

Greeley-Evans School District 6  
Wellness Policy Committee Meeting Minutes  
Tuesday, May 28, 2019

**1. Attendance**

Danielle Bock	D6 Nutrition Director
Kara Sample	D6 Assistant Nutrition Director, RDN
Rachel Hurshman	D6 Wellness Coordinator, RDN
Caitlin Jacobsen	D6 Wellness Specialist, RDN
Natalie Rehurek	D6 Food Hub Manager
Tom Gribble	D6 Special Education Director
Natalie Mash	D6 Board of Education Director
Rachel Garcia	D6 Farm to School Americorp Vista
Rebecca Robbins	D6 Nutrition and Menu Specialist, RDN
Ellie Dudley	Integrated Nutrition Education Program
Anna Kingman	Healthy Hearts
Laurie Zenner	Healthy Kids Club
Katie Castillo	Healthy Kids Club
Brian Dauenhauer	University of Northern Colorado Associate Professor
Claire Fisher	Maplewood Elementary School Teacher
Jenny Linder	Northern Colorado Health Alliance, Wellness Coordinator
Roxane Conant	Banner Health
Kelly Martinez	Weld County Department of Public Health and Environment
Leslie Beckstrom	Weld County Department of Public Health and Environment
Zach Ducharme	Boys and Girls Club
Emma Cook	Alliance for a Healthier Generation

**2. Introductions**

Welcome to all new and returning committee members! Special welcome to Emma Cook, Program Manager for the Alliance for a Healthier Generation: Healthy Schools Program in Colorado.

**3. Wellness Program Recap**

- a. **Wellness End of Year Report:** Caitie shared the District 6 wellness end of year report with the committee, based on student and staff wellness success stories from the 2018-2019 school year. (End of year report included in supplemental materials section)
- b. **Celebrating Success:** Members of the committee shared other student wellness successes from the year. Dr. Dauenhauer mentioned the many successful student wellness fairs that he attended on behalf of UNC. Natalie Mash talked about the collaboration between Fred Tjardes and the Greeley Tribune to install new garden beds. Claire Fisher discussed the school garden at Maplewood elementary school and the great progress that has been made in integrating nutrition/cooking/garden education into the classroom. Leslie Beckstrom mentioned the collaboration between Roche construction, District 6 schools, and the health department to gift students who had excellent attendance with bicycles at Madison and Salida del Sol (The health department

helped to fit students with properly sized bikes and helmets). Laurie Zenner shared success from the 5210 challenge this year - 18 schools in D6 participated in the challenge, 4,000 students/adults/families participated in the activities, and 7 schools placed within the top 15 in Northern Colorado.

- c. **School Action Plan Updates/Recap:** Caitie reviewed schools' action plan progress for the 2018-2019 school year. 22 schools completed action plans with 18 goals to support physical activity, 15 goals to support nutrition/nutrition education, and 7 goals to support mental health.
- d. **Student Wellness Team Leader Survey Results:** 25 out of 44 student wellness team leaders (SWTL) completed the end of the year survey (57%). From the survey results, the district wellness team will work on restructuring PD days to avoid taking teachers out of the classroom, and will work to increase support from school-level administration. Additionally, based on the survey results, District 6 will move forward with the proposed stipend structure with some minor adjustments. (Survey results and proposed stipend structure included in supplemental materials section)
- e. **No Barriers: Potential Partnership:** Caitie shared information about a potential partnership between the No Barriers program and several schools in District 6. View the video [HERE](#).

#### 4. Action Team Updates

Members from each action team shared their priorities and goals for the 2019-2020 school year.

- a. **School Environment and Health Curriculum:** Rachel Hurshman shared that the School Environment and Health Curriculum Action team will focus on integrating nutrition education into other areas of the curriculum; increasing staff development opportunities to increase knowledge and awareness of nutrition and physical activity; and sharing nutrition education with families and the broader community to positively impact student and community health. Rachel opened the floor for discussion around ways to measure nutrition education happening in the school day. Measuring through the Fresh Fruit and Vegetable Program or INEP (operating at 3 schools) were suggested. It was recommended that we reach out to the EFNEP program through CSU to implement parent cooking classes at Back to School Nights, Parent Teacher Conferences, etc. It was also recommended that we reach out to Cooking Matters to ask about their pop-up grocery store tours that they may be able to bring to schools.
- b. **Nutrition:** Rebecca Robbins shared the Nutrition Action Team's goal of encouraging healthy classroom celebrations to comply with District Nutrition Standards. Natalie M mentioned a healthy fundraiser/celebration idea they did at Fred Tjardes this year which included a cornhole tournament using boards the students made in shop class and then they auctioned off the boards.
- c. **Physical Activity:** Dr. Dauenhauer shared the Physical Activity Action Team goals of collecting additional data on active transportation in District 6 schools; discouraging the addition of/ removal of physical activity as a punishment; and encouraging supervised active indoor recess when inclement weather doesn't allow outdoor recess.
- d. **Mental Health:** Action Team still developing priorities and goals

Action Teams will continue to meet between quarterly committee meetings to work on priorities and goals and report out on progress at quarterly meetings to get feedback from the larger group. If you are not yet part of an Action Team, please connect with Caitie or Rachel to determine a good fit.

