

**Greeley-Evans School District 6**  
**Wellness Policy Committee Meeting Minutes**  
 August 18, 2015, 1:00 pm – 3:00 pm

**1. Attendance**

<b>Name</b>	<b>Organization/Committee Role</b>
Carlee Rosen	Make TODAY Count!
Kim Jerome	Make TODAY Count!
Nikki Withrow	UNC Representative
Laurie Zenner	Healthy Kids Club
Katie Castillo	Healthy Kids Club
Leslie Beckstrom	Health Department
Jerome	Health Department Intern
Brian Dauenhauer	UNC Professor/ES parent
Ellie Dudley	Integrated Nutrition Program
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
Shannon Elliott	WCSD6- Coordinator, Learning Services
Aeron Acott	UNC Dietetic Intern

**2. Introductions**

- Courtney Bell is the new Wellness Specialist and will be overseeing all 20 student wellness teams including onsite support of creating, implementing and evaluating each team’s School Health Improvement Plan. Rachel will continue to oversee the student wellness and worksite wellness programs
- Nikki Withrow is the new Dietetic Internship Coordinator at UNC and appointed UNC representative for our committee

**3. Kaiser Grant Update**

**New round of funding**

- Received another round of funding from Kaiser in the amount of \$66,000. This will be split over 2 years (\$33,000 per year). The grant will be used for the following projects:
  - \$44,200 will be used over the 2 years to implement the Playworks program for a total of 10 schools. Playworks is a structured recess program that gets kids active and reduces behavioral issues on the playground. A Playworks overview video was shown. In July and

August, 2 days of training were provided for Chappelow, Heiman, Maplewood, Madison and Romero K-3. Meeker and Scott already implemented the program last year.

- \$12,000 over 2 years will be used to purchase 120 Walking Classroom kits and 4 teacher guides. A Walking Classroom overview video was shown. This is an evidence-based program that allows students to walk, listen and learn classroom lessons on MP3 players. These will be shared kits which teachers can check out and then return. This will be done similar to the healthy party kits rental system through the warehouse. Through nationwide common core standards, the Walking Classroom can cover math, literacy, and science standards for 4<sup>th</sup> and 5<sup>th</sup> grades. The committee decided that to start with we will have 2 classroom sets available for rent and then provide the other 2 classroom sets to 2 classrooms to use for the entire school year for evaluation purposes. *Rachel will get teacher volunteers for this.* Consider measuring student steps/activity level before and after implementation in these 2 classrooms. *Rachel will contact Brian to discuss research project possibility.*
- \$6,000 over 2 years for supplies and student wellness team initiatives
- \$3,800 over 2 years to support grant administration (indirect costs)
- Kaiser funds can only be used for initiatives and cannot pay for stipends for student wellness team leaders. Instead, stipend will be paid through annual funds from Banner.

#### **Data from last year**

- Review of data from the Kaiser grant (Thriving Schools) last year showed that Weld County School District 6 did not meet the minimum minutes of physical activity recommendations (including classroom-based physical activity, PE, recess, and before and after school programs). Our data showed 28.0 minutes. CO house bill 1069 requires elementary schools to provide at least 600 minutes per month or 30 minutes per day of physical activity.
  - Reasons for low scoring is likely due to the priority schools (Centennial, Madison, McAuliffe, Monfort and Shawsheen) not accurately reporting physical activity minutes and not sending complete data to Rachel.
  - Rachel sent report to the priority schools to show how not reporting complete data can affect results and affect future funding.
  - It was recommended that we take a survey of all schools to determine physical activity minutes provided across the district. *Rachel and Courtney will work on this.*

#### **4. Summer PD re-cap**

- The summer PD was held on July 9<sup>th</sup> and had 25-30 attendees
- Summer PD included speaker (Kim Bevil) that presented on the connections between physical activity and academic performance for half the day and Rachel presented on district resources within student wellness for the 2<sup>nd</sup> half of the day
- The summer PD had a lack of administrator attendance
  - Only 1 AP attended

- Potentially due to date of PD. During this week, administrative staff are just coming back from break and are scheduled in meetings.
  - Suggestion: *Schedule in June when administrative staff are still under contract. Courtney will note for next year*
- Next year Courtney will be running the summer PD

## 5. Review committee structure, open positions & recruiting

- Areas that need to be filled in the committee include:
  - 1 middle and 1 high school D6 parent
  - School-based licensed PE/Health Staff member
  - 2 high school students
- Suggestions for recruiting these members include (respectively):
  - *Ask running club at Maplewood for suggestions of parents that may be interested.*
  - *Check-in with Tia at Chappelow for PE/Health staff member position.*
  - *Identify high school students who want to study health and exercise science. Ask CJ who runs the City's Youth Council for suggestions. Additionally, create specific and tangible roles for high school students*
  - *Ask MS and HS principals for suggestions of both students and parents for the committee*
- Other suggestions include:
  - Add parent of special needs child due to barriers in physical activity that may interest them

## 6. Policy update

- In June, the committee was put on the board's agenda to present wellness policy changes. Unfortunately, no one on the committee was informed of this. As a result, the committee missed the meeting and an incorrect version of the policy was passed that is not compliant with USDA regulations.
  - The current incorrect policy was reviewed by the committee with changes highlighted based on if they affect current USDA regulations or if they affect proposed regulations expected to be made final this year. Nutrition Services will be audited by CDE in November and will be dinged on their report if the policy remains incorrect.
  - There were several policy updates that did get through correctly, including strengthened language on safe routes to school
- *Jeremy will ensure that the board has approved the correct version by the end of October*

## 7. 2014-2015 recap and a look forward

- A handout showing a summary of accomplishments during the 2014-15 school year and upcoming projects for the 2015-16 school year was reviewed.

