

Greeley-Evans School District 6
Wellness Policy Committee Meeting Minutes
12-6-2017, 4:00 – 5:30 pm

1. Attendance

Rebecca Robbins	WCSD6 – Nutrition and Menu Specialist/RDN
Natalie Leffler Rehurek	WCSD6 – Food Hub Manager
Sarah Horowitz	Community Impact AmeriCorps. VISTA
Ellie Dudley	Integrated Nutrition Education Program
Brian Dauenhauer	UNC Professor/ ES parent
Terry Jones	Wellness Training Specialists
Leslie Beckstrom	Weld County Health Department
Annie Baker	North Colorado Health Alliance
Kara Sample	WCSD6 – Assistant Director of Nutrition Services/RDN
Roxane Conant	Banner Health
Marissa Lobato	Greeley Central High School – Teacher
Grace Turner	MPH Practicum Student
Laurie Zenner	Healthy Kids Club
Rachel Hurshman	WCSD6 – Wellness Coordinator/RDN
Danielle Bock	WCSD6 – Director of Nutrition Services
Tom Gribble	WCSD6- Director of Special Education
Carolyn Jones	Jefferson High School – Teacher
Courtney Bell	WCSD6 – Wellness Specialist

2. Introductions

Welcome new attendees, Terry Jones from Wellness Training Specialists and Grace Turner, our Masters of Public Health (MPH) practicum student.

3. Smart Source: Personalized Assessment?

- a. Smart Source: comprehensive assessment administered statewide that evaluates districts’ local wellness policy (as of 2017), nutrition education/promotion, social and emotional wellness, health education, physical activity, community involvement, and more. Until this year, Smart Source was not approved by USDA (Nutrition Services’ governing body) to qualify as evaluation of our local wellness policy and as a result, our committee created a personalized assessment that was added to Smart Source to meet this need.
- b. Many districts ran into the issue of Smart Source not evaluating their local wellness policy. In response, the Colorado Education Initiative (CEI) created a set of questions that meet this need. The added questions are a 1-pager that asks about actions the school has taken toward meeting the goals in the district’s wellness policy. At our last committee meeting, we looked over these questions and decided we would like to keep our personalized module in addition to the added wellness policy questions.
- c. CEI had conversations with a few districts and the districts noted they’d prefer the 1-pager addition rather than adding their own personalized module. Because of this, we no longer have the option to have the personalized assessment addition to Smart Source. Consequences of this may be losing program-specific data (such as number of schools with gardening curriculum, use of Vitamin D time, Chef in the Classroom, etc.) which may be needed for grant writing and evaluation plus program planning.
- d. The following options were presented to the committee:
 - i. Complete Smart Source every odd year with no personalized assessment (i.e., 2017-18, 2019-2020)
 - ii. Complete Smart Source every odd year and personalized assessment (electronic) every even year (i.e., Smart Source 2017-18 and personalized assessment 2018-19)

- e. Teachers at the meeting noted that having a 15-20 question assessment would not be survey burden. In addition, Danielle stated if it's formatted with different sections and a progress bar, it could reduce the burden felt. The committee agreed. *Courtney will make these changes to the assessment.* Moving forward, we will complete Smart Source every odd year and the personalized assessment every even year. *Courtney will adjust team leader contracts for next year to reflect this change.*

4. Implementation Plan: Group work

- Background: at the last meeting, we separated the Committee into Action Teams using a method called Appreciative Inquiry. After going through the Implementation Plan (a document we use to guide our work that is aligned with the Wellness Policy), each committee member picked the top 3 initiatives that they would like to work on (could be current activities, objectives, or new activities). Committee members "voted with their feet" and Action Teams were developed. *If you are not currently on an Action Team, please contact Courtney or Rachel- we need everyone's help!*
- Based on activities Action Teams are working on, the Implementation Plan was separated between teams. The teams were asked to go through their sections of the Implementation Plan and decide if they will delete, complete, edit, or add activities. This was designed to act as an assessment of Actions Teams (i.e., what are the Action Teams working on, does it align with the Implementation Plan, and do we need to re-evaluate how we approach the Implementation Plan?). Results and suggestions are below:

Cafeteria and Recess Environment: focused on goal #2 which centers around nutrition

