

**2022- 2023**

# **ANNUAL WELLNESS REPORT**

**GREELEY-EVANS SCHOOL DISTRICT 6**



**WORKSITE WELLNESS**

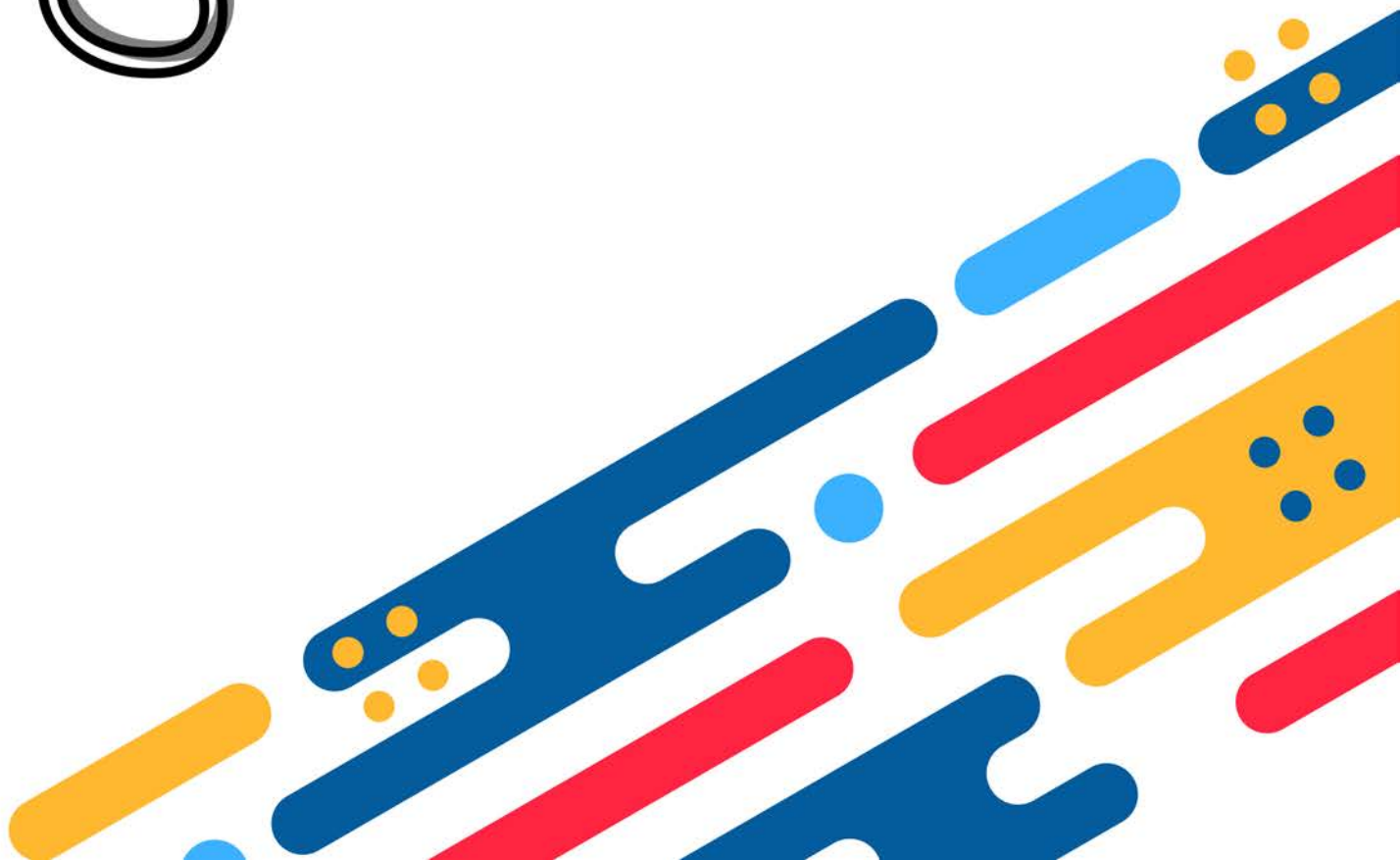
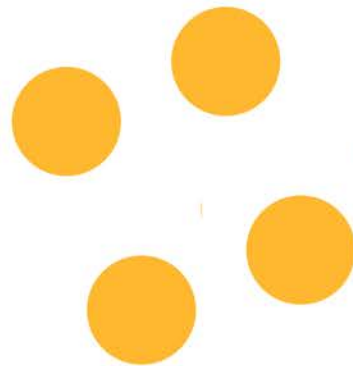


