

Greeley-Evans School District 6  
Wellness Policy Committee Meeting Minutes  
May 2, 2023, 4:00pm

1. Attendance:

|                 |                |
|-----------------|----------------|
| Johanna Bishop  | Delainey Leal  |
| Mariah Westlie  | Roxanne Conant |
| Rachel Garcia   | Charlie Wright |
| Danielle Bock   | Anna Kingman   |
| Kara Sample     | Kelly Stanley  |
| Rachel Hurshman | Kaleigh Rose   |
| Jessie Caggiano | Olga Gonzolas  |
| Natalie Mash    | Mayte Sanic    |
| Marissa Hurtado | Lisa Paulson   |
| Kayla Warren    | Claire Fisher  |
| Carol Jones     |                |

2. Triennial Assessment Update: Johanna

- a. Every 3 years, pushed back from COVID
- b. WellSat: what is included in the policy, not what is enacted at each school
  - i. all areas of strength at 60% and above
  - ii. Johanna to post within the week
  - iii. Moving Forward: center each meeting around 1 of the 4 goals

3. Seed Library Update: Rachel G.

- a. Greeley-Evans Community Seed Library open to public at Centennial Library
- b. Word of mouth for now
- c. Social media campaign with High Plains Library
- d. Seeds that are able to be checked out to families for them to garden at home
- e. Seed Library Membership: patrons have free access to monthly nutritional gardening programming
- f. Contact Rachel Garcia, Farm To School Coordinator for more Information

4. SHAC:

- a. Source of Strength: Murals to support Sources of Strength
  - i. Treehouse: family
  - ii. ferris wheel: positive friends
  - iii. Hand in Hand: mentorships
  - iv. Healthy activities:
- b. 35 applications to SHAC; last year for 19; applications opens before winter break

5. Action Team Breakouts/Updates: All updates in this link:

[https://docs.google.com/spreadsheets/d/1Xhlc-gwL05V4i5IDI\\_oxKS7VqpzdR3S8AF4gvjpx3hE/e/dit?usp=sharing](https://docs.google.com/spreadsheets/d/1Xhlc-gwL05V4i5IDI_oxKS7VqpzdR3S8AF4gvjpx3hE/e/dit?usp=sharing)

- a. School Environment and Health Curriculum:
  - i. The goal is to implement nutrition education to students during meal times.
  - ii. The team has been working with the media.
  - iii. SHAC has created “hooks” for students. Puns, source documentation, jokes.
  - iv. Launch by winter break of next year to have media boards implemented for marketing and presenting nutrition education to students.
- b. Nutrition:
  - i. New goals have been created

- ii. Begin to focus initiatives on MyPlate (eat the colors, Eat Smart to Play Hard, Healthy Celebration Kits, vending marketing, Pie in the Sky to recognize lunch time as instructional time to get kids more time to eat)
    - iii. Danielle: Currently, CDE state standards PROHIBIT that lunch be considered instructional minutes but considers passing periods as instructional time. We must all be involved in advocating for students.
  - c. Physical Activity:
    - i. Broad goals: we need more time and resources, incentives for movement, family/friendly involvement, active field trips, enactment of policies
    - ii. Survey sent to teachers to promote physical activity
  - d. Mental Health:
    - i. Current goals can be done, but we are lacking the ability to implement them.
    - ii. QPR (question-persuade-referral) is a mental health training to better support students.
  - e. All action teams are encouraged to meet over the summer if schedules allow for it. If not, plan to reconvene in the fall.
- 6. Survey Year 2023-2024: Rachel H.
  - a. Smart Source Survey:
    - i. SWTL will complete 1 survey per school
    - ii. Should reflect the whole model and wellness policy implementation
  - b. Healthy Kids Colorado Survey:
    - i. Students are to complete with parent signed consent.
    - ii. State will collect a sample from Greeley Central, Greeley West, and Union Colony but other schools may participate in completing the survey.
    - iii. Want to place in registration material to encourage surveys to be completed for data collection.
      - 1. Need ideas for other recruitment practices since there is a challenge for participation.
        - a. Ideas: Incentive, rewards, education on the survey, family night (table for parents to ask questions and fill out the survey), educate students on why it's important to fill out the survey, consider taking out the passive consent questions ???
    - iv. Parent Liaisons??
- 7. Report from Visit from USDA Secretary Vilsack and what it means for Student Wellness at D6: Danielle
  - a. CELEBRATE!!!!!!
  - b. USDA regulated federal nutrition programs (School Meals)
  - c. Fun Fact: 9th person in succession
  - d. Occurred at Maplewood:
    - i. Discussed with Vilsak: School Gardens, Garden to Cafeteria Program, Student Wellness, Scratch Cooking (50% of our current menu is from scratch), Maplewood meal participation, Food Pantry, and Farm to School Program
    - ii. We are able to showcase: Culinary Classroom (Salad on a Stick), Smoothie Bike, lunch service (Vilsak had conversations with students while they were eating), Press Conference (Team Nutrition Grant)
- 8. USDA Team Nutrition Grant: Kara
  - a. Goals of the Grant: Supporting Nutrition Education for School Aged Children

