

**Greeley-Evans School District 6**  
**Wellness Policy Committee Meeting Minutes**  
 October 6, 2015, 4:00 pm – 5:30 pm

**1. Attendance**

<b>Name</b>	<b>Organization/Committee Role</b>
Laurie Zenner	Healthy Kids Club
Brian Dauenhauer	UNC Professor/ES parent
Ellie Dudley	Integrated Nutrition Program
Roxane Conant	Banner Health
Steve Hall	WCSD6- Board of Education
Rachel Hurshman	WCSD6- Wellness Coordinator/RDN
Courtney Bell	WCSD6- Wellness Specialist
Kara Sample	WCSD6- Assistant Director of Nutrition Services/RDN
Shannon Elliott	WCSD6- Coordinator, Learning Services
Marissa Hughes	WCSD6- PE Teacher
Aeron Acott	UNC Dietetic Intern

**2. Introductions**

- Introduced Steve Hall, the new BOE representative for the committee and Marissa Hughes, new PE teacher representative. Welcome and thank you for your time!

**3. Policy updates**

- The Board of Education approved a new district wellness policy on September 28<sup>th</sup>, 2015.
- New policy posted on our homepage: [www.greeleyschools.org/studentwellness](http://www.greeleyschools.org/studentwellness)
- Reviewed a summary of changes document: the main policy goals remained the same, but many new objectives were added
- Shannon asked for details on implementation of the following new objectives:
  - “Implementing district content standards for health and nutrition education”,
  - “Requiring that all health education instructors meet the criteria of highly qualified” and
  - “Requiring that physical education be taught by trained physical educators—either by state-authorized physical educators or by a broader subset of teachers with formal training in physical education skills and concepts”

It was decided that a separate meeting with Shannon, Rachel, Courtney and other necessary parties needs to be scheduled to discuss further. *Rachel will work with Shannon to schedule this meeting.*

- How will we make employees aware of the changes to the policy?
  - Intercom: *Rachel*
  - PrincipaLine: *Rachel will ask Lindsey Richards*
  - Principal meeting: ideally attend the meeting on the 4<sup>th</sup> Wednesday of the month to reach all Principals. *Rachel will ask Lindsey Richards*
  - *Courtney will discuss the changes with wellness teams*

- Courtney will develop handout highlighting policy changes in visually appealing way

#### 4. Implementation plan updates

- Reviewed the updated “in-progress” and “not-started” sections of the implementation plan. Many new activities were added along with all the new policy objectives. These activities were briefly reviewed with the committee
- The full, updated implementation page is also posted on our homepage, including ongoing and completed items
- Points of discussion:
  - It was suggested that high schools may be interested in starting student wellness teams, specifically at Central and Jefferson. *Courtney will reach out to Sean Mallander at Jefferson. Shannon will provide a contact for Central.*
  - Many schools were inspired by the Red Hawk Elementary story out of St. Vrain School District. Their principal and PE teacher presented at the UNC “Active Kids Do Better” event in September. They prioritize physical activity in the school day and do all-school physical activity every Friday morning. Red Hawk has high test scores and surveys show happy parents and students that like coming to school and say they have an adult they trust at school. This may be correlated with the emphasis on physical activity. The committee suggested a pilot, potentially one at each level (ES, MS, HS). *Courtney will talk with student wellness teams to determine pilot schools for ES and MS.*
  - Consider changing the pricing structure for school stores and concession stands to make the healthy items cheaper and the less-healthy more expensive. MCR does this in their cafeteria. They also have a punch card to get a healthy item free after a certain number of purchases. *Courtney and Rachel will follow-up on this as they work with school stores and concessions*

#### 5. Committee open positions & recruiting

- The PE teacher position has been filled. Now we are just missing 2 high school student representatives, a middle school parent and a high school parent. Courtney has reached out to the principals and wellness champs at MS and HS and asked for ideas for these positions. She asked that they respond by this Friday
- Other ideas include reaching out to student councils and to announce at PTO/PTA meetings. *Courtney will follow-up on this.*

#### 6. Brain Energizer: Aeron led us in a fun group game using activity dice

#### 7. Smart Source wellness assessment

- 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). The Committee discussed the benefits and drawbacks of implementing this tool.