## 5. Implementation Plan Overview

- a. The priorities and goals from the action teams will be made into a District 6 wellness policy strategic plan. These goals will be the main focus for the 2019-2020 school year in an effort to move the needle on wellness initiatives within the school district.
- b. The other objectives within the student wellness policy will continue to be important to the wellness team, but will go in a separate document for tracking.

## 6. Updates:

- a. **Next Meetings:** The group decided on meeting dates for the 2019-2020 school year (listed below). Rachel Hurshman has sent Google Calendar invites to all members of the student wellness committee.  
*Please note, there will continue to be 30 minutes of action team work time prior to the start of the meeting (3:30 pm)*

<b>August 13 (4:00-5:30 pm)</b>	<b>January 15 (4:00-5:30 pm)</b>
<b>October 16 (4:00-5:30 pm)</b>	<b>May 26 (4:00-5:30 pm)</b>
- b. **Grant Update:** Rachel Hurshman shared the highlights from the 2018-2019 grant cycle.
  - CDE Student Wellness: \$46,000 per year for 3 years, just finished year 1. Wellness Team is collaborating with Social Work team to fund Student Wellness Team Leader stipends, Social Emotional Learning grants for 22 schools for projects ranging from Cozy Corners (for self regulation) to curriculum to yoga to book studies. Also funded Wellness Centers at Jefferson and a Social Work intern
  - Alliance/Kaiser Staff Breakroom Makeovers: \$25,000 to fund staff breakroom makeovers at 13 sites. There were some really great transformations. Changes included painting the space, adding physical activity equipment, meditation cushions, coloring books, furniture, essential oil diffusers, soft lighting and more! Let Rachel know if you'd like to be invited to the Google drive to see the before and after photos.
- c. **Student Health Advisory Council:** Mikyla Bowen, senior at Northridge High School, shared success from the 2018-2019 Student Health Advisory Council (SHAC). This includes a partnership with Sources of Strength to increase knowledge and awareness of the Sources of Strength program; a Stress Relief Station in April that gave students the opportunity to make stress balls, learn about Sources of Strength, and receive resources for coping with stressful times; & a new website and logo to increase awareness of SHAC within the high school community. (Logo included in supplemental materials section). The SHAC group will be meeting in August again for a Summer Intensive in order to determine their goals and priorities for the year and do team building.
- d. **Regional Institute for Health and Environmental Leadership:** Rebecca Robbins shared information about the Regional Institute for Health and Environmental Leadership (RIHEL) program she completed this year. She shared details about her final project, with a goal to increase participation in the free- or reduced-price lunch program.
- e. **Research Study Update:** Dr. Dauenhauer shared information about a potential research project to increase physical literacy for students in District 6. The research study is currently being evaluated by District 6 administration - Dr. Dauenhauer will update the committee as the project progresses.
- f. **Summer Enrichment Classes:** Caitie Jacobsen, Rachel Hurshman, Rebecca Robbins, Natalie Rehurek, and Rachel Garcia will be teaching a summer enrichment course at Chappelow (June 3 - June 6) and Centennial (June 17 - June 20). This course is titled "Grow, Cook, Eat, and Play!", and will teach students about gardening, cooking, nutrition, food preferences, mindfulness, and physical activity. Members of the student wellness committee are more than welcome to join! *Contact Caitie for more details.*

- g. Summer Feeding:** Kara shared information about the summer feeding program. All kids age 1-18 can eat free lunch (regardless of household income or area of residence) at select sites throughout the summer. Students can also receive free breakfast at Monfort and Centennial elementary schools. (Summer Food Service Program flyer included in supplemental materials section).
  - h. Summer P.A.L. Academy:** The University of Northern Colorado is hosting a Summer Physical Activity Leadership (P.A.L.) conference on July 12. This conference will include several great speakers to start the conversation on how physical activity can boost academic achievement, classroom behaviors, and social-emotional wellbeing for students and educators. For more information, please visit the [WEBSITE](#).
- 5. Upcoming Events**
- a. *Next Meeting:*** August 13, 4:00-5:30 pm
- 6. Supplemental Material**
- a. [2018-2019 End of Year Report](#)**
  - b. [Student Wellness Team Leader Survey Results](#)**
  - c. [Proposed Stipend Structure - SWTL](#)**
  - d. [NEW! SHAC logo created by Mikyla Bowen](#)**
  - e. [Summer Feeding Program Flyer](#)**