

Greeley-Evans School District 6  
Wellness Policy Committee Meeting Minutes  
February 7, 2017, 4:00 pm – 5:30 pm

**1. Attendance**

<b>Name</b>	<b>Organization/Committee Role</b>
Brian Dauenhauer	UNC Professor/ES parent
Kara Sample	WCSD6 – Assistant Director of Nutrition Services/RDN
Rachel Hurshman	WCSD6 – Wellness Coordinator/RDN
Bu Men	Student at Greeley West High School
Tabo Can	Student at Greeley Central High School
Roxanne Conant	Banner Health
Leslie Beckstrom	Weld County Health Department
Catharine Holmes	Kids Care Clinic
Ashlee Garcia	Kids Care Clinic
Courtney Bell	WCSD6 – Wellness Specialist
Ellie Dudley	Integrated Nutrition Education Program
Marissa Lobato	PE teacher

**2. Student Wellness Team Leader Overview**

- a. Courtney discussed how the Student Wellness Leader Meeting went that occurred in January. In prior years, student wellness team leaders presented their school health improvement plans (SHIPs), progress that they made, barriers that occurred and how they overcame them, and allowed other student wellness leaders to ask questions about initiatives.
- b. This year we changed the structure to include Laugheceuticals, EdCamp, and removed the presentation portion. Laugheceuticals is a workshop that promotes stress management and employee team-building through laughter and games. This program is free through Kaiser. The second portion, EdCamp, is an “unconference” model of professional development that allows teachers to have informal discussions about topics they care about. A few weeks before the meeting, student wellness team leaders submitted topics that they were interested in facilitating. Team leaders then voted on which topics they would like to attend. EdCamp allowed student wellness team leaders to network with each other, talk about wellness, and brainstorm ways to overcome barriers.
- c. We reviewed the data from the student wellness leader survey that was provided at the meeting. Thirty-four (out of 42) student wellness leaders attended the meeting. Seventeen leaders turned in responses to the survey. Responses ranged from “strongly disagree” to “strongly agree.” Questions included:
  - i. I enjoyed Laugheceuticals (15/17 strongly agreed or agreed)
  - ii. Laugheceuticals re-energized me for the new school semester (13/17 strongly agreed or agreed)
  - iii. I am interested in having Laugheceuticals come to my school for a staff meeting (13/17 strongly agreed or agreed)

- iv. I received valuable information by participating in EdCamp (15/17 strongly agreed or agreed)
  - v. I would like to participate in EdCamp for the next meeting in Jan 2018 (15/17 strongly agreed or agreed)
  - vi. Have you received your school's Smart Source data? (8/14 stated yes, 3 did not respond)
  - vii. Have you reviewed your school's Smart Source data? (4/10 stated yes, 7 did not respond)
- d. Other feedback included: Extend EdCamp time and provide contacts so that the leaders can continue to collaborate with each other.
- e. Typically when the Student Wellness Team Leader meetings occur, we have a packed agenda and may run short on time. We received feedback from the January meeting that student wellness leaders would have liked to have longer EdCamp sessions. An idea was presented to the committee to host the Student Wellness Team Leader meeting (typically held in September, after school) during a non-contract day in August when teachers are on break. This would allow us to provide district credit to teachers and host full-day professional development that would include a Smart Source training to help leaders interpret their results, longer EdCamp sessions, and allow teams to work on/turn in SHIPS before the school year begins. Some feedback we received from survey data and one-on-one conversations about hosting a full-day training is that many teachers do not want/need district credit and would prefer to get paid. Marissa, PE teacher on the committee, noted that she would rather receive district credit and forego payment if it would replace the evening meeting. *Courtney will finalize date for full-day student wellness professional develop to be hosted in August.*

### 3. Air Quality Flag

- a. Catherine Holmes from Kids Care Clinic presented a program called the Air Quality Flag Program. The program is a community-based program derived from the Environment Protection Agency (EPA) that provides a visual representation (colored flags) of the air quality in a region. The air quality for the region can be viewed daily online at [www.epa.gov/airnow](http://www.epa.gov/airnow). This is important because it helps warn schools to stay indoors for students who are asthmatic or have other respiratory problems. The school simply puts the appropriate colored flag on the flagpole each day. Catherine and Ashlee have pitched the idea to the students at Centennial who are on the wellness team and the students were excited about the program. Catherine and Ashlee plan to pilot at Centennial and possibly Dos Rios starting in fall 2017, and will expand to other schools if successful. Schools will be responsible for purchasing their own flags if they choose to participate (flag kits cost about \$100). Catherine and Ashlee would like to eventually spread the program to fire stations and police stations to increase awareness and decrease issues caused by flare-ups of respiratory problems, including missed school.
- b. Some feedback included to keep in mind that the political climate may change the role of the EPA, so data may not be available in the future for implementation of this program. In addition, ideas need to be provided to schools for how they can provide indoor recess on unhealthy air quality days. We do not want physical activity opportunities taken away due to this program. Finally, it was suggested that awareness be improved on alternative ways to get to school (walking, biking, carpooling, etc.) and how those improve the air quality. The committee approved this program, with the above suggestions. *Courtney will check in with Catherine and Ashlee to see if and when the pilot occurs at Centennial.*

