

**Greeley-Evans School District 6**  
**Wellness Policy Meeting Minutes**  
November 19, 2013, 4:00-5:30pm

**1. Attendance**

| <b>Name</b>          | <b>Organization/Committee Role</b>    |
|----------------------|---------------------------------------|
| Laurie Zenner        | Healthy Kids Club                     |
| Katie Castillo       | Healthy Kids Club                     |
| Jeremy West          | WCSD6- Director of Nutrition Services |
| Rachel Hurshman      | WCSD6- Wellness Specialist/RD         |
| Maribeth Appelhans   | School Nurse                          |
| Maritza Medina-McCoy | Teacher                               |

**2. Comments Submitted to USDA: New interim final rule on all foods sold in school as required by the Healthy, Hunger-free Kids Act of 2010**

- The New USDA interim rule/regulation regarding “competitive foods” which includes all food sold during the school day and 30 minutes after the end of the school day; implementation set for July 1, 2014
- May affect the Vending Program and Wellness Policy.
- Rachel compiled comments and submitted them to the USDA. Specific comments were briefly reviewed. The strict restriction on sodium would be one of the most challenging to comply with in the vending program.
  - Right Bite Vending:  
All items sold in our vending machines meet our Wellness Policy guidelines and are categorized by “good”, “better”, and “best”. Strict new policies may make it difficult to find items that meet the required nutrition criteria. If the item is not a fruit or a vegetable, the item is required to be 50% whole grain by weight. Items also must be <200 mg sodium and < 200 calories. There are additional requirements; however, these are the ones that would affect vending.
- The USDA changes rules frequently; since this is not a final rule, we are going to see what food manufacturers come up with for new products in the next year, as well as what the final rule requires before we make any drastic changes.
- It is expected that we will hear the final rule soon after the New Year.

**3. Walk to School Day Success:**

- October 9<sup>th</sup> at Meeker and Shawsheen elementaries
- PE teachers were very supportive and worked as our school liaisons to get information out to parents, get approval from the principal, promote the event, etc.
- With help from Healthy Kids Club, the Make TODAY Count Campaign and goodies from Clif Kids, we were able to greet students with music, balloons, snacks, stickers, and a large banner to sign.

- Many students who did not walk or bike took the opportunity to walk or run 2 laps around the field to participate
- The event at Meeker made it into the Tribune; this article was reviewed
- The classroom with the most participants at each school earned a customized golden shoe award along with water bottles from Healthy Kids Club.
- Both PE teachers said the kids loved the event and that they will definitely participate next year- hopefully with the help of student wellness teams!
- It was suggested that next year we get data from Transportation about the number of students at each school who already walk or bike.

#### **4. Romero Elementary:**

- District 6 and the Make Today Count Campaign are coordinating a Health and Wellness track for a new Parent Institute at Romero this year. There are 4 other tracks on various topics that parents can choose from and then they stick with that track for the rest of the year.
- There will be 7 meetings throughout the year; different speakers from the community will be coming in to talk to parents about various wellness topics
- Scheduling conflict for the first meeting in September, due to a USA vs. Mexico soccer game, however, the sessions in October and November have been very successful
- About 18 adults and a few children in attendance for our track
- October: discussed the relationship between academics and wellness, plus goal setting
- November: dietetic intern, Michele, did a cooking demo and make Black Bean Vegetable Quesadillas. Big hit.
- Next- January: Leffler Farms for first half, Weld County Tobacco Coalition for the other half
- Success at Romero will be a good model for other schools to implement

#### **5. Kaiser Grant**

- We applied for \$100,000 in October
- Overall goal: increase student physical activity before and/or after the school day
- The two main objectives in the work plan were discussed.
  - Objective 1: running clubs at nine elementary schools and a soccer program for the four middle schools
  - Objective 2: student wellness teams at all elementary and K-8 schools
- Great opportunity to get student wellness teams started
- We should hear back on funding within the next few weeks

#### **6. Principal Meeting**

- Outline for the presentation Rachel hopes to present for principals in the next few months was reviewed. It includes:
  - Why School Wellness?
  - Wellness Policy
  - Specific Areas to Focus On

