

# Student Wellness Committee Meeting, February 11, 2021

## Attendance:

- Johanna Bishop, Wellness Specialist, District 6
- Rachel Hurshman, Wellness Coordinator, District 6
- Danielle Bock, Director of Nutrition Services, District 6
- Anna Kingman, UC Health, Healthy Hearts
- Olivia Egen, Weld County Dept Public Health and Environment
- Ellie Dudley, INEP
- Kara Sample, Assistant Director of Nutrition Services, District 6
- Zach Ducharme, Sports and Recreation Director, Boys and Girls Club of Weld County
- Brian Dauenhauer, Professor, UNC Active Schools Institute
- Sarah Oliva, High Plains Library District
- Carolyn Jones, Teacher, District 6
- Rebecca Robbins, Nutrition and Menu Specialist, District 6
- Jessie Caggiano, Social Worker, District 6
- Roxane Conant, Banner Health

## SHAC Updates

- Mural progress
  - Mural designed by a SHAC member
  - Based on Sources of Strength
  - Breakout murals based on each area of the SOS wheel
    - Tree house → for family
  - Murals will be hung at the Family Center
  - Began before COVID-19 started
  - Led by a local artist, Felisha
- Ayden created a video for a scholarship from Weld County's Imagine Zero program to help earn money for SHAC for the murals
- Hashtag for murals?? Then we can see when people take photos in front of the wings
- We had 11 new applicants go through the recruitment process including application and Zoom interview and selected 7 students to join SHAC. Their first meeting was yesterday.

## Action Team Reports

- School Environment
  - Working on Fresh Fruit and Vegetable Program (FFVP) videos in collab w/ Nutrition Action Team
    - One video (about grapes) semi-complete that will help support classroom nutrition education to those classrooms that participate in FFVP. Currently 15 elementary schools have FFVP funding which provides a fruit/veg to all students beyond school meals.

- Considering expanding cooking videos and classes (like pizza class by NHS ProStart students in Feb 2020) for district employees to increase healthy behaviors w/ their families
  - Could share ramen [video](#) made by Nutrition Services' Chefs with more people
  - → creating a demand for these
- D/t instructional gap we're seeing d/t COVID, students are falling behind in reading and math
  - A lot of energy will be put into more classroom time with kids
    - Promote Culinary Classroom as a break to teachers when they're feeling overwhelmed
      - Carolyn said: that would be HUGE! Having Healthy Hearts there today allowed her to breathe
    - Continue to push FFVP and nutrition ed via videos
- Priorities don't *have* to happen during the academic year, most goals just list 2021
- Danielle would love to see UNC Active Schools Institute partnership to get college students into District 6 to help promote physical activity
- Nutrition
  - FFVP videos w/ School Environment Action Team
  - Adding a measurable goal using suggested cooking videos/classes for families mentioned by School Environment → Goal #2: The district will support and promote proper dietary habits contributing to students' health status and academic performance
  - Struggling a little bit with how to move forward d/t COVID
- Physical Activity
  - Looked at SHIPs to identify where partnerships could happen with UNC
    - A lot of schools engaging in PA have a connection with 5210+
      - One school is doing a running club → Active Schools Institute has pedometers that this club could check out and use (uploadable pedometers). This will be great to promote to Student Wellness Team Leaders
  - Some of the schools and SWTLs have classroom movement as a part of their SHIP goal
    - Integrating Physical Activity Training??
      - We paid through the CDE Student Wellness grant for PE teachers in August 2019 to complete a training with Terry Jones. It was VERY well received.
    - Considering hosting Terry Jones → Provides 3 hour training for \$1000, can be provided virtually.
      - Do teachers/staff have the capacity to attend a training/professional development right now? Johanna will put in PrincipaLine to see if there's a school that's interested
    - Brian has a whole list of resources of turnkey ideas to integrate movement in the classroom

