

Greeley-Evans School District 6
Wellness Policy Committee Meeting Minutes
 November 18, 2014, 4:00-5:30pm

1. Attendance

Name	Organization/Committee Role
Katie Whitehead	Make TODAY Count!
Laurie Zenner	Healthy Kids Club
Katie Castillo	Healthy Kids Club
Leslie Beckstrom	Health Department
Alana Cline	UNC Professor
Ellie Dudley	Integrated Nutrition Program
Roxane Conant	Banner Health
Jeremy West	WCSD6- Director of Nutrition Services
Rachel Hurshman	WCSD6- Wellness Specialist/RD
Shannon Elliot	WCSD6- Learning Services Coordinator
Cassie Bormann	UNC Dietetic Intern

2. Farm to Plate Workshop + DAA Support

- Jeremy discussed the workshop that was held on 11/12. There were over 40 participants including many suppliers and buyers. He is optimistic that many new farm to school partnerships were formed through this workshop
- Jeremy discussed several wellness items with Wes and Kathi from the Division of Academic Achievement (DAA), including:
 - Adding 5 more seated minutes for elementary student lunch. This seemingly small change affects many things including teacher contracts, so even if it did not happen for 4-5 years, it would be a success. *Right now we will work on collecting data including plate waste studies.*
 - He also discussed the issue of taking away recess as a form of discipline. DAA asked for some written education in the PrincipaLine communication. *Rachel will develop this.*
 - Finally, Jeremy suggested working with Wes to get wellness into the school Unified Improvement Plans (UIP). These are documents that schools develop each year and then are accountable for. *Rachel will reach out to Wes on this.*

3. Student Wellness Team Updates and January 15th Training

- Reviewed objectives set by all 19 student wellness teams. Some are stronger than others and Rachel has requested edits from all to ensure the objective follows SMART goal guidelines

- Reviewed updates that were requested from all teams. 12 of 19 had been received. Many successes were reported including running teams, classroom brain energizers and healthy parties
- Nearly \$60,000 is left from the Kaiser grant to spend by the end of June. *Rachel is brainstorming ways to ensure this money is spent.*
- January training: will be held at the Service Center. Potential agenda items were reviewed including:
 - Share updates, progress
 - Classroom Parties: “Birthday Menu” Example
 - Fundraisers
 - Student Rewards
 - Brain Energizers
 - Nutrition Ed Integration
 - “Discovering Healthy Choices” Curriculum
 - School Gardens
 - Role Modeling
 - Alternative discipline to withholding recess
 - Parent involvement
 - Student involvement
 - Split into groups with similar objectives and network/share ideas
 - *Rachel will send a survey to the team leaders to see what they would like to learn about*
- February training: discussed asking speaker Kim Bevill to present a 2 hr workshop on how activity affects the brain; very research-based. *Rachel will schedule for early to mid-February. Invite principals.*
- An end of year team leader meeting was discussed. It was decided that a celebration would be best. *Rachel will work on this and schedule for 2nd week of May.*

4. Wellness Policy Implementation Plan Review

- **Nutrition in PE lessons being used?** Shannon indicated that PE teachers like the concept but struggle with the time required to do the lessons. They do have MyPlate posters hung up in the gyms and most report that they do discuss nutrition. The lessons do seem to have sparked interest and awareness for integrating nutrition into PE
 - *Rachel will send out CDE training opportunities to PE teachers*
 - *Rachel will check to see if nutrition in literacy books are being used*
- **PTA/PTO meetings?**
 - Rachel discussed an idea she heard about from another district. They require their student wellness teams to report to the school’s PTA/PTO once per year. The committee decided that ‘required’ was not the right direction to go. *Instead, we will offer some sort of incentive for teams to report to their PTA/PTO, perhaps Desk Express coupons. Rachel will also look into sending a fruit tray to the PTA/PTO and meeting with them at the beginning of the year.*

