



KAISER PERMANENTE®



2026 National School District Wellness Convening

Agenda

November 4-6, 2026
The Central Station
Memphis, TN

Tuesday, November 3

5:30 pm **Informal Networking Reception** – *Hotel Bar*

Wednesday, November 4

8:00 am **Breakfast & Registration**

9:00 am **Pod Huddle** – *Gather with a small group of peers to connect, share ideas, and talk through what matters most to your work*

9:30 am **Welcome** – *Remarks from Action for Healthy Kids and Memphis-Shelby County Schools*

9:45 am **Keynote** – *Former Olympic Athlete and Memphis-Shelby County Schools Board Member Sable Otey*

10:30 am **Shake it Off: Break**

10:45 am **District Presentations** – *Real work, real challenges, real lessons from peer districts*

11:45 am **Straight from Students: Memphis Youth Panel** – *Insights and discussion with Memphis youth ambassadors*

12:30 pm **Lunch**

- 1:30 pm **Building the Blueprint: District Health Infrastructure Session** –
An introduction to AFHK's District Health Infrastructure framework and what it means to build lasting systems for student wellness
- 2:30 pm **Physical Activity Moment** – *A short, active break to get moving together as a group*
- 3:00 pm **Networking Activity**
- 3:45 pm **Scavenger Hunt** – *Join your Pod on an adventure through Memphis*
- 5:30 pm **Depart for Dinner / Activity**

Thursday, November 5



- 7:45 am **Breakfast**
- 8:30 am **District Presentations** – *Real work, real challenges, real lessons from peer districts*
- 9:30 am **Site Visit** – *Visit a local high school to see wellness practices in action*
- 12:15 pm **Lunch**
- 1:15 pm **Seizing the National Wellness Moment: Panel Discussion** –
Panelists explore how we can turn today's wellness headlines into lasting, whole-child progress for students
- 2:15 pm **Shake it Off: Break**
- 2:30 pm **State-Based Successes through Coordinated School Health**
- 3:30 pm **Shake it Off: Break**
- 3:45 pm **District Presentations** – *Real work, real challenges, real lessons from peer districts*
- 4:30 pm **Pod Huddle** – *Gather with a small group of peers to connect, share ideas, and talk through what matters most to your work*
- 5:30 pm **Depart for Dinner**

Friday, November 6



7:45 am	Breakfast
8:30 am	Unconference – <i>A participant-driven session where attendees propose discussion topics on the spot and join the group that interests them most</i>
10:00 am	Shake it Off: Break
10:15 am	District Presentations – <i>Real work, real challenges, real lessons from peer districts</i>
11:00 am	Reflection Activity – <i>A guided reflection to help you turn convening takeaways into next steps for your district</i>
11:30 am	Closing Remarks
12:00 pm	Grab & Go Lunch