

**Greeley-Evans School District 6
Wellness Policy Meeting Minutes
September 10, 2013, 4:00-5:30pm**

1. Attendance

Name	Organization/Committee Role
Lizzy Ginger	Monfort PE
Laurie Zenner	Healthy Kids Club
Katie Castillo	Healthy Kids Club
Alana Cline	UNC
Andrew Glendenning	Weld County Public Health
Jeremy West	WCSD6- Director of Nutrition Services
Kara Sample	WCSD6- Admin RD
Rachel Hurshman	WCSD6- Wellness Specialist/RD
Malia Cable	UNC Dietetic Intern
Kayla Sand	UNC Dietetic Intern
Jenny Wax	UNC Dietetic Intern
Jennifer Berg-Ramsey	School Nurse
Alex Phelps	Nursing Student
Derek	Nursing Student
Ashley	Nursing Student

2. Tour of the CPK, observed student group shucking corn, discussed the Farm to School program and scratch cooking and impact on student wellness

3. 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.
- Since it is an interim rule, there is a 120 day formal comment period that ends on October 28, 2013. This is a chance for the public to advocate for changes before the final rule comes out. Please submit comments at <http://www.regulations.gov/#!documentDetail;D=FNS-2011-0019-4718> you can also send comments to Rachel and she will compile and submit.
 - 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.

- Wellness Policy:
Does not currently address whole grains or sodium

Question: What is realistic?

- 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

4. Updates

- **Nutrition education:**
 - Literacy curriculum: 10 wellness-themed books were added to the District's curriculum for Mentor Texts. Nutrition Services purchased 18 books to ensure that all 16 schools have access to at least 1 copy of each book. A sticker was placed in each of the purchased books indicating that this book has been identified by D6 Student Wellness as a book that has a wellness theme.
 - Fitness, Food and Fun: Teaching Nutrition Through Physical Activity: there are 2 lesson plans each for K-6 grades and one lesson for 7th grade. All lessons address PE standards . Worked with Lizzy Ginger to implement these lessons, including materials, at all schools this year. Jennifer mentioned coordinating resources like MyPlate posters with the school nurses.
 - Math curriculum: next area to integrate nutrition
- **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 chose from and then they stick with that track for the rest of the year.
 - The first meeting starts tonight with a presentation from dietetic interns on a broad overview of the connection between wellness and academic achievement, along with goal setting.
 - 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
- **Healthier US Schools Challenge:**
 - Applications were submitted in May. CDE sent them on to the USDA for review. We should be hearing results any day
- **Fit Sticks:**
 - Teachers can now order Fit Sticks, provided by Healthy Kids Club, on our student wellness page. We want to maintain excitement around this resource

5. Wellness Team at Centennial

- Rachel is working with a teacher at Centennial who may be interested in leading a student wellness team at Centennial. The principal is on board as well. Rachel is educating them on the difference between a worksite wellness champion and a student wellness champion, since oftentimes these are assumed to be the same
- 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
 - Healthy Kids Club is willing to pay a stipend for the team leader
 - Must show that it does not impact teachers' instruction time

6. International Walk to School Day: October 9

- Working with Healthy Kids Club and a few PE teachers to promote this event and have special activities going on at a few of our schools, like snacks and recognition for those who have walked that day, perhaps small trinkets and stickers
 - If anyone would like to volunteer to help out the morning of the event at one of our schools so that we can have greater reach and ensure the kids are safe, please let Rachel know.
- Lack of sidewalks at Romero were discussed; it was suggested that the PE teacher there set up an indoor walking route/fundraiser for the kids that day

7. Admin Breakfast

- Idea that was successful in Thompson School District
- Provide a free breakfast (through D6 catering) half an hour before a required meeting for administrators. During this time Rachel would talk with administrators about student wellness and worksite wellness, answer questions, increase awareness of the Wellness Policy, resources available to them
- Additional ideas discussed include viewing of the Why Wellness video from the CO Legacy Foundation
- Currently determining if this is a feasible option. Looking at the end of October
- Additional suggestion to look into doing this for the District Curriculum Council who meets on the 2nd Thursday of the month. Contact is Staci Datteri

8. Cafeteria Eating Environment Audits

- Planning to start these soon. This 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
- The amount of time available for elementary students to eat was discussed. They frequently have to eat very quickly or are not able to finish their food by the time they wait in line and sit down.
 - Rachel discussed that increasing lunch time is in the Wellness Policy Implementation Plan. Data from these audits will be helpful in supporting this effort

9. Revisit Implementation Plan

- Reviewed the accomplishments from last school year including:
 - Right Bite Vending Program
 - Healthy catering menu
 - POS nutrition info
 - Nonfood rewards
 - Fit sticks
 - Healthy classroom parties
- Plans for this year include:
 - Nutrition lessons in PE
 - Nutrition in literacy
 - Nutrition in math
 - Meeting with school staff to provide nutrition education and awareness
 - Healthy concessions and student stores
 - Joint use agreements to provide families with use of school gyms
 - Walk to school day
 - Development of wellness teams

10. Additional Updates from Jeremy

- **October 5th: Event promoting latino student wellness at Sports Authority Field in Denver, sponsored by the Western Dairy Association:** we were invited to provide a recipe- chicken alfredo bake- and to feature our student wellness program. Please attend if you are in the area.
- **New Legislation: Breakfast After the Bell:** if your school is 70% or more free and reduced, you are required to provide universal breakfast after the bell. This is good and bad news. For us, it opened doors for additional sites that needed it. It is a challenge funding-wise for schools right at the 70% cutoff

11. Watch Nutrition Policy Video

- Dietetic interns, Malia and Jenny made a nutrition policy video to submit to a contest sponsored by the Center for Public Health Practice.
- We won a \$1,000 prize for this video
- The video will be used to showcase the initiatives we have taken to implement our Wellness Policy
- Video is posted on our student wellness page

Next Meeting: November 19, 4:00-5:30