

Greeley-Evans School District 6
Wellness Policy Committee Meeting Minutes
10-4-2016 from 4:00 pm – 5:30 pm

1. Attendance

Kara Sample	WCSD6 – Assistant Director of Nutrition Services/RDN
Rachel Hurshman	WCSD6 – Wellness Coordinator/RDN
Courtney Bell	WCSD6 – Wellness Specialist, CHES
Katie Castillo	Healthy Kids Club
Roxanne Conant	Banner Health
Ellie Dudley	Integrated Nutrition Education Program
Leslie Beckstrom	Weld County Health Department
Carlee Rosen	NCHA – Make TODAY Count Campaign
Bu Men	Student at Greeley West High School
Tabo Can	Student at Greeley Central High School
Brian Daunhauer	UNC Professor/ES parent
Peter Stoepker	Ph.D. student at University of Northern Colorado
Dan Jaimes	M.A.T. student at University of Northern Colorado
Ashlee Garcia	NCHA- Sunrise Kids Care Clinic
Catherine Holmes	NCHA- Sunrise Kids Care Clinic
Kirstin Martin	Dietetic intern at Weld County Health Department
Annie Baker	NCHA
Evan Page	North Range Behavioral Health

2. Introductions

- New attendees included Dan Jaimes, MAT student from UNC, Peter Stoepker, Ph.D. student from UNC, Ashlee Garcia and Catherine Holmes from the Northern Colorado Health Alliance, and Evan Page from North Range Behavioral Health. Welcome and thank you all for coming!

3. Kickoff Recap

- Quick recap of the student wellness meeting, which included:
 - Attendance: approximately 78% of the student wellness leaders attended
 - Relevant data from a survey distributed during the kickoff meeting
 - Only 50% of schools have a school store.
 - 4% of our schools sell food in their school stores.: *Courtney will develop an audit to make sure what they are selling meets USDA Smart Snacks guidelines*
 - 84% stated they think staff at their school would be interested in being trained in how to apply mindfulness in the classroom. *Rachel will contact interested schools to schedule professional development training in The Mindful Life™ (program that will be provided through grant funding from The Colorado Health Foundation).*
 - Only 25% stated that it would be more beneficial to have this kickoff meeting as an online video/webinar next year vs. in-person. Brian suggested recording voices with slides. *Courtney will consider recording session with slides and posting online for student wellness leaders who cannot attend.*
 - 83% stated they would like the smoothie/coffee “Thank You” gift and recognition event at the end of the year. *Will consider this for next year.*
- Reviewed Best Practices booklet
 - At a student wellness committee (SWC) meeting last year, Jeremy presented an idea to create a “best practices” booklet that features all the great things that our student wellness leaders are doing. We created a draft and after a meeting with Healthy Kids Club, they suggested we add a “SHIP menu,” a menu of sample school health improvement plans (SHIP) for student wellness

teams to use as a resource. In the first section, the SHIP menu is separated by each policy goal and labeled “beginner, intermediate, and advanced.” The second portion is the best practices portion. This is divided by policy goal, has sections such as “jogathon, fundraising” and features the school next to the best practice. *This can be found on our student wellness webpage under “student wellness teams.”*

- Reviewed what schools plan on implementing for their SHIP:
 - Brentwood: By May of 2017, 50% of AVID teachers will complete three Mind/Body Connection Lessons in their AVID class. Will train other teachers and/or present to other classes.
 - Dos Rios: By May 2017, 85% of Dos Rios teachers will report participation in various student wellness activities in their classrooms. Plan to focus on activities such as Cooking Matters, Chef in the Classroom, Walking Classroom, Farmer in the Classroom, and 5210.
 - Carlee said she has 5210 stickers that staff could use to promote the program, for example when they see a student doing something healthy, they get a sticker. Include classroom competitions, playground competitions. *Courtney will promote this in January-February before and during the 5210 program.*
 - Northridge: By May 2017, 50% of teachers will help implement or participate in one or more active learning activities. By May 2017, 50% of students will participate in one or more non-athletic based wellness activity, during the school day.
 - Bu and Tabo recommended including competitive aspect in order for high school students to be more likely to engage. *Courtney will share this with HS team leads*
 - Other schools:
 - Centennial: Marathon Kids (before-school running club) and wellness fair
 - Madison: Will focus on Playworks and wellness fair
 - Chappelow: Will focus on Playworks
 - Meeker: Will focus on fun runs and Fire Up Your Feet
 - *Courtney will obtain other school SHIPS and support school's with implementation of their initiatives.*