- a. Objective #1, activity #1: need to be more realistic with seated meal time activity. Limitations include having enough staff + technology to get kids through the line faster. This should improve since 3A Mill Levy Override passed, but will take time. Change to 15 seated minutes for K-5 lunch. Change time frame to May 2019.
- b. Objective #1, activity #2: move research project on seated meal time to completed section
- c. Objective #2, activity #1: remove. It was decided that the resources needed to remodel high school cafeterias is not worth it at this time.
- d. Objective #2, activity #2: *Rachel will talk with Rebecca about working with an Art teacher to have fruit/veggie poster contest as part of the Fresh Fruit and Vegetable program.*
- e. Objective #3, activity #1: move survey of school store contents to completed/ongoing section
- f. Objective #3, activity #2: modify to include concessions, similar to activity #1 under objective #8
- g. Objective #5, activity #1: change status to In Progress, completion date May 2018
- h. Objective #5, activity #2: delete Make Today Count as we are creating our own sugar models to use
- i. Objective #7, activity #1: include the how- see which schools do not have water bottle fillers (cost ~\$750) and offer mini-grants to fund these along with agreement to spread hydration campaign. *Rachel will check with The CO Health Foundation to see if we can use funds for this.*
- j. Objective #8, activity #3: combine with activity #1 as we would like to offer healthy alternatives to both concessions and school stores
- k. Objective #9, activity #1: *Rachel will ask Kara if she feels the promotion of Nutrislice rating system is completed/ongoing; is there a report we can run on use of the rating system?*

Summer Programming: focused on goal #3, which centers around physical activity

- a. Objective #5, add an activity on partnering with community liaisons (such as UNC, NCHA, UCHealth) to provide structured and unstructured supervised physical activity at summer lunch programming sites (see "Action Team Updates" for more details)
- b. Objective #5, activity #4: revise wording for summer programming promotion. Make Today Count is no longer funded and neither is the summer family fun activity program. *Annie will check to see what the cost is to offer this program again* (program includes discounts for families to get into local places such as rec center, batting cages, etc.). Change wording to partner with another partner organization such as the North Colorado Health Alliance, the library, or events such as "Movies in the Park."

Physical Activity: focused on goal #3, which centers around physical activity

- a. Objective #11, activity #1: work on developing fair, win-win partnership on facility use agreements. Currently agreements are 1-sided - expand and develop relationship and partnership. Ex: Can staff members use city facilities? How does the district benefit from this partnership?
 - i. Overall, the City benefits from having access to D6 facilities. However, D6 does not have access to City facilities.
 - ii. Lesson learned was that D6 playground facilities are always available to all community members. Potentially, this opportunity could create an option for a physical activity campaign (to market and promote the availability of playground use).
- b. Before implementing physical activity interventions and strategies, the Action Team proposes that the current physical activity levels be evaluated district-wide.
 - i. Brian recruited an MPH student seeking to complete their capstone project. The capstone project will consist of this student assessing current before, during and after school activities across the district. This data will be collected via a PAPOI study method.
- c. General suggestion: look at and revise activities in PA section. Currently there are activities to build kits, however, we are not clear on the need for these in schools. Plan to look at physical activity environment within schools and develop resources to address gaps that are found (expanded on with proposed MPH project detailed below).

Mental Health and Professional Development: focused on goal #1, which focuses on comprehensive learning

- a. Objective #7, activity #3: table the wellness track professional development activity. Because the Mill Levy Override did not pass (November 2016), professional development was removed to balance budgetary concerns. With the Mill Levy Override passing this year (November 2017), this may become an option in the future.
- b. Objective #8, activity #1 and #2: table participation in a points system. Our department wanted to model Poudre School District's bronze, silver, and gold award system for schools that perform well in wellness. Currently, many of our schools are working on building school-wide support for wellness initiatives, plus PSD is modifying their program- build on their lessons learned.
- c. Under "To further improve the health and wellbeing of its students, the district establishes the following objectives", objective #2: add an activity to develop a mental health resources page applicable to teachers, staff, and students. Rachel is currently working on a project for RIHEL (Regional Institute for Health and Environmental Leadership). See "Updates" for more details.
- d. Under "To further improve the health and wellbeing of its students, the district establishes the following objectives", objective #2: add an activity to provide QPR and other mental health based trainings during professional development days.

