

Greeley-Evans School District 6
 Student Wellness Policy Committee Meeting
 Minutes
 February 9, 2016, 4:00 pm – 5:30 pm

1. Attendance

Name	Organization/Committee Role
Katie Castillo	Healthy Kids Club
Brian Dauenhauer	UNC Professor/ES parent
Ellie Dudley	Integrated Nutrition Program
Rachel Hurshman	WCSD6- Wellness Coordinator/RDN
Courtney Bell	WCSD6- Wellness Specialist
Kara Sample	WCSD6- Assistant Director of Nutrition Services/RDN
Leslie Beckstrom	Weld County Health Department
Carlee Rosen	NCHA- Make Today Count Campaign
Bu Men	Student at Greeley West High School
Tabo Can	Student at Greeley Central High School
Natalie Danhoff	Parent (Chappelow)

2. Recap of Student Wellness Team Leader Meeting

- Courtney discussed the student wellness team leader meeting that occurred on January 20th. 76.9% of the student wellness leaders were in attendance.
- Highlights from the student wellness team leader meeting include:
 - Dos Rios discussed their MOVIC program and Mexican dance club. They also promoted the Walking Classroom which resulted in two teachers turning in rental sheets. Romero 4-8 is discussing renting as well.
 - McAuliffe discussed their plays for Fuel Up to Play 60, including delivering Thanksgiving meals to families in the McAuliffe area. They also discussed their wellness fair which inspired many of the teams to host their own fair.
 - Monfort met their goal of scheduling three Chef in the Classroom visits. They developed a Fit N Fun club and have increased participation to approximately 50 students. They hosted a Fit N Fun Hot Chocolate run and had a huge turnout!

- Romero 4-8 was struggling at first, but now have gained momentum in promoting Chef in the Classroom. They have scheduled three Chef in the Classroom demonstrations and plan to schedule five more for their 5th grade classes.
- Franklin implemented Fuel Up to Play 60 and is winning the competition between Greeley-Evans and Fort Lupton schools. They currently have 22 adults enrolled, 30 student ambassadors enrolled, 2 adults signed up as program advisors, 1062 challenges completed by students, and 0 touchdown awards. Centennial is in 2nd place, with 974 challenges completed by students.
- Results of the evaluation given during this meeting were reviewed. The evaluation assessed if the student wellness team leader meeting was effective in meeting the intended objectives (questions and results shown below). Evaluation was anonymous. Suggestions will be used in planning future team meetings.
 - The meeting provided useful information (7.41% neutral, 66.67% agree, 25.93% strongly agree)
 - I will use information gained from other schools to improve wellness within my school (3.7% neutral, 51.85% agree, 44.44% strongly agree)
 - I was able to network with others to gain additional wellness information (11.11% disagree, 14.81% neutral, 40.74% agree, 33.33% strongly agree)
 - I enjoyed this meeting (22.22% neutral, 51.85% agree, 25.93% strongly agree)
 - Any additional suggestions on how to improve this meeting?
 - Many thought the meeting was too long – we will shorten this in the future
 - Some wanted a healthy dessert (blueberry bars or other healthy treat)
 - Suggestions to split elementary, k-8, and middle school teams into different meetings. These schools have different needs. This will also cut down on presentation time. *Courtney will schedule two separate meetings for these schools and will find out if k-8 schools would rather attend the elementary or secondary meeting.*
 - Place a time limit on presentations.

