

Greeley-Evans School District 6
Wellness Policy Committee Meeting Minutes
October 16, 2019 3:30-5:30 pm

1. Attendance

Danielle Bock	D6 Director of Nutrition
Kara Sample, RDN	D6 Assistant Director of Nutrition, D6 Parent
Rachel Hurshman, RDN	D6 Wellness Coordinator
Rebecca Robbins, RDN	D6 Nutrition and Menu Specialist
Caitie Koniarczyk, RDN	D6 Wellness Specialist
Anna Kingman	UC Health - Healthy Hearts
Brian Dauenhauer	University of Northern Colorado
Claire Fisher	Teacher at Maplewood Elementary School
Laurie Zenner	UC Health - Healthy Kids Club
Ellie Dudley	Integrated Nutrition Education Program
Leslie Beckstrom	Weld County Health Department
Jessie Caggiano	D6 Social Worker
Roxane Conant	Banner Health
Rachel Garcia	D6 Farm to School Vista
Melissa Garcia	UNC Dietetic Intern
Erica Billegas	UNC Dietetic Intern

2. Time to work in Action Teams

Student Wellness Committee members broke into action teams to plan for the 2019-2020 school year and finalize [priorities](#).

3. Introductions

Welcome to our new attendees, Melissa Garcia (UNC Dietetic Intern at Greeley Evans School District 6) and Erica Billegas (UNC Dietetic Intern at Weld County Department of Public Health)

4. Action Team Updates

School Environment and Health Curriculum: Rachel Hurshman reported that the School Environment and Health Curriculum Action Team has already provided 2 PD sessions to the PE teachers, and will need confirmation from Brooke on next steps moving forward (Priority 2). There are no intended changes to priority 1 at this time, and the goals for priority 3 have reduced to 75% of schools providing info & 65% of schools hosting school health activities.

Nutrition: Rebecca Robbins reported that the Nutrition Action Team presented at the Student Wellness Team Leader kickoff on healthy parties, and alternative food opportunities for classroom parties (priority 1).

Physical Activity

The physical activity action team will focus on getting a baseline number of middle school students who bike and walk to school in a typical week (priority 3). To do this, they will conduct the Safe Routes to School survey at all 4 middle schools, in at least 3 classrooms per grade, 3 times in 1

week. This survey will occur in the spring semester before testing begins. Additionally, they will work to make Safe Routes To School maps (created by the City) accessible to parents, families, and staff.

The physical activity action team will also be making factsheets and toolkits for priorities 1 & 2, which will be sent to Student Wellness Team Leaders at all sites upon completion

Mental Health: The mental health action team has reorganized their priorities and added goals as follows:

- Priority 1: Same as before
 - By 2021, 75% of students will report identifying a trusted adult through HKCs.
- Priority 2: Provide research-based staff development opportunities to inform District 6 staff about social emotional learning, including how to integrate these topics into core instruction.
 - By 2021, all staff/admin will receive 4 hours of professional development on social emotional learning.
- Priority 3: Same as before
 - By 2021, all secondary schools will implement sources of strength programs yearly.
 - By 2021, 10 educators will be trained and implement Happy Teacher Revolution with fidelity based on application and training requirements.

5. Student Health Advisory Council Feedback

Rachel Hurshman opened the floor for feedback from the committee regarding the Student Health Advisory Council (SHAC) engagement. As background, SHAC was created 2 years ago through a partnership with Kaiser Permanente. At the beginning, SHAC members were being paid for their time, and Kaiser provided the team with 2 amazing youth engagement specialists to help get the students involved. Last school year, Kaiser had to pull out of the partnership, but provided the SHAC team with a significant amount of money to keep the program going. Because of this, the team lost the 2 youth engagement specialists. Last January, the SHAC admin hosted a discussion with the youth to see if they are still interested in getting paid for their time, and they decided that they were still willing to do the work without the additional pay. However, this year, the SHAC team is struggling with attendance and engagement at meetings and events. Rachel opened this discussion up to the committee for suggestions and feedback.

