

Greeley-Evans School District 6
Wellness Policy Committee Meeting Minutes
November 6, 2023, 4:00pm

1. Attendance:

- Charlie Wright, Wellness Specialist, D6 staff
- Kara Sample, Assistant Director of Nutrition Services, D6 Staff
- Ellie Dudley, School Wellness Program, RMPC
- Mariah Westlie, Menu & Nutrition Specialist, D6 Staff
- Rachel Hurshman, Wellness Coordinator, D6 Staff
- Bry Mieles, Grad Student at UNC
- Johanna Bishop, Nutrition Education Specialist, D6 Staff
- Lensa Mume, SHAC Representative
- Jill Matlock, New Health Education Specialist at County Health Department
- Anna Kingman, Healthy Hearts & Minds, UCHealth
- Bill Fearn, Curriculum Coordinator, D6 Staff
- Delaney, Health and Wellness Coordinator, Banner Health
- Lisa Paulson, PhD Candidate at UNC
- Kelley Stanley, School Nurse, D6 Staff
- Olga Gonzalez, Healthy Eating and Active Living Program Coordinator, WCDPH
- Kristin Dalton, SEL Coordinator, D6 Staff
- Melanie Cyphers, Weld Health

2. SHAC Student Representative (Lensa Mume)

a. Lensa:

- i. SHAC is a place for sharing ideas and plans for helping mental health in our community and a great way to meet new people and work together on new projects.
- ii. Fall Campaign
 1. Sources of Strength video to promote what helps our mental health
 2. Getting students to make videos and share mental health tips
 3. Collect and edit
 4. Create one video to share out
- iii. Field Day
 1. Staff and HS student Field Day
 2. Current date for the Field Day is April 26, we will update and confirm at the next meeting
 3. The Student Health Advisory Committee (SHAC) students are working with Rachel and Worksite Wellness to plan details

3. SWTL Updates (Charlie)

- a. Student Wellness Team Leaders at D6 schools create School Health Improvement Plans. Through their SHIPs they identify a variety of different areas of focus (SEL, Mental Health, Physical Activity, School Environment).
 - i. **SEL:** Season of Courage Bingo & Designated time block in school for SEL
 - ii. **Mental Health:** Increase mindfulness practices such as Unity Day, Expect Respect, Hoops for Health, & Sources of Strength

2. Support menu and Fruit/Vegetable of the day
3. Food Bytes
4. We need an assessment for each school site
 - a. Do they have the space?
 - i. Grant says 60" screen. We need to see what space/electricity is actually in the school?
 - ii. Complete before the end of the school year
 - ii. 2nd Goal: MyPlate color coding for all a carte items
- iii. MyPlate Celebration Kit
 1. Twister-style game using MyPlate

b. School Environment & Health

- i. Want to tag onto Stall Talks and provide information/messages to adults
 1. How we talk about food/nutrition influences kids- words matter
 2. Meet with all high school students at the big schools at least once through the S/Y
 3. There are opportunities for community building, responsible citizens, choosing not to take something if you are not going to eat it

c. Mental Health

- i. Strategic Goals: Increasing Social-Emotional skills before they consider alternative coping methods (vaping)
- ii. Sources of Strength—pretty close to having it active in all secondary schools
 1. Supporting students to identify other strengths
- iii. Looking at new/updating goals

d. Physical Activity

- i. Sent out a survey to gauge physical activity being used as disciplinary (given/taken away)
- ii. 23 responses
 1. Physical Activity is reported on average not being assigned as discipline
 2. Physical Activity being taken away as a punishment (recess, or assigned activity during recess) was reported with a little more occurrence, but still not frequently
- iii. Sharing out SHAPE monthly calendars
 1. SHAPE calendars will promote Physical Activity & Mindfulness
 2. Possibly will offer prizes/class party for highest participating class

6. Updates

a. [Safe Routes to School Survey](#)

- i. Greeley Bikes sent out survey to adults for safe routes to school. Members of SWC received an email with link and are encouraged to complete the survey and share with others in their network.

b. Charlie is Moving

- i. Moving to Oregon in December. They will continue to work remotely as Wellness Specialist through January 2024.
- ii. This means Nutrition Services is hiring a new Wellness Specialist! If you know of people who might be a good fit, please encourage them to apply. Position is

open until filled with a start date goal of January 2024. Hiring committee is willing to consider students who will graduate in May.

iii. To apply, go to:

<https://www.applitrack.com/greeley/onlineapp/default.aspx?Category=Nutrition+Services+-+Classified>

c. Next Meeting is January, 24, 2024 (4-6pm)