Nutrition Education: focused on goal #1

- a. Action Team is creating quarterly nutrition education posters to hang in schools and recipe cards to send home. This aligns with objective #3, add activity here.
- b. Objective #1, activity #3 has typo in activity status
- c. Objective #1, activity #4 related to INEP promotion needs to be moved to completed/ongoing
- d. Objective #2, activity #1, change wording from "Summit after-school program parent liaison" to "school parent liaisons"
- e. Objective #9: add activity related to garden resources in Teacher's Closet plus marketing material Sarah put in teacher lounges

Courtney will make changes to Implementation Plan, as noted above and update on webpage. She will also number each objective. We found that many of the Action Teams are honing in on 3-4 activities, so much of the Implementation Plan did not feel applicable to them. Continue to discuss how to make the Implementation Plan and activities actionable and relevant.

5. Action Team Updates

Nutrition Education

- a. Created winter-themed nutrition posters and recipes that have been distributed to schools. Elementary school posters and recipe cards have been distributed to Dos Rios. Student Wellness Team Leaders and Kitchen Manager at Dos Rios hung up five posters throughout the school, and the Office Manager distributed the recipe cards in the students' Wednesday folders sent home. A poster was sent to the Kitchen Managers at Brentwood and West to post in their cafeterias.
- b. At all three grade levels there is a contest - students and their families can post photos on Facebook using a specific hashtag. Members of the Nutrition Education Action Team will choose the "best" photos to identify winners. These contests will help us measure effectiveness of the posters and recipe cards.

Physical Activity

- a. Decided it most effective to focus on joint-use agreements and opportunities for PA before, during and after school.
- b. Per the joint-use agreement, D6 does not have the ability to utilize City of Greeley facilities for PA. Instead, the City has the ability to utilize district locations for their needs
- c. We can promote unlimited access to D6 playgrounds and outdoor facilities. Considering a campaign to advertise this opportunity.
- d. Currently working with MPH student who is willing to look at opportunities for physical activity minutes (i.e., not how many physical activity minutes students are getting, but a view of how much opportunity there is for physical activity). Will need to work out logistics with district on approvals. Student is willing to start as early as this Spring. *Brian will send the agreement to Rachel who will pass on to Stacie.*

Summer Programs

- a. Kids get less physical activity during the summer, so decided to focus on this need
- b. Proposed idea is to partner with Nutrition Services and UNC to provide structured and unstructured physical activity at ~three summer feeding sites, two days per week for one hour each. Unstructured could include UNC basketball player shooting hoops with kids in the gym, for example. Structured activity may include UNC coaching intern. Would need to get facility use agreements in place for this. Unsure of summer feeding sites this year, but several will be different than last year. Aim to have PA opportunities at the busiest sites.

Cafeteria and Recess Environment

- a. D6 has 17 K-5 and K-8 schools, with only 3 sites: Centennial, Meeker and Monfort that have all grades with Recess Before Lunch (RBL). Romero K-3 has zero grades with RBL- their feedback is that this is to prevent slow eaters from being late to class. Next steps: get feedback from all 3 sites and introduce the idea to leadership
- b. Working on durable sugar displays to have in each school cafeteria.
- c. Created sample poster comparing a similar meal at a fast food establishment, sack lunch and school lunch, including price and nutritional. Shows that school lunch is the cheapest and most healthy option. Plan to create a series of these with various meal options and selective nutritional and turn into large posters to hang in each cafeteria.
- d. *Consider sending school lunch poster (in flyer size) to parents*
- e. *Consider table format to compare nutrients, price, etc. on school lunch poster*

Mental Health

- a. Two high schools were awarded internal mini-grants from student wellness. They are working to provide a Youth Mental Health First Aid training to all staff. Greeley West completed their training in December and Greeley Central will complete their training in February. Tom reflected that the training at West was well received and shows a commitment from administration.
- b. A few social workers attended a training program called "Sources of Strength," which is a peer-led suicide prevention program. Leslie noted that the program is evidence-based, so if the district wants to implement the program, it has to be implemented as written.