- <https://www.activeschoolsus.org/wp-content/uploads/2021/02/AC-Resources-One-Pager-for-News-and-Resources.pdf>
- Mental Health
  - Had goals for this year and pushing them back a little bit
  - SOS has been hard to run in the virtual world
    - Doing first virtual SOS training in two weeks
  - Haven't heard a lot about Seven Mindsets, so waiting to hear back about more info
  - Implement training for staff on SEL competencies → teachers apply to be a leader for their school to lead SEL initiatives → application for this, team would review the training (all next school year). Similar to Student Wellness Team Leader, but specifically for SEL.
  - Holding first parent training and started a Sources of Strength district-wide newsletter

### **Student Wellness Policy Updates**

- Johanna worked with Brooke Farck on PE updates and submitted updated Policy to Kristina to submit to the Board of Education
  - ADF-R edits approved!
  - Link to Student Wellness website:  
[DISTRICT 6 STANDARDS TO ACCOMPANY THE WELLNESS POLICY](#)

### **Brain Energizer**

- Cupid Shuffle Workout: <https://www.youtube.com/watch?v=rCVDmiGu698>

### **Celebrating Successes**

- Non-food rewards → over 1,200 for one week this week
  - UHealth Healthy Kids Club has donated enough to sustain us for the semester. Has been a HUGE benefit.
- Dos Rios has encouraged good nutrition as a part of healthy celebrations
  - Sent out newsletter about healthy treats and what those could be and posted it to their Facebook page
- 5210+
  - Heath Middle School SWTLs wanted a 5210+ promo video geared towards middle schoolers, so they made their own video!
- Culinary Classroom
  - Continues to pick up!
  - Expanding our options beyond banana pancakes
- All-staff training for Nutrition Services
  - Mini Culinary Classroom with our Kitchen Managers
- Laughter is Medicine series
  - Nancy Norton was on 2/10, had about 100 in attendance and received great feedback
  - Upcoming sessions on 3/10 with “The Funny Runner” Brittany Charboneau and grand finale on 4/21 with the Tik Tok famous [Mr. D](#)

- Monfort SWTLs have helped streamline access to Student Wellness resources by sending out one survey to request all of our resources, including non-food rewards, fit sticks and culinary classroom. This provided a boost to resource utilization and helped increase participation.
- Fidget kits
  - For all social workers and counselors
  - Funded through CDE Student Wellness grant
  - Johanna is working on purchasing items so that the kits can be made and distributed to staff.
- UNC
  - Brian connected with one of the online teachers in the district (5th grade)
    - Invited every Wednesday through the semester to do PE
    - First activity was juggling
- Healthy Hearts
  - Has started going in-person to some more schools
  - Most of the staff was able to get vaccinated d/t working in healthcare, so that has helped!
  - Word of mouth is huge to promote the program
- Nutrition Services
  - Please check out the Facebook page of The Success Foundation for Kara's Leaders Among Leaders Award interview video!
- Jefferson High/Nutrition Services grant proposal to Success Foundation
  - Student-led passion project class based on the program in this [article](#)

### **Diversity Action Team**

- Each school has an equity team
- Business and Operations Equity Team
  - Facilities, Nutrition Services, Transportation, etc.
- Student Wellness Committee Diversity and Equity Action Team
  - Johanna, Kara, Olivia, Carolyn, and Rebecca
- Opportunities to bring equity language to our Wellness Policy; diversity of the Student Wellness Committee
- Ensure that the programs and opportunities we offer are equitable and inclusive to all students
- Video: <https://www.youtube.com/watch?v=Ahg6qcgoay4>
- Video shared with SHAC: [https://www.youtube.com/watch?v=nCS7Rus4\\_-Y](https://www.youtube.com/watch?v=nCS7Rus4_-Y)

### **Updates**

- Worksite Wellness
  - Laughter is Medicine Series
    - First one was 2/10/2021 (funded by Healthy Kids Club) → around 100 people attended
    - March 10th (<https://www.thefunnyrunner.com/>)
    - April 21st (<https://www.mrdtimes3.com/>)
  - Virtual Wellness Week

- Over 200 people attended throughout the week

Next meeting is May 4th. We greatly appreciate everyone's time and efforts!

**To-do's:**

Carolyn → will get some student testimonials on Healthy Hearts and will send it to Johanna to promote to SWTLs

All→ meet with your Action Teams and update goals