

Student Wellness Committee Meeting Minutes

May 6, 2024

4:00 - 5:15 pm

Service Center

1. Attendance:

- a. Johanna Bishop: Nutrition Education Specialist, D6
- b. Danielle Belcher: Wellness Specialist, D6
- c. Mariah Westlie: Menu & Nutrition Specialist, D6
- d. Ellie Dudley: Rocky Mountain Prevention Center
- e. Deb Heck: D6 faculty
- f. Nathaniel Johnson, parent and DAC President
- g. Jerri Jennings, parents and DAC member
- h. Kara Sample: Assistant Director of Nutrition Services, D6
- i. Rachel Garcia: Farm to School, D6
- j. Courtney Luce: D6 faculty
- k. Danielle Bock: Director of Nutrition Services, D6
- l. John Miller: D6 faculty
- m. Shawna Cramer, North Range Behavioral Health
- n. Alyssa Selby, North Range Behavioral Health
- o. Delaney Leal, Banner Health
- p. Jill Matlock, Weld Health Dept.
- q. Olga Gonzalez, Weld Health Dept.
- r. Melanie Cyphers, Weld Health Dept.
- s. Charlie Wright: Nutrition Services, Contract
- t. Jenn Clark: D6 faculty
- u. Carolyn Jones: D6 faculty

2. Introduction:

- a. New Wellness Specialist: Danielle Belcher

3. 2023/2024 Accomplishments (Charlie Wright)

- a. Smoothie Bikes at the schools
 - i. Nutrition Services has 12 new smoothie bikes purchased and placed at 8 schools so far for permanent homes. There will be a smoothie bike at every D6 school by the end of the 3 year Team Nutrition Grant.
 - ii. Schools that currently house a Smoothie Bike:
 1. Dos Rios
 2. Jefferson Sr.
 3. Maplewood
 4. Fred Tjardes
 5. Meeker
 6. Heiman
 7. Scott
 8. Monfort
- b. Bike to School Day! (May 8th)
 - i. There are 6 schools registered for Bike to School Day in D6
 - ii. Schools that are participating in Bike to School Day:
 1. Greeley West
 2. Fred Tjardes
 3. Heiman
 4. Monfort
 5. ECA
 6. D6 Online

- iii. Prizes will be handed out to participating students at the schools such as [Non-Food Rewards](#), water bottles, and a free bike/helmet!
 - iv. The bikes and helmets are from [Bike Peddler in Greeley!](#)
 - c. Success Stories
 - i. Jackson Elementary running paths painted and sensory paths:
 - 1. *"We were able to get a new Saints in Motion running path painted after our blacktop was redone this summer. Along with that, we had two community partners donate passes to their facilities for students who reach the 60 or 80 mile mark. Aside from those prizes, the students can earn a 50 or 100 mile shirt throughout the year. I was able to purchase a cricut and design the shirts which the kids get really excited about. Now that we have this system and it is feasible, I'm looking forward to continuing the years to come."*
 - ii. Centennial Elementary: 7 teachers participated in Culinary Classrooms this year
 - 1. *"We also purchased two sensory paths for our school to replace the one that had to be removed due to maintenance. With our Read-A-Thon fundraiser, we raised \$3,000 which was the perfect amount to purchase the two paths, which gives us one at each end of our long main hallway, making it accessible to all students throughout the day. We are so grateful to our families and community partners for supporting us in this way."*
 - iii. Franklin Middle: 5210+ success, schoolwide health fair
 - 1. *"We had around 7 teachers participate in culinary classrooms this year! In my kindergarten classroom, students got to cut their own vegetables, try different dressings for their vegetables, and learn that each color of vegetable does something different to help your body. It was a very interactive lesson and everyone was engaged and participating the whole time! My favorite part about the lesson was seeing the kids try new vegetables and different dips and actually enjoy them! The kids and I had so much fun and I definitely want to do another culinary classroom in the future."*
 - iv. Scott Elementary: Running Club
 - 1. *"It was fun to watch the students buy in and participate in getting all of their checkmarks everyday. I would have students coming in and telling me about the things they did to get exercise and the fruits/veggies they were actually eating. To finish off the 5210+ I did a schoolwide health fair yesterday. There were three different stations where we talked about sleeping, eating, and healthy habits while also teaching the students yoga and exercises they can do at home. I also set up a ring toss activity where students had the opportunity to win a gatorade or bottle of water. It was a very fun day and the students seemed to enjoy it! The challenge and health fair was all very successful!"*
 - d. [Non-food Rewards Program \(NFR\)](#)
 - i. Moved to Heath Middle School where their Intensive Autism Program students send the items out to schools
 - ii. Over 65,000 items sent this year
 - e. Collaboration with CSU grad students to create sports nutrition curriculum. Let us know if you have any connections with high school coaches or PE teachers. 30 min lessons x 4
 - f. Restructure of Student Wellness Committee
4. Restructure (Danielle & Kara)
 - a. Shared decision making
 - i. We decided to look inward this year. One of the metrics for us in the Team Nutrition grant is the diversity of the Student Wellness Policy Committee
 - ii. Kara led a group of committee members in shared decision making, sat in a circle talking about how does the mission of this committee resonate with you, how can we better recruit and engage people. We wanted to figure out how we can keep bringing people back to the table while making progress. A lot of recognition of the progress we made, we have lots of high expectations of ourselves.