- Worksite Wellness

## **7. Wellness Team at Centennial**

- The team had their first meeting last month, with about ½ the team.
  - Team leader: Jennifer Johnson, 1<sup>st</sup> grade
  - Principal
  - Two 3<sup>rd</sup> grade teachers
  - One 5<sup>th</sup> grade teacher
  - Health office
- It was a successful first meeting, though the team may have been slightly overwhelmed with the abundance of information
- The team is really excited about all the opportunities in wellness and contributed 3 of the 5 healthy Halloween entries after hearing about it.
- They are working on a brain energizer challenge for the month of November to encourage teachers to use brain energizers by tracking how many times they use them
- Next meeting is Friday morning; plan is to create an action plan with goals
- Katie suggested that we contact the Make TODAY Count Campaign to see if the community care coordinator in charge of the Centennial area could join the team to help with the parent connection. Rachel will contact Carlee.
- Waiting to hear about the Kaiser grant to pursue next wellness team, but hoping to start at least 1-2 this Spring. Suggestions for locations of the next teams:
  - Dos Rios
  - Martinez
  - Romero
  - Scott
- Long term vision: student wellness leader and team at each school. This would provide a link at each location to promote the Wellness Policy and to encourage and implement different programs and events, like Walk to School Day.
  - We are hoping to make Centennial an example of successful implementation of student wellness teams and then spread this to more schools, similar to the spread of Breakfast in the Classroom

## **8. Healthy Halloween Contest**

- Dietetic intern, Kayla, had the idea to run a special non-food rewards program with Halloween rewards. It was a huge success- we received requests from 82 teachers and had to re-order prizes 3 times
- Received 5 contest entries (up from 3 last year)
- 1<sup>st</sup> place: Tiffany McCall from Heiman
- 2<sup>nd</sup> place: Jennifer Johnson from Centennial
- Thank you to Healthy Kids Club for providing jump ropes and other goodies for prizes
- Rachel will promote the healthy party kits in time for winter parties

## 9. Cafeteria Eating Environment Audits

- Audit evaluates:
  - i. Service area: things like where items are placed, wait time, etc.
  - ii. Dining area: things like nutrition education materials available, decorations, advertisements, etc.
  - iii. Attitudes and behaviors: things like if students are forced to finish their food, is socializing encouraged, etc.
- Making the healthy choice the easy choice
- Completed at Brentwood Middle, Romero k-7, Centennial Elementary, Dos Rios Elementary
- Main Findings were discussed including:
  - a lot of crowding in line at middle school level, didn't take fruit or veg, no pay; chaotic
  - students have around 10-15 minutes of seated time to eat on average. Our goal in the implementation plan is 20 minutes of eating time for lunch. It was suggested that we do a plate waste study comparing the amount of food eaten at the current time allowed and with 5 additional minutes. Jeremy will investigate this, and perhaps Alana can provide advice from her past experience with plate waste.
  - cafeteria could use some new decorations/student art
  - One school was very overcrowded; students had to "piggy back" trays. Jeremy suggested smaller trays for this location
  - Students encouraged to "stop talking and eat"... this is sending a negative message about eating fast, but also understand that the students need fuel and have limited time to get it in.
  - About ½ of the classes have recess before lunch
  - chocolate milk placed in front of white at many schools
  - Recommendations were passed on to Food Service Director, Area Supervisors
- Audits will continue throughout the year

## 9. Revisit Implementation Plan (full plan can be viewed at [www.greeleyschools.org/studentwellness](http://www.greeleyschools.org/studentwellness) )

- **Goal 1 Activities:**
  - Bulletin Boards for schools to check out: Kelly will have 1<sup>st</sup> set on MyPlate done by January. Likely will ask her to do more
  - Adding nutrition into math lessons still a work in progress- doing research
  - Will be meeting with all seven 21<sup>st</sup> century schools in the Spring to discuss wellness, will provide food too
  - Distributed Walk to School info in Shawsheen and Meeker parent packets, plan to do written materials for all schools in the Spring

- **Goal 2 Activities:**
  - Still in the beginning stages of the concessions project: will discuss options for providing healthy options with Bob the Vendor
  - Indoor recess resources: work in progress
  - Financial Policies Manual: Jeremy will look this over to see what is said about fundraising- determine the date that fundraisers must be determined for that year so that we can heavily promote healthy ones before that date
- **Goal 3 Activities:**
  - Worksite wellness goal: needs to be moved to Worksite Wellness Implementation Plan
  - Joint use agreement: the purpose of this would be to allow the public (not just programs under the City) to use the gym during specific times. Need to determine how much the City is currently using the facility to determine when open hours could occur. Jeremy/Rachel will work with Mandy in finance to determine this.
- Rachel will go back through and determine realistic time frames for the activities that still need to be completed. Additional suggestions for improving student wellness were discussed, including:
  - Presenting wellness info at PTO meetings to get parent buy-in, particularly at schools that have low participation in school lunch and have lower free/reduced numbers: Monfort and McAuliffe. Jeremy and Rachel will put together a presentation that could be used for this and then contact the office staff at these schools to determine meeting dates for the Spring
  - Mail out a newsletter to parents with student wellness info. Include a Facebook promotion (like us by x date and be entered into a drawing for a bike)

**Next Meeting: February 4th, 4:00-5:30**