

Greeley-Evans School District 6
Wellness Policy Committee Meeting Minutes
Jan 24, 2023 from 4-6pm (virtual)

1. Attendance

<i>Name</i>	<i>Organization</i>
Johanna Bishop	D6 Nutrition Services
Danielle Bock	D6 Nutrition Services
Jessie Caggiano	D6 Social Worker
Bill Fearn	D6 Curriculum Coordinator
Charlie Wright	MPH Practicum Student
Rachel Hurshman	D6 Nutrition Services
Natalie Mash	D6 Board Member
Kali Fisher	UNC Dietetic Intern
Anna Kingman	UC Health Healthy Kids Club
Delaney Leal	Banner Health
Melanie Cyphers	Weld County Public Health
Mariah Westlie	D6 Nutrition Services
Rachel Garcia	D6 Nutrition Services
Kelley Stanley	D6 Nurse
Olga Gonzalez	Weld County Public Health
Paityn Liscano-Garcia	D6 Student, Student Health Advisory Council
Alicia Guel	SWTL, Brentwood Middle School

2. Student Health Advisory Council (SHAC)

a. Programs and Updates

- i. Successful painting day on December 16th, starting [Healthy Activities mural](#) to add to The Family Center
- ii. Recruiting 8th-11th graders, opened the application from December-January. We have 38 students who have applied, including 6 high schools and 4 middle schools! We will review applications this week, interviews next week and inviting 12-15 students to join in February
- iii. A lot more applicants this round, likely due to being able to pay them as Nutrition Employees

b. Hiring students as Nutrition Services Employees

- i. We've hired 9 of our students as employees, so far!
- ii. We can pay them for their expertise and also help with projects

3. Student Wellness Team Leader (SWTL) Report from Brentwood

- a. Decided they would get Sources of Strength back up and running. They had 28 kids come to first training and 9 mentors. They're really excited to get them going again.
- b. They were hoping to do Hoops for Hearts but they have changed a lot of how they run the program, now it's Kids Heart Challenge. They're planning to do a celebration for the

kids that raise the most funds for The American Heart Association. They're now thinking they'll do a Sources event for March Madness

- c. Giant photo wall outside library for Sources of Strength campaign
 - d. Friend Grams before Valentine's dance.
 - e. You Matter Cards: teachers fill out these cards for students
4. SWTL: other updates
- a. Gearing up for 5210+ program
 - b. Quite a few focused on mental health and Sources of Strength
 - c. Sending positive postcards home: schools interested in starting this
5. Diversity Action Team
- a. SWC - DEI Cross Cutting Themes
 - b. They have met the goals that this specific team set out to do.
 - c. Showed an image used by the School Nutrition Association. It's not something else to put on the plate, it is the plate.
 - d. SMARTIE Goal: most of us are familiar with SMART goals as we use them in our action teams, but also consider the I and E.
 - Specific: You know exactly what the goal is and when it is met
 - Measurable: You know when or how much of something is done when meeting the goal
 - Achievable: Your goal is within reach and easy to put into action.
 - Realistic: You have access to time and resources to accomplish this goal
 - Time-bound: You have a deadline for your goal
 - **Inclusive: Your goal includes everyone, including youth of color, LGBTQIA+ youth, low-income youth, immigrants, etc.**
 - **Equitable: Your goal would help ensure that everyone has what they need to be well, and sometimes this may not mean everybody has what is equal because we all have different needs**
 - e. Examples: School Environment action team has created salad bar labels in English and Spanish plus included an image. Nonfood rewards delivery to online students in addition to traditional students
6. Report from MPH Practicum Student
- a. For their practicum, Charlie is working to promote student wellness programs, creating an infographic to promote nonfood rewards, promoting healthy celebrations (healthy Valentine's Day party contest), local wellness policy update, social media campaign for back to school day at the beginning of May, QR code for local wellness policy (LWP) in the cafeteria- what questions do you have about LWP, what are those things that are helpful to highlight? Send those ideas to Charlie: wrig3367@bears.unco.edu
7. [Brain Energizer](#)
- a. Check out Coach Gelardi on YouTube for a ton of great, short, fun brain energizer videos!
8. Action Team Breakouts
9. Action Team Updates
- a. School Environment & Curriculum

- i. Have been working on getting nutrition ed onto tv monitors in all schools. In trying to develop that info they've discovered that they're overthinking it and/or it's boring, we need to recruit paid SHAC members to come up with ideas.
 - ii. Rachel G reached out to our 4 tower garden recipients and heard back from 2 who needed just a bit more support
 - iii. Possible summer PD on integrating garden into curriculum
 - iv. CSU EFNEP collab possible
 - b. Nutrition
 - i. Only Mariah was present, she joined School Environment discussion
 - c. Physical Activity
 - i. Sent out a survey last semester to learn more about PA opportunities. Found that teachers could still use more information about resources. Action team will share through Facebook, Intercom, resources directed towards Admin specifically, promote indoor recess resources. Create a forum for staff to share their favorite resources, promote the good work already happening and give other people access to it as well.
 - d. Mental Health
 - i. Refocus, maybe some advocacy from people in this group
 - ii. Trainings this summer for horizontal advancement
 - iii. Talked about Snack Drawer program and why we're using mental health staff, possibly provide training for teachers on relationship building, relationship between nutrition and mental health. Snack Drawer program is a selection of snacks sent to each school, given to mental health provider. It's a way to combat food insecurity, get extra nourishment outside meal times. Have a relaxed environment to open up with a trusted adult, connect students to additional resources outside of the school day. Provide additional tools and resources to our staff members who are already good at their jobs

10. 5210+ Data Entry

- a. March 15 from 1-4pm. Johanna will send calendar invite.

11. Updates

- a. <https://thrivingweld.com/outdoor-rx/>
- b. [9 News Article](#)
- c. 5210+ starts February 1st for K-8 students and all district staff. Increased prize money this year!

12. Upcoming Meetings/Events

- a. Action Team Meetings: make sure you have your next meeting on the calendar!
- b. Next Quarterly Meeting: May 2, 2023 from 4-6pm, in person at district Service Center