

Greeley-Evans School District 6
Wellness Policy Committee Meeting Minutes
November 8, 2022

Attendance:

- Ellie Dudley, The School Wellness Program
- Roxane Conant, Banner Health
- Rachel Hurshman, D6 Wellness Coordinator
- Johanna Bishop, D6 Wellness Specialist
- Kara Sample, D6 Assistant Director of Nutrition Services
- Rachel Garcia, D6 Farm to School Coordinator
- Anna Kingman, UC Health
- Natalie Mash, D6 Board Member
- Carolyn Jones, D6 teacher
- Lisa Paulson, UNC
- Delaney Leal, Banner Health
- Jessie Caggiano, D6 Social Worker
- Melanie Cyphers, Weld County Health Dept
- Zach Yockey, SHAC student and University student

Action Team Updates:

- **School Environment & Curriculum**
 - Working to figure out the best and most realistic ways to incorporate nutrition ed into the classroom, K-12. Have done videos for the Fresh Fruit and Vegetable Program (FFVP) in the past, but that doesn't reach all students. Looking into including nutrition ed slides on tv monitors throughout the schools. Can we get into rotating slides desks that schools already have? Danielle will check with Logan to see if he can work on the slides.
 - Bill did an interest survey with science teachers to see if they wanted tower gardens. Five were interested so we purchased two with grant funding and we already had two on hand. Two teachers will share at Northridge. The others went out to West, Chappelow and McAuliffe. We also sent them soil, seeds and grow lights. Will ask for photos and student and staff testimonials once they get growing.
- **Nutrition**
 - The good news is we accomplished a lot of really great things, now we need to go back to the drawing board and look at some of the results from surveys we do, focus on areas of need from those
 - High level of turnover on committee so need to regroup
- **Physical Activity**
 - Put together a survey for schools, sent to SWTL and PE teachers, survey closed yesterday, 49 responses from 12 schools
 - General consensus that there is a need for more physical activity
 - Will help us form goals for our action team moving forward

- **Mental Health**

- Jessie met with someone about suicide prevention grant and about QPR: Question, Persuade, Respond
- Have now scheduled all school for Sources of Strength training
- Focus is on mental health training based on the deep dive into data results indicating need

Thoughts on Wellness Policy Action Teams:

- Mental Health and PA teams: our main concern is our team comes up with great ideas but a lot of them are out of our control
- Roxane said it is helpful for action teams to meet during this time since we're already meeting as a whole committee
- Email Johanna if you have other thoughts afterward on meeting structure

Student Health Advisory Council (SHAC) Update

- PAL positions: Peer Action Leaders were selected
 - Recruiting
 - Murals
 - Budget
 - Social Media
- Thank you card campaign this month for teachers: 2 days, Nov 16 and 17. We have certificates and thank you cards. Best dressed, funniest, best stories, etc for teachers
 - Carolyn would like some certificates. Johanna will send some to her.
- Meeting with Dr. Pilch: what her work is and how that ties in with health and wellness
- Meeting with Sunrise Clinic: how in-school clinics work, the benefits, how we can spread the word
- **Paying SHAC as Nutrition Services employees**
 - SHAC and wellness live in NS
 - NS has been able to create 20 job codes so SHAC members can apply to be a part of NS. Not required. When they're working on SHAC activities they could be paid. Could add paid experience to their resume. We're also hoping these SHAC employees can evolve into a NS council to help define our menus and the foods we offer
 - We've offered the opportunity, we've had 1 apply so far and 10 others are interested
 - ~\$15 per hour
 - Free meals for all students is trickling down to benefit wellness
 - Currently have 17 students in SHAC, recruitment starts in December

Student Wellness Team Leader Updates

- 45 of 52 potential spots filled
- 24 complete teams
- 3 teams have 1, could use 1 more
- 2 need 1-2 (have 0 SWTLs)
 - Central

