

Greeley-Evans School District 6
Wellness Policy Committee Meeting Minutes
January 24, 2022

1. Attendance

Johanna Bishop	Greeley-Evans School District 6 Nutrition Services
Jessie Caggiano	Greeley-Evans School District 6 Social Worker
Danielle Bock	Greeley-Evans School District 6 Nutrition Services
Kara Sample	Greeley-Evans School District 6 Nutrition Services
Rachel Hurshman	Greeley-Evans School District 6 Nutrition Services
Bill Fearn	Greeley-Evans School District 6 Secondary Curriculum Coordinator
Roxane Conant	Banner Health
Brian Dauenhauer	UNC
Carolyn Jones	Jefferson Senior High
Ellie Dudley	INEP
Rebecca Robbins	Greeley-Evans School District 6 Nutrition Services
Olivia Egen	Weld County Dept Health
Fatima Santiago	Greeley-Evans School District 6 Nutrition Services
Melanie Cyphers	Weld County Dept of Health

2. Report from Student Health Advisory Council (SHAC)

- a. Whitley, senior at Greeley West, provided update
 - i. Currently recruiting new students to join SHAC. Have received applications and will be conducting interviews next week. Students in grades 8-11 are eligible to apply. Strongly encourage 8th graders to apply because the long-term commitment provides opportunities for growth and leadership.
 - ii. Current Campaign to promote Positive Friendships. During lunch SHAC members will host tables at their respective schools and invite peers to write a note to their positive friends. A SHAC student created a design for stickers, using food friend-ship puns. Students can deliver the notes, along with our custom stickers, to friends. This campaign will run around Valentine’s day.
 - iii. Sources of Strength Murals–schedule painting days in February and throughout the semester to work on current panels, featuring positive friends and mentors.
 - iv. *Question for Whitley:* What can adults do to help recruit new members?
 1. Many students apply to SHAC because a trusted adult encouraged them to. SWC can help by promoting SHAC to district staff members, encouraging them to identify students that may be interested in SHAC.
- b. SHAC Instagram - @D6SHAC

- c. Implemented new student leader positions, Peer Action Leader (PAL), to positions (4) → three of the four filled
 - i. Budget PAL – working with Candi Headley
 - ii. Recruitment PAL - has been key during recruitment for new SHAC members
 - iii. Social Media PAL - has been key for promoting SHAC to peers.
 - iv. Mural PAL - will work with mural artist to help plan future designs, as well as help with sign up for painting days.

3. Diversity Action Team Activity

- a. Led an activity addressing issues of privilege. Leader read a series of statements addressing a wide variety of issues, contributing to individual privilege. Participants then either “gained a penny” or “gave up a penny”. (e.g. If your mother graduated from college, take a penny, if not, give up a penny.) A conversation about the role of personal privilege followed. As a group, we also reflected on ways that we as a district are currently helping provide more opportunities for students, as well as ways we could continue to improve.

4. Action Team Updates

a. *School Environment & Curriculum*

- i. This action team has focused on creating educational videos to promote the Fresh Fruit and Vegetable Program. It was shared with PE teachers across the district. Working on utilizing metrics to measure reach. Will continue to market it to district staff.
- ii. This action team is also focused on Gardens & Outdoor spaces. Rachel sent out a survey to SWTL and site-based contacts. They identified opportunities for revitalizing gardens, utilizing summer school, and connecting with the classroom. Found that:

b. *Nutrition*

- i. **Priority #1:** Johanna sending out semester planning calendars to all Student Wellness Team Leaders. Our Action Team will be including nutrition- and physical activity-related tidbits, education, activities, etc. in the monthly emails Johanna sends out to the SWTLs regarding this planning calendar.
- ii. **Priority #2:** In collaboration with D6 Worksite Wellness, we successfully implemented two in-person family cooking classes by the end of November 2021. We have another class scheduled for February 2nd and we'll be offering the fourth/last near the end of the school year.
- iii. **Priority #3:** In collaboration with the School Environment and Health Curriculum Action Team, Ms. Odom's third grade class at Winograd, and Nutrition Services' Digital Media Specialist, Logan, we have successfully created and distributed [five FFVP nutrition education videos](#). (Feel free to share these with your networks, if you'd like!) Kara has sent these videos to all Principals at FFVP-participating sites.
- iv. **Priority #4:** Kara was able to identify two contacts for high school concessions. The next step is to send out a survey determining what they're currently offering for concessions and what they'd be willing to offer that are healthier options. However, it is advisable for this survey to be sent out to these two contacts by an individual not within D6 Nutrition Services. Perhaps via Kelly Martinez with the Weld County Health Dept. Will also consider ways to involve SHAC!

c. *Physical Activity*

- i. This action team spent time re-assessing previous goals and working on a new approach, based on the potential reach of the action team. Focus on promoting UNC Active Schools Institute, an online PD for teachers, which aligns with I2030. The action team is also working on promoting physical activity opportunities currently available in the community, emphasizing available resources and financial support. Will distribute it via SWTL and PE Teachers.

d. *Mental Health*

- i. This action team focused on goal setting and reframing the goals so they are achievable. Will focus on making a plan to move forward. Will help promote professional development for staff related to SEL.

5. Brain Energizer

- a. 5,3,2,1 mindfulness activity

6. Promoting Student Wellness Policy

- a. As a committee, brainstormed ideas to promote/communicate our SWP with the D6/Greeley-Evans Community.
 - i. Regular social media posts
 - ii. Intercom
 - iii. Word of mouth travels fast!
 - 1. Classroom teachers telling families
 - iv. Partnering with the Teachers Union (include SWP info in the “top ten tidbits” email that gets sent out)
 - v. People might be willing to look at it if there’s something that catches their eye (e.g. something about their classes, athletic events, coupons, etc.)
 - vi. Including in sports game programs (that families have to purchase)
 - vii. Parent/teacher conferences → put one pager about SWP in folders that are handed out
 - viii. Weekly newsletters from schools (Office Manager would be the best contact)
 - 1. App download → if anything needs to be communicated, through this app
 - ix. Move the SWP section up on the website; make application to join easier to find (e.g. put a direct link to it on the side)
 - x. Link SWP on all schools’ websites
 - xi. PTOs/PTAs/Parent Engagement or Parent Liaison D6 staff member (each school has their own and some schools may not have one; checking with SWTLs to get a contact may be the best way to do this)

7. Updates

- a. Smart Source is a state-wide survey, addressing issues of school environment, health and wellness. Survey is completed by our SWTL and is due January 31st. The CDPHE collects this information and it helps track some of the SWP requirements from the state. It is sometimes grant funding is tied to this survey, as well

8. Upcoming Meetings & Events

- a. SEL Summit: 2/24
 - i. Two hour training, partnering with the Mental Health teams, Equify teams, and SWTLs. Honored to be hosting Jessica Pfifer, LCSW, SSW, as the presenter
- b. Action Team Meetings
- c. Next Quarterly Meeting: April 26, 2022
 - i. TBD in person or virtual