

Greeley-Evans School District 6  
Wellness Policy Committee Meeting Minutes  
Nov 2, 2021

**Attendance**

<i>Name</i>	<i>Organization</i>
Johanna Bishop	District 6, Wellness Specialist
Fatima Santiago	District 6, Program Specialist
Jessie Caggiano	District 6, Social Worker
Bill Fearn	District 6, Curriculum Coordinator
Natalie Mash	Sunrise Clinic, District 6 Board Member
Melanie Cyphers	Weld County Health Department
Roxane Conant	Banner Health Wellness
Lori Zenner	Healthy Kids Club
Brian Dauenhauer	UNC, Associate Professor of Sports and Exercise Science
Olivia Egen	Public Health Communications Specialist, Weld County Department of Public Health and Environment
Rachel Hurshman	District 6, Wellness Coordinator
Emma Fehr	District 6, Nutrition Services Intern
Anna Kingman	UC Health, Healthy Hearts
Rebecca Robbins	District 6, Nutrition Services
Delaney Leal	District 6, Wellness Services Practicum Student
Kristin Dalton	District 6, Social Emotional Learning Coordinator
Danielle Bock	District 6, Director of Nutrition Services
Ellie Dudley	Senior Health Promotion Coordinator, INEP
Diana Serna	Monfort Family Clinic, Clinic Manager

**1. Student Health Advisory Council (SHAC) Update**

Two-year student member, Alek, gave a report of the current projects for SHAC. Current projects include a gratitude campaign where students write letters to staff. SHAC students set up booths at their own schools during lunch and encouraged students to write cards.

SHAC has also developed new leadership positions within the group to provide leadership to specific areas. The Peer Action Leaders (PALs) will take on specific areas of responsibility within the group to help tackle more projects. Areas of leadership include recruiting, budget, social media and campaigns.

The mural project is on pause for this semester, but will be continued next semester.

**2. Diversity Action Team**

The DAT has been working on finding a tool for self-evaluation for each action team. The DAT recommends that each action team uses the Wheel of Privilege and Power to review the group's specific goals. With the work that we are doing, how are we able to connect with people on all different levels? Be prepared to report back at the next SWC meeting.

**3. Student Wellness Team Leaders (SWTL)**

*a. School Health Improvement Plans (SHIPS)*

The SWTLs at each school create a SHIP as a means of setting goals and making plans for the school year. They allow SWTL to personalize student wellness at their own sites, helping to build a culture of wellness, year after year. The program 5210+ is very popular again this year, as well as running clubs, a focus on mental health and staff wellness. SWTL are also focused on completing the Smart Source survey.

There is a tiered system for payment again this year. Allowing SWTLs to choose how active they want to be. To complete level 2, SWTL will create a share a short, 30-60 second video about why student wellness is important to them. We have been sharing these videos on our Facebook page. SWTL have also utilized a variety of community resources, including UC Health Healthy Hearts, blood drives, running clubs and more.

*b. SEL - social emotional learning summit*

In lieu of a full day of professional development, Student Wellness has teamed up with the Equify Team to host a 2 hour, after-school meeting on Feb. 24th for SWTL and other members of each school. We will host guest speaker, Jessica Pfeiffer, a social worker who specializes in trauma-informed care and interventions. There will also be time for breakout sessions for planning and collaboration.

#### **4. Action Team Breakouts**

Action teams spent time in small groups, working on updating goals to align with Innovation 2030, discussing how to support SWTL SHIPs, and reviewing the Wheel of Power and Privilege.

Link to Wheel of Power and Privilege:

[https://www.thisishowyoucan.com/post/\\_wheel\\_of\\_power\\_and\\_privilege](https://www.thisishowyoucan.com/post/_wheel_of_power_and_privilege)

#### **5. Action team Reports:**

*a. School Environment & Curriculum*

Focus on creating nutrition education videos for fresh fruits and vegetables and offering the Fresh Fruit and Vegetable Program to more schools that are K-8, thanks to additional grant funding. Currently, there are 14 buildings with some sort of garden; looking to expand gardens for more use and education. In collaboration with student wellness staff, working on a professional development for lunch monitors to focus on healthy and mindful eating habits.

*b. Nutrition*

Scheduled a future meeting and will focus on 4 main priorities and corresponding goals. Will review the wheel of privilege and power and how it relates to their goals. They continue to offer family cooking classes at the Service Center. Four classes are currently scheduled for this year.

*c. Physical Activity*

Provided additional support for Walk to School day, had 5 schools participate. Scheduled future meeting. Reminder that the Active Schools Conference is being hosted this summer at UNC.

*d. Mental Health*

Working to ensure that priorities align with Innovation 2030. District is working to train more secondary staff to become SEL leaders. Focus includes increasing the number of trusted adults among students, and strengthening relationships with families.

#### **6. Brain Energizer**

## 7. Celebrating Successes

While this year continues to be a challenge, we have had some successes along the way.

### *a. Non-food rewards*

Last year, we gave out a record number of non-food rewards, reaching over 8,000 items distributed. This program is intended to reduce the use of candy as a reward in the classroom, and encourage alternative, non-food items. This year, we have already distributed over 8,000 items and continue to get more requests. We are exploring options to continue to grow and implement sustainable support.

### *b. Snack drawer*

With the support of the Success Foundation, we have submitted a grant application to support funding for this program hopefully starting in January. This program provides snacks for social workers and other staff to offer to students to help support mental health and energize students. By providing healthy snack options, we provide another tool for key staff members to help build trust and relationships with students.

### *c. Culinary Classroom*

As a reminder, we switched to a teacher-led culinary class style last year, featuring banana pancakes. We are working on a new lesson plan that includes an allergy free option with seed butter. We are working on adjusting our recipes and lessons to incorporate more individual hands-on activities, but reducing the amount of sharing food among students. Prefer to have students only touch the food that they eat.

### *d. Walk and Bike to School Day ‘*

We had 4 elementary schools and 1 high school participate in WBTS. Student Wellness offered a Smoothie Bike party to three classes with the highest participation.

### *e. National School Lunch Week (NSLW)*

NSLW is a celebration to honor school nutrition professionals. We include special recipes added to the menu. Many school kitchens participated in the pumpkin decorating contest! National School Breakfast Week is in March.

### *f. Healthy Hearts at Greeley West High School*

Screened 150 students recently! Because of COVID, the program hasn't been in person since 2019.

## 8. Updates

Survey year: Smart Source is administered every other year in the fall on odd years and we ask that all student wellness team leaders take the survey. Healthy Kids Colorado Survey is completed by students at pre-selected schools, as a part of a state sample. Many schools are currently in the survey period. Continue to look at new ways to increase participation in the HKCS.