

Greeley-Evans School District 6
Wellness Policy Committee Meeting Minutes
Thursday, March 7, 2019

1. Attendance

Kara Sample	D6 Assistant Nutrition Director, RDN
Rachel Hurshman	D6 Wellness Coordinator, RDN
Caitlin Jacobsen	D6 Wellness Specialist, RDN
Natalie Mash	D6 Board of Education Director
Jessie Caggiano	D6 School Social Worker
Rebecca Robbins	D6 Nutrition and Menu Specialist, RDN
Roxane Conant	Banner Health
Ellie Dudley	Integrated Nutrition Education Program
Anna Kingman	Healthy Hearts
Laurie Zenner	Healthy Kids Club
Brian Dauenhauer	University of Northern Colorado Associate Professor
Claire Fisher	Maplewood Elementary School Teacher
Carolyn Jones	Jefferson High School Teacher
Brooke Frarck	K-12 Specials and World Language Curriculum Coordinator
Annie Baker	Northern Colorado Health Alliance, Wellness Coordinator
Jenny Linder	Northern Colorado Health Alliance, Wellness Coordinator
Amanda Fallon	Northern Colorado Health Alliance, Care coordinator
Desiree	Northern Colorado Health Alliance, Intern

2. Introductions

Welcome to all new and returning committee members! Special welcome to Natalie Mash, D6 Board of Education Director, and Claire Fisher, Maplewood Elementary School Teacher.

3. Student Wellness Team Leader PD: Recap

- a. There was great participation at the Student Wellness Team Leader Professional Development (PD) Day in January!
 - The Alliance for a Healthier Generation coordinated the Professional Development day and provided Student Wellness Team Leaders with several great resources for improving health and wellness in their schools. These resources included a [Smart Snack calculator](#), an [Amazon store](#) for approved snacks/classroom rewards/brain breaks, [Youtube videos](#) for brain breaks, and [trainings](#) on a variety of topics. .

- During the PD day, Kaiser Permanente presented a RISE up training (*RISE = Resilience in School Environments*), that encouraged teachers to co-regulate (consciously returning to their learning/calm brain to encourage the student to do the same) when working with students who have experienced traumatic events or situations.

1. The Kaiser Permanente Teaching Artists talked about a student/teacher's "learning brain" vs. their "reactive brain", and strategies for returning to the learning brain before addressing a student who is in a state of "reactive brain"
2. The Teaching Artists recommended teachers follow these steps:
 - a. Validate the student
 - b. Respond without justifying or defending
 - c. Repair with a heartfelt apology.
3. Many Student Wellness Team Leaders reported the training was very interesting and beneficial.

- b. Student Wellness Team Leaders are doing well in submitting their action plans for the year! Caitie Jacobsen has been visiting schools to meet with Student Wellness Team Leaders and discuss progress on action plan goals.
- c. Caitie Jacobsen presented success stories from several schools. View the presentation [HERE](#).

4. Menus of Evidence Based Practice

- a. Brian Dauenhauer, associate professor at the University of Northern Colorado (UNC) presented the committee with an update on the Menus of Evidence-Based Practice.
 - UNC has created 10 Whole School, Whole Community, Whole Child (WSCC) related menus based upon systematic literature reviews. These menus are organized in a filterable excel spreadsheet that can be used to plan evidence-based interventions aligned to WSCC and district- or school-specific needs.

When the menus are finalized Dr. Dauenhauer will share with the committee.

These menus will also be uploaded to [the HUB](#)

5. 27-9-3 Method of Communications (RIHEL)

- a. Rebecca Robbins, Menu Specialist for District 6 presented the 27-9-3 Method of Communication from a [RIHEL](#) (Regional Institute for Health and Environmental Leadership) training.
 - The 27-9-3 method is a great tool for creating powerful and persuasive messaging. This method encourages speakers to make their point in ***no more than 27 words, under 9 seconds, and with no more than 3 points discussed.***
 - Rebecca presented the committee with a [worksheet](#) that allowed for practice of the 27-9-3 method.

6. Student Wellness Policy Updates and Review

- a. With a district-wide focus on the district strategic plan, Innovation 2020, the Student Wellness team has decided to focus student wellness efforts within the priorities of Innovation 2020. Kara Sample, Assistant Director of Nutrition Services presented the connections between the Student Wellness Policy and Innovation 2020. View the full policy with connections to Innovation 2020 [HERE](#).
 - To help move the needle on student wellness initiatives, the student wellness team has assigned each objective in the Student Wellness Policy to the job responsibilities of staff members within the district. This will allow for direction

within action teams and ownership of wellness goals. This information is still a work in progress.