**STUDENT WELLNESS**



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Summer is a fun time in the world of education- a chance to relax a bit, reflect on the previous school year and plan for how to make the next school year even better. As you will see in this report, the 2022-2023 school year was yet **another epic year for D6 Nutrition Services and Wellness!** I write this letter in mid-July, full of hope and optimism based on where we've been and where we're planning to go in D6 Wellness.



*Rachel Hurshman,  
MPH, RDN, SNS  
Wellness Coordinator*

We launched the year with a **new Employee Assistance Program**, increasing the number of free mental health counseling sessions for ALL employees (and their household members) from three sessions (per issue, per year) to eight. This reflects the district's commitment to our employees and the importance of staff mental health in best serving our students. In September, we saw the return of our **in-person Wellness Fair**, for the first time in three years. The event was held at the brand new, beautiful, Greeley West High School. At the same time, we held our first-ever Staff Field Day (brainchild of PE Teacher and Student and Staff Wellness Champion, Meagan Reliford). We look forward to growing these events each year. In October, we launched our first annual **Walktober competition** with the staff at Poudre and Thompson school districts. What a fun competition this was, and D6 staff even came away with the traveling trophy for earning the most points! We look forward to having staff from even more northern Colorado districts join us in future years.

In March, we had a **visit from the US Secretary of Agriculture, Tom Vilsack**. What an incredible opportunity this was to recognize and demonstrate our work of nourishing students and fueling success! We were able to showcase a Culinary Classroom lesson as well as the smoothie bike, with a group of 2nd graders at Maplewood Elementary. The Secretary noted that we should have a smoothie bike in every school in the country!

A huge highlight of the second semester was the addition of a brand new position to our wellness team. Previous Wellness Specialist, Johanna Bishop, was promoted to the position of **Nutrition Education Specialist!** I am so excited to see the great things I know Johanna will accomplish in this role, teaching students and staff about nutrition. Filling her role of Wellness Specialist is Charlie Wright, who had worked with us as a graduate intern. We are thrilled to welcome Charlie to the team.

I am proud and grateful to lead this work alongside wonderful colleagues and the D6 community. **Thank you for supporting D6 wellness** and sharing the good stories!

With gratitude,

*Rachel Hurshman*



# AWARD-WINNING WORKSITE WELLNESS PROGRAM



Thanks to our supporting partners, we were able to provide over \$92,000 in rewards cards and HSA contributions.



American Heart Association  
Gold Award



Aetna Platinum Award



Health Links Healthy Workplace Certified Leader



12,000 gratitude cards distributed in the Pay it Forward program

## WALKTOBER

First Annual Walktober Challenge between District 6, Poudre School District and Thompson School District.

597 D6 employees signed up and there were 1,809 total employees between the 3 districts that participated. District 6 won the traveling trophy by earning the most points!



### Wellbeats

Wellness

Used every single day of 2022

## 5%

INCREASE IN WATER CONSUMPTION ACROSS 20 SITES DURING THE #D6 WATER FIGHT

“

I have used all the wellness resources that our district has to offer to better myself. I am now **going to the gym** and **seeing a therapist through our EAP program**. I have gotten several team members to sign up and join me at the gym, because **working out with friends is so much more fun**. I participated in almost every challenge and it has just helped me be more motivated and has **helped me love myself again**. The past 3 years have been really hard on me and this year has just been different. I **feel so lucky** to have been my school's wellness champ for the past 2 years.

Thank you for all you do for our district.”

”

D6 WORKSITE WELLNESS PRESENTS

## THE GREAT HOLIDAY CHALLENGE

48 teams and 177 individuals signed up for the Great Holiday Challenge program, for a total of 423 participants.

Engaged 94% of district buildings.



