

Greeley-Evans School District 6
Wellness Policy Committee Meeting Minutes
January 24, 2024, 4-6 pm, Service Center

1. Attendance

● Martin Chavez, Wellness Specialist, D6	● Liliana Solorzano, Intern with WCDPHE
● Olga Gonzalez, Healthy Eating and Active Living Coordinator, WCDPHE	● Jill Matlock, School-Based Programming for Tobacco Prevention, WCDPHE
● Ellie Dudley, School Wellness Program through CU Anschutz	● Kelley Stanley, School Nurse, D6
● Anna Kingman, UC Health	● Rachel Hurshman, Wellness Coordinator, D6
● Bri Mieves, Grad Student at UNC	● Lisa Paulson, PhD Candidate at UNC
● Mariah Westlie, Menu & Nutrition Specialist, D6	● Danielle Bock, Director of Nutrition Services, D6
● Roxanne Conant, Banner Health	● Melanie Cyphers, Tobacco Education Department, WCDPHE
● Delaney Leal, Banner Health	● Doran Azari, School Board Director, D6
● Charlie Wright, Wellness Specialist, D6	● Steven Meza, Parent, Staff @ North Range Behavioral Health
● Hanna Grandel, SHAC Student	

2. Introductions

- a. Introduced Martin Chavez as the new Wellness Specialist
- b. Charlie will continue to work as a consultant to support the transition
- c. Introducing Doran Azarzi as the new representative to the School Board of Directors.
- d. Group introductions and icebreakers. What was your dream job as a kid?

3. SHAC Student Update

- a. Hanna Grandel, Junior at ECA.
- b. Joined SHAC because it seemed very welcoming, but it looked like a place to grow leadership skills. SHAC has helped her be more involved and feel included
- c. Currently recruiting new members to join SHAC
- d. Working on a Fall campaign to share "How Mental Health Helps You"
- e. Staff/HS Student Field Day Saturday, April 27th

4. 5210+ Update

- a. 119 schools, K-5, across Northern Colorado
 - i. Salida del Sol signed up for the first time!
- b. Prize money for schools as well as t-shirts
- c. Due to significant budget cuts, specific to 5210+, this program will only be available through UHealth for grades K-5, but grades 6, 7, and 8 are no longer included. The team at Healthy Kids Club pursued grant funding to be able to continue the 5210+ program.
 - i. D6 is helping fill in the gaps for grades 6-8
 - ii. Nutrition Services will be providing prizes for grades 6-8 for homeroom classes in each school that place 1st, 2nd, 3rd, and 4th place.
 - iii. 1st & 2nd place will be awarded tech shirts and 3rd & 4th place will be awarded water bottles
 - iv. UC Health is helping and supporting D6 in being able to provide 5210+ for our 6, 7, & 8 grade students this February

5. 17 Sets of Triangles

- a. Danielle facilitated a brief overview of activity 17 Triangles

- i. Link to public access PDF: [17 Sets of Triangles](#)
 - ii. Think about a triangle that you circled that does not sit on its base. Think about the barrier or struggle you've had to overcome because of it
 - iii. Who isn't in the room? We need to make sure we are thinking about how to fill those spots and get more people at the table to make sure our Committee represents our students accurately
 - iv. "Nothing about me without me"- It is important to make sure we have the right people at the table
- 6. Team Nutrition Grants
 - a. Officially finished 1st quarter and submitted report
 - b. Huge grant with big goals, for 3 months we have made great progress getting things in place
 - c. Plate waste study in progress--what are our students actually eating? This is the pre-intervention assessment. The post-intervention assessment will be held in SY 25-26.
 - d. Nutrition awareness study--surveys are made and have been tested. Will begin pre-intervention assessments in Feb.
 - e. Continue to collect student input and feedback through taste testing and focus groups with SHAC students, as well as taste testing in the schools, (pizza taste tests)
 - f. Smoothie Bikes, goal to get one in every school
 - i. Have purchased 3 smoothie bikes and one fender blender to put on a smaller bike to better fit younger students. Martin has assembled them and they're almost ready for use!
 - g. Culinary Classroom sessions (Johanna)
 - i. 32 classes last semester (twice as many as last year!)
 - ii. Improving each class every time--becoming more efficient, more effective and more economical.
 - iii. Will continue to explore how can we make sure this is culturally appropriate and inclusive.
 - h. Culinary Classroom mobile stations--Working with Joel, Equipment Manager, to put together
 - i. Each cart will have a sink and space for equipment and can travel to schools and within the community.
 - ii. Goal to have 3 by the end of the grant
 - i. Digital signage in every school cafeteria
 - i. Currently doing needs assessments at schools
 - j. School garden repair proposals
 - i. Requests have been sent but having issues getting responses from contractors
 - ii. If you have connections with people who do construction or landscaping work, please put us in contact with them!
- 7. Action Team Updates
 - a. Provided brief overview of the work of each Action Team and how it all relates back to our Wellness Policy
 - b. School Environment & Health Curriculum**
 - i. Past Projects:
 1. Pre-pandemic-- Focus on the option to influence district-approved curriculum to include nutrition and wellness lessons. Having state-mandated curriculum standards limits our options and includes challenges with how the community perceives health curriculum. Learning more about it and how to work within it.
 2. Promoting and developing an outdoor learning environment. Utilizing garden spaces and outdoor learning spaces to connect students back to where food is coming from
 3. How can we connect with our parents to make a bigger impact?

