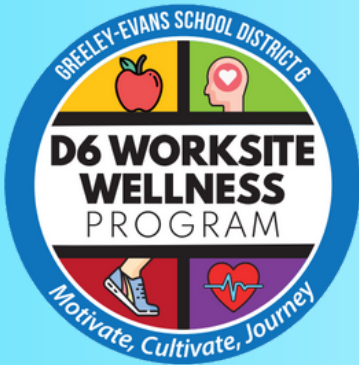


2023-2024

Annual Wellness Report



Greeley-Evans
School District 6



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MEET YOUR WELLNESS TEAM



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



*Johanna Bishop,
MS, RDN, SNS
Nutrition Education Specialist*



*Danielle Belcher,
MS
Wellness Specialist*

*Mariah Westlie,
MS, RD, SNS
Menu & Nutrition
Specialist*



*Charlie Wright,
BA, MPH,
Wellness Consultant*



TEAM NUTRITION GRANT

Year One Report

Total Amount of
Federal Award:

\$768,969

Award Start Date:
September 15, 2023

Award End Date:
September 30, 2026

- ✓ **\$23,535** Nine Smoothie Bikes and accessories
- ✓ **\$1,128** Four Garden Towers
- ✓ **\$1,125** Plate Waste and Nutrition Awareness Baseline Data Collection
- ✓ **\$427** Seed Library Community Education Materials

LETTER FROM THE WELLNESS COORDINATOR



At the final District Leadership Team meeting of the school year, our Superintendent, Dr. Deirdre Pilch, asked district leaders which of the four areas of the District 6 strategic plan, **Innovation2030**, they would choose to work on first. The majority of the group reflected that they would start with climate and culture. We are lucky to work in a district where leaders recognize the importance of a safe, healthy and inclusive environment in order for our students to learn.

Our work in student and staff wellness can be connected back to many places in the strategic plan but most specifically within climate and culture, the goal of **“support the social, emotional and physical well-being of students and staff”**. I am proud to say the wellness team, including our staff serving as **Student Wellness Team Leaders** and **Worksite Wellness Champions**, have accomplished so many things this year in support of that goal. In addition, you will see through this report how we are implementing the goals of our Local Wellness Policy.

We launched the year with our first ever comprehensive online staff wellness platform, **Navigate**. There are **1,321 D6 employees** so far who set up their Navigate account where they are able to sign up for flu shots, engage in group challenges, earn points for quarterly drawings, redeem points for gift cards and more. We also launched **Nice Healthcare** allowing our employees on the district medical plan and their spouses, partners and children to get free physician visits right in their home or workplace. We provided hydration challenges, walking challenges, financial programming, cooking classes, mental health support, dental screenings, flu shots, in-person and virtual resources to support our employees to live their best lives.

A huge wellness win was being the only school district in the nation to be awarded the **Team Nutrition Grant** through the United States Department of Agriculture! This is a three year grant totalling over **\$768,000** to buy smoothie bikes for every school, support nutrition education, farm to school and much more, as detailed in this report. We worked with community partners to gather baseline data this year and I'm excited to see all we are able to accomplish over the next few years.

Thank you so much for your support of D6 wellness and for taking the time to review and share this report!

With gratitude,

A handwritten signature in brown ink that reads "Rachel Huston". The signature is fluid and cursive.

MPH, RDN, SNS
Wellness Coordinator

LOCAL WELLNESS POLICY



Goal #1



The district will provide a comprehensive learning environment to promote the development and practice of **lifelong wellness behaviors.**

Goal #2



The district will implement and **promote nutrition education** and proper dietary habits contributing to students' health status and academic performance.

Goal #3



The district will provide opportunities for students to **engage in physical activity.**

Goal #4



The district will **support employees** by promoting a healthy lifestyle.



Smoothie Bikes are here!



7,000 Smoothies served

52 Smoothie Bike events

12 New Smoothie Bikes!

The smoothie bike works like any other blender - except it uses mechanical energy to blend the ingredients! Place all your ingredients in the blender, mount and strap the blender in place, and pedal away to blend the smoothie into a smooth consistency!

