

Weld County School District 6
Wellness Policy Meeting Minutes
Tuesday November 15, 2011 4:00-5:00pm

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. Mary Russell, City of Greeley
- e. Stella Vigil, CSU nutrition Education
- f. Katie Custillo, Healthy Kids Club
- g. Laurie Zenner, Healthy Kids Club
- h. Andrew Glendenning, Healthy Weld 2020 Coordinator at WCDPHE
- i. Maritza McCoy, Spanish Teacher at WCSD6
- j. Tia Zeigler, Physical education Teacher at WCSD6
- k. Roxane Conant, Worksite Wellness Manager at NCMC
- l. Alana Cline, UNC Nutrition and Dietetics program

II. Introduction of new Member

Parent has expressed interest in participation but was unable to attend this meeting.

III. CDE audit

The CDE will conduct an audit of nutrition services the end of January, 2012. The audit will look at Dist 6 Free and reduced numbers, reimbursements and the wellness policy in terms of readiness for proposed future regulations.

IV. Wellness Workshop follow-up

Healthy Kids Club sponsored a wellness workshop in October 2011 that was attended by 15-20 district staff members. The keynote speaker was Dr. Pat Cooper and spoke about coordinated school health and how to get wellness started at the school level.

- Workshop attendee's were provided with a form to begin wellness assessments at their schools. The forms are due by Thanksgiving.
- Next steps: HKC meeting with PE teachers; HKC has mini-grants available for wellness initiatives.
 - Brentwood and Chappelow have expressed the most interest to date.

V. Review updated wellness policy

Plan objectives and activities were discussed item by item. Please see attachment for changes.

Final wellness policy was presented and updated copies are available on the Nutrition Services web site.

- Committee will meet 4 times per year.
- Policy is more strict than before and covers fundraisers & vending machines

VI. Discuss wellness policy implementation

- Jenna has purchased items to be used as non-food rewards for teachers to use in the classroom (such as: erasers, folders, bookmarks etc.)
 - In January, Jenna will make the request form for the reward items available to teachers.
- Healthy Holidays Contest is currently happening. Classroom teachers are encouraged to plan holiday parties that incorporate both nutrition and physical activity messages. Full contest rules and details are available on the Nutrition Services webpage.
- Wellness policy requires that students receive adequate time to eat. The CDC recommends 10 min of student eating time for breakfast and 20 min of eating time for lunch.
 - Nutrition Services is seeking opportunities to discuss the policy with the district scheduler.
- Cafeterias at elementary and middle school levels will now be “soda free zones”
 - Nutrition Services is working with *Fast Signs* to create signs for cafeterias to educate about not having soda in the cafeteria.

VII. Discuss wellness policy evaluation/monitoring

Activities to engage customers and getting feedback about food

- Smart Phone app for older students
- Parent survey- will take place in spring
- Quality Control Sheets (see handout)
 - Cover food quality at central kitchen and then follow up at school kitchens
- Nutrition Services is actively looking for opportunities to connect with community organizations to educate the community about the Dist 6 school food programs and to get feedback.

VIII. Discuss public updates on progress

- Breakfast in the Classroom: will begin in January for Northridge and possibly some additional elementary sites as well.
 - Funded by a grant from the Colorado Health Foundation.
 - Breakfasts will be offered universally “free” for all participants.
 - Students groups will be paid to assist with food distribution and cleanup.
- ABC Nightline has completed filming the story about the Dist 6 kitchen and fixing the food system in Greeley.
 - Watch emails for notification of story airdate.

Next Meeting: January 31st, 4:00-5:30