

Greeley-Evans School District 6
Wellness Policy Committee Meeting Minutes
June 6, 2017, 4-5:30 PM

1. Introductions & Attendance

Marianna Poling	Health Teacher, Greeley West
Marissa Lobato	PE Teacher, Greeley Central
Peter Stoepker	University of Northern Colorado, Graduate Student
Carlee Rosen	North CO Health Alliance
Danielle Bock	Nutrition Director, WCSD6
Kara Sample	Assistant Director/RDN, WCSD6
Rachel Hurshman	Wellness Coordinator/RDN, WCSD6
Ellie Dudley	Integrated Nutrition Education Program
Catherine Holmes	Kids Care Clinic
Ashlee Garcia	Kids Care Clinic
Katie Castillo	Healthy Kids Club
Courtney Bell	Wellness Specialist, WCSD6

2. Physical Activity in High Schools Study: Report

- a. As part of our grant from The Colorado Health Foundation, the University of Northern Colorado conducted a study on the best methods for engaging students and teachers with physical activity in the classroom at the high school level. Some insights include:
 - i. Utilized focus groups at Jefferson High School and Greeley West High School: wanted to understand student and teacher perspectives on need for physical activity in the classroom
 - ii. Trouble recruiting teachers to pilot the program. When they were able to recruit, it was difficult to keep track of teachers to conduct follow-up interviews. 13 teachers participated in the study with 3 completing the follow-up interview and 30 students participated in the focus groups.
 - iii. Teachers were open to idea of using physical activity in the classroom, but very concerned about time restrictions
 - iv. Most teachers wanted the activity break halfway through the class period. They also wanted different activities; most wanted activities to be 5 minutes or less
 - v. Teachers indicated that they were most comfortable with yoga-based activities
 - vi. Teachers reported students getting more off-task during high-intensity activities
 - vii. Students wanted 5 or more minutes for activity and wanted it to be at the end of class.
 - viii. Saw most buy-in from students when activities were competition or team-based
 - ix. Findings suggest that students and teachers value the integration of classroom physical activity but they have conflicting viewpoints on various components that go into providing movement opportunities.
 - x. Using teacher and student feedback, Peter created a Brain Energizers Resource Guide which includes an outline of the problem, the research, the top 10 implementation strategies, and sections with 1-5 minute activities, 6-10 minute activities and integrating physical activity into the curriculum. Pictures and step by step instructions are included. The teachers piloted the activities in their classrooms.

- b. Questions from Committee:
 - i. What type of yoga did teachers prefer? Mostly standing poses
 - ii. Does yoga have the same effect on the brain and attention as moderate to vigorous physical activity? Unclear - typically moderate-to-vigorous is helpful but yoga shows positive calming effects
 - iii. Marianna stated when she has yoga-based content, she noticed that her students, along with herself, both benefit from yoga and they respond very positively
 - iv. *Courtney will send physical activity resource, post on webpage, and provide copies at next student wellness team leader meeting.*

3. SHIP Updates & Accomplishments 2016-17

- a. Each school has a school wellness team that creates a school health improvement plan (SHIP). Their SHIP contains goals they set for the year, and action steps that they have taken to reach their goal. For example, a school may state "By May 2017, 85% of teachers will implement classroom physical activity breaks once per day." They will then create a plan of how they will promote, implement, and measure progress.
- b. In groups, the committee reviewed their group's SHIP updates. Within the SHIP updates, schools responded on what they accomplished, what barriers they ran into, and what they look forward to next year. The committee provided 1-2 recommendations for each school. ***Please view full SHIP Updates at: www.greeleyschools.org/studentwellness***
- c. Recommendations:
 - i. Centennial
 - 1. **Overview:** Implemented Playworks recess program and had difficulty obtaining buy-in and support. Accomplished many other items outside their SHIP. Strong student-led team.
 - 2. **Recommendation:** Visit Maplewood to view their Playworks program and gain ideas
 - ii. Dos Rios
 - 1. **Overview:** Worked on promoting wellness resources and had difficulty implementing Playworks recess program (staff member that was trained is no longer at the school). Earned state-wide recognition as Promising School. Student Wellness Team is integrate into Personal, Social, Physical Education team
 - 2. **Recommendation:** Use Professional Development days to teach Playworks to staff and to gain buy-in
 - iii. Heiman
 - 1. **Overview:** Worked on gaining buy-in for wellness from staff. Had difficulty getting support for not taking away recess as punishment
 - 2. **Recommendation:** Start with staff wellness and may trickle down to student wellness
 - iv. Jackson
 - 1. **Overview:** Worked on implementing Playworks and had difficulty with students managing equipment system
 - 2. **Recommendation:** Get equipment management ideas from other schools that are trained in Playworks
 - v. Madison
 - 1. **Overview:** Implemented and increased participation of wellness fair

