

Greeley-Evans School District 6  
Wellness Policy Committee Meeting Minutes  
August 27, 2019; 3:30pm - 5:30pm

**1. Attendance**

|                    |  |
|--------------------|--|
| Natalie Mash       | D6 Board of Education Director, D6 Parent      |
| Danielle Bock      | D6 Director of Nutrition                       |
| Kara Sample        | D6 Assistant Director of Nutrition, D6 Parent  |
| Rachel Hurshman    | D6 Wellness Coordinator                        |
| Caitlin Koniarczyk | D6 Wellness Specialist                         |
| Rebecca Robbins    | D6 Nutrition and Menu Specialist               |
| Suzannah Fuller    | D6 Social Worker, D6 Parent                    |
| Kristin Dalton     | D6 Social Emotional Learning Facilitator       |
| Emma Cook          | Alliance for a Healthier Generation            |
| Roxane Conant      | Banner Health                                  |
| Kelly Campbell     | Weld County Health Department, D6 Parent       |
| Anna Kingman       | UC Health - Healthy Hearts                     |
| Katie Castillo     | UC Health - Healthy Kids Club                  |
| Leslie Beckstrom   | Weld County Health Department                  |
| Zach Ducharme      | Weld County Boys and Girls Club                |
| Brian Dauenhauer   | University of Northern Colorado                |
| Annie Baker        | Northern Colorado Health Alliance              |
| Sarah Baird        | University of Northern Colorado, Intern        |
| Bailee Curry       | University of Northern Colorado, Intern        |
| Kim Shepherd       | Weld County Health Department, Dietetic Intern |

**2. Time to work in Action Teams**

Student Wellness Committee members broke into action teams to plan for the 2019-2020 school year and finalize [priorities](#).

**3. Introductions**

Welcome to our new attendees, Kristin Dalton (D6 Social Emotional Learning Facilitator), Bailee Curry (UNC Dietetic Intern), Sarah Baird (UNC Dietetic Intern), Kim Shepherd (Dietetic Intern).

**4. Action Team Updates**

**School Environment and Health Curriculum:** Danielle Bock updated the committee that 3 new schools will participate in the Fresh Fruit & Vegetable Program (FFVP) this year, leading to 14 schools total participating in the program. Within priority 1, the School Environment and Health Curriculum team has determined that by 2021, 50% of classroom teachers at participating sites will integrate nutrition education into the curriculum through the Fresh Fruit & Vegetable Program. To do this, the action team will create a Google Classroom with educational tools and resources and track the number of visits to the site.

The team also updated the committee that they have already been implementing priority 2 with professional development for PE teachers, and that the next PD will be on October 11.

Finally, the team plans to partner with Healthy Hearts and other community agencies to offer educational information at family nights at school sites.

**Nutrition**

*The Nutrition Action team updated the committee on their plans to lead a Healthy Party Kit demo at the upcoming Student Wellness Team Leader Kickoff on September 18, 2019 to further their priority on healthy classroom celebrations.*

### **Physical Activity**

*The Physical Activity Action Team has re-organized their priorities, based on the lack of data for biking/walking to school.*

*Priority 1 (now focused around prohibiting the use of physical activity as a reward/punishment), and Priority 2 (focused around options for indoor recess during inclement weather) will be announced at the upcoming Student Wellness Team Leader Kickoff on September 18. Dr.*

*Dauenhauer will compile research on the implications of withholding physical activity (for punishment or on days of inclement weather), and will send to Leslie Beckstrom. Leslie will have her colleague in the communications department create a one-page graphic. Caitie Koniarczyk and Zach Ducharme will work with PE teachers and the community to compile a toolkit for teachers with ideas for alternative discipline & indoor recess ideas.*

*Priority 3 (now walking and biking to school) will be revised once the 2019 Smart Source data is released. Leslie Beckstrom also offered a data collection tool to administer in the middle schools to obtain more accurate data regarding students' biking & walking to school habits.*

### **Mental Health**

*The mental health action team will focus their goals around the CDE Student Wellness Grant, and the resources that grant provides.*

## **5. Review SWC Members & Review Committee Norms**

Rachel Hurshman reviewed the Student Wellness Committee Structure and [list of members](#). Rachel asked for suggestions for parents in the community and PE/Health teachers who may be interested in serving on the Student Wellness Committee. The Committee suggested several PE teachers. Additionally, several members of the Student Wellness Committee also identify as parents within the D6 community, and can bring the parent perspective to the committee. Caitie Koniarczyk reviewed the upcoming meeting dates (10/16, 1/15, 5/26) and asked Student Wellness Committee members to RSVP as soon as possible for those meetings.

## **6. Brain Energizer**

Sarah Baird & Bailee Curry (Dietetic Interns at D6 Nutrition Services) led the Student Wellness Committee in [Sally Squats](#)

## **7. Student Wellness Assessment Preparation**

Rachel Hurshman updated the committee on the upcoming Student Wellness Assessments - Smart Source & Healthy Kids Colorado - that will be administered this Fall. The combination of school level and student level data is important for district and state-wide planning, in addition to wellness policy compliance.