7. Revisit Action Teams:

- a. In July 2017, the Student Wellness Committee developed Action Teams based on priorities determined by the committee. The original action teams are listed below:
 - Summer Programming
 - Physical Activity and Facility Use
 - Nutrition Education
 - Cafeteria Environment (including Recess Before Lunch)
 - Mental Health and Professional Development.
- b. The original action teams did not have any updates for the committee, however, it was recognized that these teams have achieved great things in the past 1.5 years including getting more schools on board with recess before lunch for all grades, nutrition education in the cafeteria and provided to parents, physical activity studies and collaborations with UNC, and more.
- c. The Student Wellness Team proposed a shift in the Action Teams for 2019-2020. This shift will be to align Action Teams directly with the goals of the Student Wellness Policy and Innovation 2020. Each action team was assigned a team leader within the district or community. The new Action Teams are outlined below:
 - **School Environment and Health Instruction** *The district will encourage a comprehensive learning environment for developing and practicing lifelong wellness behaviors (lead by Brooke Farck & Rachel Hurshman)*
 - **Nutrition** *The district will support and promote proper dietary habits contributing to students' health status and academic performance (lead by Kara Sample and Rebecca Robbins)*
 - **Physical Activity** *The district will provide opportunities for students to engage in physical activity (lead by Caitie Jacobsen & Brian Dauenhauer)*
 - **Mental Health** *To the extent possible, the district will provide support for mental health services to meet district-wide needs, including providing school sites with professional development opportunities that increase the understanding of students' needs related to mental health and trauma (lead by Jessie Caggiano)*
- d. The Student Wellness Committee split into Action Teams and were tasked to develop 2-3 priorities for the upcoming school year based on Student Wellness Policy objectives, Innovation 2020, and data from 2017 Smart Source & Healthy Kids Colorado (HKCS) survey results. The wellness team created infographics to demonstrate the Smart Source/Healthy Kids Colorado data in a consolidated format. All infographics are in the supplemental materials section. Note HKCS data is from high school students only. Teams can also use other local data to support measurement of their priorities- school meal participation data, for example. It is encouraged that goals span between now and 2021 since that will be the next administration of HKCS and Smart Source (after this fall's administration). We will create marketing material similar to the Innovation 2020 brochure once each team's priorities are finalized.
- e. Members of the student wellness committee who were unable to attend the meeting can sign up for an Action Team [HERE](#)
- f. The Action Teams had about 45 minutes to work within their teams to develop priorities.

By next committee meeting, Action Teams will finalize their top 2-3 priorities, and will set 2-3 SMART goals within those priorities. These will be presented at the meeting on May 28, 2019.

8. Updates:

- a. **Student Health Advisory Council:** Monica Chacon, a Junior at Union Colony High School, updated the committee with information about the Student Health Advisory Council (SHAC). SHAC recently added 6 new members to the team, and now has representation from all District 6 high schools. The students in SHAC are taking a focus on mental health, utilizing the Sources of Strength Training that has been implemented in most high schools in the district. The initial plan was to create a Sources of Strength Video for the district and implement a Sources of Strength “spirit week”. However, due to time constraints, the SHAC members decided to host a stress relief station at the high schools towards the end of April. This station will provide information and resources for high school students to manage their stress. Pending approval from administration, the SHAC team will be planning this event at the next meeting on March 19.
- b. **Summer Professional Development/Regional Training:** District 6 is partnering with Poudre School District, Thompson School District and Healthy Kids Club to plan a regional training for Student Wellness Team Leaders. This training has been proposed for the beginning of August (prior to when teachers return on contract) at the new stadium at Colorado State University. This training will include a keynote speaker, professional development credits, and opportunities to work within the district and collaborate with other schools in Northern Colorado. More information will be provided as the training date/location/content is finalized. Tentatively looking at August 7th from 8-3:30. Brian suggested offering tickets to CSU and UNC games as incentives. *Please contact Rachel if you have suggestions for funding, speakers or incentives to get teachers to this event.*
- c. **Bike to School Day:** Bike to School Day will be May 8th. Monfort Elementary School has committed to hosting a Bike to School Day event. Other schools were asked about participation in the most recent edition of Wellness Innovations (the Student Wellness Newsletter). The wellness team is seeking volunteers to help with Bike to School Day events at the schools and within the community. *Please contact Caitie Jacobsen (cjacobsen@greeleyschools.org) if you are interested in volunteering for this fun event!*
- d. **Healthy Valentine’s Day Contest:** There was only one submission this year for the Healthy Valentine’s Day Contest. Nina Hoyt’s Kindergarten class at Monfort Elementary School had healthy treats (provided by parents), a valentine relay race, and educational information about nutrition. Students in Mrs. Hoyt’s class will receive jump ropes. Mrs. Hoyt will receive a prize as well.

9. Upcoming Events

- a. **Student Health Advisory Council (SHAC) Meeting** March 19, 5:00-7:30 pm at Central HS
- b. **McAuliffe Falcon Fitness Fair** March 27, 5:00-7:00 pm
- c. **Student Wellness Team Leader Celebration** April (More details to come)
- d. **Meeker Elementary School Wellness Fair:** April 23 from 4-6 pm
- e. **Bike to School Day:** May 8
- f. **Next Meeting:** May 28, 2019, 2:00-4:00 pm

10. Supplemental Material

- a. D6 Schools Success Stories [Presentation](#)
- b. Infographics with data from 2017 Smart Source & Healthy Kids Colorado survey
 - [School Environment and Health Instruction](#)
 - [Nutrition](#)
 - [Physical Activity](#)
 - [Mental Health](#)
- c. RIHEL 27-9-3 [Worksheet](#)
- d. [Student Wellness Policy + Innovation 2020](#)
- e. [2019-2020 Action Teams](#)