- iii. At our root of Nutrition Services is providing healthy meals to our students but we go far beyond that. Farm to School, Nutrition Education Specialist (one of a kind position!). But we don't have direct impact on curriculum during the day.
 - b. Shorter meetings.
 - i. Historically the SWC quarterly meetings have been 2 hours, next school year, 24/25, we will shorten the meetings to less than 2 hours.
 - c. Goal focus at each meeting/key players
 - i. As a part of USDA standards, we have to have a Wellness Policy. Most districts just have it on a shelf. We want our policy to lead our work. How do we let that drive what we do? Who needs to be in the room to drive that work
 - ii. We will target the people speaking to the committee based on the wellness policy goal for that specific meeting
 - d. Action teams, as needed. Not going away necessarily, we will just hold them as needed. Collaboration between Health Services Dept and Nutrition Services, for example.
 - e. This committee will function as more of a board of education where we present to you
- 5. Additional Members (Danielle, Rachel, Johanna)- Not only are we sharing with you the work we're doing but you're holding us accountable
 - a. DAC member: District Accountability Committee. Nate and Jeri responded as interested after Danielle Bock presented
 - b. Principal/AP/Dean: Courtney Luce (Collaborator at Fred Tjardes) and Angie McDowell (Principal at Centennial Elementary). Anne Ramirez interested for next year
 - c. PE teacher. John Miller is here, Rachel will reach out to some others as well to share the load
 - d. Student (former). Hazel Ibarra-Mesta is graduating this year and going to UNC and she is interested in serving on this committee next year
 - e. Deb Heck: new member representing mental health
 - f. There are others who are not present. Stacie Datteri, Doran Azari (first meeting he's missed)
 - g. Everyone invited to all meetings but we will ensure key players within each wellness policy goal are there to present at that specific meeting
- 6. SHAC Student Update (Jennifer & Giselle). Student Health Advisory Council
 - a. SHAC is made up of D6 high school students. They are practicing leadership skills right now!
 - b. Jennifer, Senior from University.
 - i. SHAC finished their smoothie bike campaign across all schools. Payments for a smoothie included gratitude notes. She also participates in the WSCC Emotional Well-Being Youth Leadership Academy, a nationwide community. Jennifer's goal was to create a comprehensive database of resources for students, ensuring they have access to the support they need. The other student participating in WSCC is Lensa, who is currently sharing valuable mental health posts and tips across social media platforms for D6 students. SHAC-MAT, menu advisory team, is a team of students who provide feedback on the school menu. This provides students a voice in shaping their school lunch. The students provide valuable feedback on taste, potential additions to the menu, and adjustments to improve the overall experience for students.
 - c. Giselle, Senior from Northridge, member of SHAC for 2 years.
 - i. On Feb 5th, SHAC presented at Nutrition Services all staff meeting, providing feedback on school meals. SHAC is currently working on a video campaign where students can share what helps their mental health. The answers collected during this campaign are being compiled into a video to share and spread the positive messages. Paper plates award: Students at each high school get the opportunity to recognize a D6 staff member a paper plate award. They try to give as many teachers and staff awards that they can, to improve relationships and sense of community. Giselle's personal favorite was presenting to D6 board last fall. SHAC members were asked how the district can better support the mental health of their students. Some responses included: longer lunches, increased breaks, and focusing on prevention. Board members expressed their appreciation for the students and said that it was "the best board meeting ever!" SHAC is giving a voice to an even greater population of students!

7. Activity Calendar (Johanna)
 - a. Why switch to an activity calendar?
 - i. This allows us to share and invite all committee members to participate in events happening throughout the district.
 - b. A Google Calendar/webpage will be created and will integrate it into our student wellness webpage.
8. Team Nutrition Grant Updates (Johanna)
 - a. Smoothie Bikes & Culinary Classroom
 - b. Go to www.greeleyschools.org/studentwellness and complete smoothie bike request form if you'd like to rent it for free into the community
 - c. We need someone who knows CAD drawings to help us build smoothie bikes for all abilities
 - d. Nathaniel recommended reaching out to Bike Peddler to see if they can help and a CSU Engineering program
 - e. Johanna has conducted 69 culinary classroom lessons, over 1700 students impacted this school year, 17 unique schools, 7 schools with 5 or more lessons
 - f. Rainbow Wrap lesson very popular!
 - g. Next step is mobile culinary classroom cart: can go to farmer's market, etc
9. Updates (Rachel & Charlie)
 - a. [Bike & Roll to School Day](#): May 8th
 - b. [Heiman Field Day](#): May 9th and 10th
 - c. Smoothie Happy Hour @ IntaJuice: May 7th, 3:15-5:15