The committee spoke about the value of paying students for their time, and recommended re-opening that discussion with the SHAC youth this year. Additionally, if the SHAC youth could letter in health and wellness, or get a cord at graduation, that may incentivize them to work harder/attend more meetings.

6. Brain Energizer

Melissa Garcia, dietetic intern at District 6, led an active "Rock, Paper, Scissors" tournament for the brain energizer.

7. Student Wellness Team Leader Kickoff Recap

Caitie Koniarczyk provided an update from the Student Wellness Team Leader Kickoff. This year, the kickoff was shortened to 1 hour. There was good attendance at the meeting, and quality engagement from Student Wellness Team Leaders. Several Student Wellness Committee members attended the event. The kickoff focused on: updates to the District 6 wellness program, potential community partnerships for schools to engage in, and focus areas/priorities of the District 6 Student Wellness Committee.

8. Student Wellness Policy Implementation Plan Updates

Caitie Koniarczyk updated the committee on the new implementation plan for the 2019-2020 school year. As a review, the previous implementation plan was a large chart with each of the student wellness policy standards, action steps to achieve those standards, timeline for achievement, and progress status. This document was 33 pages, and difficult to maintain. Therefore the committee has decided to develop priorities within each goal of the student wellness policy on which to focus their efforts for the 2019-2020 school year. These priorities contain SMART goals and action steps to help move the needle on student wellness policy standards. The new implementation plan will be ~ 6 pages, and will be published in a readable document to share with the committee, D6 schools and administration, and the community. Once this booklet has been finalized, Caitie will send to a local publishing company. The goal is for this to be finalized by the end of October/ early November. A draft of this priorities booklet can be found in the attachment section of these meeting minutes.

9. Updates

Celebrating Success - Caitie shared a powerpoint with success stories from the past 2 months in District 6! These success stories included jog-a-thons, color runs, National School Lunch Week, nutrition education in the classroom, and more! The powerpoint can be found in the attachments section of these meeting minutes.

National School Lunch Week Videos - Jioni Reliford, PE Teacher at Jackson Elementary School, created a National School Lunch Week rap video to share with students in the district. The video can be found [HERE](#).

Additionally, there was a video created to showcase the amazing work that District 6 nutrition services does to feed the kids in our community. The video can be found [HERE](#).

Committee and community members are welcome to share these videos as they see fit!

Student Wellness Team Leader Representation - There are now Student Wellness Team Leaders at almost all schools in the District! The wellness team is still seeking Student Wellness Team Leaders at Northridge High School. Interested staff members may email district6-wellness@greeleyschools.org if they are interested in applying!

Upcoming Staffing Changes - The Student Wellness Specialist position has been re-opened for a second round of applications. Interviews were held October 21 & 22, with hopes that a new Wellness Specialist will be starting in early November. During the transition time, Caitie will continue to work with the district remotely to provide support for student wellness programs and team leaders. Caitie will also assist in training the new Student Wellness Specialist.

SHAC update - The SHAC youth have been working with community and district partners to plan a mural project to promote the Sources of Strength program. The youth hope to be able to paint the mural in downtown Greeley or a nearby building. Additionally, the youth will be accompanying the mural project with a video that showcases each section of the Sources of Strength wheel.

Alliance for a Healthier Generation Update - Due to differing priorities, the District 6 wellness team has decided to discontinue their partnership with the Alliance for a Healthier Generation for the 2019-2020 school year. The Alliance for a Healthier Generation has agreed to continue to allow District 6 schools to access their online resources as desired.

Smart Source/Healthy Colorado Kids Survey - Rachel and Caitie are working with the Colorado School of Public Health to get schools in District 6 to complete the SmartSource survey by January. All schools who are participating in the Healthy Kids Colorado Survey have registered for the survey and scheduled a date.

10. Upcoming Meetings/Events

The next student wellness committee meeting will be on January 15 from 3:30-5:30pm.

11. Attachments

[2019-2020 Priorities Booklet DRAFT](#)

[Celebrating Success Powerpoint](#)