

Greeley-Evans School District 6  
Wellness Policy Committee Meeting Minutes  
7-31-2017, 1:00 – 3:00 pm

**1. Attendance**

Amy Tuttle	Assistant Director of Advanced Academics, PE, Art, and Music
Courtney Bell	Wellness Specialist
Danielle Bock	Director of Nutrition Service
Ellie Dudley	Integrated Nutrition Education Program
Rachel Hurshman	Wellness Coordinator/RDN
Rebecca Robbins	Nutrition & Menu Specialist/RDN
Laurie Zenner	Healthy Kids Club
Carlee Rosen	Make TODAY Count
Leslie Beckstrom	Health Department
Health Department Intern	Health Department
Roxane Conant	Banner Health
Banner Health Intern	Banner Health
Tom Gribble	Director of Special Education
Kara Sample	Assistant Director of Nutrition/RDN
Natalie Leffler	FoodHub Manager
Sarah Horowitz	AmeriCorps. Intern

**2. Introductions**

- a. New attendees included Rebecca Robbins (newly hired Menu Specialist), interns from Banner Health and the Health Department, Tom Gribble (Director of Special Education), and Sarah Horowitz (AmeriCorps. VISTA). Welcome!

**3. Wellness Policy Updates**

- a. New wellness policy updates were proposed and approved by the D6 Board of Education in June. Changes were made to comply with the United States Department of Agriculture (USDA) Wellness Policy Final Rule requirements. Highlights:
  - I. EFEA has completely new language. Nutrition guidelines were moved to a new document, EFEA-E
  - II. ADF (Policy) additions:
    - 1. Specified that we will assess the implementation of the policy, including the extent to which schools are in compliance, at least triennially.
  - III. ADF-R (Regulation) additions
    - 1. "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."
    - 2. "Support employees by promoting a healthy lifestyle."
    - 3. Stronger language added regarding marketing and advertising of only foods that meet Smart Snacks guidelines
  - IV. Changes to policy language to make the policy less specific. These changes were not done to make the policy weaker, but to ensure that our department will not have to continue to get Board approval to update our policy any time USDA guidelines and regulations are changed or updated.
- b. *Courtney will post policy updates on the student wellness webpage.*

**4. Smart Source**

- a. Smart Source (created by the Colorado Education Initiative, CEI) is a comprehensive assessment that evaluates wellness implementation in the areas of (1) general health policies and practices (2) nutrition (3) physical education and activity (4) health education (5) health services (6) counseling, psychological, and social services (7) healthy and safe school environment (8) family, community, and student involvement and (9) staff health promotion. Previously we had a 2-pager assessment that evaluated schools through a

scoring system on our wellness policy's three main areas of focus: comprehensive learning, nutrition, and physical activity. USDA requires school districts to evaluate their local wellness policy every 3 years.

- b. Because Smart Source did not evaluate our local wellness policy, CEI created a pilot program where we could create our own module with added questions that fulfill the USDA requirement (local wellness policy evaluated every 3 years). We participated in the pilot last school year and created a district specific module.
- c. After CEI received feedback on the pilot and on Smart Source, they created a section to evaluate school's local wellness policy (different than the self-created module). This section would allow districts to evaluate their local wellness policy using Smart Source only (i.e., they will not have to create their own module).
- d. The option of either having our own self-created module or the CEI-created section was presented to the committee. We discussed what we lose if we went with the CEI module, such as personalized data that could help with obtaining grants. We also discussed what an appropriate timeline for administration of the assessment would be, every odd year versus every year.
- e. The committee came to the consensus that completing Smart Source together with our own self-created assessment, every odd year would be best.
- f. *Courtney will inform student wellness leaders of the timeline change during the student wellness leader kickoff and will add the following to the personalized module: ask who was involved in filling out the assessment (this will give us a better idea of data accuracy)*