- ii. Moving forward, this action team will focus on connecting with and providing education for staff in support services roles, as a way of supporting students through staff who directly connect with them. The first step is to plan and lead a PD training with Health Services. Nutrition Services already provides healthy meals to kids for free, but not all students and staff have the updated information. Ideally, if we continually share and remind key staff about the available resources, it will help students access meals and reduce related nurse visits.

c. Nutrition

- i. Promoting education throughout the school to help students know and understand healthy eating and balanced diets
- ii. Promoting Healthy Celebrations
- iii. UPDATE: Continue to work on the goals in place. Main priority: digital signage and developing promotional materials
- iv. Including more culturally inclusive MyPlate images. What does a more inclusive plate look like?
 - 1. Could we include this on digital signage - who can we utilize for different cultures?
- v. Increased color-coding educational support for vending machines
 - 1. Priority #3 – NS needs to figure out a more concrete vending plan before beginning color coding
- vi. Promoting Healthy Celebration kits, adding more to the list
 - 1. MyPlate Celebration Kit that would include a Twister Like Game
 - 2. MyPlate Celebration kit, how can we get this into the teachers' hands?
- vii. In-school announcements to promote school menu options
- viii. Maybe morning announcements or using digital signage, promoting our menu and offering via digital signage as well

d. Physical Activity

- i. So far this school year we have promoted Walk & Roll to School Day (Oct. 4), Monthly Activity Calendars, and why physical activity should not be taken away from students as punishment
- ii. UPDATE: Next steps will be using social media and newsletters to promote information regarding physical activity being taken away as punishment while referencing our Wellness Policy, promoting Bike & Roll to School Day (May 8), and preparing for next school year. Next school year we would like to promote a competition between schools to be more physically active while utilizing hashtags and social media
- iii. Not using PA as punishment. Focusing on some challenges or programs to help promote and support. (Walk/Roll to school day, PA calendars, pairing with worksite wellness)

e. Mental Health

- i. Sources of Strength program implementation to support the goal of more employees trained and familiar
- ii. Train the Trainer Programs
- iii. Work within the Suicide Prevention Grant
- iv. UPDATE: Rachel will check with Jessie to see if she has a co-lead in mind to help lead this team
- v. Question, Persuade, Refer training.
 - 1. Feb 5th, will have QPR training with all Nutrition Services Staff
- vi. Hope Certification: Help elevate mental health. Banner is part of a pilot with this program and will report out any lessons learned that may be able to be used in the district
- vii. Awareness among students and staff for physical and mental health connections

8. Updates

Student Wellness Team Leader Meeting: Feb 13

- a. Our Student Wellness Team Leaders are staff members at each school who the Wellness Specialist works with to support and encourage student wellness at each school. They are a big part of student wellness and they are doing incredible work. Student Wellness Committee members are encouraged to attend the SWTL meeting in Feb to see what they are doing in the schools and how it all relates back to the Wellness Policy and committee work.

Bike & Roll to School Day: May 8th

- b. We had a pretty great turnout of 6 schools at our Walk & Roll to School Day this past Oct 4th with volunteers from a community org, Greeley Bikes.

Non-Food Rewards: Moved to Heath Middle School

- c. Non-food rewards have had over 40,000 items sent out this school year alone. The program was growing quickly so we moved it to Heath to provide our students within the special education program job training and the opportunity to work in an environment that has proven beneficial.

Snack Drawer

- d. We launched this program last Spring '23
- e. Since then, during our Fall '23 semester, we saw over a 500% increase in participation in this program. Currently working to make sure we are keeping up with this increase.

Smart Source

- f. Smart Source is an inventory of best practices in school health which is completed once every 2 years by a team at each school. The district uses Smart Source to help inform programs and policies to improve student health. We have 27 locations working on completing Smart Source right now and have 15 completed, which is a little over 50%. Completion of Smart Source is one of the requirements for Student Wellness Team Leaders to receive their stipend

Upcoming events and meetings:

- SWTL: Tuesday, February 13, 4:30-6:30pm @ Service Center
 - Attendance for SWC is optional, but all are invited to attend!
- SWC Quarterly Meeting: Monday, May 6, 4-6pm @ Service Center
- Bike to School Day: May 8