

Greeley-Evans School District 6
Wellness Policy Committee Meeting Minutes
12-6-2016, 4:00 pm – 5:30 pm

1. Attendance

Name	Organization/Committee Role
Katie Castillo	Healthy Kids Club
Laurie Zenner	Healthy Kids Club
Marissa Hughes	PE teacher
Roxane Conant	Banner Health
Jeremy West	WCSD6 – Director of Nutrition Services
Rachel Hurshman	WCSD6 – Wellness Coordinator/RDN
Courtney Bell	WCSD6 – Wellness Specialist
Kara Sample	WCSD6 – Assistant Director of Nutrition Services/RDN
Natalie Leffler	WCSD6 – Food Hub Manager
Katrina Deloso	WCSD6 – AmeriCorps. VISTA
Leslie Beckstrom	Weld County Health Department
Kirstin Martin	Dietetic Intern at Weld County Health Department
Carlee Rosen	NCHA- Make Today Count Campaign
Bryan Decker	Dietetic Intern
Cara Munson	Dietitian/ES Parent
Katharine Holmes	Kids Care Clinic
Ashley Garcia	Kids Care Clinic
Ellie Dudley	Integrated Nutrition Education Program
Brian Dauenhauer	UNC Professor/ES parent
Casey Hammes	Master in Public Health Practicum Student

2. Introductions

New attendees included Cara Munson, a dietitian and elementary school parent and Bryan Decker, dietetic intern for Nutrition Services. Welcome Cara and Bryan!

3. Interaction Between Seated Meal Time, Recess Before Lunch, and Plate Waste: Progress Report

- Casey Hammes, a Master in Public Health graduate student, discussed a study that she has been working on this semester. She collected lunchroom data in elementary schools, which included seated meal time, percentage of food consumed, and if the student had recess before lunch (RBL). Some key highlights included:
 - To date, Casey has observed 102 students

- Observed that students' seated meal times varied between 11 to 20 minutes
- Many students used lunch time to converse with peers
- Not eating or finishing meals *may* be attributed to picky eaters (i.e., not wanting to try food)
- Jeremy reviewed lunch time recommendations that he plans to present to Superintendent Deirdre Pilch. He discussed recommendations for elementary, middle, and high schools, which included:
 - Elementary: RBL for all schools (examples of schools that currently have this model include Monfort, Centennial, and Scott Elementary) and extending the lunch period by 5 minutes.
 - Middle: Serving each grade level separately and reducing the time between lunch periods. Longer times between lunch periods creates inefficiencies.
 - High: Nutrition Services had no preference for one lunch period vs. multiple lunch periods. If one period offered, 40-45 minutes is needed for lunch. If two meal periods are offered, 20-35 minutes each is needed.
 - 20 minutes between meal periods would allow staff to batch cook fresh items.
 - The Student Wellness Committee recommended the following considerations:
 - Consider different verbiage for seated meal time. Changing seated meal time may have unintended consequences by taking away time from recess.
 - For non-RBL schools: Some students sit down for lunch and immediately raise their hands to head out to recess. Consider schedule with allotted seated meal time before releasing students for recess.
- *Casey will analyze data from lunchroom study and write a report with recommendations for D6 by the end of May.*

4. School Garden Updates

- Katrina discussed an article that was in the Intercom and Greeley Tribune that highlighted the composting equipment Nutrition Services received as part of a grant from The West Greeley Conservation District. Nutrition Services currently has four tumblers outside the Central Production Kitchen (CPK) that are managed by the Food Hub Manager. Katrina asked for suggestions on how the tumblers could be maintained (have to be rotated manually multiple times per day) so that we could spread composting out to the schools. Contact Katrina Deloso or Natalie Leffler if you have any suggestions on mass production tumbler management.
- Courtney discussed a project she is leading for the Regional Institute for Health and Environmental Leadership (RIHEL). Curriculum will be matched to Colorado Education Standards to help teachers who wish to integrate gardening into their lesson plans. Leslie recommended resources such as Denver Urban Garden curriculum, CSU Nutrition Program, and other education-based institutions to reach out to since they likely have already created such a curriculum. *Courtney will reach out to and research Leslie's recommendations and report to RIHEL partners.*
- Expansion for the project includes:
 - Garden to Classroom program: VISTA and interns will go into classrooms and teach gardening to students. *Katrina will develop program and continue to pilot Garden to Classroom program.*
 - Chef in the Classroom: Upload Chef in the Classroom curriculum and create how-to videos for teachers and kitchen managers to watch for training purposes (long-term goal and may not be completed by the end of RIHEL).

