

Greeley-Evans School District 6
Wellness Policy Committee Meeting Minutes
Aug 24, 2021

1. Attendance

Johanna Bishop	Wellness Specialist, District 6
Katie Fischer	Dietetic Intern, District 6
Delaney Leal	Public Health Intern, District 6
Rachel Hurshman	Wellness Coordinator, District 6
Kara Sample	Assistant Director of Nutrition Services, District 6
Danielle Bock	Director of Nutrition Services, District 6
Rebecca Robbins	Nutrition & Menu Specialist, District 6
Ellie Dudley	INEP
Roxanne Conant	Banner Health
Claire Fisher	Second Grade, Maplewood Elementary + Student Wellness Team Leader
Brian Dauenhauer	UNC Active Schools Lab
Diana Serna	Sunrise
Carolyn Jones	Jefferson HS
Melanie Cyphers	Nurse - Public Health Department
Olivia Egen	Healthy Eating, Active Living Coordinator - Public Health Department
Bill Fern	Secondary Curriculum Coordinator, District 6
Fatima Santiago	Nutrition Program Specialist, District 6
Anna Kingman	UC Health, Healthy Hearts

2. SHAC Updates

Three mural panels have been installed at the Family Center (1113 TENTH AVENUE, GREELEY, CO 80631)

Summer intensive - SHAC will have Peer Action Leaders to encourage students to take ownership in SHAC activities and campaigns. PALs will focus on social media, mural, recruiting and retaining members.

3. Innovation 2030 - <https://www.greeleyschools.org/domain/10161> (physical document: <https://www.greeleyschools.org/Page/25543>)

Four main pillars, includes an emphasis on student wellness

Climate and Culture - develop and implement a plan to improve social and emotional health.

- focus on staff wellness = focus on student wellness

Student learning and achievement

- increase student engagement in career pathways

4. Review SWC Members & Committee Norms

Why is student wellness important? Impact on future generations, introduce new habits and norms. Healthy students can learn better than ones that are hungry, anxious, sick etc..
Partnerships are the foundation for the work of the SWC.
Wellness policy and committee connected to feeding the kids.
SWTL and SWC Action Teams make the goals happen

5. Action Team Updates

a. School Environment & Curriculum

Continuing to focus on the Fresh Fruit and Vegetable Program and promoting it within the schools. Will continue to make more videos. They will reach out to older students to create videos for their peers.

Exploring how to support school gardens to encourage the use for learning about nutrition and sustainability. Will advertise them to get the word out.

b. Nutrition

Worksite wellness is offering family cooking classes and the action team will help promote it as a way of supporting nutrition education. Exploring ways to support Sports Concessions to encourage competitive options/ healthier options at high school sports. Partnering with the School Environment & Curriculum team on the Fresh Fruit and Vegetable Program support.

c. Physical Activity

In the spring, reassess goals based on new Smart Source data, with a focus on promoting physical activity at the high school level.

Focus on promoting and supporting Walk and Bike to School for October 6, and promote training/information in Spring for 2022 Walk and Bike to School Day.

Promoting Shape America - Health moves minds, fundraising and social emotional learning into PE curriculum.

d. Mental Health

Supporting Sources of strength training in all middle and high schools - 2020

Working on new goals based on Innovation 2030 to include mental health ideas for students.

6. Diversity Action Team

The DAT shared a DEI self assessment to SWC members and received 16 responses. (For detailed results, contact jbishop4@greeleyschools.org.) Generally very high scores. As an activity, SWC members wrote down ideas for areas for the SWC to focus and continue to grow.

7. Brain Energizer

8. Supplemental Nutrition Needs

Some high school level students are still hungry after meals. Federal guidelines are strict and have calorie restriction ranges. Nutrition Services is exploring additional options, but is limited because there is no federal reimbursement for this. Considering when to offer? How to identify students who need it?

Weld Trust Fund has a grant related to food access that opens in September. - Will submit a letter of intent.

Snack drawer program was created this past year, but is more geared for mental health professionals in schools to connect to students and offer a snack during meetings to discuss deeper problems, including food insecurity.

9. Survey Year

a. Smart Source

Staff at school fill out a long survey to get a snapshot from all areas.

HKCS

Secondary level students fill out. Participating schools include Central, West, Franklin, Chappelow, and Heath MS- active consent means students can only participate with parental permission.

Student Ambassadors at Central and West High Schools- Remind peers to get parents to submit permission forms.

10. COVID-19 Updates & Student Wellness

We've moved back into the kitchen/cafeterias in most schools for lunch.

Last year → large non-food rewards push; this year Johanna has already given out over 2,500 non-food rewards this school year. Lots of fidget toys, stress balls, etc. Way to help support students in the classrooms.

11. Upcoming Items

- Olivia: Public Health Dept received a grant from Colorado to look at housing authority → will start looking at housing needs assessment soon
- Anna Kingman; Healthy Hearts: Ready to visit any classroom that's ready to have them! Healthy Hearts is for 4-5th grade, 6-8th, and 9-12th. Email Anna Kingman, if interested: anna.kingman@uchealth.org
- October 6th - Walk to School Day
 - Could use volunteers to help! Contact jbishop4@greeleyschools.org if interested and available.
- Schedule Action Team meetings for the year
- Meetings for the year:
 - November 2nd - virtual ONLY
 - January meeting - hybrid meeting (in-person and virtual)
 - April meeting - virtual ONLY
- 845 Tobacco Program - recognizing vaping products and how to navigate this → reach out if interested in this training. Doing events throughout the year that connects dots between negative environmental impact tobacco products have → will be reaching out to some youth on these projects