

Greeley-Evans School District 6  
Wellness Policy Committee Meeting Minutes  
8-14-18, 9:00 am – 11:00 am

**1. Attendance**

Ashley Schwader	Alliance for a Healthier Generation
Rachel Hurshman	D6/Wellness Coordinator, RDN
Kara Sample	D6/Assistant Nutrition Director, RDN
Natalie Leffler	D6/Food Hub Manager
Jessie Caggiano	D6/School Social Worker
Roxane Conant	Banner Health
Ellie Dudley	Integrated Nutrition Education Program
Zach Ducharme	Boys and Girls Club
Anna Kingman	Healthy Hearts
Brian Dauenhauer	University of Northern Colorado/Parent
Rebecca Robbins	D6/Nutrition and Menu Specialist, RDN
Annie Baker	Northern Colorado Health Alliance
Katie Castillo	Healthy Kids Club
Laurie Zenner	Healthy Kids Club
Lori McCarty	D6/School Nurse
Leslie Beckstrom	Weld County Health Department
Kelly Campbell	Weld County Health Department
Danielle Bock	Director of Nutrition Services
Courtney Bell	Wellness Specialist

**2. Introductions**

Welcome to our new attendees, Ashley Schwader from the Alliance for Healthier Generation (AHG) and Zach Ducharme from the Boys and Girls Club!

**3. Alliance for a Healthier Generation Partnership**

- a. The AHG was developed out of the Clinton Foundation. Currently, they serve a cohort of 54 schools, including D6 schools, through a two-year partnership, with the hope of continuing funding after those two years. Through a partnership with Kaiser Permanente, they selected four school districts nationally to apply for a planning grant. District 6 was awarded a national planning grant for \$25,000 for revitalization of staff break rooms (13 schools will receive funding based on their response to an interest survey). It has been budgeted that each of those schools who apply will receive \$1,900 for ideas such as yoga balls, repainting their break room, etc. They will submit a plan by September 1<sup>st</sup>, along with before and after photos.
- b. Through the partnership with AHG, Ashley will provide services such as technical assistance and on-site support to the schools that are participating. The framework for implementation will allow schools to highlight specific areas of need (ex: physical activity, staff break rooms, nutrition education, healthy parties), will provide webinars, resources, and five professional development workshops that will be fully funded by the AHG. Some of the professional development content areas are implemented by Colorado experts, including Lisa Perry (previously from the Colorado Department of Education) and Eric Larson.
- c. Ashley will also provide support to help schools apply for the Healthy Schools Recognition Program which will allow schools to be recognized nationally for their efforts. Currently, there are bronze, silver, and gold awards. Only 13 schools in the nation have received the gold award.

- 4. Healthy Kids Colorado Survey- Snapshot review:** at the last meeting we reviewed only the mental health section, but we dove into each participating school plus district level results in that section (*see June meeting minutes for important info*). After that meeting the Snapshot reports were released which are only about 4 pages long for each level (middle and high schools) and compare our district level responses to the state level data.
- a. The committee was asked to look through the data and share out anything they found surprising about the data. Note that only high school level was reviewed as middle school participation was less than 30% and not considered a representative sample. Some data points included:
    - i. Only 28.1% of students stated they “ate a vegetable 1 or more times a day in the past 7 days,” and only 32.3% of students stated they “ate fruit 1 or more times a day in the past 7 days.” This was statistically significant (meaning the results are likely to not have occurred by chance or error) and are lower than the state average (44.2% and 42.2%, respectively). Danielle noted that in high schools, we are only serving meals to 25% of high school students. Many students are eating lunch off-site at fast food restaurants. Kelly asked if it was possible to offer a free fruit or vegetable during passing periods. A few barriers to implementing free fresh fruit and vegetables include: school culture around time spent loitering in hallways, not being permitted to serve up until the bell rings (due to students being late), and the snacks not being reimbursable. A compromise might be to offer the Fresh Fruit and Vegetable program to administrators in high school buildings so they have fruit/veg on their desk for staff or students. This would be similar to the Candy Jar Swap program (swap a candy jar with a bowl of fruit) started by a dietetic intern a few years ago. Cost would be \$0.25-0.30 per piece of fruit/veg. *Courtney and Rebecca will research to see if this is financially feasible.*
    - ii. Only 40.7% of students “have PE class at least 1 day per week, on average,” compared to the 43.7% state average. In Greeley, students are required to take PE for two semesters, however, if they play a sport that drops the requirement down to one semester. Additionally, in some schools (particularly elementary), students only have PE one day/week.
    - iii. Some were surprised that 20.5% of students used marijuana in the last 30 days (compared to 19.4% statewide. This was not statistically significant). A school social worker noted that they thought it would be higher.
    - iv. A large percentage of students (33.2%) skipped school at least one day per month, compared to 22.8% statewide. These results were statistically significant.
    - v. Only 62.7% of students described their grades as mostly A’s and B’s, compared to 77.5% statewide (statistically significant).
    - vi. D6 student use of electronic vapor products was lower than state level (statistically significant) at 18.8% vs 27.0%. *Rachel will share this with Tobacco Free Weld.*
  - b. **How to share data results?** HKCS only shared the results with Rachel, Stacie Datteri, Rhonda Haniford, Wes Tuttle, Superintendent and Principal at each school. For Smart Source, only the student wellness team leader at that school has received. Rachel showed the committee an infographic that Jefferson County Public Schools (JeffCo) created to share their Smart Source results, specifically those that tie directly into their local wellness policy. The committee recommended:
    - i. *Share tobacco data with the Youth Tobacco Coalition*
    - ii. *Share the safety section with the school/safety resource officers*
    - iii. *Prioritize data by what is important to the district and share stories that align with that data*
    - iv. *Because the district is implementing Sources of Strength in high schools, create infographic to highlight some of the relevant and important data points and showing that we’re doing something*
    - v. *Funnel infographic through Cabinet, Communications Department, and administrators. Message needs to be specific and honed in. We want it to be as clear and as precise as possible if we plan to share with the community, as well as include what we are doing prior to receiving the data, as well as what we are doing in response to the data.*