#### **5. Mini-grants through CO Health Foundation funds: Process and Timeline**

- a. Because the district's mill levy override did not pass, the district cut funding for professional development, and thus, we had to reallocate the grant funding we planned for professional development. Rachel submitted a budget amendment to The Colorado Health Foundation to reallocate \$30,000 worth of funding toward mini-grants, which was approved.
- b. Courtney reviewed the final draft of the mini-grant application with the committee. The committee recommended the following:
  - I. Add more guidelines for what funding can and cannot be used for (such as snacks) as well as handouts that outline how to sustain programming
  - II. Add question, "Have you looked at other resources for what you are applying for?" with examples (such as Healthy Kids Club).
  - III. On question B, add "What is your sustainability plan?"
  - IV. Add a question inquiring about collaboration with community partners.
  - V. Consider word limits. Look at current TCHF grant applications.
  - VI. Look at Success Foundation layout of grant applications (teachers are familiar with this format)
  - VII. Create document that provides recommendations on what to apply for
  - VIII. Application deadline: September 18<sup>th</sup>
  - IX. Develop Action Team to review grants at the end of September
- c. *Courtney will update mini-grant application with suggestions and roll-out at the student wellness kickoff*
- d. *Rachel will post in PrincipaLine and Intercom.*
- e. *Rachel will put together Action Team*
- f. *Laurie will share their grant application*

#### **6. Develop Action Teams**

- a. The committee reviewed a document outlining the committee structure and new positions including those within mental health. The new committee application was reviewed and approved. *Rachel will send the application out to committee members selected by application.* For term lengths, 2 year terms starting now; will check-in with committee members at least every 2 years thereafter or if not attending meetings. We are in need of 2 high school students, a middle school parent and a high school parent. The following recommendations were made:
  - I. Ask the Kitchen Managers to advertise at their booth at Back to School Night. *Rachel will provide them with talking points and a handout.*
  - II. *Courtney will reach out to the Student Advisory Council (involved parents)*
  - III. *Courtney will reach out to the health program at Central High School*

- IV. *Courtney will reach out to Student Councils/Government and The Council of Student Representatives*
- V. *Courtney, Rachel and Rebecca will be recruiting at secondary registration events coming up*
- b. Implementation Plan: Group work
  - I. Our D6 Executive Chef recently went to a training and was introduced to Appreciative Inquiry (AI). AI is a change management technique that helps people identify what is working well, why, and doing it more often. Our department used this to solve a problem we were facing, and it worked well. We decided to use this with the committee to help break up activities within our wellness policy.
  - II. Committee members looked through the implementation plan and picked 2-3 objectives, activities, or proposed new activities that they were excited about. They then stuck those activities on a board. These activities were then categorized into groups and committee members were allowed to “vote with their feet” and pick the group/action team they wanted to work in. The 5 Action Teams that resulted include: mental health & professional development, summer programming, physical activity & facility use, nutrition education, and cafeteria environment (recess before lunch)
  - III. After committee members voted with their feet, they separated into groups and worked on their action plan (includes goals, action steps, resources and budget, and timeline and measurements).
- c. *Each group was asked to complete their action plan on Google Docs. Please invite Rachel and Courtney to your meetings just in case they are able to attend.*
- d. *Rachel invited everyone on the committee to the Google Docs group.*
- e. *If you were not at the meeting, let Rachel know which Action Team you would like to join*

## 7. Updates

### a. MLO Update

- I. Last school year, a mill levy override (MLO) was put on the election ballot. Because it did not pass, many cuts to funding have occurred, such as decreasing busing and professional development for staff. Kara discussed that until the MLO is officially on the ballot, district staff are allowed to advocate for the MLO (until 8/28). After the MLO is on the ballot, they are only allowed to present facts.
- II. *Kara urged the committee to help spread the word and advocate for the MLO within the community.*

### b. Ride4Success: September 30, 2017

- I. Through the Colorado Health Foundation grant, we were funded to host two district-wide student wellness fairs. We will be partnering with the Success Foundation and will have 4-5 booths, including: student wellness, worksite wellness, the Women, Infant and Children (WIC) program, and possibly a bicycle rodeo or silly bikes. *Let Courtney know if you are available to volunteer at the event*

