

Greeley-Evans School District 6  
Wellness Policy Committee Meeting Minutes  
January 7, 2016, 4:00 pm – 5:30 pm

**1. Attendance**

<b>Name</b>	<b>Organization/Committee Role</b>
Katie Castillo	Healthy Kids Club
Brian Dauenhauer	UNC Professor/ES parent
Ellie Dudley	Integrated Nutrition Program
Rachel Hurshman	WCSD6- Wellness Coordinator/RDN
Courtney Bell	WCSD6- Wellness Specialist
Jeremy West	WCSD6 – Director of Nutrition Services
Kara Sample	WCSD6- Assistant Director of Nutrition Services/RDN
Marissa Hughes	WCSD6- PE Teacher
Maribeth Appelhans	WCSD6- School Nurse
Abby Smith	Soccer Without Borders
Leslie Beckstrom	Weld County Health Department
Carlee Rosen	NCHA- Make Today Count Campaign
Bu Men	Student at Greeley West High School
Tabo Can	Student at Greeley Central High School

**2. Introductions**

- Introduced Abby Smith from Soccer without Borders, along with Bu Men and Tabo Can, Greeley West and Greeley Central High School representatives. Welcome and thank you for your time!

**3. Smart Source Update**

- Review: Smart Source is a tool for measuring school health policies and practices. The tool is funded by Kaiser Permanente, The Colorado Education Initiative (CEI), the Colorado Department of Education (CDE), and the Colorado Department of Public Health and Environment (CDPHE).
- In our last meeting, concerns for the anonymity for schools and negative feedback from CDE on compliance standards arose.
  - Smart Source school-level data are not shared with CDE or any other state agency. CDE and other organizations may view publically-available executive summary (aggregate data) from the total pilot population and data cannot be disaggregated. This means that state agencies cannot use Smart Source for compliance accountability.
- Currently, three of WCSD6 middle schools are piloting Smart Source, including: Brentwood, Heath, and Prairie Heights.
- Some of the benefits for these schools to participate in the pilot include:

- Receiving \$300 check and \$25 gift card
- Customized report with comparisons to state and best practices (through accompanying best practice guide).
- Eligibility to apply for Healthy School Champions recognition, with awards ranging from \$500-\$7500
- WCSD6 plans to introduce Smart Source assessment to student leaders at the student wellness meeting January 20<sup>th</sup>. This will be beneficial to schools and WCSD6 by:
  - Fostering discussion and collaboration among school health staff
  - Providing data that can be used for grant applications
- CDE will implement Smart Source statewide in 2017

#### 4. Student Wellness Team Progress Reports

- The progress from each school's School Health Improvement Plan (SHIP) was reviewed. Highlights include:
  - Centennial: Built a team of leaders (3<sup>rd</sup>-5<sup>th</sup> graders) that are excited and positive about the events going on at Centennial.
  - Brentwood: Promoted use of fitsticks and collected data + spreadsheet detailing frequency of fitstick use.
  - Romero 4-8: Promoted Chef in the Classroom but ran into problems with administrative buy-in due to academic requirements. Will restructure SHIP goal this semester.
  - Monfort: Increased participation in Fit N Fun club, incorporated Chef in the Classroom for three 5<sup>th</sup> grade classes, and planning a Fit N Fun Hot Chocolate Run. Courtney will send event flyer to the committee.
  - Jackson: During inclement weather, dance videos and stations are available in the gym.
  - Dos Rios: Multiple grades involved with the Integrated Nutrition Education program, participating in Fuel Up to Play 60, and offering afterschool programs utilizing physical activity.
  - Romero K-3: Twenty-four teachers utilized non-food rewards for Halloween parties.
  - Madison: Promoted physical activity breaks in the classroom and collected data (activity logs).
  - Scott: Developing youth leader program to sustain Playworks.
  - Martinez: Promoting healthy parties by creating parent letters and sending information about healthy food items.
  - Heiman: Instituting Fitness Friday's with a fitness focus every Friday and random fitness break.
  - Meeker: Participated in Fire Up Your Feet program and was awarded \$500 from program.
  - Prairie Heights: Participating in 5210 program.

- Winograd: Promoted and had teachers track number of brain energizers used in November.
- Chappelow: Planned on implementing share box to reduce food waste and increase fruit and vegetable consumption, however administration took away snacks due to trash left on playground.
- Maplewood: Focused on increase number of teachers who participate in healthy activities during parties, as well as implemented a wellness night for students and families.
- McAuliffe: Built team of student leaders for Fuel Up to Play 60. Physical activity play will focus on “Ramp up Recess,” allowing additional recess equipment to be purchased.
- Shawsheen: Worked on increasing participation in before and after school activities and implementing healthy food choices for classroom parties.
- Heath: Participating in Fuel Up to Play 60 and preparing for “Jump with Jill,” a Rock N’ Roll nutrition assembly, that will launch in early February.

It was discussed that we need to increase awareness and recognition of all the great work the teams are doing. Courtney will highlight top accomplishments and summarize for Jeremy to send to Dr. Pilch to include in board notes. She will also highlight individual team’s accomplishments periodically on our Facebook page and connect with the district’s Director of Communications to get in touch with the Tribune and ask them to cover events like the Hot Chocolate Run coming up at Monfort.