## 5. Smart Source

- a. The committee was separated by their respective Action Teams (Cafeteria/Recess, Physical Activity/Summer Programming, and Nutrition Education). Mental health data was reviewed at the last meeting. The teams looked at their Smart Source data and picked the “most surprising areas, positive results, and areas for improvement) portions of the data.
- b. Physical Activity/Summer Programming
  - i. Looking across your Smart Source data, what surprises you the most about the results?
    1. Elementary: 91% of schools reported having before school physical activity opportunities (74% regional, 67% state).
    2. Elementary: Schools reported that students receive 70 minutes of P.E. per week. The recommended number of physical activity minutes is 150 minutes. This is too low and less than the state average (85 minutes)
    3. Elementary: 91% of school reported that PE teachers had undergraduate training in P.E. (compared to 82% regionally and 76% statewide). Only 9% of schools reported having graduate training in P.E. (compared to 13% regionally and 16% statewide)
    4. Elementary: Average recess minutes reported by schools (K-5) is 35 minutes (kindergarten) and 31 minutes (1<sup>st</sup> through 5<sup>th</sup>). This is lower than the state average (38, 36, 34, 32, 31, 30 minutes for K-5, respectively).
    5. Elementary: 55% of schools reported that recess is rarely taken away as punishment. 45% of schools reported that recess is taken away to make up for lost instructional time. Both of these data points should be 0.
  - ii. What are some of the most positive results? What are some potential actions you could take to leverage these strengths?
    1. 64% of elementary schools reported that they have a policy that prohibits taking away recess as punishment for misbehavior (16% regional, 20% state)
    2. Elementary: 91% of schools reported having before school physical activity opportunities (74% regional, 67% state).
    3. 100% of secondary school noted they required P.E. teachers to have licensure with an endorsement in P.E. (compared to 86% regionally and 81% statewide).
    4. Some actions we could take: implement professional development at the secondary level related to physical education and physical activity. *Courtney will talk with UNC and D6 PE teachers to see what types of resources or topics are needed at the secondary level. Courtney will also connect with P.E. teacher at Jackson to see how sharing his story helped change the culture around taking recess away as punishment.*
  - iii. What are some areas for improvement based on these results? What are some potential actions you could take to address these areas?
    1. Secondary: Figure 2.4.1 states that schools reported an average of 259 average minutes per week of P.E. offered per student. This is only for students who are enrolled/required to take their two semester of P.E. In the next figure, schools state that students are in moderate to vigorous P.E. 70% of the time. This is too low considering that students are not enrolled in P.E. throughout their entire tenure of high school and may not receive P.E. or physical activity daily.
    2. Elementary: Schools reported that students get an average of 70 minutes per week of physical education. This should be 150.
- c. Nutrition
  - i. Looking across your Smart Source data, what surprises you the most about the results?
    1. Elementary: D6 schools had less time for breakfast than other districts (21 minutes vs 31 minutes regionally versus 28 statewide). This could be due to alternative breakfast programs, such as Breakfast in the Classroom.
    2. Elementary: 88% of schools reported that they prohibited advertising of unhealthy foods (versus 55% regionally and 45% statewide).