2. **Recommendation:** Work on gaining actionable data (i.e., who signed up for “x” program, versus who came for free food)
- vi. Maplewood
1. **Overview:** Promoted wellness activities within school (such as Playworks, Integrated Nutrition Education Program [INEP], brain energizers, etc.). Had difficulty integrating INEP every other week and moved to a once/month implementation.
 2. **Recommendation:** Greater evaluation of SHIP goal at the end of the year (or create more feasible goal)
- vii. Martinez
1. **Overview:** Implemented Health Heroes Program that rewarded students and staff that exhibit healthy behaviors with t-shirts at an assembly. Martinez will have an extra recess next year and will be using funding to purchase recess equipment. Had difficulty with nomination process (Health Heroes) for younger kids due to writing difficulties.
 2. **Recommendation:** Come up with guidelines/criteria for Health Heroes. If need ideas for playground equipment, consult with Wellness Specialist.
- viii. Shawsheen
1. **Overview:** Started a “Girls on the Run” program (running club). Had difficulty implementing wellness fair due to conflicting schedules with other events/meetings (wellness fair was goal for the year).
 2. **Recommendation:** Gain wellness fair ideas from another teacher who had a successful wellness fair. Is there a corresponding program for boys (corresponding from Girls on the Run)? Think about new methods for recruitment for Girls on the Run.
- ix. McAuliffe
1. **Overview:** Had difficulty implementing Chef in the Classroom due to changing curriculum and recently becoming a STEM (science, technology, engineering, and math) school. They were able to host their annual Falcon Fitness Fair and continued implementation of their running club.
 2. **Recommendation:** Use Falcon Fitness Fair as a venue to recruit for Chef in the Classroom. Can ask Nutrition Service Chefs to lead demos.
- x. Meeker
1. **Overview:** Worked on hydration and physical activity promotion. Won the statewide Fire Up Your Feet online physical activity tracking challenge (\$2500)!
 2. **Recommendation:** Need a measurable benchmark for collecting data on “students learning importance of hydration.”
- xi. Monfort
1. **Overview:** Worked on implementing Playworks, as well as Fit N Fun (running and fitness club), Healthy Hot Chocolate and a Healthy Smoothie Fun Run.
 2. **Recommendation:** Use measurable benchmark to measure moderate to vigorous physical activity for Playworks
- xii. Scott

1. **Overview:** Hosted a wellness fair. Goal was to obtain 200 families (50% of population). Met goal with 250 families attending.
 2. **Recommendation:** Think about how wellness night integrates into goals of the school. Apply a measure beyond participation (ex: how many students signed up for “Program X”).
- xiii. Chappelow
1. **Overview:** Implemented Playworks program. Created videos and visuals to help students understand core games. Had problems with consistency on stressing Playworks as a value to staff and administration.
 2. **Recommendation:** Use videos and other Playworks materials at “All Staff” and building events.
- xiv. Winograd
1. **Overview:** Implemented Health Heroes Program that rewarded students and staff that exhibit healthy behaviors with t-shirts at an assembly. The barrier they faced was improving participation for exhibiting healthy behaviors.
 2. **Recommendation:** Plan 5210 events and programming for grade specific activities (i.e., do not focus on K-8, too overwhelming).
- xv. Bella Romero Academy (K-3 and 4-8):
1. **Overview:** K-3 worked on implementing a no-cupcake policy and 4-8 implemented Chef in the Classroom (nutrition education program) into their science curriculum and CLD (Culturally and Linguistically Diverse) classes
 2. **Recommendation:** Engage ELA Team to create Chef in the Classroom for English Language Learners. Set specific “% of students” goal for running club (instead of setting goal for “% in each grade level”).
 3. **Other:** *Each Bella Romero campus will be working on integrating wellness into their 3 year plan.*
- xvi. Heath
1. **Overview:** Promoted activities such as Chef in the Classroom, Healthy Hearts Club, Walk to School Day, and fitsticks.
 2. **Recommendation:** Work with admin to identify wellness goals that align with school goals
- xvii. Brentwood:
1. **Overview:** Ran into barriers implementing Mind/Body Connection Lessons into AVID (Advancement via Individual Determination) class due to limited time. Implemented Health Heroes program. They honored three students and one staff member per month.
 2. **Recommendation:** Get in front of teachers at beginning of the year to present Health Heroes – Keeps momentum going.
- xviii. Franklin
1. **Overview:** Piloted mindfulness in the classroom. Staff participated in book club style professional development and implemented mindfulness activities daily in a few classrooms. Created “mindfulness kits” for students to use for emotional and behavioral regulation.
 2. **Recommendation:** Implement tracking to make sure meeting goals
- xix. Prairie Heights