- c. Courtney asked the committee for feedback on where the mental health/professional development Action Team lives. Currently, the Action Team is part of the Family and Student Support Team (FASST). Due to caseload, this may not be the place for this Action Team. Tom provided input and indicated that he is not sure where it would live other than FASST. *Courtney will brainstorm how to best incorporate and/or implement the mental health and professional development Action Team objectives with appropriate stakeholders. Will consider meeting with community partners (ex: Kimberly Pratt at North Range) to discuss needs, gaps, and how to best implement this work.*

Mini-grants

- o Rachel distributed a handout with the following information: over \$30,000 was awarded to 10 D6 schools for student wellness projects. In September, the following schools applied for and were awarded mini-grants through the D6 Student Wellness Program and funding from The Colorado Health Foundation, with amounts ranging from \$950-\$4,000 each:
 - Chappelow: student running program
 - Early Childhood Center: music and movement tools plus support for Food Friends Tasting Parties
 - Fred Tjardes: scooters and helmets for active student field trips
 - Maplewood: gardening program
 - Monfort: recess equipment for Playworks
 - Scott: support to launch 5k community race
 - Shawsheen: flexible seating and movement tools
 - Brentwood: 35 classroom sets for mindfulness centers
 - Greeley West: Mental Health First Aid books for all-staff training plus healthy food booth
 - Greeley Central: Mental Health First Aid books for all-staff training-Awarded schools will complete a short mid-term report in January

6. Updates

MPH Practicum Project

Grace Turner is an MPH student who has worked with us this semester on 3 projects, detailed below:

- a. Gardening Education: education materials were developed to be more accessible to teachers. Lessons were compiled and made easier to digest with graphics. A booklet was created and will be placed in the Teacher's Closet garden library and on an online gardening course.
- b. Chef in the Classroom/Cooking Matters: Grace worked on implementing Chef in the Classroom and Cooking Matters Curriculum. Chef in the Classroom is our K-12 nutrition education and cooking program. Cooking Matters is a program through Share Our Strength that was offered to high school students at our alternative high school. She collected data on attendance and conducted an analysis. Results will be shared at the end of the practicum.
- c. Grant Writing: Grace wrote a grant through Action for Healthy Kids. This was an in-kind grant that awarded kits that the schools could select. The grant was written for Dos Rios and they were awarded a "Healthy Celebration and Rewards" kit. They plan to play music during their lunch period and use the kits for indoor recess or brain energizers.

Youth Council Proposal

- a. There has been a vision to have a student-led wellness team. Originally, we wrote this into TCHF grant proposal, but after a lot of discussion, this turned into having student teams at each high school that would be recruited by student wellness leaders. This proved to be difficult due to competing priorities, such as students being committed to sports or other teams, not being able to find a proper meeting time, or different students showing up to different meetings.
- b. At a meeting with RMC Health (Healthy Schools Coordinator meeting), it was mentioned that Kaiser was offering funding to support this initiative and model what is being done in Jefferson County Public Schools (Jeffco). Jeffco has a Student Health Advisory Committee, or SHAC, that is action-based, student-

led, with youth-adult partnerships. They meet monthly and tackle health-related problems within the district by using: student needs assessments, administrative and community-partner buy-in.

- c. We will be creating a similar district-level team with support from the high school team leaders. The students are paid \$10/hr. for their time at the meeting, are expected to do work outside of the meeting (non-paid), and dinner is provided at the meetings. Awesome opportunities for students to gain leadership experience (lead from anywhere, at any chair). Rachel, Courtney, and representatives from Kaiser will be facilitating the meeting. Committee members are welcome to attend! Application released on December 8th and located at: www.greeleyschools.org/SHAC

Mental Health Resource Project

- a. Rachel and Carlee (NCHA) are in a leadership program called the Regional Institute for Health and Environmental Leadership (RIHEL). As part of this program, they decided to work together for their final project since Rachel works in a school district and Carlee works with school districts throughout Weld County, so the impact could be far reaching.
- b. Due to the increasing attention on mental health and evidenced need for resources, they are working with D6 social workers on a mental health resource to include a webpage linked from the student wellness page, accessible to teachers, students and parents and depending on available funds, provide physical toolkits (ideally 1 per school in D6 to include items like tone bars, kinetic sand, hoberman sphere, cardstock to write cards, glitter bottles, etc.)
- c. Leslie suggested contacting Weld County Prevention Partners and SAMSA for resources *Rachel will follow-up on this.*
- d. The final product will be shared with the committee

Next Meetings

- January 16th, 4:30-6:30 PM: Student Wellness Team Leader Meeting
- April 2nd, 4:00-5:30 PM
- May 30th, 4:00-5:30 PM