

Greeley-Evans School District 6
Wellness Policy Committee Meeting Minutes
September 9, 2014, 4:00-5:30pm

1. Attendance

Name	Organization/Committee Role
Carlee Rosen	Make TODAY Count!
Laurie Zenner	Healthy Kids Club
Leslie Beckstrom	Health Department
Alana Cline	UNC Professor
Ellie Dudley	Integrated Nutrition Program
Roxane Conant	Banner Health
Brian Dauenhauer	UNC Professor/D6 Parent
Brooklyn Thaut	D6 Student- Greeley West
Jeremy West	WCSD6- Director of Nutrition Services
Kara Sample	WCSD6- Assistant Director of Nutrition Services
Rachel Hurshman	WCSD6- Wellness Specialist/RD
Shannon Elliot	WCSD6- Learning Services Coordinator

2. Review new SWC Structure

- Many new committee members were introduced. Great representation from within different areas of the district and also the community
- More formal structure for the committee and application process. Based off of a format that has been successful in another district. New structure reviewed includes standing staff members, members selected by appointment, members selected by application, term lengths of 1-2 years, selection process and anticipated time commitment including workgroups outside of committee meetings. Importance of attendance at quarterly meetings was emphasized

3. SWC History and Role

- Responsibilities of the SWC were reviewed in addition to general statements/commitments about committee work including the statement that “final decisions are made by D6 staff who are the individuals responsible for upholding district policy and governing regulations”. Each member’s input is valued and recommendations will be made based on this input

4. New Running Clubs and Soccer Program

- Soccer started this morning at Brentwood, Franklin and Heath middle schools! Didn’t have great registration numbers, but will likely get more kids as the program starts and the word spreads

- Fit Club starts this week at all 4 middle schools. Planning to incorporate activities like Zumba, yoga and martial arts, but struggling to find instructors who can teach before school (a Zumba instructor at Rodarte was recommended). Called it Fit Club to differentiate from Cross-Country/Track programs. Hoping numbers will also grow once the program gets going
- Running clubs starting at Centennial, Madison, Maplewood, Martinez, Shawsheen this week as well. Numbers seem to be better there.
- Overall, hoping to get at least 100 kids active this semester who may have not otherwise been

5. Student Wellness Teams and Training Recap

- We now have student wellness teams at all district elementary and K-8 schools! We also just received approval from Kaiser to provide stipends for a team leader and co-leader at our 4 middle schools (stipends are paid from Kaiser grant). This has been a goal and part of our policy implementation plan for a couple years now, so is very exciting to see this happening.
- Vision of these teams is to raise awareness about the district wellness policy and available resources and to advocate for student wellness
- Handout of team leaders was reviewed. Great attendance at the workshop last week with only a few missing the meeting and reps from all schools except Romero K-3
- Briefly reviewed PP slides from the team leader workshop held last week. The workshop included the following objectives:
 - Increase awareness of WCSD6 School Wellness Policy
 - Increase knowledge about the link between health and academics
 - Provide resources and tools to help team leaders implement the wellness policy
 - Have fun & get excited about school wellness!

6. Wellness Policy Implementation Plan Review

- The full implementation plan is on the homepage of the Student Wellness link. It is separated out by status including, in-progress (IP), not started (NS), completed (C) and ongoing (O). Within each of these status sections, it is separated out by the three main goals of the wellness policy. The plan lists objectives within each goal, activities to meet the objective, timeframe and activity status
- Only the IP and NS items were reviewed. Suggestions for modifications included the following:
 - Research further and consider re-wording the activity under goal #3, as needed. This is the activity related to joint-use agreements to allow students, families, staff and the public access to after-hours physical activity facilities. Rachel was told that this would not be allowed in our district. Ellie suggested providing swim passes to the local rec center as an incentive instead. Leslie would like to pursue the joint-use agreement further; Rachel will provide some contact info. The question was also asked why we are charging students to get into home games. Rachel will investigate this further.

- Under “Activities to assist overall plan”, district-wide Student Wellness Council for students was discussed. It was decided that this would be ideal, even though we now have 2 HS student representatives on the wellness committee. We could start with getting a student from all 4 high schools to join the committee and lead informal clubs at each school. Another option is to provide listening sessions, in which the committee has an open forum with high school students to discuss issues in wellness. A third option is to be a part of a group that is already established, like Student Council. Rachel could present for the group and see if they would like to work together on wellness initiatives. Rachel will work on connecting with the Student Councils and work with the HS committee members to research options

Nutrition in PE lessons being used?

- These were provided last year to all elementary and K-8 PE teachers, along with any materials needed for the lesson. Unsure if they are being used. Shannon will check to see if they are used and if not, what can be done to make them more user-friendly

Nutrition in Literacy books being used?

- Last year, many books were purchased by Nutrition Services to be added to the Literacy Curriculum. Courtney Stone was the curriculum liaison for this project. Kelly Seilbach is the new person in this role. Shannon will check with her to see if she is aware of these books

PTO Meetings?

- It was discussed whether or not student wellness should present at PTO meetings. It was decided that student wellness teams should be asked to do this, as it would be a good bridge between the committee and parents

Workgroup to review in-depth

- Rachel, Leslie and Roxane volunteered to review the Implementation Plan in-depth and brainstorm any additional activities that should be added to meet the plan objectives

7. Nutrition in Math Lessons

- Two lessons per grade have been created for K-3rd grades and 1 lesson has been created per grade for 4th and 5th grades. These lessons meet CDE competencies in both Physical and Personal Wellness in Health and in Mathematics.

Workgroup to review/edit, suggestions: first step is for Rachel to meet with Diana Riley to review/approve for curriculum

10. Updates

- **New “Right Bite” Marketing:** due to new USDA guidelines, items offered in vending machines have very specific nutrition requirements. Previously, we had a stoplight system with red indicating a good item nutritionally, yellow a better and green best. Turns out that only our green items will now meet the guidelines, so we re-branded a bit. New marketing materials still include the “Right Bite” name but do not contain a stoplight system. General nutrition information is listed
- **Concessions Program:** reviewed a draft brochure. This is something we have had in our Implementation Plan for awhile. Will be marketing it as a fast and easy way to order concessions items, instead of going to Sam’s Club. The wellness key being that we will only include healthful items on the order form, which will be available online. Planning to roll out in the next few weeks
- **Safe Routes to School Grant:** Leslie discussed this grant which engages schools in starting and sustaining Safe Routes to School programming. We will be applying for the grant in collaboration with the county health department and potentially another Weld County school district.
- **Walk to School Day: October 8:** We have 7 schools on board for this right now, led by their wellness teams. This more than doubles the participation we have had in the past! Carlee reviewed an instruction sheet that will be sent out to team leaders, giving them more information on obtaining additional resources like healthy snacks and prizes for the day of the event. Leslie reviewed the grants that are being offered to schools who participate. These grants are from CDOT, Kaiser and LiveWell. Fliers will be in PrincipaLine next week
- **Newsletter Mailing:** Justine is working on this as part of a Farm to School grant. It will be mailed out to all parents in the district later this fall. Will include Farm to School information as well as other student wellness items

Next Meeting: November 18th, 4:00-5:30.