

Student Wellness Committee Meeting

May 26, 2020, 2:00-3:30pm

(Held virtually via Zoom meeting)

Members present:

- Johanna Bishop
- Rebecca Robbins
- Nicole Cox
- Rachel Hurshman
- Brooke Frarck
- Anna Kingman
- Ellie Dudley
- Danielle Bock
- Laurie Zenner
- Kara Sample
- Leslie Beckstrom
- Roxane Conant
- Carolyn Jones
- Claire Fisher

Introductions

- 30 seconds each, please share your name, the organization you represent and one thing you can see from your WFH desk

Wellness Program Recap

- Celebrating Success (Nicole Cox & Johanna)
 - Culinary Classroom Pilot
 - Nicole teaches 1st graders at Heiman Elementary
 - Worked with 4th grade class creating their food and working through lessons
 - Kids LOVED it → they were excited to try all of the new foods, incorporated a lot of literacy and math; was nice to send the recipes home
 - Nicole is hoping to do it again next year
 - Purpose of this pilot is to expand the reach of Culinary Classroom
 - Indoor Sensory Path at Heiman Elementary
 - Nicole wrote a grant in order to fund the sensory path
 - Installed in a hallway inside building.
 - Had to put tile down in order for the path to stick and stay
 - Not all the pieces fit in the dedicated hallway, so remainder of pieces will be laid in another part of the school
 - Teachers/students haven't yet seen the path due to COVID
 - Use:
 - Indoor recess

- Functional Living Skills program
 - 10-15 minute break for classes
 - Open access
- Wellness End-of-Year Report (Johanna)
 - Jackson Elementary - Jioni Reliford
 - Running club
 - Four kids have reached 100 miles
 - Winograd - Kelsey Odom
 - Kindness Hero Program and Health Hero Program
 - Teachers recognizing students and students recognizing students
 - Earned a visit from a Broncos player, but will need to be scheduled for fall 2021.
 - Report
 - Summary of what we've accomplished this school year
 - Planning to pass this out to the School Board, online, etc.
 - 43 Student Wellness Team Leaders
 - SHAC has been very active
 - We have 20 students representing six schools
 - Sources of Strength mural (put on pause due to COVID) → will be displayed outside of Family Center downtown
 - Sources of Strength program now in all high schools
 - Provided 41 Culinary Classroom lessons, reached around 1,000 students over the school year
 - Running clubs in seven schools
 - Smoothie bike was very popular → we're hoping to get another
 - Virtual Culinary Classes → four already posted on our website plus two for Worksite Wellness
 - Local School Wellness Policy expanded to include staff wellness and stronger language
 - 17 sets of Fit Sticks distributed (from Healthy Kids Club)
 - 121 Walking Classroom Kits sent to five classrooms
 - There's a [Walking Classroom app](#) now (definitely Apple, maybe Android) → could check out the type of lessons offered; free until end of July
- Student Wellness Team Leader Survey Results (Johanna)
 - Johanna met with every Team Leader this spring to see what they've been doing to promote student wellness and to offer support
 - 43 Team Leaders in 23 schools

- New tiered payment structure
 - Seven leaders at Level 1 (\$150/year); 13 at Level 2 (\$200/year); 17 at Level 3 (\$275/year)
- 21 Team Leaders have confirmed they are returning next school year, need confirmation from 20 about their intentions for next year, 7 confirmed openings.

Action Teams Recap

- 1-2 minute update from each Action Team
 - What were 1-2 accomplishments from the year?
 - Do you have goals for next year?
- School Environment & Health Curriculum (Rachel & Brooke)
 - First priority was regarding integrating nutrition education into other curriculum through Culinary Classroom
 - Didn't have capacity to increase numbers → will restructure this in coming year
 - Integrate nutrition ed into FFVP: did not complete this year and will need to reconsider if this is the best method
 - Second priority → staff development and professional development opportunities to integrate nutrition ed and physical activity into core instruction
 - Prof development for PE teachers in August → well received!
 - District is working on updating comprehensive health curriculum
 - Originally planned to do in August, but slightly delayed due to COVID
 - Will be requesting help from District stakeholders
 - Third priority → sharing nutrition education with families and the broader community
 - Smart Source results reflect great improvements! → goals for Action Team well met
- Nutrition (Kara & Rebecca)
 - Most activities put on pause
 - Increase number of classrooms offering healthy parties (focus on this one priority)
 - Presented healthy party kits and “hot dog party to go” to SWTLs
 - Only four party kits were “rented” during the 2019-2020 SY
 - Glad to be able to do this as alternative to ice cream floats and pizza