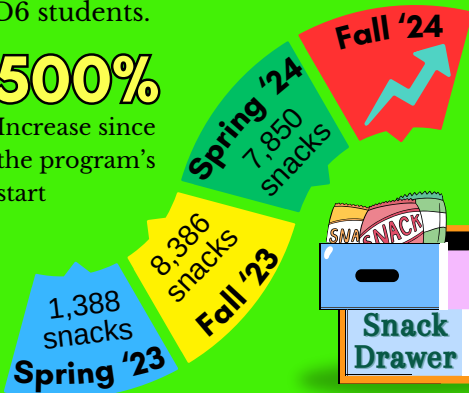
Check out this Sensory Path in Jackson Elementary! This allows our students to move in between classes.



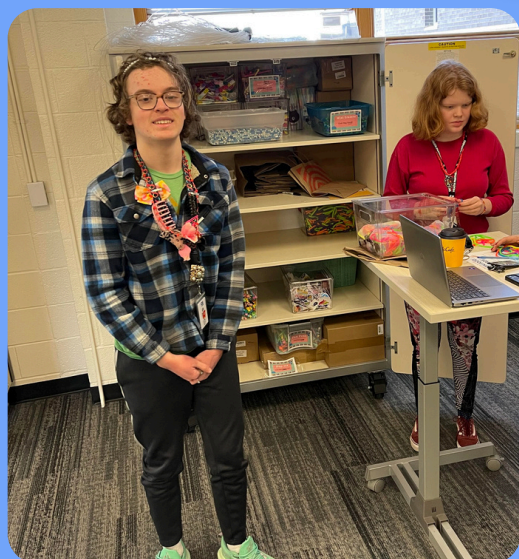
Snack Drawer Program

The Snack Drawer Program connects students with trusted adults while tackling food insecurity. Mental health professionals are provided with free, nutritious snacks to help them bond with D6 students.

500%
Increase since the program's start



Non-Food Rewards!



2023-2024 School Year:

66,392 Non-Food Reward (NFR) items were given out to 37 schools by 540 individual staff member requests. That's nearly a 50% increase from last year!

The District 6 Wellness Policy only allows students to be rewarded with non-food items. This is important so that our students are getting a consistent message about food. The NFR program provides D6 staff with free NFR items to give to their students.



D6 Student Health Advisory Council (SHAC)

SHAC Menu Action Team or SHAC MAT!

Providing students a voice in shaping their school lunch. Students provide valuable feedback on taste, potential additions, and appeal on school lunch menu items to improve the lunch experience for students.



SHAC Students at the Board of Education!

SHAC students presented to the Board of Education last Fall. They were asked “How can the District better support the mental health of students?” Below are some of the responses from our SHAC students:

- longer lunches
- increased breaks
- focus on prevention



Board of Education Response:

“This was the **BEST** board meeting ever!”



SHAC students created this mural to represent Sources of Strength, a suicide prevention program focused on encouraging students to focus on their networks of support in hard times!

Whole School, Whole Community, Whole Child (WSCC) Emotional Well-Being Youth Leadership Academy participants

Lensa's Goal:

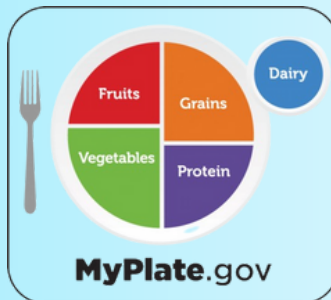
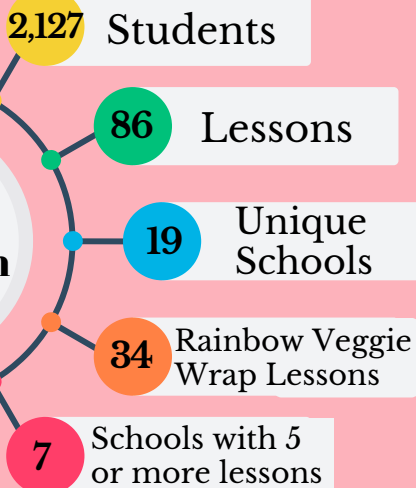
Share valuable mental health posts and tips across social media platforms for D6 students.