- More time to discuss ideas with other teams. *Courtney will include a longer Networking Break for teams (20-30 minutes, depending on attendance).*

3. Student Wellness Survey Results

- A student wellness survey was given to the student wellness teams at the meeting that occurred on January 20th. This survey asked a series of questions to determine what resources the schools are currently using, what barriers they encounter, and what additional resources they would like. Questions reviewed below:
 - What current wellness programs does your school have (or currently using)?
Note: in the future, need to be clear that “current” indicates this school year
 - Fit Sticks, GoNoodle, or other Brain Energizers (95.83%)
 - Non-food rewards (87.5%)
 - Fuel Up to Play 60 (37.5%)
 - Playworks (33.33%)
 - Healthy Parties (w/o kits) (33.33%)
 - Chef in the Classroom (25%)
 - Inactive school garden (space has been designated but is not currently maintained) (20.83%)
 - Active school garden (growing and harvesting annually) (16.67%)
 - Healthy Party Kits (16.67%)
 - Smoothie Bike (16.67%)
 - Non-food fundraisers (readathon, candles, etc.) (12.5%)
 - The Walking Classroom (4.17%)
 - Active Fundraisers (jogathon, walkathon) (0%)
 - Other (please specify)
 - 5210, BRAX fundraiser, etc.
 - What barriers/problems do you have with implementing wellness initiatives/programs?
 - Not enough time (91.67%)
 - Not enough help from school staff (70.83%)
 - Other (please specify) (37.5%)
 - Parent engagement, low socioeconomic status
 - Not enough money (33.33%)
 - Administration not on board (25%)
 - Not enough help from district wellness department (0%)
 - What additional student wellness programs or resources would you like implemented at your school?
 - Wellness nights (for families) (62.5%)

- Anti-bullying (45.83%)
 - Food waste reduction (45.83%)
 - Cooking classes (for parents) (37.5%)
 - Mental and emotional wellness (37.5%)
 - Stress management (33.33%)
 - Before and after-school physical activity programs (intramural sports, physical activity clubs) (20.83%)
 - Mindfulness (16.67%)
 - Recess before lunch (12.5%)
 - Gardening (12.5%)
 - Tobacco, marijuana, and alcohol prevention/cessation (8.33%)
 - Suicide prevention (8.33%)
 - Composting (4.7%)
 - Facility access after school for community (4.17%)
 - Other (please specify) (4.17%)
 - Playworks
- Any additional comments on how the district wellness department can better support you?
- Allow meeting during early release time or no student days – have this be one of the “trainings”. *Courtney will investigate this option*
 - Continue to send us resources for upcoming events
 - The chocolate sales DON’T support wellness! Something more healthy available? Courtney provided information on healthy fundraiser opportunities.
 - Non-food rewards, when requested were not delivered on time or in adequate quantity.
 - More nutrition education resources that do not require substantial teacher work (i.e., posters, pre-made resources). *Courtney will send new “Reward With This, Not That” poster once it is approved by the SWC. Additional resources will be ordered/created and provided to wellness teams at the beginning of the next school year.*
 - I appreciate all the info you pass on to us!
 - When providing non-food rewards, please send the same item for the classroom. Example: 30 puzzles vs 10 puzzles, 10 pencils, 10 rubix cubes. *Courtney will ensure that enough of the same item is provided for each student in the class*

- SWC split up into groups to complete a brainstorming activity to discuss the results from the survey. Results are detailed below.
 - Data from the student wellness survey revealed that the top 2 barriers teachers struggle with are “not enough time” and “not enough help from school staff.” In your group, discuss 1-2 ideas or resources for teachers to overcome these barriers.
 - Promote brain energizers during specials, not just core class time.
 - Prioritize activities and resources that require less time and prep and promote them. *Courtney will research additional resources that do not require a lot of time or prep (example: fruit smoothie packets)*
 - Positive attitude
 - Using teams who have had success to share their strategies with others (bright spots). *Courtney will promote student wellness team success on the Facebook page every Friday. This will be called, “Friday Night Highlights.”*
 - Sharing what went well (parents). *Courtney will share resources with school PTOs.*
 - Emphasize role of parent champion. *Courtney will recruit parent champions, beginning with school PTOs.*
 - Formalizing role of wellness champion
 - Have value placed on them so that it is not perceived as additional work. *In the future, Courtney will work with principals to have student wellness teams count as committee time (similar to math or science committees).*
 - Make it look fun/enjoyable, incorporate use of videos. *Courtney will promote “Videos” page on the student wellness site.*
 - The programs that are most utilized are simple and easy to access (brain energizers, non-food rewards). How can we make other programs easy? *Courtney will research additional resources that can be used by teachers that are simple and easy.*
 - Competitions for teams to get them involved, provide incentives like Fitbit, healthy meal, massages. *Courtney will begin working on a student wellness challenge (similar to worksite wellness) that are points-based and provides incentives.*
 - In your group, discuss resources that we can provide teachers that help with 1. Stress management 2. Anti-bullying 3. Food waste reduction and 4. Mental and emotional well-being.