- Regardless of how many took advantage of it, it is a success and will continue to offer/promote
- Smart Source and HKCS will provide direction for future actions
- May want to join forces with School Environment and Health Curriculum
- Physical Activity (Johanna & Leslie)
 - Improving access or ideas/encouraging indoor recess activities, brain boosters
 - Zach put together a list of activities that teachers can do in the classroom or inside
 - Realizing that there are limitations on physical activity options during the school year
 - Working to promote bike to school activities/days
 - Bike to School Day didn't happen this spring due to COVID
 - Baselines for # kids that were walking/biking to school → won't happen this spring/fall due to COVID
 - Will need to rethink when/how to collect these numbers again
 - Started to look at the use of taking away recess/physical activity for punishment and working towards alternative options.
- Mental Health (Jessie & Kristin)
 - Jessie nor Kristin present on meeting
 - From Brooke:
 - Professional development/district leadership standpoint → all staff and building admin completed survey in regards to prof development to include in regards to what they need as an individual, building, system-wide; had them rank the items
 - Number one item was social/emotional support → not just for students, but also for staff
 - D6 Leadership using numbers to develop PD and develop goals within district standpoint for how they're handling the need that we need to offer additional support to students/staff
 - Was important that the staff vocalized that they need support!!
 - From Carolyn:
 - Happy Teachers curriculum

Brain Energizer

- Virtual Heads or Tails, led by Johanna

Virtual Adaptations

- Facebook outreach (Rachel)
 - Sharing resources for Kids Eat Free through Nutrition Services → making sure public knows about bus routes/emergency meal distribution
 - Coffee with a Counselor through North Range Behavioral Health
 - Supporting graduating seniors and how parents/guardians can be supporting them
 - Library summer reading program
 - Sharing videos that other organizations/departments made that promote student wellness
- Wellness Symposium Webinar (Rachel)
 - Poudre and Thompson School Districts, Healthy Kids Club → planned to have all wellness teams come together on June 4th, but needed to postpone due to COVID
 - With help from Healthy Kids Club, Brian Luke Seaward presented on resilience and hope during COVID time
 - 130-135 people attended the webinar on May 4th. The recording can be viewed at:
https://drive.google.com/file/d/1Im_LVrgpn7S33MTx9MtnVZ8z2WOgLTpA/view
 - Or at: <https://www.greeleyschools.org/Page/24228>
- Virtual Culinary Classes (Johanna)
 - <https://www.greeleyschools.org/Page/24188>
 - Helpful to have for future resources
 - Kara and daughter, Kadence, did them for Staff Wellness, too:
<https://www.greeleyschools.org/Page/11349>
- Home Garden Kits (Johanna)
 - Garden kits were delivered to Romero K-3 third grade students via the meal distribution buses
 - Students will bring one plant back to plant in the garden
 - 50 herb kits also provided through Greeley Water Conservation District
- Virtual Summer Enrichment Classes (Rebecca)
 - Summer Enrichment is similar to a day summer camp, available to any students that sign up. Many week long classes available including: art, theater, science, reading, music, and nutrition.