## #

- 738 flu shots provided onsite
- 459 employees completed biometrics and the Health Risk Assessment
- 278 completed Financial Wellness Bingo as part of Financial Wellness Month
- 688 employees completed the Interest Survey and Culture Audit
- 110 chair massages provided during summer wellness initiative
- 101 employees participated in the first annual summer Wellness Summit
- 309 employees completed the Spring Break Steps and Strength Challenge





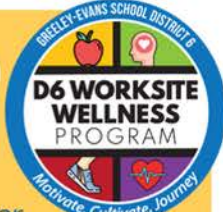
Over 200 people attended the first in-person Wellness Fair since 2019. Hosted our First Annual Staff Field Day



6 in-person cooking classes offered to staff and their families



## INCENTIVES FOR STAFF



Throughout the year, employees had **11 opportunities** to earn reward cards totaling over **\$600 per person**.



Additional prizes included: bikes, Hydroflask products, sunglasses, flowers, yard games, **Apple watches**, Fitbits, air fryers, running shoes, gratitude journals, cookbooks, board games, electric toothbrushes, yoga mats, Instant Pots, **national parks passes**, and Camelback water packs.



**Meredith Allen, Principal at GAP**  
Spring, 2023 Administrator of the Quarter

## Health Nut of the Month



**Anna Meza**  
Sept '22



**Carli Engel**  
Oct '22



**Wendy McSwain**  
Nov '22



**Robert Arizmendi**  
Dec '22



**Alli Balog**  
Jan '23



**Abbie Polland**  
Feb '23



**Joanna Fedor**  
Mar '23



**Claudia Everhart**  
Apr '23



**Trevor Pilgrim**  
May '23



**Cassie Hawkins**  
June '23





# STUDENT WELLNESS HIGHLIGHTS



## Growing Team of Staff

This school year we added many new people to the Student Wellness Team. 19 high school students in SHAC were hired as Nutrition Services Student Employees to help provide peer expertise and feedback while promoting the work of SHAC.



Johanna Bishop, Wellness Specialist, was promoted to the new position of Nutrition Education Specialist. In this role, she will focus on bringing nutrition education into the classroom and providing more opportunities for student input into school lunches.



Charlie Wright was hired as the new Wellness Specialist to continue the important work of Student Wellness.

## New Program: SNACK DRAWER

We added a new program to the list of Student Wellness Resources! Before Charlie Wright became the Wellness Specialist, they worked with the Student Wellness team as an MPH student. Their practicum work and Capstone project focused on transforming the idea of Snack Drawer into a reality.

The Snack Drawer Program is geared towards mental health specialists, helping them to connect with students and provide students with an opportunity to have another trusted adult. The snacks follow the Wellness Policy's specific nutrition standards.



## VISIT FROM USDA SECRETARY TOM VILSACK



United States Secretary of Agriculture Thomas Vilsack and other staff members of the U.S. Department of Agriculture toured Maplewood Elementary, visiting a student culinary class and the cafeteria during lunch time. Secretary Vilsack joined the **Salad On A Stick** culinary classroom lesson and cheered students on as they pedaled the **Smoothie Bike**. It was an honor for the Student Wellness Team to demonstrate nutrition education in action. *"These kids will probably never know how lucky they are,"* Secretary Vilsack said.







# STUDENT WELLNESS IN ACTION



## CHALLENGE!

Congrats to:

Bella Romero

Centennial

D6 Online Academy

Franklin

Fred Tjardes

Heath

Strong participation from D6 Schools in this year's 5210+ Challenge. We won a combined total of \$13,700 in prize money!

Martinez

McAuliffe

Meeker

Prairie Heights

Shawsheen

West Ridge Academy



## Healthy Halloween Celebrations

We hosted a contest for classrooms who hosted a healthy Halloween Party. Seven classes

participated and shared their fun party ideas with the Student Wellness Committee. Students got involved in the planning and parents worked with teachers to bring everything together!



