

GREELEY-EVANS SCHOOL DISTRICT 6	May 4, 2021
	3:30 pm-5:30 pm
	Zoom
STUDENT WELLNESS COMMITTEE MINUTES	

In attendance:

- Johanna Bishop - D6 Nutrition Services
- Rachel Hurshman - D6 Nutrition Services
- Kara Sample - D6 Nutrition Services
- Rebecca Robbins - D6 Nutrition Services
- Claire Fisher - Maplewood Elementary School
- Zach Ducharme - Boys and Girls Club of Weld County, Front Range Community College
- Jessie Caggiano - D6 Social Work
- Linda Kim - CSU MPH Graduate Student (and Johanna's mentee)
- Brian Dauenhauer - UNC Active Schools Institute
- Carolyn Jones - Jefferson High School
- Danielle Bock - D6 Nutrition Services

SHAC

- Introduction of SHAC mural (represents the different areas of Sources of Strength - mental health and suicide prevention program)
- Video unveiling
 - Please share the video with your networks! Here's a blurb you can share: [Wings of Hope](#)
 - [Mural video](#)

Action Team Breakouts/Updates

- **Nutrition**
 - Accomplishment for SY 20-21: FFVP grape video (with School Environment & Curriculum Action Team)
 - Goals for SY 21-22: 1) sharing nutrition education resources via Wellness Innovations, and 2) family cooking classes (virtually, if needed) and will provide the groceries
- **Mental Health**
 - Needing to bring in upper admin level folks to get some goals going
 - Implementing Sources of Strength and Seven Mindsets → may be easier to do next year, as more staff may be hired
 - Healthy Kids Colorado Survey support → on track to go out SY 21-22
- **Physical Activity**
 - Had a hard time pivoting with COVID → hard to increase numbers for biking and walking to school

- Boys and Girls Club has a number of bikes that can be donated to help kids get to school in the summer for summer school. Working to distribute to those with greatest need, will work with Social Workers to help identify students
- Incorporating PA activity for teachers → included in grant that Nutrition Services applies for through CDE, so hoping we get this funding!
- **School Environment & Curriculum**
 - FFVP grape video (with Nutrition Ed Action Team)
 - Recommendation to do next videos on oranges and apples since we always have those (stopped serving grapes this year so weren't able to pilot)
 - Culinary Classrooms goal = by end of school year 20-21, we anticipate to have 51 CC classes at 15 schools (through U-teach model that Johanna created) (goal was 60 classes, 15 schools)
 - Need to hear from Brooke on PE and professional development opportunities for teachers
 - Community and family involvement goal:
 - Had planned for virtual wellness nights, but need for fully online students was priority → was able to support virtual Jump Rope for Heart program by providing a drawing for 15 scooters to online students that participated
 - Every Kid Healthy Week → prize drawing for yoga mats for two classes
 - Innovation2030 → parent involvement and family engagement portion is getting a significant improvement and push = may bring about more opportunities!
 - More funding for virtual wellness fairs would be ideal!

Culinary Classroom Presentation

- SWC had requested more data/evaluation related to Culinary Classroom → recruited CSU MPH grad student, Linda, to help! Linda is completing this work as a part of a practicum through CSU.
- Linda's presentation:
 - Culinary Classroom eval based on CSU Cooking for Kids program eval
 - 22-40% response rate
 - Sept 9-April
 - Before - 219 students; After - 159 students
 - Asked to take the survey before and after cooking
 - Surveys weren't necessarily taken right before and right after CC (could have been a couple weeks after the program occurred)
 - 11 schools answered the survey
 - 37% from Romero K-3
 - 27.5% Chappellow
 - Total of 7 grades
 - 38.4% were 3rd graders
 - 30.7% were 7th graders
 - These schools *chose* to participate (part of standard instructions for everyone who does CC)

- Students filled these surveys out themselves (harder for little ones to complete)
- No significant change of self-efficacy, behavior, and attitudes (however less students took the after survey)
 - However, there were changes in before and after
- Self-efficacy about making a recipe using fruit went up, which was an excellent thing to see!
- **To-do for Linda meeting with School Environment & Curriculum meeting:**
Develop certain questions that you want within the data, things that you want the report to reflect, etc.