- Stress management: GoNoodle (breathing exercises), emphasize enhanced well-being shown by participation in physical activity/exercise, equal time/priority for specials, less homework for students, discuss mental health and anti-bullying on early release days. *Courtney will verify if mental health is in CDE standards.*
- Anti-bullying: peer-to-peer anti-bullying program, anonymous reporting of bullying, restrict electronics use so students cannot video record their activities, promote extracurricular activities. *Courtney will research opportunities that can improve the school environment and reduce bullying.*
- Food waste: Recess before lunch, district-wide composting program- work with district's Waste Management contact to see if they could provide bins for composting and pick them up frequently, recovering food to donate to food bank, promote sharing table in the cafeteria where students can put food they don't want (unopened) and other students can take it, designate a certain number of seated minutes before going out to recess, increase lunch period. *Courtney will contact appropriate staff to discuss composting program (i.e., if it exists and how to implement in all schools)*
- Posters on anti-bullying, stress management, and mental/emotional well-being. *Courtney will order or print posters to distribute to wellness teams.*

4. Rachel led us in a stretching brain energizer

5. The Colorado Health Foundation Grant (Implementation)

Program area:

- Discussed the areas that we will apply for:
 - Continue to support wellness teams
 - Provide stipends and funds for wellness initiatives
 - Expand student wellness teams into the high school level
 - Provide stipends and funds for wellness initiatives
 - Partner with UNC to do research on high school student wellness resources
 - Conduct review of resources for secondary classroom PA breaks
 - Conduct focus groups with students and teachers
 - Develop resource guide
 - Recruit schools/teachers to try activity and provide feedback
 - Conduct follow-up focus groups with students and teachers
 - Refine resource guide and submit to D6 wellness
 - Playworks expansion

- Playworks training for four new schools
- Playworks advanced training (refresher)
- Playworks junior coaches training
- Recess team to support Playworks implementation and fidelity
 - T-shirts + funds
- Implementation of district-wide student wellness fair
- Professional development (PD)
 - Funding for two student wellness PDs
 - Funding for Mindful Life (one-day training)
 - Funding for additional PD (Kim Bevill?)
- Rachel reviewed the budget for the grant. We are requesting \$50,108 in year one and \$65,294 in year two from TCHF
- The committee approved the areas we are applying for and the budget. Will move forward with submitting the grant application by 2/15/16

6. The Colorado Health Foundation Grant (Outdoor Learning Environment)

- Funding Strategy: Create healthy communities where it is easy to access affordable, healthy food and safe, affordable options for physical activity for kids.
- Program Area: Ensure that all communities have activated, quality indoor and outdoor infrastructure that encourages kids to be physically active.
- Grant Goals:
 - Provide play spaces that allow youth to exercise, play, and feel physically challenged
 - Increase connection between youth and the outdoors
 - Provide opportunities for social gathering and engagement for middle school youth
 - Establish community assets that leverages partnerships and influences healthy lifestyle opportunities
- Selection process: Letter of intents are reviewed. If the school is selected, they will visit the area to review the landscape.
- Letter of intent due February 15th
- Application due mid-June (schools are out)
- Plan to apply for all middle schools unless problems are found (i.e., not enough space, bond contract, etc.)

