

Weld County School District 6
Wellness Policy Meeting Minutes
January 31, 2012, 4:00-5:30pm

I. Introductions and Attendance

1. Kara Sample, Administrative Dietitian at WCSD 6
2. Jenna Raymond, Wellness Specialist at WCSD 6
3. Alana Klein, PHD, RD – University of Northern Colorado
4. Katie Castillo, Healthy Kids Club- PVHS
5. Laurie Zenner, Healthy kids Club- PVHS
6. Jessica Hinterberg , CanDo- PVHS
7. Julie Nava- Parent
8. Jennifer Berg -Ramsey, School Nurse at WCSD 6
9. Sarah Willaitts, BSN student from UNC
10. Taylor Guzman, Dietetic intern at WCSD 6
11. Beth Neder, Dietetic intern at WCSD 6
12. Mary Russell, Parent/City of Greeley Leisure Services Department
13. Roxanne Smith-Conant, Worksite Wellness Manager at NCMC

II. CDE Audit Follow Up

- The CDE has completed audits of four sites. Audit sites are randomly selected and the audit results are highlighted in the memo from Jeremy West.
- Audits have been conducted every 5 years, but with new legislation, will now occur every 3 years.
- Audit looked at the components of reimbursable meals: Meals have 5 components and students must select 3 of the 5 in order for the meal to be reimbursable.
- Discussion: New trans-fats regulations for schools- are necessary, but will be hard to enforce.

III. Review of Wellness Policy Implementation Plan

- The *timeframes* and *activity status* sections are now filled in for the Policy Implementation Plan (see report for specifics)
- 100 teachers have used the free “Class Room Rewards”
- “Soda-Free Zone” has been implemented at K-8 level. Notices to parents have gone out.
- The grant application for the healthy school vending machines and truck will be submitted tomorrow (2-1-12).
- Next steps: Will begin talking to the PTO’s about the Wellness Policy; will also work with Professional Development to include nutrition education as part of August’s curriculum day for teachers.

IV. Review Wellness Policy Communication Plan

- The Wellness Policy is not well known and WCSD 6 is working to increase awareness.
- A brochure about the Wellness Policy will be available at all schools for staff.

In addition to identified strategies (see handout) the following strategies were suggested (separated by implementation level staff, student and parent levels)

Staff

- Integration of wellness into *Employee Assistance Program* (EAP).
- Present to staff during orientation

Parents

- Parent newsletter – goes out 4 times per year
- Send information in packet with *Free and Reduced* application materials.
- Have principal discuss during *Back to School Night*.
- Present info during PTO and PTA meetings.
- Discussion: Repercussions for not following the wellness policy as it relates to healthy food items in class will be handled on an individual basis – there are no financial repercussions.

Students

- Have student council members participate in Wellness Policy Meetings.
- Presentation at school assemblies.

V. Teacher Nutrition Education (continuing education)

- Working with professional development (pending)

VI. Student Nutrition Education Update

- See cover letter
- Surveys were sent to schools on January 23rd and the data is currently being collected
- Discussion: Know Your Body curriculum : consists of 10 sessions, 40 min in duration; this includes all health topics, not just nutrition.

VII. Evaluation Results and Reporting Plan (elementary schools)

- Reporting plan correlates directly with the Wellness Policy
- Individual results and areas for improvement have been identified (highlighted in the green handout)

Next Meeting: April 24th, 2012 form 4:00pm to 5:30pm at Conference Room B at the Administrative Building