Culinary Education
- ✓ Healthy Eating
- ✓ Addressing low income participants
- ✓ Diet ≠ Disease
- ✓ Health eating and culturally appropriate foods (flexible programs)
- ✓ Youth health advocates
- ✓ Much needed service for population desperate for it
- ✓ Improving the health of the next generation
- ✓ Helping and empowering students and AZ to make good choices/healthy decisions
- ✓ Increasing knowledge of Physical Activity and health
- ✓ Educating our students (influencing parents)
- ✓ Seeing Changes being made, making an impact

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- ✓ Overall wellness of communities
- ✓ Preventing childhood obesity = healthy kids
- ✓ Family and community

### **What are you best at?**

- ✓ Connecting resources(knowing what is happening in the community and informing others)
- ✓ Sharing knowledge (with seniors and other populations)
- ✓ Healthy Eating education
- ✓ Providing nutrition education to you (direct education)
- ✓ Providing education in a way that is best for the audience (adaptability)
- ✓ Statewide efforts/network targeting of adults and youth with coordinated messaging across the state (social marketing)
- ✓ Creative, diverse, and audience tailored messaging
- ✓ Networking to reach youth, outreach to teachers
- ✓ Strong presence in school communities
- ✓ Creating wide range of curriculum PreK-12
- ✓ Adapting curriculum to fit needs
- ✓ Caring about people