- Nutrition Services was going to offer 2 weeks of camp, including topics such as farm to school, nutrition education, mindfulness, cooking. Offered to 3-5th graders.
- We are adapting to video options--team of staff working together to make videos for a week of learning
- Cameron Herrit and Rebecca Robbins made a sourdough starter, feeding the sourdough starter, include food science info, and will bake bread.
- Will make peanut butter and jelly, including honey from local beekeeper
- Virtual edition will be limited (as compare to original plans for in-person version)
- Danielle has contacts to beekeepers in our district
 - Greg Cocking
- Emergency Food Service (and Summer Food Service) (Kara/Danielle)
 - Were doing solely curbside drive-up model week of March 23rd, but changed this due to exposure risk
 - From March 30- May 22, we worked with Transportation to offer bus route Monday, Tuesday, Thursday Friday → running five bus routes each day to serve as many children as possible; Wednesdays offering curbside drive-up model at Service Center and Northridge High School w/ Food Bank
 - Offering meal sacks containing three days' worth of breakfast and lunch
 - 5/26 was first day of official summer feeding
 - Three bus routes → morning and afternoon “shifts”
 - Monday through Thursday only
 - Four breakfasts and four lunches in meal sacks + half gallon of milk for each sack instead of eight 8 ounce cartons
 - 115 per route so far
 - Wednesdays we're still doing mobile food pantry option
 - Please share Nutrition Services' Facebook post regarding new bus routes via social media and email to organizations and individuals in the Greeley/Evans community. Continue to remind your community throughout the summer.
 - Summer Feeding Info (Bus Routes): www.greeleyschools.org/kidseatfree

Data in Review

- Healthy Kids Colorado Survey (HKCS) (Rebecca)

- Completed in a sample of D6 high school students who returned permission form signed by parent
- Overall, most #'s stayed similar to previous survey in 2017
- Greater response, similar survey to 2017, some updated wording
- Better age distribution
- White and Hispanic students was largest reporting
- IMPROVEMENTS
 - Increase in number of students with a trusted adult (70.5>>76%)
 - Mental health status improved (re: suicide, plans to commit suicide, etc)
 - Vaping & Cigarette use is decreasing
 - Improved satisfaction in school and parent-child relations
- OPPORTUNITIES FOR GROWTH
 - Overall Physical Activity minutes decreased
 - Increased screen time--opportunity for education
 - Increased consumption of sugar-sweetened beverages (SSB)
 - Breakfast and veggie consumption is low
 - 58.4% of students who were bullied, were bullied in classrooms (opportunity to educate teachers)
- Shows areas of need, but CDE budget has been cut significantly, will need to look for grants to help with funding changes
- *Danielle mentioned that we need to ensure Second Chance Breakfast for all secondary students*
- *Johanna will share this info with SWTLs at one-on-one meetings in Fall so they consider addressing these areas in their SHIP*
- Share information with Principals & Assistant Principals
 - Each school that completed survey has individual report + district-wide report
 - Email this meeting's powerpoint slide, individual school report, talking points, and suggestions on how to use the data to each Principal
 - Brooke would be willing to help share this information with Principals
 - **Put powerpoint slide and talking points into next PrincipaLine**
- Should also be shared with Lori McCarty (Nurse lead)
- Should be shared with School Board
 - Don't share the entire report - be concise!
- Should be shared with SWTLs at that school. Carolyn is the Team Lead for her school, but she never received the HKCS data

- Smart Source--Elementary (Rachel), K-8 (Rachel) & Secondary (Johanna)
 - Completed by school staff/adults
 - Team Leader's duty is to bring together a team to complete Smart Source
 - Elementary Smart Source
 - All elementary schools took this, except for Centennial
 - Improvements
 - 50% incorporate health and wellness into their UIP
 - Policies for healthy celebrations, healthy advertising, and healthy fundraisers
 - Classroom physical activity
 - Went from 91% to 100% that offer physical activity breaks
 - Multiple SEL wins
 - 2017 only 9% reported students having access to counselor 30-40 hours/week → went up to 60%
 - 9% conducting universal screening, now have 40%
 - 64% provide anonymous ways to report bullying/harassment → went up to 80%
 - Family engagement increased
 - Staff wellness opportunities/education increased
 - A lot of opportunities for community partnerships increased
 - Needs Improvement
 - More representation needed on school wellness teams: students, Admin, parents or community leaders
 - Low PE minutes and MVPA compared to region/state
 - PE minutes - elementary students were receiving 70 minutes/week in 2017, now 65 minutes/week. Region = 71, state = 88
 - Was 72% of PE time students were engaged in MVPA. Now is 62%
 - Health Ed minutes significantly lower compared to region/state
 - 31 minutes offered per week per student. Now at just 13 minutes. Region = 38 and state = 43
 - PD for PE and Health Ed Staff low compared to region/state
 - 2017 - 64% indicated ongoing PD related to PE; 2019 - went down to 50%
 - Recess minutes low compared to region/state and have gone down since 2017