3. Elementary: 63% of schools reported that they prohibit the use of food as a reward (versus 36% regionally and 27% statewide). More D6 schools (compared to regional and statewide data) reported that they require predominately healthy foods and beverages for celebrations and require non-food or healthy food school-sponsored fundraisers.
  4. Secondary: Compared to regional and state data, most of our high schools reported adopting food-related policies. For example, only 63% reported that they required predominately healthy foods and beverages for celebrations (versus 38% regionally and 39% statewide). Of our high schools, 63% reported that they prohibit the use of food as a reward (versus 36% regionally and 27% statewide).
  5. 100% of our high schools reported energy drinks are not served on campus
- ii. What are some of the most positive results? What are some potential actions you could take to leverage these strengths?
    1. Elementary: 100% of our schools reported offering a self-serve salad bar (versus 93% regionally and 72% statewide).
    2. Elementary: 75% of schools reported serving locally or regionally grown food (versus 69% regionally and 55% statewide).
    3. Elementary: 50% of school reported that they planted a school food or vegetable garden (versus 31% regionally and 28% statewide).
  - iii. What are some areas for improvement based on these results? What are some potential actions you could take to address these areas?
    1. Just because there is a policy/recommendation, it does not mean teachers are still following. *Courtney will research methods to monitor policy.*
    2. Make language more “firm,” such as changing “encourage” into “prohibit.” *Rachel will research if this is feasible.*
    3. Make nutritious foods (such as fruit) priced lower than non-nutritious foods. *Rebecca will research to see if this feasible.*
- d. Cafeteria and Recess Environment – reviewed Health Education section
    - i. Looking across your Smart Source data, what surprises you the most about the results?
      1. 0% of elementary schools reported suicide prevention as a health education topic (compared with 24% regionally and 30% statewide); only 50% at K-8.
    - ii. What are some of the most positive results?
      1. Practices to ensure quality health education were high at elementary level
      2. 100% of secondary level health ed teachers report having annual training
      3. At secondary level, average minutes of health education offered per student is higher than region or state
      4. Requirements for secondary level health ed teachers is higher than region or state
    - iii. What are some areas for improvement based on these results? What are some potential actions your school could take to address these areas?
      1. Need suicide prevention at elementary level!
      2. Need middle school health! Only 25% offer health ed course

## 6. Implementation Plan: Action Teams – Pick Your Strategy

- a. The committee was given the opportunity to change, switch, or develop a new action team. The teams decided to stay the same. Each action team planned what they will do for the year. Below you will find a brief summary of what each team plans to accomplish in the 2018-19 school year, based on objectives in the Wellness Policy Implementation Plan.
- b. *If you have not joined an action team, be sure to let Courtney or Rachel know. Teams meet between quarterly full committee meetings and provide progress on policy objectives at quarterly meetings*
  - i. Cafeteria and Recess Environment: Will work on ordering posters/banners to place in high school cafeterias to help inform students about the choices they are making. They also plan to target high performing K-5 schools to expand seated meal time during lunch. Last, they plan to increase the number of schools participating in recess before lunch for all grade levels.

- ii. Physical Activity/Summer Programming: This team will focus on finding at least one school that would like to implement All School Movement (similar to Red Hawk Elementary, located in Erie, CO, that created a bell schedule that included school-wide movement breaks. This is believed to have led to increased test scores).
- iii. Nutrition Education: Plans to send out teacher/parent newsletter, work on Farm to School garden curriculum, and work on promoting Growing Grounds at Bella Romero K-3