- Courtney shared some data points for Chef in the Classroom
 - 2014-2015: 13 Chef in the Classroom presentations
 - 2015-2016: 64 presentations (18 in the fall)
 - 2016-2017: 47 presentations in the fall
- Courtney will plan a “Train-the-Trainer” workshop for Kitchen Managers to get involved with nutrition education to help alleviate Chef in the Classroom capacity issues.
- Courtney will divide project between RIHEL partners and D6 garden team. Project will be complete by end of May.

5. School Health Improvement Plan (SHIP) Updates

- The Student Wellness Committee reviewed the SHIP updates for schools and provided the following recommendations (see SHIP Updates 2016 document for more details on team updates):
 - Madison SMART Goal: By February 16, 2017, Madison will increase the participation and number of attendees at their Wellness Fair by 25% (100 attendees). By May 23, 2017, *SEE PLAYWORKS SHIP* remaining of year.
 - **Recommendation:** Increase participation through promotion, capacity (booth numbers), incentives (food, prizes), and by piggybacking with other events (such as a school concert).
 - Scott SMART Goal: On March 28th 2017, 50% of our population will attend our Wellness Night. Goal is to have 200 families attend:
 - **Recommendation:** Be more realistic (40 to 200 is a huge jump). Aim for 50% more than last time (60). See Madison’s recommendation above for tips on increasing attendance.
 - Chappelow SMART Goal: By May 1st, 2017, Chappelow K-8 will have established a successful*, sustainable Playworks Recess Program impacting all students in grades K - 5. *Successful will be defined as a program that is accepted by students and staff and shows increased levels of physical activity, improved playground safety, decreased behavioral incidents, and increased inclusion of all students. *Specific goal: Create videos and visuals to help students understand core games.*
 - **Recommendation:** Conduct surveys and observations (pre/post) for measurement of success. Metrics of success are vague and need defining.
 - Brentwood SMART Goal: By May of 2017, 50% of AVID teachers will complete three Mind/Body Connection Lessons in their AVID class (want to reach 17 teachers and 412 students). (Background: the teachers that were trained would train other teachers and students in Mind/Body lessons → similar to a “train-the-trainer” format).
 - **Recommendation:** Create and implement training plan; could be embedded as standing agenda item at staff meetings. Incentivize teacher participation. Use Drive to share/YouTube/get it support.
 - West (no SMART Goal)
 - **Recommendation:** Find students who aren’t overcommitted. Consider targeting freshman. Start with a small goal to build on, better than having nothing at all.
 - Northridge SMART Goal: By May 2017, have a developed plan to implement wellness events and activities for next school year and have it uploaded into a place that is transferable.

- **Recommendation:** Look at other high school committees that aren't necessarily wellness. What makes them successful? Change how wellness is advertised – leadership, resume building, and connect it with a school project (perhaps a health class project). Work with guidance counselors.
- Romero K-3 SMART Goal: By May 2017, 75% of the teachers will celebrate student birthdays with a no-cupcake policy.
 - **Recommendation:** Look into doing parent survey.
- Maplewood SMART Goal: By May 2017, 85% of Maplewood teachers will promote and/or participate in various school-wide student wellness activities in their classrooms (such as Jump Rope for Heart, and Schools on the Move 5210 Challenge). Participation of classroom (such as Integrated Nutrition Education Program, Fit Sticks, Go Noodle, other brain breaks) and school-wide health and wellness activities will be communicated with parents.
 - **Recommendation:** Idea sharing about Playworks using best practice booklet to share recommendations with other schools. Data collection would be nice to see (ex: office referrals). Better definition of options for classroom/schoolwide activities.
- Martinez SMART Goal: By May 2017, Billie Martinez staff and students will have nominated up to 3 students and 1 staff member per month to be recognized as being healthy role models.
 - **Recommendation:** Consider some kind of event/promotion of physical activity. Reward better prizes for the contests so that participation increases (contact Wellness Specialist).
- Jackson SMART Goal: By May 24, 2017, Jackson Elementary School will have established a successful*, sustainable Playworks Recess Program impacting all students in grades K-5th.
 - **Recommendation:** Have office track referrals from recess. Where do they build from here? Very narrow focus. Regarding K-2 supervision issue – talk to other schools to see how they manage it. Consider using youth leaders (older students) to teach large group games to younger students.
- Centennial SMART Goal: By May 25, 2017, Centennial School will have established a successful*, sustainable Playworks Recess Program impacting all students in grades K - 5. Specific goal: Implement Playworks with fidelity across grade levels.
 - **Recommendation:** It is okay for before school recess to not be Playworks. Promote resources to teachers. Share that indoor recess is working well (with staff and other schools, as a best practice).
- Central SMART Goal: By end of semester 1, have a team of at least 3 students. By the end of the school year have one school-wide wellness event.
 - **Recommendation:** Promote student wellness teams differently, such as stating it looks great on college application, great leadership opportunity, can be used as community service and advertise/promote Hot Chocolate Run well to recruit students. Ask guidance counselors to promote joining this team as it will look great on college applications.
- Dos Rios SMART Goal: By May 2017, 85% of Dos Rios teachers will report promoting participation in various student wellness activities in their classrooms at least twice. These activities will include a variety of physical and nutritional practices and will also be carried over to the student's home life.