- 60% of reports identified recess being taken away as punishment
 - Rewarding with food occurring
 - Compliance with Wellness Policy needs improving
- Secondary Smart Source
 - Improvements
 - Increased school gardens
 - Limiting “junk food” fundraisers
 - Non-food reward use is increasing
 - Above average education requirements for secondary PE teachers compared to region/state
 - Increased PA options before/after school
 - Health education → higher number of schools reporting at a best practice
 - Staff wellness above region/state averages
 - Policy includes all necessary components at a very high level (although items are not always followed)
 - Needs Improvement
 - Time set aside for meals
 - Lunch is shorter than it was before and is shorter than region/state
 - Unhealthy food items available to students outside cafeteria
 - Kids consuming at a higher level
 - Amount of PE minutes has decreased compared to previous years
 - Referrals for hearing, oral health, injury prevention, etc. → there isn’t a good follow up procedure for those students as compared to region/state
- Sharing results
 - We should add to PrincipaLine
 - Be strategic on what we share
 - Don’t include information on time set aside for meals
 - Highlight social-emotional successes
 - RE: HKCS--School specific email, include principal, vice principal, health clerk and SWTLs
 - Include summary of school-specific and suggestions

Updates

- 5210+ Update (Laurie Zenner)
 - 100 schools participating in eight different districts
 - Just finished tallying everything
 - Over 17,000 students and staff turned in logs
 - Not sure how many family participants yet
 - Have let PE teachers know that t-shirts will be delivered in August when back to school; winners will be announced in August, too
 - \$22,000 in prize money
 - Typically money needs to be spent on wellness initiatives, but considering opening up parameters due to COVID
 - Wellness might not be a top priority right now because of large budget cuts with districts → flexibility might be nice to have
 - Will revisit this!
- Healthy Hearts (Anna)
 - Got a lot of D6 schools done before COVID
 - 80% of previously scheduled D6 schools participated in virtual class
 - 75% of ALL previously scheduled schools participated
 - Three pre-recorded sessions, pre/post questionnaire, + opportunity to attend summer screening session
 - Can't do the screening portion of Healthy Hearts right now due to COVID
 - Hopeful in July people can come and get screened in their office
- Grant Updates (Rachel)
 - CDE Student Wellness Grant
 - Completing two of three years
 - It looks promising that we'll get ~\$46,000 for year 3
 - Year 2
 - Paid for Team Leaders
 - Paid for PE professional development
 - In person professional development for Team Leaders
 - Funded Johanna and Rachel's professional development
 - Mini- SEL projects → mindful classrooms, cozy corners, and Sources Of Strength
 - Happy Teacher Revolution
 - Hope to continue this work this coming school year

- We've been approved to use funding for emergency meal costs due to COVID
- Student Health Advisory Council (SHAC) Update--Virtual meetings (Johanna)
 - 20 students now
 - Tangible project = Sources of Strength mural
- Decide next meetings (Quarterly, Proposed Month/Week)

Next Year

- Confirm next year meetings:
 - Tuesday, August 25, 2020
 - Wednesday, November 18, 2020
 - Thursday, February 11, 2021
 - Tuesday, May 4, 2020
 - Each meeting: 3:30-4 = Action Teams; 4-5:30 = meeting

Agenda Items For August

- Review/discuss operating plans
- HKCS & Smart Source--what do schools do with this?
- Action Team goals
- Include Video Hybrid option for next in-person meeting
- **UNC Representative needed for our committee!**