

Greeley-Evans School District 6  
Wellness Policy Committee Meeting Minutes  
7-20-2016, 9:00 am – 11:00 am

**1. Attendance**

<b>Name</b>	<b>Organization/Committee Role</b>
Katie Castillo	Healthy Kids Club
Laurie Zenner	Healthy Kids Club
Marissa Hughes	PE teacher
Roxane Conant	Banner Health
Rachel Hurshman	WCSD6- Wellness Coordinator/RDN
Courtney Bell	WCSD6- Wellness Specialist
Kara Sample	WCSD6- Assistant Director of Nutrition Services/RDN
Leslie Beckstrom	Weld County Health Department
Carlee Rosen	NCHA- Make Today Count Campaign
Bu Men	Student at Greeley West High School
Maribeth Appelhans	WCSD6 – School Nurse/RN
Lauren Murray	Dietetic Intern
Abby Smith	Soccer Without Borders/INEP

**2. Introductions**

New attendees included Lauren, dietetic intern from University of Northern Colorado. Welcome Lauren!

**3. SFSP Update**

- Kara updated the Committee on the progress of the Summer Food Service Program this year. This program provides free lunch for anyone 18 years old or under.
  - Currently 15 sites, including two sites at 2 parks (Island Grove and Anna Gimmestad Memorial Park) and two sites serving snacks.
  - This year’s goal was to increase by 40% and Nutrition Services (NS) has met that goal.
  - NS has served 36,340 meals and 2,000 snacks. Last year NS served approximately 20,000 meals.
- Reviewed highlights from the Kickoff event (June 7<sup>th</sup> at Centennial Elementary)
  - Representatives from the USDA (National and Regional), Colorado Department of Education, Western Dairy Association, Banner Health, Weld County Food Bank with mobile food pantry
  - Increased marketing by boosting Facebook posts, placed full page advertisement in Recreation Connection.
- Our Summer Food Service Program was featured in an article in Food Service Director Magazine and we were on the front page of the Greeley Tribune

#### 4. TCHF Grant Funding

- WCSD6 was recently awarded a grant from The Colorado Health Foundation in the amount of \$139,602. Nutrition Services applied for funds to:
  - Continue to support student wellness teams, including stipends for wellness staff and funds to support wellness initiatives for all K-12 schools
  - Expand student wellness teams into high schools, including stipends for wellness staff and funds to support wellness initiatives
  - Research on high school student wellness resources
  - Playworks expansion
  - Implementation of a district-wide student wellness fair
  - Professional development for teachers and other district staff
  - Funds for the Growing Grounds – A project that was added to the original proposal that will help fund greenhouses, located at Romero K-3
- *Courtney will plan action steps for grant management for 2016-2017, Rachel will review.*

#### 5. Student Wellness Fair Recap

- Courtney reviewed the student wellness fair that was held in conjunction with the Sprint into Summer 5K. We had approximately 100 people who visited the fair (appx. 700 attendees for 5K). A few things to consider when planning for 2017:
  - Coordinate communication through various efforts (flyers on school doors, community centers, libraries, etc.) with the 5K or another event.
  - Received feedback that the fair was too disconnected from the 5K. Initially we did this so that we could showcase the food truck. Will take into consideration for next time. *Courtney will research options for wellness fair by end of October, including student-run fairs, similar to 9Health.*

#### 6. Implementation Plan

- The implementation plan is a living, breathing document that provides guidance to implementing District 6's Wellness Policy. Briefly, we reviewed how the implementation plan is read (i.e., NS – activity has not started, C – activity is complete). The Committee was split into three groups, asked to review the implementation plan, come up with (or edit) three activities for their policy goal (Comprehensive Learning, Nutrition, or Physical Activity), and match it with the appropriate policy objective.
  - Comprehensive learning:
    - Modified activity (objective 1): instead of developing bulletin board kits, create interactive displays or organized activities on wellness topics. Ex: sugar cube displays
    - New activity (objective 1): create and distribute quarterly, targeted and personalized email messages to teachers at various grade levels featuring 1 wellness topic/resource suited to their grade
    - New activity (objective 1): promote Integrated Nutrition Education Program at all eligible schools
    - New activity (objective 2): work with Summit afterschool program parent liaison to promote and educate parents on various student wellness topics