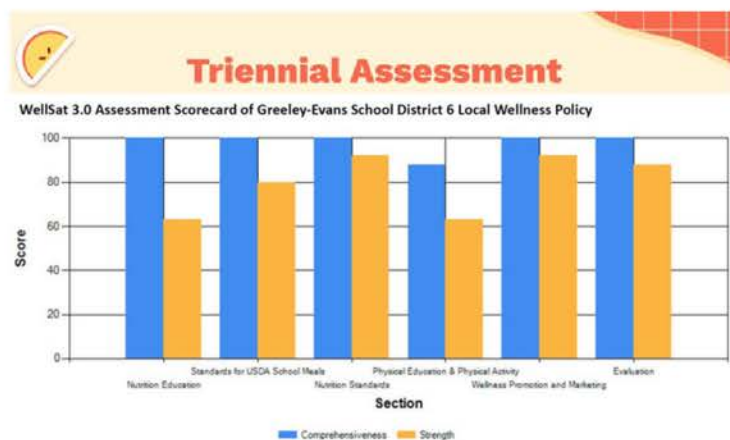
## Smoothie Bike

The smoothie bike continues to be popular in the whole community! This past year it traveled to the library, and schools all across the district. Students in Early Childhood Center, elementary, middle and high schools all had a chance to take a spin!



**Non-Food Rewards** continue to be very popular with staff and students. We provided almost **45,000** items, distributed to **every school** in the district.

A special thank you to students in the Life and Vocational Skills classes at **Greeley West High and Northridge High School** for taking on the packing and shipping of non-food rewards!



The **Triennial Assessment** is complete and posted on the student wellness website. The assessment showed an opportunity for growth in the area of nutrition education and is one of the reasons for creating the new position of Nutrition Education Specialist. For full report, go to [www.greeleyschools.org/studentwellness](http://www.greeleyschools.org/studentwellness).

## Culinary Classroom Lessons

Students enjoy the delicious results of their culinary creations. This program was especially popular during summer session, leading 12 classes in June and July!





# Student Health Advisory Council

## Trusted Adult Campaign



## Accomplishments

- ★ Smoothie bike went to 6 high schools, students "paid" with notes of gratitude
- ★ SHAC students hired as student employees of Nutrition Services to provide student input on school meals
- ★ Hosted guest speakers, including superintendent Dr. Pilch, community member Libby Goodman from Sunrise Clinic and Anna Meza from Nutrition Services
- ★ Completed 5th mural panel, Trusted Adults
- ★ Leadership opportunities for students

## Healthy Activities Campaign



## Guest Speakers

## SHAC members



## Summer Intensive







## Nutrition Services

[www.greeleyschools.org/nutrition](http://www.greeleyschools.org/nutrition)



d6nutritionservices



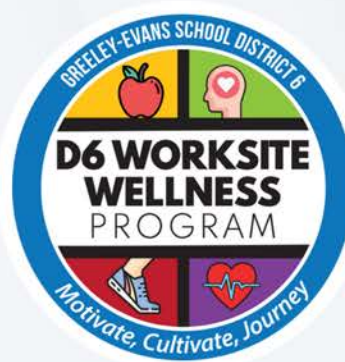
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D6 Nutrition Services

**Vision:** Nutrition Services supports student achievement by offering healthy, great-tasting meals, and promoting overall wellness through nutrition education opportunities.

**Mission:** Nourishing Students, Creating Success



## Worksite Wellness

[www.greeleyschools.org/WorksiteWellness](http://www.greeleyschools.org/WorksiteWellness)



d6worksitewellness



we\_are\_d6\_wellness

## Worksite Wellness

**Vision:** D6 staff will motivate, cultivate and journey with one another in well-being.

**Mission:** Creating lifelong healthy, engaged and high performing role models for our students and community.



## Student Wellness

[www.greeleyschools.org/StudentWellness](http://www.greeleyschools.org/StudentWellness)



d6studentwellness



d6SHAC

## Student Wellness

**Vision:** A district that fosters a culture of healthy active learners

**Mission:** To improve the health of students, families, and staff through education, environmental changes, and opportunities to establish life-long positive nutrition, physical activity, and mental health habits.

For more information, please contact [District6-Wellness@greeleyschools.org](mailto:District6-Wellness@greeleyschools.org).

This report was prepared by Nutrition Education Specialist, Johanna Bishop, MS, RDN, SNS.