

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

1. Attendance

Johanna Bishop	D6 Nutrition Services
Diana Serna	Sunrise Community Health Clinic
Libby Goodman	Sunrise Community Health Clinic
Jessie Caggiano	D6 School Social Worker
Rachel Hurshman	D6 Nutrition Services
Ellie Dudley	INEP
Kara Sample	D6 Nutrition Services
Rebecca Robbins	D6 Nutrition Services
Bill Fearn	D6 Curriculum Coordinator for Secondary Schools
Kelley Stanley	D6 Health Services, Nurse
Carolyn Jones	D6 Teacher, Jefferson High School
Mayte Sanic	Pediatric Clinic Manager, Sunrise Community Health Clinic
Emiliano Gonzales	University High School Student, Student Health Advisory Council
Claire Fisher	D6 Teacher, Maplewood Elementary
Natalie Mash	D6 Board of Education Director
Melanie Cyphers	Weld County Health Department, tobacco cessation
Lisa Paulson	PhD Student, UNC Greeley, Active Schools Institute
Anna Kingman	UC Health Healthy Hearts, Director

1. Report from Student Health Advisory Council (SHAC)

- a. Emiliano Serrano Gonzales, Senior at University High School
 - i. Continue to work on murals to represent Sources of Strength, have completed both Positive Friends and Trusted Adults. Will start work on Healthy Activities.
 - ii. The Summer Intensive was held in the beginning of August. It was a time for team building and planning for the school year.
 - iii. Last year, the campaigns included Smoothie Bike Tour, Gratitude Cards for Staff and Positive Friendships. This year, hoping to continue work on the murals, gratitude campaign and a new literacy project.
 - iv. Recruitment of new members is a high priority this year as we have 7 seniors graduating.
 - v. Dr. Pilch will be joining our next meeting to hear more about the work of SHAC.
 - vi. SHAC will also partner with Sunrise Community Clinic to provide feedback for school-based health centers.

2. Review SWC Members and Committee Norms

- a. To participate in the NSLP, schools must have a LWP that is overseen by a committee - this is a requirement! It must meet 4 times per year and include community stakeholders.

- b. The committee makes recommendations for school wellness, plans for the implementation of the policy, evaluates progress, and reports progress to the public.
- c. At District 6, in order to implement goals, we have Action Teams to focus on goals within the policy.
- d. Looking to include more parents and teachers, specifically PE teachers as members of committee. We included funding in the CDE Student Wellness Grant to be able to pay D6 certified staff for work with the committee.

3. Deep Dive into Data Meeting

- a. June 23, 2022, 25 attendees. Focused on Smart Source (completed by school staff), Healthy Kids Colorado Survey (completed by middle and high school students), and Panorama data (in-house, D6 survey)
- b. Review of findings
 - i. Smart Source and HKCS
 - 1. We had someone from the survey teams present the results
 - ii. Participation: High school = 27% response rate, Middle school = ~50%-ish response rate, Franklin had an 80% response rate!!
 - iii. General Findings:
 - 1. Across the entire state and D6, substance abuse improved. Training for mental/behavioral health is low in D6 and need to improve training of staff on how to respond to a student in crisis. Training opportunity for bullying! 71% of students bullied in the classroom. Fewer students were in a fight compared to 2019
 - 2. Middle school students showed better nutrition habits than high school students. Seated meal time is a concern in D6 and the state
 - 3. Percentage of students participating in sports was lower than past years. More students walked/biked to school compared to 2019
 - 4. Fewer students used alcohol/drugs before sexual intercourse compared to 2019
 - iv. Thoughts/feedback from SWC members:
 - 1. Perception of bullying has changed. Training opportunity for students to define what bullying is. Teachers may need to understand better when to respond
 - v. Healthy Hearts Program
 - 1. 11 schools served in 21-22 SY, 66 classes held, 1,600 students received lessons on heart health. Currently, according to this program, 40% of students overweight/obese. Data shows that students improved habits after program implemented
 - 2. Now have a Family Program (in Loveland)
 - vi. Panorama
 - 1. 77% completion rate in D6 (over 9,000 students in grades 3-12)
 - 2. Self Efficacy and Self-Management in D6 were below national average
- c. **SWC Priorities**
 - i. Physical Activity
 - 1. Increasing activity (in general)
 - 2. Increasing PA opportunities in secondary schools
 - 3. Making PA more accessible and fun (more clubs and after school activities)
 - 4. Increasing self-efficacy through PA opportunities