Jennifer's Goal:

Create a comprehensive database of resources for students, ensuring they have access to various forms of support.



Culinary Classroom



Cafeteria Digital Signage!

Digital signage has been purchased for several schools!

Next Steps:

Install

Install digital signage in cafeterias

Implement

Implement Nutrition Education in schools

Implement

Menu highlights during meal service

Plate Waste Study

Average vegetables wasted per student a day

0.28 CUPS

Average fruits wasted per student a day

0.26 CUPS

Local Produce

\$587,956.94 to be spent on local products from more than 10 local producers!



You can find these items daily on the salad bar, integrated into regular menu offerings, and services during special meal promotions such as:

- Colorado Proud School Meal Day
- National School Lunch Week!



COLORADO
Department of Agriculture

School Gardens

- 7 Garden audits
- 9 School gardens being repaired
- 1st Vertical Hydroponic growing system (Funded by USDA Team Nutrition Grant)



We have three unclaimed garden towers! If your school would be interested in claiming one, email Rachel Garcia at rgarcia29@greeley.schools.org



How Student Wellness Team Leaders are supporting our students' wellness!

5210+

Walking Paths

Wellness Fairs

Running Clubs!



4,621
Students participated!

Walk & Roll to School Day

Bike & Roll to School Day

Non-Food Rewards Program



Thanks to support from Greeley Bike Peddler and grant funding, we were able to provide **FREE Bikes & Helmets** to 8 students in D6 who participated in the May Walk & Roll To School Day!!!



Smart Source Survey Results

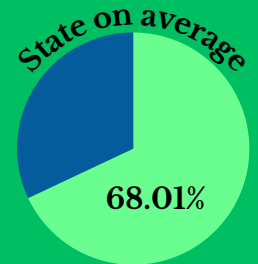
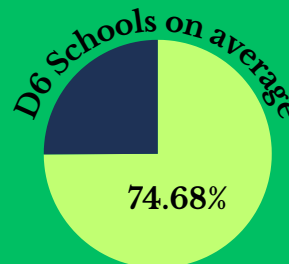
Do the physical education programs at your school...

Appropriately modify activities to promote participation of all students? **100%**

Use instructional strategies that support the needs of the diversity of the student population? **100%**

During physical education courses, what percentage of the time, on average, are students engaged in moderate to vigorous physical activity?

At least 50% of class time





Worksite Wellness

"I like making others feel good about the job they are doing"

"I truly appreciate my work family"

"Happy and grateful for a friendship"

"...I appreciate my coworkers for the little things they do that makes working in my building great!"



5210+
752 staff members participated!

1,000+
coworker appreciation cards completed

637
onsite flu shots

823
Engaged in Walktober step competition with neighboring districts

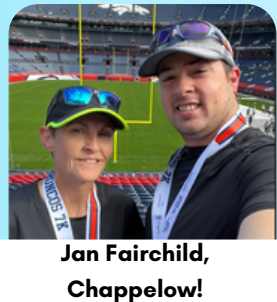
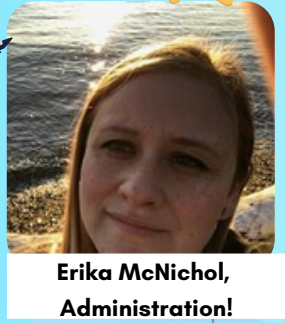
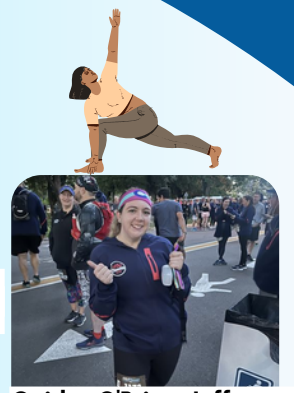
84%
Felt a sense of belonging in their community



INCENTIVES FOR STAFF

Staff had 7 opportunities to earn up to \$550 per person throughout the year

23/24 Health Nuts!



Sheal'est Lamb, McAuliffe!

Dan Goding, McAuliffe!

