

Greeley-Evans School District 6
Wellness Policy Subcommittee Meeting Minutes
February 9, 2016, 3:00 pm – 4:00 pm

1. Attendance

Name	Organization/Committee Role
Katie Castillo	Healthy Kids Club
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

2. Recap of Subcommittee Goals

- Goals of subcommittee: To provide guidance and assist in planning the district-wide student wellness fair (SWF). The purpose of the fair is to engage students, families, teachers, administrators and community members in wellness and increase awareness of the district’s student wellness program and resources. We would like to encourage this audience to make healthy lifestyle choices and provide resources they can access through the school district.

3. Kickoff Pairing (Venue)

- Overview: The School Year Kickoff event is hosted every year in the summer. This event is hosted at Island Grove and provides free backpacks to students. There are booths available that provide resources. Jeremy mentioned that this might be a good pairing because it has a large audience.

4. Review of Exhibitors

- Courtney reviewed the exhibitors that were in attendance during the 2015 School Year Kickoff event. She categorized these exhibitors into wellness topics, including:
 - Mental Health
 - Financial Health
 - Physical Health

- Nutritional Health
- Medical Health
- Academic/Careers
- Spiritual Health

5. Brainstorming

- The subcommittee discussed the pros and cons of pairing the SWF with the School Year Kickoff event.
 - Pros
 - Large audience
 - Exhibitors already gathered
 - Venue already obtained
 - Cons
 - Does not include exclusively wellness exhibitors
 - Most attendees only come for free backpacks – loses focus on wellness
- Subcommittee decided that it would not be best to pair the SWF with the School Year Kickoff event because it loses focus on wellness, does not pair well with the SWF goals, and will not make a large enough impact. Instead, we will pair the SWF with the 5K this year (2016). We will plan to have a few booths at the 2016 School Year Kickoff event to fill the missing wellness gaps. *Ideas for new booths will be submitted to Kara.*
- The subcommittee brainstormed how to implement the wellness fair at the 5K. Ideas included:
 - Begin with a small fair of approximately 5-10 booths and grow fair size each year.
 - Set up outside 10-15 minutes before the awards ceremony and will run between 9:00-10:30 am. This will allow late comers and race finishers to interact with the fair before the awards ceremony. This should prevent people from leaving early without visiting the booths.
 - Showcase what the district offers (Chef in the Classroom, in-class activity breaks, etc.)
 - Subcommittee can help with booths.
 - Create scavenger hunt for prizes. Participants visit each booth with a scavenger hunt sheet. When they visit a booth, their sheet will be marked with a signature. If participants earn a certain number of signatures, they will be entered into a drawing to win a prize.
 - Bounce ideas off worksite wellness committee (they coordinate efforts for the 5K). *Rachel will add to the committee agenda for March.*

- Circus-type tent (large) to host fair. Will help draw people in and create a separation from the 5k booths.
- Ask student wellness team leaders to volunteer.
- The subcommittee helped create an informal booth plan. This included:
 - Chef in the Classroom, including live cooking demo (will need generator for electricity)
 - Gardens (Courtney will ask Natalie if she can head this booth)
 - Healthy Kids Club (promote summer run series) and the Integrated Nutrition Education Program
 - Cooking Matters
 - Non-food rewards
 - Food truck
 - Smoothie Bike
 - Healthy party kits
 - Summer lunch program
 - Student wellness team leader booth
 - The Walking Classroom (Courtney will ask Brian if he can head this booth)
 - Vitamin D Breaks
 - Make Today Count

6. Next Steps:

- Courtney will create a formal booth plan. Once plan is created, Courtney will divide list and ask committee to find people to manage these booths.
- Courtney will create a budget for the fair. Courtney will contact subcommittee if assistance is needed or for examples of budgets.

7. Next Meeting (tentative): Week of March 14th from 3:00 – 4:00 pm