- Benefits include:
  - Comprehensive overview of compliance with district's wellness policy
  - Ability to use data for grant applications
  - Ability to utilize for needs assessment
- Drawbacks include:
  - Lengthy assessment (appx. 18 pages) compared to our current assessment (2 pages)
  - Does not measure some of our current practices and policies (i.e., comprehensive learning, Chef in the Classroom)
  - CDE will be collecting sensitive information that may allow them to make schools accountable for their actions or inactions.
- Possible solutions to drawbacks include:
  - Use Smart Source once every 2 years to enable district to collect quality data and reduce burden of assessment
  - Implement both assessments, alternating seasons in which they are implemented (ex: Smart Source once every 2 years in October and the Wellness Assessment in March)
- *Rachel will ask CEI the following clarifying questions and report back to the committee at the December meeting for a decision to be made at that time:*
  - *Where is the data going? Will CDE be able to come back and link the data to certain schools to demonstrate compliance or lack of?*
  - *Is there a plan to make this assessment required by CDE sometime in the future?*

## 8. SW team updates

- Some highlights from the student wellness teams so far this year include:
  - Kyle Mills at Centennial is keeping track of his running club's miles using a barcode scanner and automatically calculating the miles in Excel. He created the cards using the barcodes from students' lunch cards. Kyle also noted he would like to rent the smoothie bike to his classrooms that perform the best in their classroom competition.
  - Megan Steward from Brentwood reported that a PE teacher attended the UNC Active Kids Do Better event and was inspired by Red Hawk Elementary. They want to try to implement Fit Friday's and potentially physical/activity dance during passing periods.
- Other updates include: 30% have had their first meeting with Courtney attending, 35% have had their meeting without Courtney. This totals 65% who had their first meeting. 55% of student wellness teams have turned in their School Health Improvement Plans (SHIPs).

## 9. Updates

### Physical activity survey

In our last meeting, we discussed tracking actual amount of activity that occurs in PE classes. This could occur in two ways.

- First method: The district could ask a teacher to track the time PE starts, the time kids start moving, and the time PE ends and kids stop moving
- Second method: SOFIT (System for Observing Fitness Instruction Time) could be piloted for a few classes. SOFIT enables observers to track class time, instruction time, time spent in moderate to vigorous physical activity (MVPA), lesson content, and teachers' interactions with students.
  - Benefits of this tool: Ability to gain quantitative data on actual time spent in MVPA in PE and provide feedback to teachers on their instruction.
  - Drawbacks of this tool: This tool is very time intensive and effortful. Additionally, teachers may feel they are being watched or scrutinized, rather than gaining meaningful data that could aid them in PE instruction.
    - Potential solutions: UNC may be able to train students to be the observers that can provide anonymity for teachers. Further, Courtney or Rachel may get trained to use this tool. *Courtney will follow-up with Bryan on this and report back on the plan at the December meeting.*

#### **Walking classroom study**

- Brian is leading a study using the Walking Classroom for one school in the district. Currently they (UNC) are obtaining IRB approval and will begin the study in November.

#### **New fundraising catalog**

- The committee reviewed a copy of the new fundraising catalog which has been updated with new graphics and a few new fundraising ideas. The catalog is posted online and *Courtney will be distributing to PTA/PTOs as well as individuals who are responsible for placing yearly fundraising plans.*

#### **Kickoff event recap**

- At least 1 member from each SW team attended the Kickoff. There were some individuals who could not make it due to special circumstances. The meeting went well and a member from the BOE (Julia Richards) stated it was the most fun meeting she had been to!

#### **Healthy Halloween party contest**

- This year we will be having the classroom healthy Halloween party contest again, however all classrooms are required to enter the contest if they want to receive Halloween-themed non-food rewards. In order to enter the contest, they need to submit a contest form and photos of their party.

#### **Walk to School day: Tomorrow!**

- Reminder that Walk to School Day is occurring Wednesday October 7th. 10 district schools are participating. Each school will receive fruits, banners, stickers, and pencils. The winning class will receive the golden shoe.

**Next Committee Meeting:** December 15<sup>th</sup>, 4-5:30pm @ Service Center