

Weld County School District 6
Wellness Policy Meeting Minutes
Tuesday September 20, 2011, 4:00 – 5:30pm

I. Introductions and attendance

- a. Jenna Raymond, Wellness Specialist at WCSD6
- b. Kara Sample, Administrative Dietitian at WCSD6
- c. Jeremy West, Nutrition Services Director at WCSD6
- d. Anne Jensen, Healthy Kids Club/CanDo
- e. Katie Kustio, Healthy Kids Club/CanDo
- f. Laurie Zenner, Healthy Kids Club/CanDo
- g. Linda Trimberger, WCSD6 Board of Education President
- h. Andrew Glendenning, LiveWell Program Coordinator at Health Department
- i. Jennifer Berg-Ramsey, School Nurse at WCSD6
- j. Melissa Curtis, Nursing Student
- k. Maritza McCoy, Spanish Teacher at WCSD6
- l. Lexie Boyce, Dietetic Intern
- m. Tia Zeigler, Physical Education Teacher at WCSD6
- n. Lizzy Ginger, Physical Education Teacher at WCSD6
- o. Roxane Smith-Conant, Worksite Wellness Manager at North Colorado Medical Center

II. Need ‘Minutes’ Taker

Previously, Bobbie Puckett was responsible for keeping minutes at the WCSD6 Student Wellness Policy meetings. She recently accepted a new position in Fort Collins and is no longer a member of the committee. Andrew Glendenning (who has taken over her duties at the Health Department) volunteered to be the new ‘minutes’ taker. Kara Sample took minutes for this meeting and Andrew will take over at the next meeting.

III. Introduction of Wellness Specialist

Jenna Raymond recently joined the WCSD6 Nutrition Services team as the Wellness Specialist. Her duties include: student wellness, staff wellness, community wellness, farm to school programs, school gardens, and other nutrition and wellness related initiatives. She will also be responsible for building and maintaining community partnerships, fiscal infrastructure, and school wellness teams (building and district level).

IV. School Food Renaissance Update

Jeremy West spoke to the recent changes that the Nutrition Services Department has made. Highlights include:

- The Central Production Kitchen is up and running at the Service Center.
- There have been some bumps along the road, but they have turned into learning experiences.
- Since school has been in session for a few months, the department will soon have the participation data they need to evaluate the changes.

- The Nutrition Services Department was featured in a NY Times article and there are plans for ABC Nightline to visit the district in October to tape a segment about ‘a day in the life of school foodservice’.
- By eliminating many of the processed foods that were previously served, huge nutrition strides have been accomplished (especially related to sodium).
- Marketing the changes and improvements to the school meal programs has been a main focus for the Nutrition Services Department.
- Next steps for the Central Production Kitchen...
 - Move toward 100% of entrees being made from scratch.
 - Reinstate the bakery in the production area.

V. Review of Proposed Student Wellness Policy Changes

Student Wellness Policy Review (*see handout with proposed changes tracked*)

Procedures to Accompany WCSD6 Wellness Policy (*see handout with proposed changes tracked*)

Feedback

- Moving forward, great focus will need to fall on the implementation of the proposed changes as well as accountability for sites ensuring that the policy is adhered to.
- The committee feels that the inclusion of designating cafeterias as ‘Soda Free Zones’ might stir up some issues, but felt that it was an important statement to include on the policy.
- The idea of Nutrition Services taking over vending is being considered (this would help to ensure that all items in district vending machines meet the policy guidelines).
- The committees’ biggest concerns were related to the regulations for classroom parties and fund raisers. It was voiced that these two policy areas will be the most difficult to implement.
- It was noted that many classrooms across the district have snacks on a regular basis. Often these snacks do not meet nutrition standards. The committee felt that it was important to add a statement to the policy specific to classroom snacks (since this topic has not been formally addressed in the past). This statement will note that ***‘100% of classroom snacks must be healthy items’***.
- Specific to physical activity...it was stated that the district has been hesitant to set regulations for physical activity due to the fact that sites would not meet the guidelines and would then be held accountable for making changes. At this point, the committee suggested that a statement be added to the Wellness Policy stating that ***‘the district will provide opportunities for physical activity per the law’***.
- With the inclusion of the two statements above (bold and italicized) the committee accepted the proposed changes to the policy and nutrition standards.
- Next steps...
 - Presentation of proposed changes to the Wellness Policy to the Board of Education at their October meeting.

- Be prepared to provide solutions for overcoming barriers related to ensuring that the policy is implemented. Communication related to why these changes are needed will be important.
- Plan for beginning implementation of revised standards by the start of the 2012 school year.
- Place focus on increase meal periods in the schools to allow students more time to eat. Consider adding a statement to the Wellness Policy to address this in the future.

VI. Review of new USDA Regulations

USDA now requires the following:

- Goals nutrition promotion in the School Wellness Policy.
- Encouraging a variety of members to be a part of the School Wellness Committee.
- Measurement of policy implementation.
- Communicating progress of policy implementation to stakeholders.

WCSD6 is already doing the first two. Solutions to tackle the second two will be discussed below.

VII. Nutrition Scorecard for Sites

Nutrition Scorecard Review (*see handout*)

The scorecard will allow individual sites to measure how well they are doing at creating a healthy environment for their students. The scorecard incorporates elements of the Wellness Policy, Healthier US School Challenge requirements and the new physical activity regulations. This scorecard will be provided to WCSD6 participants at the upcoming Wellness Workshop. Sites will be able to complete the scorecard and the results will serve as a benchmark. Scorecard results will allow us to see where the sites currently stand—where they are doing well and where they need to make improvements. This information can also be used to measure Wellness Policy implementation in the future.

VIII. WCSD6 Wellness Workshop

A WCSD6 Wellness Workshop will be held on October 13th at Zoe's Event Center in Greeley. The event will take place from 4 pm – 7 pm. The goal is to have two representatives from each district site at the event. The attendees will be able to serve as Wellness Champions at their sites in the future.

IX. Healthy Kids Club/CanDo Presentation

Program Goal = Promote health and nutrition education for youth.

HKC/CanDo hopes that they will be able to partner with WCSD6 in the future to provide tools, resources and support related to health education, nutrition education and physical

activity. They provided an overview of their programs and resources as noted below (*also refer to folder provided*):

- Healthy Kids News
- Health Education Curriculum
- Schools on the Move Challenge
- Classroom Resources
 - Activity Decks
 - Poster Series
 - Minds in Motion – Fit Sticks
 - Minds in Motion – Math & Literacy Activities
- Walkathon Fundraisers
- After School Programs
- Home Grown Program
- Fit Families on the Move
- Run Series
- Girls Gotta Run

NEXT MEETING: NOVEMBER 15TH – SERVICE CENTER – 4:00-5:30 PM