- Heath
- **School Health Improvement Plans (SHIPs)**
 - Johanna has been meeting with all SWTL
 - A variety of focus areas, a lot build from year to year
 - Jessie at NHS working on Sources of Strength
 - Jioni at Jackson: physical activity
 - A lot are focusing 5210+
 - Nutrition ed in the cafeteria
 - School gardens
 - Consider a document that shows what all schools are working on so they can network with others doing similar work
- **January meeting?**
 - Will have to touch base with all SWTL, SWC will be invited as an FYI
 - Will get scheduled by end of November

Action for Healthy Kids Conference Report

- Johanna attended this first annual conference in Chicago
- State agencies, schools, a variety of representatives were in attendance
- Whole School Whole Community Whole Child (WSCC) model now is WSCCC, added culture and leadership. Culture eats strategy for breakfast, must have leadership support. How do we help influence the culture, how do we help sway it toward wellness?
 - When will we see this new model? Formal training or resources haven't quite caught up with it yet
- Aligning your mission and vision with your wellness policy. Something to consider for SWC in the future. Vision is short. Mission is how we plan to meet goals.
- Action for Healthy Kids has been an organization for 20 years. RMC Health here in Colorado and AFHK is merging, which is exciting at the state level.

Diversity Action Team

- Our SWC DAT, 1/12/21 was the first meeting
- This action team has suffered some attrition, trying to decide where do we go from here
- Vision: equitable and inclusive programs
- Need creative suggestions, people interested in joining this work, ideas to move the needle
- It's a lot of intangible work, it's a lot of conversation
- What kinds of things do equity teams in schools do?
- Dream: everything in SW we offer is vetted through the equity lens
- There is a team at the admin level that does this work. Kara is on this team. It's more focused on support services (nutrition, facilities, transportation), it's building the foundation of what is equity, what is diversity, inclusion?
- Can we include it with SWTL? Maybe include at January SWTL meeting? Penny game
- Have a list of resources: games from other cultures, same with nutrition
- Anyone interested in joining? Anna is
- How often do you meet? We had been meeting monthly, except for lately

- Welcome Center @ Greeley West: Laura Degroot. She works a lot with refugee population and pairing them with a student who has gone through this before as a mentor
 - Can a teacher join? Delaney shared story of a teacher at West who went to court for a student whose family was going to be deported
 - Contact Emily Downs
 - Contact Jessica Cooney
 - Contact the new Jessica Cooney:
 - Contact school equity teams at each school. There is supposed to be one at each school, there's more accountability now for that
- Resource for equity vs equality:
<https://www.paperpinecone.com/blog/teaching-difference-between-equality-equity-and-justice-preschool>

Updates

- **Non-food rewards**
 - At the last meeting we talked about how NFR was growing out of control
 - We've been able to partner with IFL students at WHS and NHS, went from being pages behind to being caught up
 - 26,493 rewards given out as of today!
 - We've had 33 of 38 sites that have requested items
 - We've impacted over 11,000 students
 - 235 unique individuals have requested items
 - Next semester hoping to have an MPH student work on promoting the reasons WHY NFR are important
- **Celebrations**
 - 7 responses to Healthy Halloween contest
 - The committee reviewed the entries and selected:
 - Two first place winners: Jackson and Dos Rios
 - 2nd place: IFL class (Brentwood)
 - Johanna will work with her mentee to share these things on social media
 - Johanna will notify the winners!
 - All healthy party kits were checked out at some time during the Healthy Halloween contest
 - Smoothie bike has been really popular
 - 5210+ registration opens on Monday, PE teacher, office managers and Principal will receive an email. There will be a middle school bucket new this year, will divide at K-8s so each level can win prizes. Have to register by December 2nd.
 - Johanna will send info out to committee about data entry party
 - Walktober staff wellness success: Lisa said she saw staff across the district talking about this
 - Sources of Strength trainings at all schools!

Upcoming Meetings/Events

- **Action Team Meetings**
- **Next Quarterly Meeting: January 24th, 4:00-6:00 PM**
 - We will meet virtually