

# Keynote Address



## **REYES GAUNA, ED.D.**

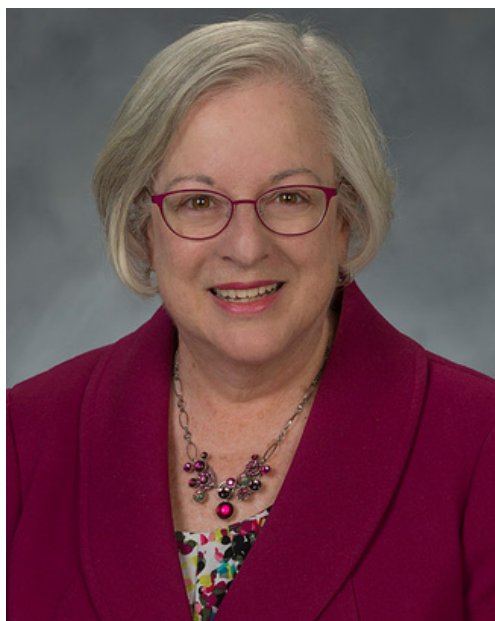
*Superintendent,*

*Patterson Joint Unified School District*

Dr. Gauna began his career as a Custodian and Campus Monitor. Working at all levels of education, Dr. Gauna focuses on creating a collective vision that engages students, parents, employees, and community members. Through his time working on the school grounds, he took an interest in teaching and through this began his journey to get his teaching credential.

After serving in the classroom at various grade levels, he went on to become a School Counselor, Principal, Coordinator, Assistant Superintendent, Superintendent of a K-8 district, and is now the current Superintendent for the Patterson Joint Unified School District. He believes that everyday is an opportunity to prepare students for tomorrow by providing relevant and engaging educational experiences.

# Food, Movement, and Mood: The Impact of Whole Student Health in School



## **NADINE BRAUNSTEIN, PHD, RD, FAND**

*Associate Professor and Dietetic Internship Director,  
California State University, Sacramento*

Nadine Braunstein, PhD, RD, FAND is an Associate Professor at California State University, Sacramento, as well as the Dietetic Internship Director. She was a 2013-2014 Robert Wood Johnson Foundation Health Policy Fellow.

Braunstein had also received the 2020 Outstanding Educator award for the Western Region of the Nutrition and Dietetics Educators and Practitioners group of the Academy of Nutrition and Dietetics.

*This session will explore the scientific links between nutrition, physical activity, and mental health and will provide effective strategies and tools to help school districts implement programming and practices to advance student wellness. Participants will learn about legislative school policy updates and will develop action plans for themselves or for their schools.*

# Food, Movement, and Mood: The Impact of Whole Student Health in School



## RAJWINDER KAUR, MPH

*Community Nutrition Adviser, Dairy Council of California*

Raj Kaur focuses on building strong relationships with community members, educators, administrators and health professionals to ensure they are supported with relevant, science-based resources to teach students and families nutrition education to support good health and wellness. Her experience as a local representative of both the [Smarter Lunchrooms Movement of California](#) and [Local School Wellness Policy Collaborative](#) provides her with unique insight into positively implementing changes to build healthier schools, expertise she leverages to support the school community and region. She supports and creates nutrition-driven programs and resources in the school and community environment, as well as supports food access programs and initiatives that enable all children to access the nutritious foods they need for optimal growth and development and lifelong health.

Raj earned a M.P.H., with an emphasis on health promotion and education, from the University of Southern California and a B.S. in Sociology and Asian-American Studies from University of California, Santa Barbara. Raj can be contacted at [RKaur@HealthyEating.org](mailto:RKaur@HealthyEating.org).

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# Best Practices for Community Care and Coping with Burnout amongst Staff, Teachers, and Student Supporters



## **BROOKE BRIGGANCE**

*Cyprus Resilience Project, Director*

*FACES for the Future Coalition, Deputy Director*

S. Brooke Briggance comes from a multi-sector background in health, direct impact programming for children, youth and families, and non-profit work. She began her career in healthcare in the Department of Neurology at SUNY Stony Brook in New York, and has experience in administrative leadership and public education advocacy and reform.

She served as the Executive Director of an education foundation and has worked as a consultant assisting in projects ranging from school district redesign, community engagement and best practices for non-profits. She currently serves as the Director for the Cypress Resilience Project and as Deputy Director for the FACES for the Future Coalition – both programs at Public Health Institute in Oakland, CA. She is a Certified Grief Recovery Specialist, a Certified Mental Health First Aid Instructor (Adult, Youth and teen), and a Certified Trainer in Trauma Informed Systems and Practice and is CIT certified.

*During these times, many of us are managing high levels of stress and may be feeling the impact of burn-out. This session will explore what happens in the brain when we are experiencing stress, how that connects to other health issues and what neuro-science tells us will support our well-being. Specifically, the workshop will discuss various types of rest the brain needs to feel safe, the benefits of micro-routines and how connection with others is a critical component of any “self-care” strategy.*