## 7. Communication Plan: Student Wellness Newsletter

- a. Due to time, the groups were given a calendar during the implementation plan section. They were asked to help fill out topics to put in the newsletters (two separate newsletters – one for parents, one for teachers).
  - August: SHAC, Back to School Kickoff (add highlights), Breakroom grants (shout out to awardees), gardens
  - September: Walk to School Day promotion, Healthy Halloween Contest promotion, More Matters Fruits and Vegetables (healthysd.gov), Health and Kindness Heroes sign up, Day for Kids (Boys and Girls Club of Weld County – September 15, 10 am – 2 pm)
  - October: Healthy Halloween Contest, National School Lunch Week, Walk to School Day
  - November: Healthy Holiday recipes, highlights (schools that are doing activities or parties)
  - December: Healthy Holiday recipes, 5210 challenge sign-up
  - January: 5210 promotion, Healthy Valentine’s Day contest promotion
  - February: 5210 challenge, Healthy Valentine’s Day contest, Heart Awareness Month (Healthy Hearts)
  - March: National School Breakfast Week, National Nutrition month, Bike to school Day promo
  - April: Bike to School Day promo, Healthy Kids Run Series sign-up
  - May: Growing Grounds promotion, Bike to School Day event, Fit Families sign-up
  - June: Summer programs
  - July: Summer programs, UNC Pal Academy
  - Reoccurring: Cooking Matters, Free cooking classes (CSU), highlights (school shout outs), upcoming events, recipes (D6 Chef in the Classroom), Action for Healthy Kids parent information, Sources of Strength
- b. *Rebecca and Courtney will develop a calendar based on this feedback. We will work on a plan to delegate content writing to interns, as needed.*

## 8. Updates

- a. SHAC Update: Nydia and Mikyla, students in SHAC, presented to the committee the two project ideas that SHAC developed based on data collected from peers. The first project idea is an awareness week. They would like for students to wear color-coordinated t-shirts during awareness week. Many students indicated on the survey that they prefer methods such as individualized counseling versus speakers or assemblies. The awareness week would allow students to talk with others. The SHAC students would like to collect more data on what mental health means to each student. When they gain a general idea of this, they want to have a kickoff with slogans for each (each week would align with a mental health topic). The second project idea is to create a video about mental health. SHAC would research how to best reach this audience and at the end of the video, they would like to provide resources and create a website. They would use stories to connect with the audience and generate discussion. They want to impact students by letting students know they are not alone, reduce stigmas, and have a discussion around mental health. They would share the video through social media and YouTube. These two projects will be narrowed down to one and we are planning to implement later in the school year. *Courtney will invite Jessie Caggiano to the SHAC meeting so she can talk about Sources of Strength and work on developing a partnership with the SHAC group.*
- b. Committee Expectations: Kara thanked the committee for being at the meeting and noted that morning meetings seem to fit our community partners’ time better but unfortunately excludes the teachers who serve on the committee. The meetings are set and sent out, so if you cannot make it, please let us know. *We need people who are committed and can make the majority of the meetings.*

- c. **Personalized Assessment:** A few years ago, we developed our own 2-page assessment to evaluate our wellness policy. In 2015, the Colorado Education Initiative (CEI) created Smart Source to create a streamlined process to evaluate wellness programs and compare them across the state. In addition to this, it started to become a requirement to complete Smart Source to obtain grant funding, however, Smart Source did not evaluate our wellness policy (requirement by the USDA). CEI allowed us to add a personalized assessment with additional questions that met the evaluation requirements by USDA. These separate module questions were approved by the D6 Student Wellness Policy Committee (SWC). Later, CEI added questions to Smart Source that would meet the evaluation requirement by the USDA. Because of this, we could no longer gain the data from the personalized assessment. Eventually, the SWC decided to complete Smart Source every odd year and our personalized assessed every even year. After this decision, Danielle noted that it would be beneficial to add a progress bar at the bottom to reduce survey burden. We plan to give student wellness leaders the survey in the spring. *After this meeting, Ashley noted that she was not aware of this assessment and AHG requires team leaders to fill out the AHG assessment. Ashley will cross-reference the Alliance's assessment with D6's assessment to make sure there is not any repetition. Courtney will send the survey to the committee to gain feedback on changes.*
- d. **2017-18 School Health Improvement Plan Highlights:** JeffCo Public Schools shares their Smart Source results with their administrators as an infographic. Courtney used this idea as a template to provide SHIP highlights, including how many schools worked on certain initiatives (i.e., physical activity, nutrition, socioemotional learning), how many leaders returned to their position, and what barriers they ran into. *Courtney will post the highlights on our webpage*
- e. **Online Gardening Training – Preview:** Courtney reworked the online gardening course “Bringing Urban Gardens to Schools (B.U.G.S)” to be more interactive (instead of a chunk of text). Courtney briefly previewed this to the committee. *After complete, she plans to ask if teachers can receive district credit after taking the course.*

## 9. Important Fall 2018 Dates

- Student Wellness Team Leader Kickoff, September 19, 4:30-6:30pm
- Walk to School Day (volunteers needed from ~7-8:30AM): October 10. Volunteers needed.
- Quarterly committee meeting: December 4, 4-5:30pm