1. **Overview:** Participated in 5210, coordinated a “Strides to End Strokes” charity event, and won \$10,000 from the “Project What’s Next” challenge (marijuana education prevention program).
 2. **Recommendation:** Implement data collection process to see if actually reached SHIP goal
- xx. Northridge
1. **Overview:** Attended meetings provided by RMC Health on how to gain administrative support. Had difficulty gaining buy-in and support from staff and admin.
 2. **Recommendation:** *Wellness Team will provide 1-pager with tips on engaging administration. Work on obtaining parental voices to help with support.*
- xxi. Central
1. **Overview:** Hosted Healthy Hot Chocolate Run (50 students and 10 staff members participated). Had difficulty recruiting students to be on their wellness team.
 2. **Recommendation:** Offer healthy food at kickoff to entice more students, start recruitment at the beginning of the school year, promote adding wellness club experience to resume for jobs and college applicants, and offer extra credit for participation.
- xxii. West
1. **Overview:** Wanted to purchase water bottle filler for school, but this was already done through athletic department. Had difficulty getting students to join wellness team.
 2. **Recommendation:** See recommendations for Central
- xxiii. Jefferson
1. **Overview:** Wellness Team had difficulty getting students on their wellness team. Food Hub Manager and AmeriCorps. VISTA implemented a cooking class and the science teacher plans to build a school garden.
 2. **Recommendation:** Review and revise SHIP halfway through school year to accommodate for unseen obstacles. See recommendations for Central
- xxiv. *Courtney will send recommendations to Student Wellness Leads and will provide hardcopy at the August meeting. She will also bring recommendations to committee meeting in July. These will be discussed when we separate into Action Teams.*
- d. Recurring themes from SHIPs:
- i. Evaluation of SHIP goals: *Courtney will work on creating a comprehensive evaluation plan to evaluate school SHIPs and progress*
 - ii. Many schools experienced a need for increasing admin support. *Courtney will provide information (1-pager) at Student Wellness team leader meeting in August.*
- e. Accomplishments sheet
- i. Committee reviewed Accomplishments sheet that reviews the district’s overall wellness-related accomplishments and what is upcoming for the 2017-2018 school year. Some accomplishments included:
 1. Being funded through the Colorado Health Foundation (\$139,602)
 2. Several schools implementing mindfulness in classrooms

3. Creation of a physical activity resource guide for high schools
 4. Peter noted: Walking Classroom study will be published in the Physical Educator in 2019. *Courtney will add to Accomplishments page*
- ii. Upcoming for the 2017-18 SY (highlights):
1. Chef in the Classroom training for Kitchen Managers. *Courtney will work with Menu Specialist to develop training.*
 2. Schools will be able to apply for mini-grants. *Courtney will finalize document and provide to Rachel for meeting with the Colorado Health Foundation.*
 3. Committee noted: Student Wellness Committee should provide tools/resources for SHIP guidance (ex: Actionable tables and charts, or gold/silver/bronze status for school wellness). *Courtney will review resources that are available through community partners (such as RMC Health) and provide to student wellness teams.*

