

**Greeley-Evans School District 6**  
**Wellness Policy Meeting Min**  
 February 18, 2014, 4:00-5:30pm

**1. Attendance**

<b>Name</b>	<b>Organization/Committee Role</b>
Laurie Zenner	Healthy Kids Club
Katie Castillo	Healthy Kids Club
Alana Cline	UNC Professor
Ellie Dudley	Integrated Nutrition Program
Jeremy West	WCSD6- Director of Nutrition Services
Rachel Hurshman	WCSD6- Wellness Specialist/RD
Stephanie Lambrix	Dietetic Intern
Chase Chesterman	Dietetic Intern

**2. Kaiser Grant & Other Grants Received**

- We received \$100,000 grant from Kaiser Permanente. Funds are to be used for increasing physical activity before/after school and/or during the school day.
- This semester is to be used for planning and hiring, while activities will actually be implemented in the 14-15 school year
- A summary of the work plan was reviewed including goals of:
  - Implementing student wellness teams at all elementary and K-8 schools
  - Expanding the soccer program currently at John Evans to all four middle schools
  - Implementing running clubs at all four middle schools
  - Implementing running clubs through Summit Day Program at all title elementary schools
- Hiring needs were discussed. Dr. Hydock and Dr. Cline from UNC will both be used as contacts for recruiting UNC students for coaches
- Rachel discussed developing a needs assessments for Principals and PE Teachers to assess the current intramurals occurring. Distribute in April.
- The other grant received was a \$500 grant from the School Nutrition Association to be used for wellness, specifically Recess Kits and Chef in the Classroom presentations. Funds must be used by May 31<sup>st</sup>

**3. Recess Kits**

- **Needs Assessments:** dietetic interns will create this and distribute to PE teachers to determine what recess equipment is needed
- Other resources to determine appropriate equipment include the Make TODAY Count Campaign as well as Dr. Sabo from CSU who is doing a research project relating to active recess

#### **4. Sprint into Summer 5k: May 3<sup>rd</sup>**

- Moved the route from McAuliffe to Greeley West
- Added Kids Fun run (1/2 mile) for kids 10 and under
- Fees: \$5, \$3 for additional family members
- Distributed Save the Date cards
- PE Teachers and possibly some office staff will receive race t-shirts to promote the race at school

#### **5. Bike to School Day: May 7<sup>th</sup>**

- Similar events will be planned as were used for Walk to School Day. This includes music, balloons, incentives, banner to sign
- We are hoping to use some of the Kaiser funds for these events, including incentives like helmets, a bike to raffle, etc
- More volunteers are needed to cover more schools
- We would like to get local bikes stores involved to help promote and be available for bike safety checks
- The Weld County Health Department recently received some funds for bike transportation. Rachel will inquire about collaboration.
  - Also inquire about a Safe Routes to School program
- Work with Make TODAY Count Campaign. Rachel will contact them to find the contact info of the person who works with the bike donation project
- Inquire with PD and Fire to see if they are interested in participating
- Rachel will contact PE teachers to see if any are interested in leading events at their schools

#### **6. Student and Parent Surveys**

- Jeremy reviewed the surveys that will be sent to students and parents regarding their satisfaction with the school meal programs
- Nutrition Services staff will be on-site to ask students to take the survey on a handheld device; incentives will be provided

#### **7. Current Legislation**

- **New Opportunities for Bicycle and Pedestrian Infrastructure Financing Act (HR 3978):** if passed, this bill would allow the city to borrow enough money to build infrastructure now and then pay off the loan over several years
  - If passed, this could be an option for sidewalks at Romero
  - Rachel will send out the link for committee members to ask our representative to support this bill

- Jeremy discussed a bill that would expand existing legislation to fund school lunch for students beyond just K- 2<sup>nd</sup> grade. It would eliminate the “reduced” category so that these students would receive free lunch as well

## 8. Updates

- **Reimbursable Vending Machines**
  - Machines will be placed initially at Greeley West and Northridge High Schools
  - A video was shown explaining reimbursable vending machines
  - The menu was reviewed along with the advantages of these machines in terms of labor costs and time savings
  - Hope to encourage more high school students to eat school lunch
- **Wellness Team at Centennial**
  - Registered for Schools on the Move
  - Starting Girls on the Run on March 6<sup>th</sup>
  - Starting Chef in the Classroom this Spring for upper grades
  - The team presented at a staff meeting- Jennifer said it was well received
  - We are hoping to work with the team more as we get wellness teams started across the whole district
- **Cafeteria Eating Environment Audits**
  - Discussed common findings including lack of decorations or appropriate posters, crowding, and lack of wellness support from school staff. Suggestions:
    - Work with art teachers to add student art to blank walls in the cafeteria- starting with Maplewood
  - Parents frequently bring fast food in for their students: this is hard to avoid but we will continue to educate parents on healthy choices
- **Valentine’s Day Contest**
  - The 3 entries received thus far were reviewed. Creative ideas included red fruit pizzas, a dance party and yogurt bar
  - Would like to increase participation in these types of events through student wellness teams
- **Presentations at Title Schools**
  - Romero Parent Nights: last presentation was last week due to Romero-East Memorial consolidation meetings. The principal would like to do this program again next year.
    - Maggie from the Health Department talked about tobacco issues. We also had Anthony and Sarah from Leffler Farms in Eaton talk about Farm to School and the items they provide to the district.

- Rachel has presented at 3 other Title Schools about the relationship between wellness and test results/ academic performance since TCAPs are coming soon
- **Student Wellness Assessments**
  - Rachel went to PE teacher meetings to explain and distribute the annual Student Wellness Assessment. She asked that they be returned by the end of February; she has received 7 so far
  - Results will be reviewed at the next meeting

## 9. Updated Implementation Plan

- **Principal Meeting on 2/20/14**
  - Jeremy and Rachel have a 20 minute presentation for Principals tomorrow morning. They will be presenting on Student Wellness topics including:
    - Wellness Policy
    - Healthy Fundraisers,
    - Healthy Classroom Parties
    - Non-Food Rewards.
  - The goal is to increase Admin awareness about the Wellness Policy and have them support the information and share it with their staff
- **Bulletin Boards for Check-out**
  - The MyPlate bulletin board components made by a UNC student were reviewed
  - Suggestions for marketing include: sharing with Centennial's Student Wellness Team, advertising in the Intercom, Facebook, and our webpage
  - Use a check-out system so that materials can be re-used
  - Suggestions for other topics:
    - Sugar in drinks
    - Eat This Not That
    - 5210 message
- **Presentations at PTO meetings**
  - The current power point presentation used for Title School presentations was reviewed as a potential presentation to use at PTO meetings. The committee was asked for ideas of what they think the benefits of school lunch are (for a full pay student)? Ideas included:
    - Saves time
    - Balanced meal
    - Variety
    - Hot items
    - Food safety

- **Newsletter mailing:** reviewed the current Spring 2014 Wellness Watch as an example. Suggestions include:
  - Ask a teacher to write an article
  - Glossy and colorful- have Communications develop this
  - Mail out during Back to School
  - Do a Facebook Promo
  - Include the parent survey

**Next Meeting: April 29th, 4:00-5:30**