Jeremy suggested that we need to create some sort of publication to share accomplishments with other teams in the district and outside the district for them to use as a resource. Courtney will work on a best practices booklet highlighting success stories, how-to and contact information for those teams

#### 5. Revised Student Wellness Policy Assessment

- Reviewed changes to wellness assessment due to recent change in district wellness policy. Additions are shown below.
  - School wellness is incorporated into school’s Universal Improvement Plan (UIP)
  - *Sugar sweetened beverages (changed from: soda)* are prohibited from the cafeteria in elementary and middle schools
  - Students have access to drinking water and is readily available at all times
  - Families, teachers, students, and school officials provide input on the meal program menu offerings
  - School has PTO/PTA that supports school wellness team
  - Teachers utilize Vitamin D breaks daily
  - Walking and bicycling to school is promoted through Walking School buses, Bike Trains, or daily/weekly walking and biking competitions
  - Staff actively engage with students during recess to encourage participation
  - Recess is offered before lunch for all students

- The school provides community access to the school's physical activity facilities outside of the normal school day.

The committee approved these changes and the new assessment will be distributed at the January 20<sup>th</sup> meeting.

Methods of providing feedback on school meals was discussed: there is an annual program survey for both students and parents, plus there is a feedback form always available on our webpage.

Tabo provided some feedback on a high schoolers prospective of school lunch: the lines are too long, food is cold, food does not look appetizing and it is not what students are used to eating. Jeremy explained the USDA requirements for what must be provided, budget barriers and what the department is doing to address some of these concerns. Jeremy encouraged Tabo to address food issues with the staff on that same day for the most effective results.

Tabo talked about it being challenging for high school students that have to sit through a 2-3 hour class without a break. It was discussed that this is an example of why we need student wellness teams at the high school level- an adult led group and a student led group- to advocate for wellness.

6. Brain Energizer: Zumba activity from GoNoodle was played

7. Grant Updates

Two upcoming grants are due February 15<sup>th</sup> from the Colorado Health Foundation (TCHF). Grant criteria was reviewed.

Grant #1 - Program Area: Ensure all kids have age-appropriate, daily physical education and physical activity and healthy food and beverages in school

- Committee was divided into 5 groups to complete a brainstorming activity. Groups prioritized a list of 10 ideas into their top 5 choices. Next, groups thought of 1 additional idea that the district could apply for. We discussed these choices as a group.
- The majority of the groups prioritized:
  - Expansion of student wellness teams into high schools
  - Funds for student wellness to implement wellness initiatives
  - Stipends for student wellness teams
- Additional ideas the committee discussed are:
  - Developing curriculum for wellness initiatives at the high school level to address the lack of resources available at the secondary level for brain energizers, healthy incentives, etc.
  - Global Peace Games- a day of art, soccer, dance and more- funding at the high school level. This has been done before at John Evans MS- organized by Abby Smith

- Bicycle field day (students ride bicycles to their field trip/field day)- currently being done in Poudre School District
- Field day at the high school level, before finals

Grant #2 - Program Area: Ensure that communities have activated, quality indoor and outdoor infrastructure that encourages kids to be physically active (out-of-school physical activity)

- Briefly reviewed eligibility requirements: Program must meet at least twice per week and students must be physically active for at least 90 minutes per week
- Discussed applying for Dos Rios (running club and MOVIC club), McAuliffe (running club), and/or expansion of Safe Routes to School walking school bus program. Brian and Carlee just applied to the same grant during a previous grant cycle, requesting funding for two other running clubs, so we will likely apply for expansion of Safe Routes to School and table the running clubs to a future grant.

Will update the committee on final grant application at the next meeting

- Updates on current Kaiser grant
  - Grant started this school year and goes through next school year
  - Midterm report due on January 30th
  - We will be implementing Playworks at 5 additional schools this summer to make a total of 12 of the 16 elementary and K-8 schools that have the Playworks program. We are working on method to ensure sustainability of Playworks
  - Walking Classroom: three 4<sup>th</sup> grade classrooms are using the walkkits for the school year and are really enjoying it. We are working on increasing rentals for the additional sets that we have. Will be promoting at the January 20<sup>th</sup> meeting

#### 8. District-wide Student Wellness Fair

- Vision: Districtwide student wellness fair that will be specifically for students and families to learn about wellness resources available to them throughout the community and to promote school wellness and the district student wellness program.
  - Timeframe: Spring of this year or next year/spring; depends on grant and funding. Want to avoid conflict with worksite wellness fair, as well as other community fairs
  - Grade level: K-12
  - A sign-up sheet was passed around for committee members interested in joining a subcommittee focused on planning this event. Subcommittee will meet approximately once per month to discuss development of the wellness fair, including: time, location, funding allocation, and promotion. Courtney will contact those who signed-up and determine the first meeting time.

## 9. Updates

- Administrative Review

Jeremy reported that the Nutrition Services department review from the state was completed in November and went really well, with very few technical issues cited. The auditors were very complimentary to the work accomplished by this committee. These reviews are done every three years.

- Reward With This, Not That: tabled until next meeting

- Vacant Committee Positions

- Briefly discussed difficulty in obtaining middle school and high school parents, however there is expressed interest from 2 elementary school parents. Courtney will invite them to future meetings and continue to look for high school parent representatives.
- January Student Wellness Team Leader meeting
  - Team leaders will present on their School Health Improvement Plan progress, successes, obstacles, and will be able to network with other team leaders within the district. Meeting will be held on January 20<sup>th</sup> from 5:00-7:30 pm. Committee members are asked to attend
- Jeremy discussed a new food truck that was recently purchased by the department. The goal is to rotate the food truck around to all the high schools and to also use it for special events and the summer foodservice program.

Next Committee Meeting: February 9<sup>th</sup>, 2016, 4-5:30pm @ Service Center