- New activity (objective 2): develop master calendar at the beginning of the year with all school registrations, parent-teacher meetings, open houses, staff in-services, etc.
  - New activity (objective 6): create groups within Schoology to provide and promote wellness resources that can be incorporated into curriculum
  - New activity (objective 6): provide health and wellness worksheets in Schoology that kids can complete for extra credit
  - New activity (objective 7): provide Wellness Track option on district-wide professional development days
  - New activity (objective 7): investigate and promote podcasts about integrating wellness into curriculum, since lots of teachers commute to work
  - New activity (objective 8): investigate a system that designates schools as gold, silver or bronze level wellness schools based on specific criteria, including staff development
- o Nutrition:
- Objective 1: Research project to evaluate average seated meal time for breakfast and lunch for 4<sup>th</sup> graders at each school in the district.
  - Objective 2: Work with Art teacher to have fruit/veggie poster contest and have the winner's poster put in cafeteria; see if community artist or students could make a mural
  - Objective 2: Remodel HS cafeterias to reflect bistro-style dining, starting with NHS
  - Objective 3: Modify current activity to survey SW teams about what items are sold in their school stores
  - Objects 8: Promote Nutrislice for families, teachers, students, and school officials for purpose of providing feedback through a rating system
  - Objective 9: Develop lesson plans related to evaluation of our menus within Nutrislice online tool. For example, building well balanced meals and then calculating total calories, fats, carbs and protein
  - Add activity about using sugar models from Make TODAY Count.
- o Physical Activity
- Objective 3: Train/inform teachers + "the why" on why physical activity is important and provide resources such as physical activity kits
  - Objective 4: Consider writing another Safe Routes to School grant to continue and expand the work accomplished through the first grant. Need to start now
  - Objective 5: Partner with MTC to promote summer family fun activity program
  - Objective 5: Promote running clubs through parent volunteers
  - Objective 7: Obtain training within SOFIT and/or SOPLAY in order to evaluate physical activity programming
  - Objective 9: Research if/how many schools have recess before lunch and sample schedules from other school districts with all students having recess before lunch
  - Last objective: Work with Summit Afterschool Program parent liaison to engage parents

- Other: Move away from wellness fairs (school or district) and focus on steady school-by-school culture; possibly train 5<sup>th</sup> graders to run booths at fairs for their own school (similar to how 9Health runs their fairs).
- Other Section
  - Research if any schools are already including health and wellness in their UIP.
  - Committee also discussed the need to include mental health in the wellness discussion. The following ideas were presented:
    - Connect with Sunrise Health and the school-based health center at Centennial. *Maribeth to connect, invite to committee meeting*
    - Connect with North Range Behavioral Health, have representative on the committee. *Rachel will investigate*
    - Connect with district Family and Student Support Team (FASST), a group of Social Workers and Behavior Specialists that provide multi-faceted supports to students and families. *Rachel will investigate*
- *Courtney will update implementation plan and create action plan for 2016-2017 implementation.*

## 7. Wellness Assessment Redo

- Discussed that the current wellness assessment may not be an accurate representation of compliance with our district wellness policy. This school year, the assessment scores drastically decreased in all three wellness areas (comprehensive learning, nutrition, and physical activity), however the wellness team updates that were provided each semester showed that the teams accomplished many of their objectives (and more for some teams).
- These scores differed because
  - Different interpretation of “fully in place, partly in place, not in place”
  - Knowledge of what is going on in the school differed between assessors
  - Different people filling out each year (some answer more honestly?)
- It was proposed that we redo the assessment to accurately reflect the D6 culture of wellness and wellness policy compliance; however we do not want to overburden teachers with surveys. We presented an edited version of the wellness assessment that included some questions from Poudre School District’s wellness assessment. Edited version was created online using Google Forms, contains 42 questions, 8 pages, and has varying response formats such as “yes/no,” numerical ranges, and the use of “rarely/occasionally/usually/never.” The Committee decided it would be best to incorporate our new assessment into the Smart Source assessment as opposed to a separate survey in Google Docs (see notes below).
- The Committee got back in groups to review their section within the assessment (i.e., Nutrition, Physical Activity, and Comprehensive Learning). Committee suggestions included creating a separate assessment for Principals (similar to Poudre School District), adding links to questions to educate (such as link to MyPlate), rewording questions and answers (i.e., scale vs. yes/no), requiring principal sign-off, and removing questions that we are already tracking (i.e., number of Chef in the Classrooms used). *Courtney will create a finalized set of questions, share with the committee + send to Smart Source representative.*

