

Greeley-Evans School District 6
Wellness Policy Committee Meeting Minutes
January 15, 2020; 3:30pm - 5:30pm

1. Attendance

Danielle Bock	D6 Director of Nutrition
Rachel Hurshman	D6 Wellness Coordinator
Johanna Bishop	D6 Wellness Specialist
Rebecca Robbins	D6 Nutrition and Menu Specialist
Kristin Dalton	D6 Social Emotional Learning Facilitator
Anna Kingman	UC Health - Healthy Hearts
Leslie Beckstrom	Weld County Health Department
Zach Ducharme	Weld County Boys and Girls Club
Maria del Mar Chavarria	University of Northern Colorado
Becca Kalet	D6 Dietetic Intern
Rachel Garcia	AmeriCorp Vista in Nutrition Services
Ellie Dudley	Weld County Coordinator for INEP
Carolyn Jones	STWL

2. Time to work in Action Teams

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

3. Introductions

Danielle Bock introduced our new Wellness Specialist, Johanna Bishop. Each participant introduced themselves to the group.

4. Action Team Updates

School Environment and Health Curriculum

Priority 1: Integrate nutrition education into other areas of the curriculum such as math, science, language arts and social studies.

- *Johanna will check to see how many Culinary Classrooms have been completed this year. Is the goal of completing 80 sessions per year realistic? Especially since chefs no longer teaching and no full time Farm to School position*
- *Danielle will reach out to other districts with integrated nutrition curriculum*
- *Put lesson plans into Fresh Fruit and Vegetable Program (FFVP) totes once per week and then at the end of the school year email teachers a short Google survey asking what they liked, didn't like, etc*

Priority 2: Provide research-based staff development opportunities to inform them about nutrition and physical activity including how to integrate these topics into their core instruction.

- *Rachel will email Professional Development Manager to get her thoughts on how to modify or achieve PD goal*

Priority 3: Share nutrition education information with families and the broader community to positively impact students and the health of the community while encouraging families to teach their children about health and nutrition.

- *Rachel will add to PrincipaLine the opportunity for Nutrition Services to do cooking class, science class at family nights. We have 7 dietitians and 5 chefs on staff.*

Nutrition

What we've accomplished so far this school year:

- *Presented healthy party kits to the Student Wellness Team Leaders at their kickoff event*
- *Developed flyers for teachers, staff, and parents on ideas for healthy snacks/classroom celebration treats and non-food ideas for classroom celebrations --> we've been utilizing these resources and bringing them to meetings and presentations throughout the district*

What we're planning to accomplish:

- *Nutrition Services interns' will work to take photos/videos of each healthy party kit to promote on our website, social media, and promotional materials*
- *We will try to get information regarding healthy classroom parties into the family handbook that's handed out at the beginning of each school year at each school*
- *We will add a blurb in PrincipaLine regarding healthy celebrations and the healthy party kits*
- *We may be able to incorporate information about healthy classroom parties and/or our party kits in the next INEP newsletter*

Physical Activity

The Physical Activity Action Team has re-organized their priorities, based on the lack of data for biking/walking to school. 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. Also have a goal of collecting more information about indoor recess, including frequency and current available options.

Brian Dauenhauer was absent at today's meeting, but looking for an update on informational handouts for teachers.

Mental Health

The mental health action team will focus their goals around Happy Teacher Revolution programming and Sources of Strength training and implementation in high schools.

- *They are collecting data about trusted adults at the high school level*
- *Social Emotional Learning (SEL) Summit this summer*
- *All high schools have initiated Sources of Strength*
- *12 educators trained in Happy Teachers Revolution. They want to collaborate with others in the region*

5. ideas4schoolhealth.org

- *Maria del Mar Chavarria from the University of Northern Colorado (UNC) presented about the new website and school health resource, Advancing Ideas for Health at www.ideas4schoolhealth.org. "The Advancing Innovation and Dissemination of Evidence-Based Action in Schools (IDEAS) for Health initiative was initially funded by The Colorado Health Foundation. We are a multi-university collaborative informing the translation of high quality, rigorous research to sustainable practices and policies for creating healthy schools. IDEAS for Health is part of a collective impact effort improving the alignment of systems to support school environments and cultures that integrate health and wellness equitably for all students and staff. The content & resources on this website are based on the Whole School, Whole Community, Whole Child Model."*
- *Maria and her team are working to get the word out about this website with a plethora of free information for anyone looking for evidence based interventions within any component of the WSCC model. Rachel and Danielle will share the session idea with Kara for the annual Colorado School Nutrition Association conference*

6. Brain Energizer

Becca Kalet (Dietetic Intern at D6 Nutrition Services) led the Student Wellness Committee in short physical activity and stretching.

7. Student Wellness Policy

- Rachel Hurshman updated the committee on the updates that were approved by the Board of Education on 1/13/2020 within the ADF. The biggest change was that a fourth goal, Staff Wellness, was included, as well as stronger, more action-oriented language throughout! Johanna will update the policy on our Student Wellness webpage.
- Johanna and Rachel will work to get the ADF-R portion of the policy updated to reflect the ADF changes
- Johanna reviewed the Implementation Plan, created by Caitie Koniarczyk, and highlighted updates to be included. New initiatives for 2025 will be out soon and the Implementation Plan will be updated to reflect those changes.

8. Updates

Student Health Advisory Council (SHAC)--SHAC member, Whitley Mireles, provided an update on SHAC activities. The group is currently recruiting and interviewing new members and working on a mural for outside the Family Center. The mural represents each component of Sources of Strength in the shape of wings and was designed by SHAC members. The SHAC students will be painting the mural throughout the rest of the semester.

Celebrating Successes--A 1st grade and 4th grade class at Heiman elementary have paired up to pilot a Culinary Classroom model. In this model, the Wellness Specialist prepares the equipment and food for the lesson, and the classroom teachers teach the lesson. The goal with this model is to expand the capacity for Culinary Classroom.

Student Wellness Team Leader Meeting-- the next SWTL meeting will be on Monday, January 27. It will be a quick check-in and chance to update the SWTLs for the spring semester.

Smart Source & Healthy Kids Colorado Survey--Just completed Smart Source survey at majority of the schools. Additionally, several secondary schools were selected for the Healthy Kids Colorado Survey. Results will be available later this semester.

5210+ -- Starting in February. All of our elementary, middle and K-8 schools are participating. Worksite Wellness Committee is encouraging staff and families to participate.

Happy Teacher Meeting--Carolyn Jones shared. More info at www.happyteacherrevolution.com. This training was funded by the CDE Student Wellness Grant. Revolutionaries were trained and will be hosting meetings at schools throughout the district. This is part of the Mental Health Action Team focus.

9. Upcoming Meetings & Events

- The next Student Wellness Committee meeting will be on May 26th from 2-4pm. (Members present confirmed this date.)
- SPRING into Wellness meeting on January 27th at 4:30 pm
- Meeker Wellness Fair on February 14th
- NoCo Wellness Symposium on June 4th from 8-3:30 @ CSU Canvas Stadium