4. Policy Updates

- Wellness Policy Implementation: Final Rule
 - Rachel reviewed a handout from the USDA that summarizes the final rule just passed in September. We need to update the following for our policy to be compliant:
 - Need to update the phased-in items for Smart Snacks regarding daily values and sodium (EFEA page 1)
 - Need to include standards for all foods and beverages provided, but not sold, to students during the school day (e.g., classroom parties, food-rewards). Currently policy EFEA only addresses “regularly offered” foods (EFEA page 1)
 - Need to strengthen marketing language. Currently policy states that we will “encourage” food providers to comply with nutrition standards. New rules require marketing to comply with Smart Snacks (ADF-R page 1)
 - Add frequency that wellness policy will be compared to model policies (ADF page 1)
 - *Rachel will work on getting the policy updated to align with this final rule from USDA.*

Alignment of State and Federal Beverage Guidelines

- Kara discussed the recent alignment of state beverage guidelines for schools with federal guidelines. Previously, the state of CO had more strict guidelines than federal guidelines and that made it challenging for school food service to follow multiple regulations. After much discussion among the state board and representatives from various organizations, the state board voted to align the standards. The piece that the media featured and caused an uproar is that now high schools in CO will be allowed to sell diet soda. Some school districts may decide to pursue this option as a revenue source, however District 6 will not do so.

5. Smart Source + Integrated/Personalized Assessment

- Review of Smart Source: Comprehensive assessment that covers mental health, health services, nutrition, physical activity, community involvement, socioemotional wellbeing, general policies, etc.
- Because we have a few grants that require Smart Source to be turned in early this semester (by 10/4), we could not implement the entire integrated survey (smart source + our wellness department's personalized assessment). Contacts from CEI/Smart Source are allowing us to pilot with our schools:
 - i. Whole survey (Smart Source + personalized assessment) in fall
 - ii. Separated (Smart Source in fall, personalized assessment module in spring)
- Benefits include:
 - i. Allow CEI/Smart Source and D6 to know which method works best
 - ii. All schools will receive \$300 for completion
 - iii. All schools will receive their school-level data
- Provided updated/edited version of personalized assessment (this will replace our paper policy assessment that we have used the past 5 years; all will be electronic). Weld County Health Department helped improve assessment in language and structure. Committee made a few suggestions, such as removal of questions and structural changes (adding comment section box in each question if possible). *Courtney sent assessment to CEI with Committee improvements/suggestions and will send the whole survey (Smart Source + Personalized assessment) out by mid-November to schools that don't have to complete Smart Source by 10/4*

6. Action Plan 2016-2017

- Reviewed pertinent and upcoming action steps within each wellness policy goal, some reviewed below. Courtney will create an overall project timeline for when these actions will be completed and by whom.
 - i. Goal 1: The district will encourage a comprehensive learning environment for developing and practicing lifelong wellness behaviors.**
 1. *Activity: Create groups in Schoology to provide and promote wellness resources that can be incorporated into curriculum by October 2016 (in progress).*
 - a. *How: Upload district resources to respective groups, promote use*
 2. *Activity: Provide health and wellness worksheets in Schoology that kids can complete for extra credit by October 2016 (not started).*
 - a. *How: Develop/upload online worksheet for students to complete. Promote through student wellness leaders and Intercom, promote use, track students that use resources if possible.*
 3. *Activity: Create and distribute quarterly, targeted and personalized e-mail messages to teachers at various grade levels featuring 1 wellness topic/resource suited to their grade by October 2016 (not started).*
 - ii. Goal #2: The district will support and promote proper dietary habits contributing to students' health status and academic performance.**
 1. *Activity: Work with district scheduler to ensure that students are provided with 10 minutes of eating of time at breakfast and 20 minutes of eating time at lunch by December 2017 (in progress).*
 2. *Activity: Research project to evaluate average seated meal time for breakfast and lunch for 2nd - 4th graders at each school in the district by December 2017 (in progress).*
 - a. *How: MPH student conducting research on recess before lunch and seated meal time and will compile data. Once complete, Wellness Specialist or MPH student will analyze in R (statistical analysis program). Once complete, will present data to appropriate administrators.*

