

5-2-1-0 Panel Presentation Agenda

Building Blocks 2011 Conference

Wednesday, August 10, 2011

Southern NH University, Manchester, NH



Panel Presentation #1: 1:00 – 2:00 PM

- 1:00-1:15 PM** Panel Introduction and background
Beth Gustafson Wheeler, Foundation for Healthy Communities
- 1:15-1:25 PM** Londonderry Middle School
LMS Wellness Committee Members: Anne Marie Rich, Wendy Hastings, Annie Collacchi and Karen Turcotte
- 1:25-1:35 PM** Portsmouth School District- Elementary School
5-2-1-0 Initiative
Ed McDonough, Superintendent of Schools, Portsmouth School District
- 1:35-1:45 PM** Spaulding Youth Center
Gary Lavallee, Residential Director
- 1:45 – 2:00 PM** Question & Answer

Panel Presentation #2: 2:15 – 3:15 PM

- 2:15-2:30 PM** Panel Introduction and background
Beth Gustafson Wheeler, Foundation for Healthy Communities
- 2:30-2:40 PM** Londonderry Middle School
LMS Wellness Committee Members: Anne Marie Rich, Wendy Hastings, Annie Collacchi and Karen Turcotte
- 2:40-2:50 PM** Portsmouth School District- Elementary School
5-2-1-0 Initiative
Ed McDonough, Superintendent of Schools, Portsmouth School District
- 2:50-3:00 PM** Spaulding Youth Center
Gary Lavallee, Residential Director
- 3:00 – 3:15 PM** Question & Answer

5-2-1-0 Panel Presentation

Panelist Talking Points

Building Blocks 2011 Conference

Wednesday, August 10, 2011

Southern NH University, Manchester, NH



Thank you for agreeing to be a panelist at the 5-2-1-0 Panel Presentation at this year's Building Blocks Conference!

The following talking points may be used as a guide in developing your 5-2-1-0 presentation. This is not a complete list, as we realize you may have other points you wish to cover. If you have any questions, please contact Beth Gustafson Wheeler at bwheeler@healthynh.com or at 415.4278.

1. How did you introduce the 5-2-1-0 message to your staff and to your students? Did you unroll it all at once or did you focus on one goal per month/week?
2. What are/were the components of your 5-2-1-0 initiative (5-2-1-0 walks, posters, 5-2-1-0 announcements/"moments," family fun nights, etc.)?
3. What creative strategies for teaching and supporting the 5-2-1-0 message did you use (taste testing, "caught eating veggies," physical activity breaks, sugary drink display boards, changes in snacks/lunches, etc.)
4. What 5-2-1-0 tools did you use and how did you use them (goal trackers, education handouts, 5-2-1-0 parent/child survey, a tool you developed on your own, etc.)
5. How have students, parents, staff responded to your 5-2-1-0 initiative?
6. What are some interesting stories or successes and challenges you faced with your 5-2-1-0 initiative?
7. Is there anything else you would like to share with the audience?