

**Weld County School District 6
Wellness Policy Meeting Minutes
April 24, 2012, 4:00-5:30pm**

I. Introductions & Attendance:

| Name | Organization/Committee Role |
|-------------------------------|--|
| I. Jenna Raymond, RD | Weld County School District 6 – Nutrition Services |
| II. Kara Sample, RD, SNS | Weld County School District 6 – Nutrition Services |
| III. Jeremy West, CDM, SNS | Weld County School District 6 – Nutrition Services |
| IV. Linda Trimberger | Weld County School District 6 – Board of Education |
| V. Lizzy Ginger | Weld County School District 6 - PE Teacher |
| VI. Stella Vigil | Parent |
| VII. Jennifer Berg-Ramsey, RN | Weld County School District 6 - Nurse |
| VIII. Alana Cline PhD, RD | UNC – Dietetics Program |
| IX. Katie Castillo | Healthy Kids Club (PVHS) |
| X. Marybeth Appelhans | Weld County School District 6 - Nurse |
| XI. Maritza McCoy | Weld County School District 6 – Spanish Teacher |

II. Implementation Update

Nutrition Handbook – To be developed as a nutrition education resource for the district. Will contain two sections: (1) nutrition and wellness policy related info; (2) nutrition lesson plans for classroom teachers. Focus will be placed on elementary schools. Plans to implement ‘nutrition handbook’ training for teachers (specifically PE teachers). Jenna is working closely with the curriculum people to develop and implement this.

Well Bucks – To incentivize teachers to follow the wellness policy. Engaging in wellness related activities would allow teachers to earn well bucks. Well bucks could be used to ‘purchase’ healthy classroom items/resources. Jenna is pondering ways to simplify the tracking process. See Well Bucks handout provided for more information. It was suggested that an evaluation tool be implemented to ensure accountability. Feedback from the group...

- Committee likes the idea simplifying by having teachers choose activities from different categories (based on incentive level).
- It was suggested that Healthier US School Challenge guidelines be utilized to identify criteria for the ‘bronze’ level.
- Idea shared to develop partnerships with grocery stores to identify and illustrate classroom approved party/celebration foods.

Incentive would be an award to designate the classroom as a ‘Well’ classroom (i.e. different plates for different award levels—paper plate, everyday plate, china plate) and prizes would also be provided for the students in the classroom (i.e. jump ropes). Teachers would earn well bucks on an annual basis.

Fundraising Catalog – Online and paper version of a fundraising catalog is being developed to provide to teachers, PTO's, etc. Not just a list of ideas, but rather, actual resources and tools to implement healthy fundraisers.

Culinary Boot Camp – Will be hosted by Nutrition Services summer of 2012 (and annually thereafter). Goal is to have two employees from each district kitchen attend this summer. How Wellness Policy will be implemented into the training:

- Physical activity breaks
- Value of healthy eating
- Reimbursable meals
- Cafeteria eating environment
 - It was suggested that we work with the art educators to see if students could work on art for the cafeterias (food-related).
 - 'Art' contact = Loxie Richardson

Point of Sale Nutrition Information – Nutrition information brochures for all District 6 menu items will create an opportunity to provide nutrition education in the cafeteria. Brochures will be displayed in the cafeteria for students to take. These will be implemented in the fall (2012) so that nutrition information related to menu changes can be reflected. See Elementary School Lunch Guide brochure provided for more information.

Catering Menu – New District 6 catering menu is being developed so that items available meet Wellness Policy guidelines. Pricing for these items has not been calculated yet. Goal is to roll out new catering menu by fall 2012. See draft WCSD6 Catering menu for more information.

III. Evaluation Results & Reporting

Results from site wellness assessments were shared for all District 6 sites. See handouts provided for elementary results and secondary results. Comprehensive learning environment (related to wellness) scored lowed across the board at all sites. These results will be posted online. This will help to meet the requirement for communication of progress of Student Wellness Policy implementation progress. Other ideas to communicate this progress:

- Nutrition newsletter
- Friday folders at elementary sites
- PTA/PTO groups (Stephanie Newhouse)
- Electronic newsletters at sites (send info to Office Managers for inclusion)

IV. Parent Survey

Made available online and as a paper copy to parents at charter sites and ten elementary schools. Sites with low participation were targeted. As a result of all the changes nutrition services made over the last year, feedback from parents was needed to evaluate the success of the program. See parent survey

handouts for more information. Survey also measured the level of interest for implementing breakfast programs at charter sites.

V. Menu Revision Process

Nutrition services has two menu committees (one for elementary schools and one for middle and high schools). Menu committees meet two times per year. Once in late fall, and once in late spring. Menu committee members are representative of the nutrition services staff. They collect feedback from the kitchens they represent and bring that to the committee. The feedback is evaluated and revisions are made accordingly. The committee is also responsible for planning and implementing marketing and promotional events to help increase participation.

VI. This Year's Accomplishments

Refer to District 6 Nutrition Services Report to Student Wellness Policy Committee for specific details. Jeremy West shared accomplishments made by the nutrition services department throughout the 2011-2012 school year. He also detailed the improvements that are planned for implementation next year.

VII. Committee Member Feedback and Comments

- Lizzy Ginger – Noted SB 1069 and the new requirement for physical activity in schools (600 minutes per month). Concern that District 6 sites are not meeting requirements. Monfort has plans for implementing brain based learning activity breaks for next school year.
- Alana Cline – Mentioned interest in partnering with Nutrition Services to conduct plate waste studies to evaluate the acceptance of new from scratch menu items.