Joan Erickson, Jefferson Sr!

Douang Reed, Administration

Erika McNichol, Administration!

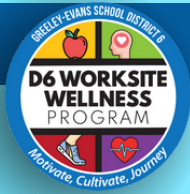
Jan Fairchild, Chappelow!

Jamie Bowker, Administration!

Caitlyn O'Brien, Jefferson Sr!

Sylvia Maldonado, Jackson!

Ryan Paul, Heiman!



Nice Healthcare

Financial Savings*

Q1, 2024	past 12 months
\$360,941	\$710,365

*Primarily serves to represent the approximate cost if the care was provided in the traditional healthcare system

Time Savings

Q1, 2024	past 12 months
1,506	2,844
hours saved	hours saved

Nice Healthcare is available at no cost to employees who have elected a district medical plan as well as their eligible dependents. It includes...

- Chronic care
- Imaging
- Routine check-ups
- Labs
- Sick care
- Mental health care

All of these services are brought to employees' home or workplace!

District 6 employees signed up **1,451** **2,747** Total visits

Navigate! D6 Wellness Platform

1,321
onboarded
users!

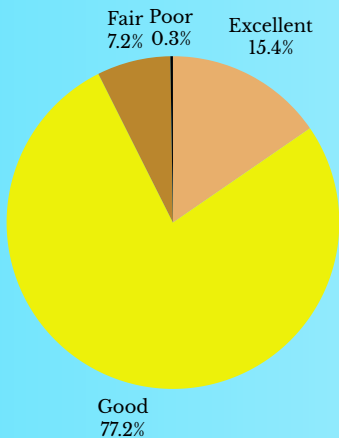
804 completed wellbeing surveys (results shown below)

225.5 Million total steps recorded

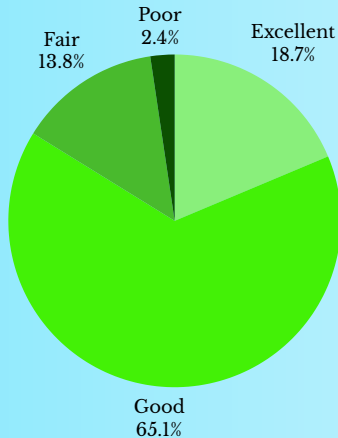
492 biometric screenings recorded

616 employees engaged in the hydration challenge

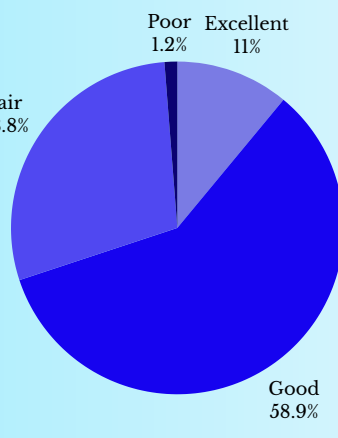
Mindfulness



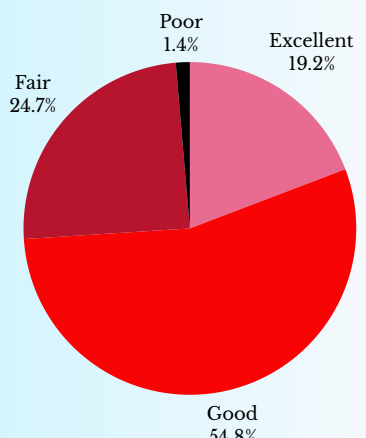
Community



Financial



Nutrition






Nutrition Services

www.greeleyschools.org/nutrition

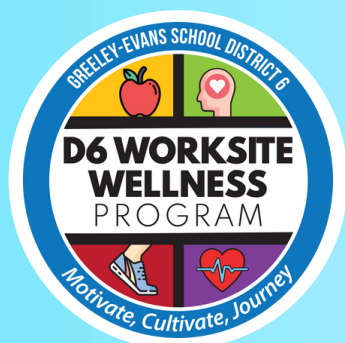
 d6nutritionservices

 d6schoolfood

 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

 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

 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.

This report was prepared by Wellness Consultant, Charlie Wright, BA, MPH