- **Summary of in-depth review:** Leslie, Roxanne and Rachel met to go through the implementation plan in depth and discover areas to add or revise. The committee went through notes that were made based on this meeting. Discussion topics included the following:
 - Incorporate science and nutrition with the new *Love School Food Hate Waste* campaign that Nutrition Services is kicking-off. This could include a science class learning about the science involved in composting and how it helps the soil, followed by using that compost in their school garden, growing their own food and learning about nutrition of those foods. *Shannon will send the science curriculum to Rachel to see where this or other nutrition topics could fit. Rachel will connect with the AP at Centennial who is leading a compost program there. They also have a school garden. Will also connect with the Greeley Central Green Cats and see if there is an interest in having a school garden there.* Roxanne suggested including visual reminders of waste, such as a photo of the loads of trash in a landfill.
 - *Market the bulletin board kit resources heavily for National Nutrition Month in March. Also promote to office managers, send to student wellness teams*
 - Written materials in parent packets: consider sending home a recipe that ties to something kids do in the cafeteria- perhaps through the INEP program. *Rachel will work with Ellie on this.*
 - *Rachel will ask Student Wellness Teams to get a link to the Student Wellness webpage on their school's homepage*
 - *Rachel is making a schedule of visits to all 19 student wellness teams. Committee members will be invited*
 - *Rachel will work with Danielle to get QR codes on materials*
 - Samples of a new revised "Treat This, Not That" poster was reviewed. *Rachel will get these printed in poster size and sent out.* New healthy party posters were also reviewed. *Rachel will also get these printed and sent.*
 - Consider a Photo Voice project on school stores for MS/HS students
 - Fitness assessments were discussed. *Rachel will send a survey to MS and HS to see if students are creating their own fitness plans. She will also ask about access to cumulative data when she speaks at December PE meeting*
 - Expanding intramurals at the MS level was discussed. *Rachel will look into the hip hop program that High Plains Library does.*
 - Open use of school playgrounds was discussed. Rachel talked with Facilities who said that playgrounds are all supposed to be unlocked and open to public use after school hours, including the summer. *It was suggested that we do a promotion about taking advantage of the playground during the summer.*
 - *Rachel will look into trainings for recess monitors on active recess. Playworks offers these trainings.*
 - *Need to assess the needs for physical activity classroom kits for schools to check-out. Rachel will develop a survey to possibly present at the PE teacher meeting.*
 - *Rachel will add dance videos to the current recess manual posted online.*
 - *Include discipline alternatives to withholding recess in summer PD course*

- Developing a district-wide Student Wellness Council for students was discussed. Need to find teachers interested in these types of projects. Rachel discussed the model used in Jeffco, where students have to apply to be on the committee, are interviewed, selected and attend monthly meetings of which they are paid \$25 to attend. A survey is done at all levels to see what the top health concerns are. The council then focuses on these items. For example, at the HS level, drug-use was one of the top concerns indicated by students. The council made a “Just Say Know” video about the effects of marijuana that is now being incorporated into the health curriculum. *Rachel will see if she can sit in on one of these meetings in Jeffco to see how it is run.*
- Additional items were reviewed including:
 - *More emphasis on programs during the school day*
 - *Improve Safe Routes to School language in policy*
 - *Encourage recess before lunch in policy*
 - *Integrate Smart Lunch ideas from Cornell: for example, having the teacher talk about available items on the salad bar before going to lunch, get a ticket for each vegetable taken, turn in for a prize. Could be a good project for intern to see how many fruits and veggies are taken AND EATEN using this incentive*
 - *Pre-ordering meals: see if a school would be willing to pilot this*
 - *Health and wellness family nights: intern project*
 - *“Healthiest School Award” within the district. Could use similar criteria as USDA healthier US School Challenge*

5. SPARK book and letter

- Adams 12 school district’s wellness team asked one of their dietetic interns to go through the book *SPARK* by John Ratey and pick out the sections that would be important to administrators. A letter was then created indicating the page numbers recommended for review and sent out along with a copy of the book to administrators. This letter was reviewed by the committee.
- *The committee decided that this would be a good thing to send out to principals and our school board. Rachel will integrate this into the policy presentation to the board.*

6. Updates

- **Nutrition in Math Lessons:** Rachel received feedback from the math coaches. Overall they really liked the lessons. They are planning to put on the Schoolology website as a resource. *Final edits should be done in next few weeks.*
- **Running Clubs and Soccer Program:** we had 6 running clubs this semester, including: Centennial, Heiman, Maplewood, Martinez, McAuliffe and Shawsheen. Several other schools also started recess clubs as part of their SHIPs
- **Healthy Halloween Contest:** winner was Mrs. Kohl’s 2nd grade class at Centennial elementary, second place was Mrs. Mccall’s 4th grade class from Heiman elementary. Only 3 entries were received. It was decided that next year, Halloween-themed non-food rewards would only be given out to teachers who agree to enter the contest

- **Concessions Program:** launched about 2 weeks ago, have not received orders yet, but some interest
- **Safe Routes to School Grant:** grant was submitted and includes two D6 pilot schools: Centennial and McAuliffe
- **Walk to School Day Data:** Over 1500 D6 students participated at 10 D6 schools
- **Newsletter Mailing:** updated Farm to School newsletter was reviewed. This will be mailed to every D6 household in the next month or so
- **Wellness Watch Newsletter:** fall newsletter was reviewed. *This will be posted to the student wellness webpage and distributed to student wellness teams*

Next Meeting: January 15, 2015

Next Committee Meeting: February 3, 4:00-5:30.