### c. Walk to School Day: October 4, 2017

- I. *If you can volunteer or provide resources, please let us know.*

### d. B.U.Gs in the Garden Preview

- I. Courtney attended the Regional Institute of Public Health and Environmental Leadership (RIHEL) and developed a project that was an online educational course that shows teachers how to garden, as well as provides curriculum resources. *Courtney briefly previewed the program and will promote to Student Wellness Team Leaders, on webpages, Intercom, and try to get on Schoology.*

### e. Progress Report: Recess Before Lunch

- I. A Master of Public Health (MPH) student worked on a research project collecting data on average seated meal time and differences in meal consumption for schools with recess before lunch.
- II. Results: Seated Meal Time
  - 1. On average, K-5 students were seated for 17.67 mins (recommended seated meal time is 20 mins).
- III. Results: Recess Before Lunch
  - 1. 61% of grade levels had recess before lunch, while 39% had recess after lunch. In most schools, grade levels with recess before lunch alternate. Only 2 schools in District 6 have recess before lunch for all grade levels.
- IV. Next Steps
  - 1. *Courtney will dig further into the data to see if:*
    - a. Seated meal time varies between grade levels

- b. Food consumption varies between grade levels
- c. Food consumption varies between schools with recess before lunch for ALL grade levels vs. some grade levels

2. Report can be found on [www.greeleyschools.org/studentwellness](http://www.greeleyschools.org/studentwellness)

**f. Progress Report: Playworks Study**

An MPH student worked on a research project collecting data on differences between moderate to vigorous physical activity (MVPA) in Playworks versus non-Playworks (control) schools, as well as the effect of Playworks on behaviors on the playground.

1. Results: MVPA
  - a. Playworks schools had more sedentary behavior than control schools (36% vs 25%), and less vigorous activity than control schools (34% vs 44%)
  - b. Differences between girls: Playworks schools showed higher sedentary behavior than control schools (36% vs 28%) and control schools had higher vigorous activity than Playworks schools (47% vs 33%).
  - c. Because this is not a pre/post study, we cannot determine if Playworks increases or decreases physical activity. This does show us that Playworks schools and non-Playworks schools have different levels of physical activity. These results could be due to:
    - i. Playground structure (ex: not enough tether balls stations, smaller playgrounds)
    - ii. Waiting in line before/after recess
    - iii. Waiting in line for basketball
    - iv. Adults not interacting with students. Typical Playworks implementation involves hired Playworks coaches who interact and play with students on the playground.
    - v. Playworks implementation fidelity between each recess (ex. 1<sup>st</sup> grade implementation is different than 5<sup>th</sup> grade)
  - d. *Courtney will work with Playworks schools to address some of these issues to help improve physical activity levels.*
2. Results: Behavior
  - a. The study looked at behavioral referrals on playgrounds before and after Playworks implementation. “Before” was taken as the school year “2014-15” because this is the year that both schools did not have Playworks. Because district policies and procedures change from year to year, we wanted to make sure that the schools were as similar as possible to account for potential confounders.
  - b. We found that there was a moderate relationship between Playworks implementation and decrease in behavioral referrals on the playground. Before Playworks implementation, Maplewood had 86 referrals in the year 2014-15. In the year 2016-17, this decreased to 42. Centennial, however, had an increase in referrals.
    - i. Some things to consider: Reports of behavioral problems may be coded differently between schools (ex: problematic behavior can be coded as happening during lunch if it occurred during transition from recess to lunch, and data may not have showed up in the query).

**g. Student Wellness Team Leader Kickoff Meeting**

- I. The Student Wellness Team Leader Kickoff Meeting will be on August 15<sup>th</sup>, from 4-6 pm. We will go over resources, mini-grant applications, Smart Source, and work on SHIPS. Dinner included and all committee members are invited! *Please RSVP.*

**8. Next Meetings**

- a. August 15<sup>th</sup>, Student Wellness Team Leader Kickoff Meeting, 4:00 pm - 6:00 pm
- b. December 6, 4:00 pm – 5:30 pm
- c. April 2, 4:00 pm – 5:30 pm
- d. May 30, 4:00 pm – 5:30 pm