- **Recommendation:** Use Indoor Recess/Playworks as a resource. Have staff participate in refresher mini-training. Don't get overwhelmed (Dos Rios is already participating in a lot of wellness activities).

Heiman SMART Goal: By May 2017, 75% of staff will shift the culture of wellness through education here at Ann K Heiman.

- **Recommendation:** Encourage Heiman that all schools have started out with this type of culture (i.e., receiving push back or resistance) and once one thing catches on, it becomes a downhill battle. Also recommend rewording SMART goal so that it is specific (i.e., educate on what? Pick 1-2 topics to educate staff on).
- Winograd SMART Goal: By May 2017, Winograd K-8 School will have selected two 5210 Health Heroes each month since November to recognize at the monthly school assembly.
 - **Recommendation:** Ask Health Heroes to provide artifacts (e.g. pictures) to contribute to nomination and bulletin board. Consider how this initiative could be layered on top of other schoolwide efforts (e.g. brain energizers, Walking Classroom, RBL, 5210)
 - Heath SMART Goal: By May 2017, 75% of students will be exposed to 2 or more Heath Middle School Wellness activities in the classroom or out of the classroom (such as Walk to School Day, Fitsticks, Farmer in the Classroom).
 - **Recommendation:** If Farmer in the Classroom is too challenging, focus on some of the many other options available. Is there an easy way you have identified to keep track of different activities (e.g. teacher log)?
 - McAuliffe SMART Goal: By March 2017, 50% of teachers will implement Chef-in-the-Classroom at least once in their classroom.
 - **Recommendation:** Identify STEM connections within Chef in the Classroom (e.g. cooking is chemistry, math application)
 - Monfort SMART Goal: Increasing MVPA (Moderate to Vigorous Physical Activity) in students at recess while also improving safety, decreasing behavioral incidents, and increasing inclusion (Playworks).
 - **Recommendation:** Identify student leaders at each grade level, organize a meeting/workshop to teach games/rules and include paraprofessionals so they know who the student leaders are and are also familiar with the games
 - Romero 4-8 SMART Goal: By December 2016, 50% of teachers will be taking physical movement "brain breaks" during classroom time on a daily basis. By May of 2017, Romero Runners Club will have students from every grade level participating. 100% of 4th and 5th grade classrooms will be encouraged to participate in healthy holiday parties.
 - **Recommendation:** During staff meeting, have Wellness Specialist demonstrate one or more resources that department offers (such as Chef in the Classroom, brain energizers, etc.)
 - Shawsheen SMART Goal: By May 2017, implement healthy food choices in classroom parties, increase participation in before and after school activities by at least 20%. Additionally, we will organize and facilitate a wellness fair for students and families.
 - **Recommendation:** Wellness Specialist will focus on communicating with wellness team through other avenues (such as phone calls) and will help with wellness fair.
 - Meeker SMART Goal: By May 2017, 75% of students will learn the importance of hydration as well as increasing their daily physical activity through wellness activities, before and after school

programs and PA during the school day (will tally number of students who bring in water bottles to school)..