- We also plan to implement Smart Source this school year. Smart Source is an assessment tool that will evaluate the comprehensive school health environment (general health policies and practices, nutrition, physical education/physical activity, health education, health services, counseling, psychology, and social services, healthy and safe school environment, and family, community, and student involvement). This is a tool being introduced statewide and will allow districts to compare their results with others across the state in addition to being provided with a comprehensive report. Many granters may require Smart Source (currently Action for Healthy Kids are requiring this assessment for Colorado awardees). A few options presented to the committee included:
  - Option 1: Smart Source every other year in fall (even years) and our assessment every spring.
    - Pro: Teachers do not have to fill out lengthy assessment every year.
    - Con: Tracking when to give which assessment each year will be confusing for both student wellness teams and D6 Wellness Department.
  - Option 2: Personalized version of Smart Source. Informed yesterday (7/19) by a Smart Source representative that they will pilot an option to add our own personalized questions, allowing us to evaluate the implementation of our policy. This would lengthen the assessment and Smart Source will be done every fall by the student wellness teams.
    - Pro: One assessment per year, \$300 per team for pilot, meet grant requirements
    - Con: Already a lengthy survey (18+ pages, ~70 questions original, ~100+ when personalized)
    - Extra Info: The team at Smart Source offered to help us go through our policy documents and match what Smart Source does not cover as to not duplicate questions.
  - Option 3: Smart Source every fall, our in-house assessment every spring.
    - Pro: Always qualify for grants, assessment will not be as long compared to it being combined
    - Con: Possible survey burden
- Committee agreed that it would be best to use a personalized version of Smart Source with questions that measured the effect of our local wellness policy (option 2). *Courtney will reach out to Smart Source contact to see if it is possible to pilot personalized Smart Source in every school by mid-September*

## 8. Updates

- School Kickoff (8/13) – We will have a wellness booth at the School Kickoff, an event that draws thousands of students, parents, and community members by providing resources (backpacks, flyers, etc.) to students. A bicycle rodeo will also be hosted at the School Kickoff event.
- Healthy Heroes – Carlee shared a story of a school that created a “Healthy Heroes” challenge. Teachers nominated two students who displayed healthy habits (loosely aligned with 5210). Students were recognized at an assembly each month, their photo posted on a bulletin board and given a t-shirt. They also filled out a form sharing their advice for how other students can be healthy. Principal raved that it had a huge impact and was inexpensive. *Courtney will promote this program to student wellness teams as a possible SHIP objective.*
- Fuel for Fun – Dr. Leslie Cunningham-Sabo from CSU will be writing a grant (the Colorado Health Foundation) a nutrition education and cooking program geared toward academics. The grant will provide kits for teachers to implement the program themselves. The project is occurring within Poudre

and Thompson School District who both love the program. This may be beneficial for schools who do not qualify for the Integrated Nutrition Program (INEP).

- CSU Food Waste Grant – CSU was awarded a grant from the Colorado School of Public Health that is aimed to understand middle school students’ behaviors, attitudes, and motivations towards improving consumption of vegetables and reduction of food waste during school meals.
- Wellness Track PD – Rachel is discussing with Dr. Stacie Datteri the possibility of having a “wellness track” professional development route. This would allow staff to learn about wellness during Monday early-release days, without having to stay after work hours and can minimize funding that we use to pay staff off-contract time.
- Facebook growth: Asked Committee for ideas on how to grow student wellness Facebook page. Committee noted that they use the “boost” button on Facebook – a function that boosts the Facebook post reach to other audiences (requires payment). *Courtney will consider using funds for essential posts.*
- Additional Meetings – The committee approved the following meeting dates
  - October 4th, 2016
  - December 6th, 2016
  - February 7th, 2017
  - April 4th, 2017
  - June 6th, 2017
- Treat This, Not That Poster: Reviewed new poster that will offer suggestions to staff about healthier options to treat students with and promote snacks that can be purchased through Nutrition Services. *Courtney will update poster with Committee suggestions, including simplifying the language. Will research print costs for poster and distribute to classrooms, as well as send electronically to SW leaders, post on Facebook page and student wellness webpage.*
- Wellness Policy Poster: Reviewed poster that discusses some of the wellness policy changes that have occurred. *Courtney will update poster with Committee suggestions and print one large poster for each school, put on the district and SW Facebook pages, put in the Intercom, PrincipalLine, and distribute to student wellness teams and nurses*

## 9. Proposed Meetings

It was decided that we will meet the first Tuesday of the month from 4:00-5:30PM in October, December, February, April and June. These months were selected since we typically meet with student wellness team leaders in August/September, January and May and committee members are encouraged to attend those meetings as well.

**Next Committee Meeting: October 4<sup>th</sup>, 4:00-5:30 pm**