Celebrating Successes

- Laughter is Medicine Series
 - Partnered with Thompson and Poudre
 - Featured three different speakers, focus on “Laughter Is Medicine”
 - Feb, March, April
 - Close to 250 people in April for finale
- Student Wellness
 - **Fidget Kits**
 - Distributed 300 kits to OT, Social Workers, etc. (non-classroom teachers)
 - Included variety of fidget toys that can be washed and safely reused with students.
 - **Jefferson High School**
 - Used Culinary Classroom a lot this school year! Experimented with different ways to make recipes
 - UCHealth Healthy Hearts program (focused a lot of vaping, which was very helpful for students)
 - Summer partnership with UCHealth for CPR → certifying students and some teachers
 - Smoothie Bike
 - Carolyn and her colleague were nominated as COVID Superheros!
 - **Prairie Heights, Centennial, McAuliffe** earned money through their participation in Healthy Kids Club 5210+ program. Competed against several other districts throughout northern Colorado
 - **Chappelow** = painted a too on the playground for students to be active in a socially distanced way
 - **Jackson and Heiman** have sensory pathways
 - **Dos Rios** = Newsletter to continue a culture of wellness at home for remote learners!
 - **Virtual wellness fairs** at a couple schools this year
 - **Brentwood** = unveiled their greenhouse; worked with their design students to physically build a greenhouse for IFL students to have a school garden
 - **Heath** = student bike and walk to school day successes; made their own video for 5210+

- **Winograd** = Thankfulness Scavenger Hunt (gratitude challenge); students and staff participated (<https://coloradohub.org/story/thankfulness-scavenger-hunt/>)
- Jioni and Meghan Reliford = **virtual field day last year**; huge supporters of physical activity throughout the district; have helped UNC Active Schools Institute and spoken to undergrad students
- Johanna and Rachel will work on a end of year graphic report to highlight accomplishments within student wellness and worksite wellness to share broadly

Schedule for next year

- Four two hour meetings OR six 1.5 hour meetings?
 - Johanna will follow up by email to get these scheduled.
- Virtual or in-person?
 - Brian's feedback: lives in Fort Collins and would find it more difficult to attend in-person meetings
 - Danielle: for us to get participation from District leadership/administration, we're going to have to maintain a virtual component; could do a combination of in-person and virtual (could project)
 - Taco bar for the kick-off meeting?
 - Perhaps in-person to start with and then virtual/hybrid for all others

Diversity Activity

- Presented by Kara:
 - SY 2006-2007 student wellness policies became required component of schools running National School Lunch Program; Diversity Equity and Inclusion work isn't a required portion of these policies, but is vital to include
 - Student Wellness Committee Diversity Action Team has been developed to ensure DEI is reflected in student wellness policy
 - Priorities:
 - Integrate language surrounding diversity, equity, and inclusion and their connection to Wellness as a part of the D6 Student Wellness Policy.
 - Create an Organizational Self Assessment containing 6-10 questions for each Student Wellness Committee Action Team to use to think through priorities through the lens of diversity, equity, and inclusion.
 - Maintaining a focus on health equity and working to ensure that all students and staff across the district have equitable access to health and wellness efforts.
 - **Moving forward**: plan to have a DEI activity on SWC agenda at each meeting
 - Danielle will let the district Leadership team know about the work the Diversity Action Team is doing
 - "Your first thought doesn't have to be your last thought."

Student Wellness for Summer School

- Brian

- May want to think more about unstructured play → suggestion: whoever is designing/developing the summer school schedule should have this fresh on their mind and make sure they know the research/benefits that come with unstructured playtime (e.g. learning, concentration, physical/mental health, etc.)
 - *Danielle's response*: district is having a difficult time finding educators to teach this summer because people are exhausted. She will pass this information along to the right people! Is concerned that there will be pushback because people are exhausted. However, we will continue to share our student wellness resources and passions to increase likelihood of unstructured play occurring!

Updates

- Wellness Happy Hour--You're invited! May 5th, 3-5pm @ Inta Juice
- Summer Food Service Program
 - Kara
 - Lots of summer feeding happening during 5th Quarter! = robust SFSP
 - We will have five locations open to the community Monday-Friday: Monfort, Heiman, Maplewood, Centennial and Shawsheen
 - Still planning on having bus routes to some capacity
 - Also partnered with the Weld Food Bank to offer a Mobile Food Pantry
 - Danielle
 - Weld Food Bank supplying breakfast and lunch for Boys and Girls Club, but, if needed, D6 Nutrition Services could provide snack and/or supper at Salida for those students, as well (since we're not providing them breakfast and lunch)

Upcoming Meetings/Events

- Next meeting will, likely, not be until August or September (not yet scheduled)