#### 4. Smart Source Data: Results and Group work

- a. Committee members were given data from the D6 local wellness policy assessment and were split up into three groups. Each group reviewed a few pages and provided recommendations on how to improve the areas. Recommendations include:
  - i. Group 1 reviewed data about the culture of wellness in schools and nutrition education (instruction, materials, and professional development).  
Recommendations included: Provide nutrition education resources to be used during “block” time at the secondary level (Spartan Time at Greeley West High School, for example), provide resources for extra-curricular activities (classroom parties), and integrate wellness into events such as open houses, Parent-Teacher conferences, etc. Share success stories of the 8% who indicated that the culture of wellness is widespread throughout the school environment: Create a 1-2 minute video to present to administrators. Ellie noted that most of her INEP classes are at the first grade level and this is the grade with the largest percentage (81%) of agreement that nutrition education is provided.
  - ii. Group 2 reviewed data about nutrition education and schools gardens.  
Recommendations included: Increase nutrition education in 7<sup>th</sup> and 8<sup>th</sup> grade levels, offer agricultural class at high school level, volunteer hours, or credit offered for maintaining gardens. Include link to Garden to Cafeteria program since it appears there is a lack of understanding as to what this means.
  - iii. Group 3 reviewed data about garden education, cafeteria environment, PTO involvement with wellness, and physical activity. Recommendations included: Connect with PTOs to distribute fundraising catalog, engage parents at events through wellness fairs, inviting PTOs to SWC meetings, showcasing funds (such as water bottle fillers in schools), hosting fundraisers for recess equipment, creating a parent-led checkout system for recess equipment, and using secondary PE assessments such as fitness gram.

*Courtney will review and compile recommendations and create plan of how to implement.*

#### 5. Student Wellness Fair: Success Foundation

- a. In The Colorado Health Foundation grant, we wrote that we would host a district-wide student wellness fair. In a prior meeting, the committee suggested to host the fair with another event.
- b. The committee was given the task to brainstorm if (1) D6 should host the fair in collaboration with Children’s Day (an event hosted by United Way on Saturday, March 4<sup>th</sup>) or with the Success Foundation (working with Ride 4 Success on September 30<sup>th</sup>) and (2) innovative booths/activities for the fair. Recommendations include:
  - i. Group 1: Host at Children’s Day because free to public, more people can attend, and can reach a variety of ages. Booth suggestions include: Silly bikes, bicycle rodeo, smoothie bike, food truck, produce giveaway with recipe cards, physical activity and nutrition challenges.
  - ii. Group 2: Host at Success Foundation, but include 1 booth at Children’s Day. Booths included: Smoothie bike, Chef in the Classroom, food truck, gardens/planting, farmers market, Integrated Nutrition Education Program, Kids Care Clinic, Library: Crafts, Make Today Count, climbing Wall, Ninja Warrior, Healthy Kids Club, hamster balls to roll in, food, Soccer without Borders, bounce house, giveaways, prize wheel, physical activity challenges, photo booth.
  - iii. Group 3: Host at Children’s Day and see how it goes; plan for Success Foundation if goes well. Booth ideas include: Drawings/prizes, intramural sports

competition, kickball tournament, dunk tank, incentive system (charms for each booth attended), obstacle course, sumo wrestling, Ninja Warrior. *Courtney will have dietetic intern create a list of booths with price quotes. Master list of booths will be compiled and sent to Rachel and Children's Day coordinator. Courtney will connect with Success Foundation's planning committee to discuss logistics for fair.*

## 6. Updates

- a. Physical Activity in High Schools: Brian updated the committee on how the physical activity in high school study was going. Most high school students preferred longer activity breaks (10+ minutes), while teachers preferred breaks that were 1 minute or less. Research on physical activity shows improved learning with moderate to vigorous physical activity, however most teachers preferred mindfulness/yoga activities. Peter (UNC grad student leading the study) has partnered with several math teachers to see how physical activity can be integrated into math, specifically. Currently there are 11 teachers participating in the study and 21 students in the focus groups. *Courtney will check in with Peter before the next committee meeting on progress of study.*
- b. Playworks Memo: Adams 12 school district currently has implemented Playworks in schools and requires recess teams to complete a School Health Improvement Plan (SHIP). We have also implemented this requirement this year. Within the SHIP, schools are asked to send a memo out to parents and community members regarding the policy about withholding recess. Courtney created a draft of this memo and provide a copy to the committee to provide feedback. *Courtney will finalize based on committee suggestions and send out to Playworks schools. Please review the attachment and send suggestions to Courtney.*
- c. Chef in the Classroom Brochure: Rachel previously had a meeting with Dr. Stacie Datteri about student wellness. Dr. Datteri suggested to create a brochure that contains information about Chef in the Classroom, including quotes from teachers. Courtney provided a copy of the brochure for the committee to review. *Courtney will have intern edit Chef in the Classroom brochure based on committees suggestions, will put on webpage/Facebook page, and sent out to student wellness leaders.*
- d. Chef in the Classroom: Dianna Riley: Dianna Riley (Director of Curriculum and Instruction) was invited to a Chef in the Classroom presentation at Prairie Heights. Dianna stated that there are curriculum development meetings and asked for the most ideal scenario for Chef in the Classroom implementation. *Courtney will create an ideal plan for Chef in the Classroom and will send to committee for feedback. After review, Courtney will send out to Dianna Riley.*
- e. The Colorado Health Foundation Physical Activity Grant: Rachel briefly discussed this opportunity to start a physical activity program in partnership with the summer foodservice program. It was ultimately decided that we will not apply for the grant, but will pursue opportunities to add physical activity programming at summer sites.

Next meeting: April 4<sup>th</sup>, 4:00 pm – 5:30 pm