- i. State agencies should apply and distribute money to SFA's; the CDE director declined and told D6 to apply for it.
      - ii. Increase consumption of nutritious food and beverages via MyPlate nutrition education
      - iii. Increase awareness of myplate symbol and nutrition education tools
      - iv. Improve equity by increasing the # of students from underserved populations who are reached by nutrition education
      - v. Increase engagement in the development implementation and assessment of the student wellness policy.
    - b. USDA will award 5-10 grants NATIONALLY and range \$500,000-1,000,000 per award
      - i. Our proposal is around \$750,000 to be dispersed over the course of 3 years.
      - ii. Why? Students deserve nutrition education
      - iii. School and Community Partnership:
        - 1. External Partnerships: Weld County Department of Public Health/Cooking Matters, High Plains Library District Seed Library, Greeley Farmers Market
        - 2. Internal Partnerships: 21st Century, Health Services, Athletic Department, Equity Teams, and SWTLs
      - iv. Student Wellness Policy Enhancements: committee recruitment, translation services for meetings, greater accountability for implementing and measuring results, and a more robust annual report to the community.
    - c. Nutrition Education Specialist: Johanna Bishop; Grant Project Coordinator
9. Celebrations: Charlie Wright and Johanna Bishop
  - a. Snack Drawer: part of the Wellness Program in D6 that aims to address food insecurity
    - i. Housed with the Mental Health Professionals
    - ii. Survey results supported increased percentages of emotional regulation, rapport building, student comfort, variety, and healthy
    - iii. Next Steps: funding, community member involvement, expand to include fresh fruits and veggies, additional snack locations, provide SOP
  - b. Non-Food Rewards: doubled last year's numbers
    - i. Johanna has developed a better method of data collection.
  - c. SHAC:
    - i. Murals
    - ii. Visit with Dr. Pilch
    - iii. Hired 19 students as peer experts (Nutrition Services Student Workers)
    - iv. Teacher Gratitude Campaign: similar to superlatives for teachers; feedback was positive.
    - v. Smoothie Bike traveled to 6 of our high schools during lunch service.
      - 1. Students were to pay for their smoothie by writing words of affirmation or a gratitude on flower/leaf sticky notes and they were posted somewhere in the school. Garden of Gratitude
      - 2. Community Leadership: presented at a board meeting, researched nutrition education and mental health
  - d. 5210+: winners are based on most student and staff participation; family version; \$13,700 for student wellness only!
10. Upcoming Meetings and Events: Lisa Paulson and Johanna
  - a. Active Schools National Summit:
    - i. In person at UNC from July 19-July 23.

- ii. Everyone from the Student Wellness Committee is encouraged to register and attend.
- iii. QR Code in presentation; SAVE20% is a discount code for local Colorado teachers (especially from Greeley) to register for a lower price
  - 1. about \$200-\$250 (3 days and includes 5 meals) Lisa will check for discounted rates for people who want to attend for 1 day only.
- iv. There will be no virtual attendance or recording.
- b. This was the last meeting for this school year. The new Wellness Specialist will send out meeting dates for SY 2023/2024 over the summer.