- **Recommendation:** Meeker is very involved with wellness (Chef in the Classroom, hosting holiday fun runs, Playworks, Fire Up Your Feet, hosting their first jogathon this year, etc.). A few recommendations include: 1. Not get too overwhelmed or overcommitted 2. Continue the work that you are doing and 3. Celebrate your successes!
- Franklin SMART Goal: By April 1, 2017, 6 classrooms (2 in each grade level) will participate in a mindfulness break every day after lunch.
 - **Recommendation:** In fall semester, team worked on recruiting and training teachers. After first few mindfulness practices in January, gain feedback from students and staff. Address barriers as needed. Share success with Brentwood Middle School.
- Prairie Heights SMART Goal: By October 12, 2016, 80% of students and staff will participate in PINK DAY learning about breast cancer and how to help prevent it. By February 28, 2017 90% of the students and staff will have completed the 5210 challenge.
 - **Recommendation:** Consider creating a student-led team that can help with some of your work in wellness (many elementary schools are doing this). This could transfer over into high school. Leverage help and support from other teachers (science teacher or language arts teacher) who use programs like Chef in the Classroom and maintain gardens.
- Jefferson SMART Goal: By March 2017, 50% of our teachers will have participated in a school wide fitness activity.
 - **Recommendation:** Revise SMART Goal to be focus on building awareness and support for student wellness. Consider partnering with science teacher (Rob) and have students write grants or help with greenhouse efforts. *Courtney will try to connect Jefferson with Green Cats, a club at Central High School.*
- *Courtney will send out committee recommendations to teams in the beginning of the spring semester and provide printed copies at the January Re-Energizing Meeting.*

6. Wellness Fair

- In the grant that Nutrition Services received from The Colorado Health Foundation, we wrote that we would hold a district-wide student wellness fair (aimed at attracting students and families). One option is to hold at the University of Northern Colorado (UNC) and open up access to the climbing wall or ropes course.
- The committee provided the following recommendations/ideas based on the grant narrative:
 - Pair fair with existing event, such as:
 - Dos Rios' Color Run
 - Children's Day at Best Buy. United Way leads this
 - D6 Kickoff at beginning of year
 - UNC's Kid's Day at the game
 - CDOT's Fair
 - Day of Dance (FunPlex). Banner Health leads this.
 - Partner with FunPlex and see if they can provide free admission
 - Have fair close to Poudre Trail

- Partner with the Wolf Pack (contestant from Ninja Warrior TV show)
- *Courtney will begin contacting the appropriate persons to partner with before Christmas break.*

7. Student Wellness Team Leader Meeting

- We host two required team meetings for student wellness team leaders, per year. The first one goes over general logistics of student wellness (i.e., who, what, where, when, and why). The second meeting, hosted in January, is a way for the leaders to get re-energized and network with one another. For the first portion, we will have Laughceuticals, a stress management improv program that is offered for free through Kaiser Permanente.
- Last year, we had student wellness team leaders give presentations on their SHIP progress and successes. This year, the committee agreed to replace the presentations with “EdCamp.” EdCamp is a learning environment that was developed by educators, for educators. The purpose would be to have teachers become facilitators in a group discussion and network with each other.
- *Courtney will send a meeting invite to SWC and student wellness teams. She will also send an e-mail address explaining EdCamp and asking for topics from team leaders.*

8. Updates

- Smart Source Update: Reminder – Smart Source is a comprehensive assessment that measures school health policy and practice in the areas of general health policies and practices, nutrition, physical education and activity, health education, health services, counseling/psychological/social services, healthy and safe school environments, family/community/student involvement, and staff health promotion. Smart Source did not evaluate all areas within our wellness policy (required by USDA) and as a result, D6, the health department, and the committee helped narrow down and finalize questions needed to fully evaluate our policy. The D6 assessment has been finalized and links for both Smart Source and the D6 assessment have been sent out to our student wellness teams. The final assessment was shared with the committee. Some schools received one link that contained both Smart Source and the D6 Wellness Policy assessment. Other schools will receive two links: one that will have them complete Smart Source and the second link containing the D6 Wellness Policy assessment. These need to be completed by teams by January 20th. *Courtney will remind teams of due date and continue to follow-up until end of January.*
- Mindful Life™: Recently provided Mindful Life™, a mindfulness professional development program that teaches educators how to bring mindfulness into the classroom. This training was provided for all staff at Jefferson Sr. High and Jr. High schools. Staff who attended will receive a weekly lesson plan and access to additional resources. This was funded through our grant from The Colorado Health Foundation.
- Integrating Physical Activity into the Classroom: Online course offered by Principal at Red Hawk Elementary on how to integrate physical activity into the classroom and school culture. Because D6 received funding through The Colorado Health Foundation, teachers who register for this class can take this class for free and D6 is guaranteed 10 spots for this course. Teachers who take this will also receive three hours of graduate credit that can be used for horizontal advancement. Currently D6 has four

teachers registered for this course. *Courtney will promote and write up short paragraph to promote in the Intercom.*

Next Committee Meetings:

- Student Wellness team leader meeting: January 18th, 2017 4:15 pm – 6:30 pm
- February 7th, 2017, 4:00-5:30 pm
- April 4th, 2017, 4:00-5:30 pm
- June 6th, 2017, 4:00-5:30 pm