

Greeley-Evans School District 6  
Wellness Policy Committee Meeting Minutes  
Tuesday, January 15 2019

**1. Attendance**

Danielle Bock	Director of Nutrition Services
Kara Sample	D6/Assistant Nutrition Director, RDN
Rachel Hurshman	D6/Wellness Coordinator, RDN
Caitlin Jacobsen	Wellness Specialist, RDN
Natalie Leffler	D6/Food Hub Manager
Jessie Caggiano	D6/School Social Worker
Roxane Conant	Banner Health
Ellie Dudley	Integrated Nutrition Education Program
Zach Ducharme	Boys and Girls Club
Anna Kingman	Healthy Hearts
Brian Dauenhauer	University of Northern Colorado/Parent
Rebecca Robbins	D6/Nutrition and Menu Specialist, RDN
Katie Castillo	Healthy Kids Club
Leslie Beckstrom	Weld County Health Department
Carolyn Jones	Jefferson High School Teacher
Tom Gribble	Director of Special Education
Brooke Frarck	K-12 Specials and World Language Curriculum Coordinator
Tessa Beran	UNC Dietetic Intern

**2. Introductions**

Welcome to all new and returning committee members, including our new Wellness Specialist, Caitie!

**3. Data Alignment - Wellness Policy Assessment**

- a. The USDA requires that all schools with a wellness policy are assessing adherence to the policy at least every 3 years. This assessment began with a one-page paper assessment that was completed by the PE teacher in most schools. A few years later, Smart Source created an [assessment](#) that compiles data in several areas of school wellness, including health education, nutrition, physical health, and general health policy. However, the Smart Source Survey did not ask several questions that directly pertained to the District 6 wellness policy. Therefore, District 6 continued to provide schools with a personalized assessment in addition to the Smart Source assessment. Smart Source recently added a “Local Wellness Policy” section, however the committee decided to continue offering the personalized assessment to adequately assess specifics in the District 6 wellness policy.

This year, District 6 has created a partnership agreement with the Alliance for a Healthier Generation. As part of this agreement, schools are also required to take an assessment through the Alliance. Many of the questions between Smart Source, the

Alliance for a Healthier Generation, and the personalized assessment are very similar. To avoid survey fatigue, the Student Wellness Committee reviewed the 3 surveys to decide if the personalized assessment is still necessary for gathering data to assess the District 6 wellness policy.

- b. The committee broke into 4 groups of 3-4 people. Each group reviewed 5 questions from the personalized assessment in comparison to similar questions in Smart Source and the Alliance for a Healthier Generation assessment. Please see the supplemental document for specific decisions/reasoning for the committee decisions.
- c. The committee ultimately decided to discontinue the use of the personalized assessment. There were 7 out of 19 questions that the committee decided would be important data points to have, however the committee agreed that there can be other avenues to ask these questions.
  - For example, questions about the culture of school wellness can be asked in a less formal setting (such as a one-on-one meeting with the Wellness Specialist), and questions about garden curriculum can be asked through the farm to school liason
  - For the questions that the committee voted to keep, the nutrition department will decide what they are using the data for, and whether or not the survey question provides the department with valuable data.

#### **4. Action Team: Updates and Committee Structure**

- a. Rachel Hurshman explained the history of the action teams, and the formation of action teams as a means of moving the needle on student wellness policy initiatives. Rachel questioned the committee on how the action teams were going, if the teams needed to be restructured, and if the committee found the teams to be helpful.
  - Many agreed that the action teams are helpful because they break the large committee into smaller groups which allows for more meaningful conversations, and can be more productive than large group meetings
  - Some requested dedicated time for action team meetings within the quarterly SWC meeting. It was suggested that this time be 20-30 minutes at the end of the meeting. *Consider making committee meetings 2 hours long to accommodate.*
- b. Danielle Bock brought up the idea of incorporating elements of the student wellness policy objectives into staff members' job descriptions. This will allow for the student wellness policy to fall within the realm of people's expertise and passion and creates an owner because the employee is then evaluated on this item. This person would then lead the relevant SWC action team. *It was requested that a D6 employee be a part of each action team.* Furthermore, the individuals who are on each action team should be selected based on their community connections, their background, and their expertise. *Caitie and Rachel will connect with Danielle to work on this item.*
- c. The action teams may need to be reworked to better address the student wellness policy. This will involve analyzing the SWC goals, deciding on the potential impact of each objective, and considering the relevancy and readiness of each objective. Furthermore, the action team goals and each objective will need to tie into Innovation 2020 (D6 strategic plan). *The Nutrition Services team will meet to work on adding this information. The committee will revisit and determine new action teams, if needed, at the March 7th meeting.*
- d. With the great work that is being done in the action teams, there needs to be a way to better communicate what each group is doing. This will prevent overlapping of projects

and will allow for the sharing of resources. This may be achieved through sharing of documents in Google team drive and reporting out at quarterly meetings- *discuss further ideas at March 7th meeting.*

- e. As the student wellness policy evolves and adapts, is it possible to provide some funding to action teams to do their work? *Consider adding a budget column for each objective.*

#### **5. Committee Positions:**

- a. There are several committee positions that need to be filled, and others that can be created. We want to have representation from all areas of the Whole School, Whole Community, Whole Child model.
  - The committee is missing parent and family participation. *Jessie Caggiano offered to reach out to parents at the high schools. Caitie will reach out to the district accountability committee, PTO/PTAs and the family center (Michael Seifried)*
  - The committee is also in need of a PE or Health teacher - *potentially Brooke Farck can help with this- Caitie will check*
  - *Caitie will add mental health to the intro paragraph of the committee structure document*

#### **6. Student Wellness Team Leader Updates**

- a. Professional Development day on January 23. All Student Wellness Committee members are invited to join us for the [Kaiser RISE presentation](#) from 12:30-2:30 pm. This presentation will explore the topic of developing resiliency in schools.
- b. Caitie Jacobsen provided the committee with a graphic of School Action Plans. (See attachment)

#### **7. Updates:**

- a. Student Health Advisory Council (SHAC) no longer has funding and personnel support from Kaiser. They did give the district \$12,000 to continue operations. For now, Jessie Caggiano and Kayla Hasstedt agreed to help run the committee, along with Rachel and Caitie. SHAC will continue for the year with a focus on social and emotional health, specifically within the Sources of Strength program. Sources of Strength is an evidence-based suicide prevention program that focuses on strength instead of trauma. The students hope to make a video with the Sources of Strength model, to build off of the video created by Central High School (Which will air on Thursday, 1/17/19).
- b. 5210 will be launching for elementary school students on February 1st. They will be receiving their packets and shirts within the next 2 weeks. Healthy Kids Club created a [video](#) to help promote the event.

#### **8. Next Meetings**

- a. January 23, 2019 from 12:30-2:30: RISE workshop
- b. March 7, 2019 from 4:00 - 5:30 pm
- c. May 28, 2019 from 2:00 - 4:00 pm

#### **9. Supplemental Material**

- a. [Student Wellness Policy Assessment Comparisons with Committee Feedback](#)
- b. [Student Wellness Action Plan Summary 1.10.19](#)