- ii. Lifelong Wellness Behaviors
 - 1. Increase access to counselors and psychologists for ALL students
 - 2. Expand Sources of Strength
 - 3. Increasing support and mental awareness amongst Hispanic/Latinx students
- iii. Other areas of focus
 - 1. Bullying in the classroom
 - 2. Mental health training for staff to support students
 - 3. Increase amount of student health-ed for each student
- iv. Nutrition
 - 1. Increased seat time for lunch in elementary schools
 - 2. Increase participation in school meals
 - 3. More nutrition programs needed for high schoolers
- v. Encourage SWC members to share this data internally.

4. Action Team Updates

- a. School Environment & Curriculum
 - i. Will continue to focus on promoting Fresh Fruit and Vegetable Program, as well as Culinary Classroom. Garden Towers are encouraged to be utilized in science classrooms.
- b. Nutrition - Kara, Libby, Diana, Ellie, Rebecca
 - i. Last project we were working on was the concessions survey (developed by Kelly @ Weld Public Health Dept) → survey sent out to determine what items are being bought and what healthy options people would be willing to buy
 - ii. This school year, focusing on signage to parents - this choice vs that choice, promotion of Healthy Party Kits and Healthy Party snack, nutrition education for athletes and parents.
 - iii. Longer term goal of working with CDE to offer instructional minutes for mealtimes to increased seated mealtimes
- c. Physical Activity
 - i. Going to do information gathering using CSPAP questionnaire to determine what PE and PA look like, differ, etc. → send to PE teachers, admin, and SWTLs → use this data to determine goals/next steps
- d. Mental Health
 - i. Used Data Deep Dive to identify that training is needed → work on grant to get trainers for each of the different schools, noting that it is easier to train when you have a trainer at each school. Sources of Strength continue with training sessions already setup for the entire year!

5. Nutrition Services Updates

- a. Free Meals for All!
- b. School Food Pantries are being piloted at nine sites this SY. Equipment will hopefully be installed @ end of school year for second semester start
- c. Continue to offer Fresh Fruit and Vegetable Program at all elementary and K-8 schools.
- d. Farm to School Revival—Rachel Garcia is F2S Coordinator

6. Student Wellness Team Leader updates

- a. Some sites still need SWTL, including seven sites need a second SWTL, and seven sites need a primary SWTL.
- b. SWTL led goals this year include Heart Health focus, social emotional learning for students and collaborate w/ worksite wellness champ to do more wellness activities,

Healthy parties, staff wellness, staff walking club, healthy staff potlucks, kindness heros, Culinary Classroom, Connecting with family resources, Wellbeats - incorporating these videos in the classroom and 5210+.

- i. It continues to be a challenge for District 6 Online Academy - how do you engage with students you never see in person?

7. Goal of Non-Food Rewards

- a. Exponential growth with this program over the last four years!! While exciting it has introduced new challenges. Feedback from SWC committee about the value of the program:
 - i. It's an important program! The numbers show it!
- b. Ideas for sustainability and support?
 - i. Rotary or Kiwanis → civic engagement type projects, Donations from parents because they can't always help out in the classroom, Teachers Closet, Success Foundation, Boosters, Partner with schools for fundraisers, Grants (specifically focused on PBIS (elementary level) and MTSS)
 - ii. Reaching out to schools who are using non-food rewards a lot to see if there are other rewards that they'd be open to instead of the typical non-food rewards (e.g. tickets to an event, game, etc.)

8. Updates

- a. [Share the Annual Wellness Report!](#) Please share this with community members!

9. Upcoming Meetings/Events

- a. October 4th or 12th: Walk to School Day (volunteers needed)
- b. Action Team Meetings

10. Yearly Meeting Schedule:

- a. November 8, 4-6pm
- b. January 24, 4-6pm
- c. May 2, 4-6pm