3. *Develop catalog for school stores that provides information on the regulation and foods that meet the nutrition requirements by May 2017 (in progress).*
 - a. *How: Survey student wellness leads to determine if food is sold in school stores. If yes, have intern visit school store to determine what is sold and what additional (healthy) resources we can provide.*

iii. Goal #3: The district will provide opportunities for students to engage in physical activity.

1. *Activity: Assist with and encourage development and expansion of Playworks initiative in schools by December 2017 (in progress).*
 - a. *How: Promote and provide support to Playworks schools. Attend Playworks recess team meetings. Provide Playworks training during Monday PD for Meeker Elementary.*
2. *Activity: Assist with and encourage development and expansion of the Walking Classroom initiative in schools by December 2016 (in progress).*
 - a. *How: Promote the Walking Classroom to 4th and 5th teachers through e-mail communication. Apply for and encourage teachers to apply for donated set.*
3. *Activity: Obtain training within SOFIT and/or SOPLAY in order to evaluate physical activity programming by October 2016 (in progress)*
 - a. *How: Obtain training through Kaiser and turn in before/after SOFIT/SOPLAY observations. Observe recess for new Playworks schools (pre and post data).*

7. Walking Classroom Study Results

- Peter presented results from The Walking Classroom study:
 - i. Studied one classroom teacher with 22 students. They gathered pedometer data for approximately 12 weeks and compared The Walking Classroom Days (Tuesday/Thursday) with non-The Walking Classroom days (Wednesday/Friday). On-task behavior was observed for 10 weeks.
 - ii. Results: The Walking Classroom days resulted in an average of 7,726 steps compared with 7,934 steps for non-Walking Classroom days (non-significant and most likely due to extra recess given on non-Walking Classroom days). Showed that the Walking Classroom is equivalent to an extra recess.
 1. Other highlights: 63% of daily recommended steps accumulated during school hours on the days The Walking Classroom was implemented
 2. 7.5% increase in on-task behavior when using The Walking Classroom
 3. UNC will be presenting the results nationally and submitting the study to a journal for publication. It is very exciting to have this strong relationship with UNC!
- *Results available on webpage*

8. Updates

- Walk to School Day: tomorrow, October 5th. Still need volunteers for Meeker, Shawsheen, and Heiman.
- Wellness Track PD at Middle School: recently approved to provide professional development at the middle school level for teachers. Presented one class on the topic of student wellness because there was a last minute cancellation on mental health. The other three classes will be on brain-based learning.
- Kaiser Grant: submitted a letter of intent (LOI) to Kaiser. Kaiser grant would focus on socioemotional well-being and would provide funding up to \$300,000 over a period of three years. Selected schools in LOI included Jefferson High School and Jefferson Junior High School
- Healthy Halloween Contest – updated Halloween contest sheet from last year. Plan to provide three non-food rewards instead of five. Committee recommended considering changing the theme from

“Healthy Halloween” to a more general healthy fall celebration since many schools have fall carnivals, etc. *Courtney will note this for next year.*

- Centennial Wellness Fair – UNC Masters of Arts in Teaching (MAT) student is looking to gain experience in school wellness and will be helping coordinate a student wellness fair for Centennial. Will be held on November 3rd around 5 pm. Contact Courtney if you are interested in having a booth.

Next meeting: December 6th, 2016 from 4-5:30PM