- Accomplishments include: expansion of wellness staffing, creating student wellness teams across the district, MS soccer program, \$150,000+ in grants related to student wellness, integration of nutrition education and Playworks program implementation.
- Upcoming projects this school year include Safe Routes to School grant implementation, parent engagement, improved school garden programs and improved onsite support and wellness initiatives for student wellness teams
- In addition:
  - Update on growing grounds at Romero K-3
    - Working on hiring Food Hub staff that will tend to garden.
    - Will enable us to further farm-to-school program
    - Students can learn about where their food comes from and the food system
    - Grant covers busing for students from other schools to learn in the garden and also gain experience with food system
  - Kaiser Grant will not be funding the middle soccer program this year, however it is anticipated that the city will be able to use their funds to continue the program in the spring

#### 8. Brain energizer: Aeron led us in a fun exercise

#### 9. Small group work: implementation plan

- The committee was put into groups based on area of expertise- 3 groups based on the 3 goals of the wellness policy. Their task was to look over a portion of the implementation plan (comprehensive learning, physical activity, or nutrition) and pitch 2-3 activities that fit one of the objectives within their goal. If there was extra time, the groups then brainstormed the “first steps” to begin implementation.
  - The activities pitched could be new activities or revisions to the current activities.
- Comprehensive learning group (policy goal #1)
  - Have nutrition/health education during transition period from classroom to lunch-time for elementary students. Can call this “Lunch Talk.” *Rachel and Courtney will work on developing short nutrition ed tidbits that meet state standards and can be simply read by the teacher while students are lining up for lunch. Include a verbal question to encourage student engagement and retention. Consider piloting this in a few classrooms and develop a pre and post program evaluation to measure nutrition ed knowledge*
  - Develop a calendar of the content of targeted student wellness messages for the entire school year ahead of time. Consider a monthly message (for example, all messages in March are related to MyPlate). Committee members will share the established content in their organization’s newsletters as well to obtain a more broad community reach. Send the content to office managers to place in their school newsletters.
  - Consider alternatives to using QR codes (has come and gone), such as a text messaging program

- Survey teachers on what they need and want in terms of student wellness resources. Administer through student wellness teams. This will act as a needs assessment survey for teachers. Include multiple choice followed by an open comments section. See if they would be interested in a participation points system to compete between schools. Points could be tied to things like the 5210 challenge and survey completion
- Nutrition group (policy goal #2)
  - Within the minimal nutritional value activity: update catalog for fundraisers and share with PTOs/PTAs and create a similar catalog for school stores
  - Classroom parties
    - Bring back “Treat this, not that” with foods that can be purchased through Nutrition Services
    - Create visual displays that are accessible to kids and parents
      - Create healthy visual display kits for school wellness nights or other events like parent teacher conferences that are specific to content of foods we offer through Nutrition Services
    - Use TV/Technology versus science board (create games for students to interact with)
    - Use mascots in school events related to wellness
- Physical activity group (policy goal #3)
  - Improve awareness of alternatives to taking away recess as punishment by including in newsletters mentioned in goal #1
  - Update activities to align with Playworks initiatives
  - Survey PE teachers to determine how much actual PE time students are receiving- from the time they actually arrive in the gym to when they have to leave
  - Consider purchasing the new version of Fitness Gram which allows kids and teachers to input their data and track it throughout their school career

*Courtney and Rachel will follow-up on all of these proposed activities, update the Implementation Plan accordingly and share with the committee at the October meeting.*

## 10. Updates

**Back to School event @ Chappelow – September 3<sup>rd</sup>:** fruit and veggie sampling that will be held during lunch. Funded with grant funds remaining from last year’s Mission Nutrition grant. Aeron will be in charge of event. This will be held from 11:00 am – 1:00 pm.

**Walk to School Day – October 7<sup>th</sup>:** Similar to event held last year. Students who come in by bus or parent drop-off can walk a few laps to participate again. Safe Routes to School grantees (Centennial and McAuliffe) are required to participate.

**Wellness Watch newsletter:** quarterly student wellness newsletter; the Fall 2015 edition is posted to our webpage and Facebook page. Includes tips on how to buy and cook local, flu prevention, and a pumpkin quesadilla recipe. This was shared electronically with all student wellness team leaders and offered print version upon request.

**Fit Kid Text program @ Scott Elementary:** Won a 1-year Fit Kid Text program implementation for one school (Scott Elementary). District 6 only has to pay \$200 set-up fee. Typically there is a monthly fee. Sets up school with experienced school RD to communicate tailored health messages to its users through 1-2 texts per week. This can be set up with parents, staff, and students. Is an “opt-in” program – parents, students, and staff must enroll themselves. Messages tailored to school wellness policy requirements and school-specific wellness events. Fit Kid Text will provide monthly report, surveys and pictures. [www.fitkidtext.com](http://www.fitkidtext.com)

**Next Meeting:** Wellness champ kickoff on September 21<sup>st</sup> 5-7pm @ Service Center

**Next Committee Meeting:** October 6<sup>th</sup>, 4-5:30pm