

Greeley-Evans School District 6
 Student Wellness Policy Committee Meeting Minutes
 4-2-2018, 4:00 pm - 5:30 pm

Attendance

Rachel Hurshman	Wellness Coordinator/RDN
Courtney Bell	Wellness Specialist
Roxane Conant	Banner Health
Leslie Beckstrom	Weld County Health Department
Marissa Lobato	P.E. teacher
Brian Dauenhauer	Parent/University of Northern Colorado
Tom Gribble	Director of Special Education
Danielle Bock	Director of Nutrition Services
Jessie Caggiano	School social worker
Rebecca Robbins	Nutrition and Menu Specialist
Shea Kelley	UNC Dietetic intern
Carolyn Jones	High School teacher
Ellie Dudley	Integrated Nutrition Education Program
Anna Kingman	Healthy Hearts
Laurie Zenner	Healthy Kids Club
Ryan Foslien	Northridge Student

- Introductions
 - a. Welcome to our newcomers, Ryan and Anna! Ryan is a student from Northridge High School that is currently a member of the Student Health Advisory Committee (SHAC). Anna is a Health Specialist for Healthy Hearts Program out of UCHealth.
- Student Health Advisory Committee (SHAC)
 - a. Ryan, a SHAC member, presented to the committee about what the group has been working on. He discussed working with Courtney, Rachel, and Kaiser, development of the SHAC mission statement (“Through education and resources that reach a diverse audience, SHAC will create a culture which empowers students to develop healthy physical, social, and mental habits, making a difference in their present and future lives”), development of a survey to collect data on student’s top health concerns that SHAC should address, and data collection. He invited the committee to the SHAC End of Year Celebration on May 14th (calendar invite has been sent).
- Funding: What’s Next
 - a. Current Funding: The Colorado Health Foundation (TCHF)
 - i. A significant amount of funding had to be reallocated from what was originally proposed due to professional development being cut last year. The funding was reallocated in a variety of ways, including the mini-grants released last September. In addition, after meetings with key stakeholders, it was decided to spend some remaining funds on water bottle fillers because schools have been requesting them and they support healthy hydration. We will release a mini-grant application that will award two locations with a water bottle filler.

- ii. The second initiative we are allocating funding for is to purchase more Walking Classroom kits. These are mini-podcasts aligned with core curriculum that students listen to while they walk. We will purchase another 2-3 classroom sets.
- iii. Last, we will be purchasing personalized gear as a thank you and incentive to student wellness team leaders for devoting time to student wellness and completing the time-intensive Smart Source assessment.
- iv. We decided on these items due to key stakeholder feedback and because it allows us to spend funding before the end of our grant period and opens up the opportunity to apply for the next grant cycle (June 15th).
- v. *Courtney will create a mini-grant application for the mini-water bottle fillers. She will also order new Walking Classroom kits and gear for team leads.*

b. TCHF: New RFP

- i. At the Healthy Schools Coordinator Meeting that Rachel and Courtney attended in February, TCHF announced that they will have another funding opportunity to support healthy schools. This grant opportunity will have at least two more cycles – one in June and another in October. If we apply for the June date, we need to have current grant funds spent by June 15th
- ii. For this next round, there is only \$4 million of available funding from TCHF (vs. 12 million last round). Priority will be given to rural areas and/or over 50% free and reduced lunch. The funded areas must relate to nutrition and physical activity, however, we may be able to add in mindfulness initiatives as well.
- iii. We are thinking about applying for:
 - 1. Student wellness stipends (if not funded by the Colorado Department of Education Student Wellness grant that we are currently applying for)
 - 2. Student wellness programming funds: Many schools do not use their funds, so this may not be included.
 - 3. Kinesthetic classrooms and alternative seating: Some schools are using alternative seating as a way to get kids more physically active and provide an outlet for students
- iv. Other thoughts?
 - 1. Danielle discussed that this grant presents an opportunity to apply for equipment for school pantries. There also may be another opportunity through TCHF to apply for funding to support Food Access. This will not be announced until later this year.
 - 2. Brian discussed an opportunity to apply for physical activity programming during the Summer Feeding Program. More details in Action Team Updates.
 - 3. *Courtney will send a survey to student wellness leaders to ask them what resources we should apply for.*

c. Alliance for a Healthier Generation Partnership

- i. Ashley Schwader, a local representative from the Alliance approached Courtney and Rachel with a new partnership and grant opportunity. Meeting with Dr. Datteri (Assistant Superintendent of Academic Achievement) on Friday to hopefully finalize a partnership with the Alliance which would include:

1. Assistance with 5 Professional Development events over the course of 2 years (including sub-reimbursement), we can decide on the topics and the timing (during or after school or summer)
 2. Schools would be asked to do a pre and post assessment and write an action plan (this could be their SHIP that they already do)
 3. Ashley would visit each school quarterly to provide technical assistance. This would help Courtney as it is challenging for her to get out to all the schools this frequently. Ashley would provide support for each schools SHIP
 4. Eligibility for National Healthy Schools Award
 5. Eligibility for grant RFP expected to be released later this week in the amount of around \$25,000. Thoughts on what to apply for include: kinesthetic classrooms, bike fix it stations for staff and students: put at all secondary schools to encourage active transportation for staff and students and the community, work with the city to get them listed on all bike maps. New playground, recess or PE equipment. SPARK: research-based physical activity (PA) and PE programs to help schools provide at least 60 minutes of PA each day. The program provides curriculum, on-site training and assessment.
- ii. Projects supported in the past:
 1. PA during recess. Playworks? Need to think about what has greatest reach
 2. Increase PE classes to be more active.
 3. Increase minutes of weekly PE or years of PE in middle/high schools
 4. Active transportation to school
 5. PA breaks in classroom
 6. Increase Smart Snacks Options
 7. Water Stations
 8. Breakfast in the Classroom
 9. Cafeteria alternative to promote increased school meal participation
 10. Staff access to healthy food in school
 11. Staff access to physical activity
 12. Staff social and emotional wellbeing
 - iii. Brian recommended Fit Step Pro pedometers as these help PE teachers assess activity levels in PE
 - iv. Staff wellness support was recommended, such as chair massage, support groups for mental health
 - v. Wellness rooms: Jessie mentioned that the Wellness Centers at Jefferson Jr and Sr are modeled after wellness rooms in Poudre School District. She can share photos from PSD that include signs outlining why mindfulness is effective. The issue is that you must have someone to man these spaces. Americorp volunteers or peer leaders were recommended. Students self-select to use these spaces.
 - vi. *Courtney and Rachel will follow-up on these ideas and share an update with the committee at the June meeting*
- d. Colorado Department of Education (CDE) Wellness Grant

lined up already. Academic advisors are aware of the opportunity and will promote next year.

3. Danielle noted that many of our schools have requested to host summer school, and as a result, resources are being stretched such as support staff for school lunch and bus drivers. With an increase in summer school sites, the students who are at school will be leaving immediately to catch the bus and there will not be many drop-in students. There will be limited reach and little time for physical activity after school. Danielle suggested to pilot the program at Centennial and/or Monfort on Fridays because summer school (and tight busing schedules) will only be running from Monday – Thursday.
4. Other ideas: Connecting the library with summer programming. Use nutrition-themed books and utilize AmeriCorps. VISTAS to help with summer programming (physical activity, nutrition, gardening, etc.).
5. Summer 2019: market early to Administration so that scheduling and transportation can align
6. *Brian and his action team will follow-up on these ideas*

c. Cafeteria and Recess Environment

- i. Danielle is very excited for the opportunity to present at a Principal’s meeting May 2nd to discuss implementing recess before lunch (RBL) at all grades for elementary schools. Our district has three elementary schools that have RBL for all grade levels. Two of our elementary schools, Monfort and Centennial, have implemented Playworks, the recess program that aims to promote pro-social behavior. Because of RBL and Playworks, they have seen decreases in behavioral referrals and calmer students after lunch. Danielle will be presenting the benefits of RBL and will ask the Assistant Principals at Monfort and Centennial to speak about their experiences.
- ii. Monfort in particular is a big champion of RBL. Their structure is to have 20 minutes recess, 20 minute lunch and then 10 minute mindfulness “Scout Period”.
- iii. Note: prioritize Meeker to ensure they keep RBL for all grade levels after they’re back in their new building. *Danielle will schedule a meeting to get in front of staff before the school year starts.*
- iv. The sugary beverage display was reviewed. These will start by going into all high school cafeterias

d. Mental Health

- i. Courtney recently attended the Thriving Weld Summit (TWS). During TWS, attendees broke out into workgroups, including: Physical Activity, Healthy Mind and Spirit, and Healthy Eating. Courtney attended the Healthy Mind and Spirit workgroup and volunteered to co-lead.
- ii. Courtney will be meeting with Cindy Kronauge to discuss co-leading the group, what the group dynamics have been, and will invite Jessie Caggiano, school-based MSW. *Courtney will meet with co-leader to help plan the next Healthy Mind and Spirit meeting and invite Jessie*

• Updates

- a. SHAC End of Year Celebration
 - iii. Ryan invited the SWC to SHAC’s end of year celebration, which will occur on May 14th from 5-7:30 pm. The students will be planning the celebration and present to community partners from 5-6pm.
- b. Physical Activity Program Opportunity Index (PAPOI) Study: Physical Activity Task Force

- iv. Brian and a Master's of Public Health (MPH) student were working on a study aimed at understanding how many physical activity minutes students have the opportunity to participate in throughout the day. Not many Principals opted-in to participate in the study and are unable to get enough data to show district-wide data, but they are proceeding with the study at 3 schools
- v. Need to be strategic in getting Principal buy-in for future studies
- c. RIHEL Update
 - vi. Rachel and Carlee (from Northern Colorado Health Alliance) are working on developing a mental health website with resources for parents, students, and community members to access. They are currently working with the social work team to develop content and use appropriate language. *Once complete, Rachel will share her project with the committee and promote to D6 staff and community members. Brochures for the FASST team plus putting in newsletters was recommended to market the site.*
- d. Bike to School Day
 - vii. Bike to School Day is on Wednesday, May 9th from 7:00-8:00 am and there are 4 schools that plan to participate. *If you are able to volunteer, please let Courtney know.*

Upcoming meetings:

- June 5th, 4:00-5:30pm
- Student Wellness Team Leader recognition and celebration: various coffee shops and Inta Juice, dates and times TBD (May)