4. Brain Energizer

- a. Peter led us in what was discovered as students' favorite brain energizer during the UNC study: Rock, Paper, Scissors with your feet

5. Thoughts for next year

Mini-grants

- a. District cut funding that provides opportunity for horizontal advancement (increases pay due to greater continuing education credits) due to mill levy override not passing. Because of this, our department cannot use grant funding (~\$30,000) for summer professional development training. Instead of returning grant money, will be allocating mini-grants for Student Wellness Teams (grant can go towards physical activity, nutrition, or mental health initiatives). *Rachel will present mini-grant idea to the Colorado Health Foundation for approval.*
 - i. Requirements: schools must demonstrate buy-in from administration (ex. Signature from administration and check box to indicate buy-in), as well as sustainability (how will school continue program once grant funding ends)
 - ii. Give schools examples of how to use grant money; let schools know Wellness Specialist can provide support/technical assistance
 - iii. Ask schools if they have already applied for/considered alternate funding- add resources page with other grant opportunities

High School Student-led teams

- a. We moved student-wellness teams to the high schools for the first time this past year, using our same model as the other levels with a paid adult leader and co-leader and then asked them to recruit students to lead. At each of the high schools they struggled to get students. The vision is to gather a focused group of students at each high school to work on student wellness initiatives of their choice. Marissa and Marianna reflected that they felt there still needs to be an onsite adult leader for the students, regardless of whether or not they're paid. *Courtney will reach out to adult high school team leads from last year to see if they want to return, with the understanding that they are expected to recruit a group of students to lead the initiatives.* Committee can help with recruitment. A few ideas:

- a. Meet with guidance counselors to explain the opportunity so they can promote to students when they are talking about ways to strengthen resumes/college applications. Leadership opportunity.
- b. Back to school registration
- c. Lunchroom
- d. Like all the HS Facebook pages (athletics, etc.) to look for opportunities
- e. Specialty areas at each high school to focus on for recruiting:
 - i. NHS: pro-start
 - ii. CHS: arts, health
 - iii. WHS: athletics

Action Teams: Right People on the Bus?

Reviewed the document that lays out the structure and members of the committee. The following positions are vacant:

- a. Member of D6 Curriculum & Instruction Team: was Amy Tuttle, but she doesn't attend meetings. *Danielle will ask Meggan Sponsler (Chief Financial Officer) to appoint Dianna Riley (Director of Curriculum and Instruction) to the Wellness Committee.*
- b. Member of Mental Health Team: new position; *Rachel will ask Social Worker Jessie Caggiano*
- c. D6 School Nurse or Health Service Coordinator: Maribeth Appelhans retired. *Rachel will ask the new person in this position, Lori McCarty.*
- b. Board members to consider: John Haefeli, Rhonda Solis. *Courtney will invite Rhonda once next committee meeting is decided.*
- c. Need more parents in committee, specifically middle and high school parents. *Courtney will look to recruit at back to school and parent events in the beginning of the year.*
- d. 1 high school student: give students a more specific role to give them more involvement and buy-in. Consider offering a paid position. *Courtney will continue to invite Bu Men and will try to recruit at other related clubs (i.e., Green Cats, sports clubs, etc.)*
- e. *Rachel will send committee application to those under "Members Selected By Application"*

At the July meeting, we will use a process called Appreciative Inquiry (AI) to help us determine what we want to focus on next year and split ourselves into Action Teams to work on more specific items that we each specialize in or are just interested in. Will start by proposing broad ideas and everyone will vote with their feet. We reduced our full committee meetings to only 4 times per year so you can meet with your Action Team 2-4 other times during the year. Action teams will lead themselves; Courtney and Rachel won't be on all of them. We will create a Google Drive where teams will post their objectives, action steps and meeting notes.

6. **Updates:** *all were tabled until next meeting*

7. Next meetings

- a. Student Wellness Team Leader Meeting on August 15th from 4-6PM at the Service Center. The first half will be training from Smart Source on how schools can use their survey result data. Second half will be updates and time for teams to work on their SHIPs. Dinner included. *Rachel will send invite to committee in case they are interested in attending any portion.*
- b. Monday, July 31?? Will be 2-hour meeting. *Will send out a doodle poll to determine all of next year's meetings.*