8. Professional Development

- Rachel reviewed the professional development applications that we are submitting.
 - Building a Wellness Classroom (Kim Bevill, Courtney, and Rachel)
 - Tuesday, June 7th, full day
 - Similar format to last summer. Kim Bevill will present half day (\$2,500) and D6 wellness resources will be presented the second half
 - Need to market this event heavily, especially to administrators. Let them know that they can choose to only attend the Kim Bevill portion if they want (just wouldn't receive district credit).
 - Implementing Healthy Celebrations, Rewards and Fundraisers (Jessica Hinterberg and team from RMC Health). *Courtney will invite PTOs to attend*
 - Monday, June 20th, full day
 - By end of the training, participants will know how to:
 1. Articulate how healthy celebrations, rewards and fundraisers support student learning
 2. Address obstacles for healthy celebrations, rewards and fundraisers
 3. Identify strategies and resources for implementing healthy celebrations, rewards and fundraisers
 - Teaching with the Brain in Mind (Amanda Brantley, Wellness Coordinator from Poudre School District and member of CDE Physical Activity Cadre)
 - Thursday, July 14th, full day
 - This training workshop will focus on design, methods, and the creation of an environment that naturally enhances student learning. You will experience a variety of principles and strategies while discovering more about our brains. We will demonstrate techniques that apply brain-based learning modalities in education which assist the learning processes of all children. Learn how to incorporate methods into your teaching that will engage the learner resulting in increased student retention and enhanced performance. You will leave with methods that will engage the student, enhance their learning and create a stimulating environment that promotes both cognitive and physical growth.
 - Bike Rodeo (tentative, Bicycle Colorado)
 - This will be a "Train the Trainer session," hosted by Bicycle Colorado. School staff and community members will learn how to implement a bicycle program for children. The course will teach

bicycle/pedestrian safety skills and how to properly ride a bicycle. Staff and community members will also learn how to encourage sustainability tactics such as bicycle/walking programs (i.e., walking school buses, bike trains, and remote drop-offs for buses).

- Date not determined, 3-4 hour training
- Training is free (included in Safe Routes to School grant)

9. Webpage

- Updated Student Wellness Page: will be reviewed at the next meeting
- Kara shared the new Nutrislice menu available on the district webpage. It allows parents to view what will be on the menu over a two month period. If a child has a food allergy, parents can navigate to the side of the page, click on the allergen, and see which foods their child is allowed to eat. If the food item contains an allergen, it will be crossed off the menu. For example, the menu item “macaroni and cheese” will be crossed off for students that are allergic to dairy. Parents and students can rate each menu item. This also saves District 6 financially by reducing printing costs as we no longer print paper menus

10. Updates

- Innovator of Year Award: Kara updated the committee on Jeremy’s award in Food Management Magazine for being named “Innovator of the Year.” This magazine is recognized nationally. Congratulations on the award, Jeremy!
- Grant Recipient: Carlee shared great news that the Northern Colorado Health Alliance was awarded \$80,710 for two years that will benefit Martinez, Maplewood, and Romero 4-8. This will fund Community Corps. staff time to assist with walking/running clubs and wellness education, University of Northern Colorado student staff time to coach walking/running clubs, incentives for students who participate in walking/running clubs, scanner/bar code system for each school to track laps completed in walking/running clubs, marketing, and other supplies. Congratulations, Carlee and thank you for your hard work in applying for and implementing this grant!
- Bicycle Rodeo PD: Courtney is working with Shannon Elliot to have the Bicycle Rodeo training count as professional development credits. The training may occur on April 11th or be pushed to summer 2016. The Committee will be updated at the next meeting.
- Reward With This, Not That Poster: The “Reward With This, Not That” poster has been updated. Courtney will discuss this at the next meeting.

- Subcommittee Meeting: The subcommittee brainstormed ideas for the student wellness fair. We will plan a student wellness fair that will tie with the worksite wellness 5K this spring. The fair will be small and feature resources the district offers, such as Chef in the Classroom, the Integrative Nutrition Program, Healthy Kids Club, and Non-food rewards. Courtney will discuss this at the next meeting.

Next Committee Meeting: April 19th, 2016, 4-5:30pm @ Service Center