**Smart Source** *Smart source is a survey that is taken by staff at every school to assess the Student Wellness Policy in addition to all areas of the Whole School, Whole Community, Whole Child model. This survey will be administered from September - January. The committee should receive the results by Summer, 2020 and Action Teams are encouraged to use the data in their measurable goals tracking. Upon completion of the survey, schools will receive \$100.*

**Healthy Kids Colorado** *Healthy Kids Colorado is a survey that is taken by middle- and high-school students. This year, Frontier, Central, University, West, and Northridge will be participating in the survey as part of the state sample. D6 requires this survey to be opt-in, meaning that parents must agree for their student to participate. Participating schools will receive \$300.*

*Brian Dauenhauer mentioned that there is a group called IDEAS that is a collaboration between CSU, UNC, and DU. This group identifies priorities based on gaps within the survey data, and creates evidence based practices to fill those gaps.*

## **8. Student Wellness Policy Implementation Plan Updates**

*Caitie Koniarczyk created a draft [priorities booklet](#) for the 2019-2020 school year based on the Student Wellness Committee Action Team priorities.*

*In the past, the Student Wellness Committee has had an Implementation Plan to document/track the implementation of each objective within each goal of the Student Wellness Policy. This document was ~30 pages and difficult to use as a tracking tool.*

*Per Kristi Rolfsen at the CDE, the 2019-2020 priorities booklet will suffice as an implementation plan as long as the district is using a tracking tool for the complete Student Wellness Policy. Since D6 conducts Smart Source every 2 years, Kristi indicated that there is no additional assessment needed.*

*Therefore, the Student Wellness Committee agreed to use the 2019-2020 priorities booklet as the Implementation Plan for the upcoming year.*

*Caitie will update and print the priorities booklet to share with the committee and within the community.*

## **9. Updates**

**Student Wellness Programs** *Caitie provided the committee with a [one-page document](#) that outlines all of the district-wide student wellness programs. Caitie requested that Student Wellness Committee members share this document within schools and the community.*

**SWTL Representation** *Several schools are still in need of Student Wellness Team Leaders - Martinez, Tjardes, Shawsheen, Brentwood, Heath, Central, Northridge, and West. Please share the Student Wellness Team Leader job description and application with anyone who may be interested!*

**Upcoming Staffing Changes** *Caitie will be moving to the East Coast in late-October. The Wellness Specialist position was posted on August 21, 2019. The posting will close on September 4, and interviews will be conducted the week of September 9. Assuming all goes as planned, the new Wellness Specialist will be hired with ~2-3 weeks of overlap with Caitie to allow for a smooth transition.*

**UNC Research Study** *Brian Dauenhauer will be conducting a physical literacy research study in three D6 schools (Shawsheen, Centennial, and Madison). This study will be conducted for one-year, and will provide in-depth physical literacy assessments, after-school support for both high- and low-performers, and a professional learning community for PE teachers.*

**SHAC Summer Intensive** *Maya Potter, a Senior at Union Colony High School, presented to the Student Wellness Committee about the SHAC Summer Intensive Training. Maya reported that the upcoming project for the 2019-2020 school year will be a mural centered around Sources of Strength components.*

*Committee members offered several suggestions for this mural project, including connections at the Weld County Health Department (Rachel Freeman, Kim Snyder), suggestions for locations (16th street side of Central HS), and recommendations for funding. Suzannah mentioned that a collaboration between the art classes and the Sources of Strength program has been mentioned.*

### **Alliance for a Healthier Generation**

*Emma Cook, the D6 representative for the Alliance for a Healthier Generation updated the committee on priorities for the Alliance - including "Ghosted" (suicide prevention program), the Alliance for a Healthier Generation assessment, and the "Rise Up" program through Kaiser.*

*Emma also announced that Monfort Elementary School has been named one of “America’s Healthiest Schools” through the Alliance for a Healthier Generation and Kaiser Permanente (will be publicly announced September 16th)!*

*Update: Due to differing priorities between D6 Student Wellness and the Alliance for a Healthier Generation, this partnership was cut on August 30, 2019. The Alliance will continue to offer resources as needed. This partnership will be reconsidered in future years.*

**Other Updates**

- *Katie Castillo updated the committee on the newest addition to the 5210 program - sleep! The program is now called 5210+, and encourages 9 or more hours of sleep per night.*
- *Danielle Bock updated the committee on the upcoming Bond measure.*

**10. Upcoming Meetings & Events**

- *The next meeting will be on **October 16 from 3:30-5:30 pm.***
- *Bike to School Day is October 2! Volunteers will be needed to help execute this event.*
- *September 21 is Madison Elementary School’s Health Fair/Color Run!*