

Student Wellness Policy Committee
February 5th, 2025

Attendees

- Danielle (DJ) Belcher, Wellness Specialist
- Johanna Bishop, Nutrition Education Specialist
- Mariah Westlie, Nutrition and Menu Specialist
- Levi Aldridge, Student at ECA and SHAC member
- Rachel Hurshman, Wellness Coordinator
- Kara Sample, Assistant Director of Nutrition Services
- Tia Ziegler, lead P.E. teacher for D6 and P.E. teacher at Chappelow K-8 Arts Magnet School
- Meghan Reliford, P.E. teacher at James Madison
- Jioni Reliford, P.E. teacher at Jackson Elementary
- Christine Murphy, Dietetic Intern
- Rachel Garcia, Farm to School Specialist
- Ellie Dudley, Integrated Nutrition Education Program representative
- Britte Harder, Farm to School Specialist
- Jeri Jennings, D6 Parent
- Doran Azari, D6 Board of Education Representative
- John Miller, P.E. teacher at Maplewood Elementary
- Delaney Leal, Wellness Specialist at Banner Health
- Carolyn Jones, Special Education teacher at Jefferson High school
- Julie Bell, PhD student and Active Schools Institute representative
- Jill Mattlock, HEAL coordinator at Weld County Department of Public Health
- Giovanna Castro, Tobacco Prevention at Weld county Department of Public Health
- Hannah Feldman, City Planner for the City of Greeley

Wellness policy meeting focus: Goal #3- The district will provide opportunities for students to engage in physical activity

Smart Source Results

- **Successes**
 - D6 was similar or above the state average for the amount of time students spent in a single physical education class
 - D6 was at or above the state average for the percentage of time that students engaged in moderate to vigorous physical activity during their physical education classes
- **Areas for Improvement**
 - 15-16% of schools used physical activity as a punishment in 2023

Student Health Advisory Council (SHAC) update- Levi Aldridge

- A large item of focus for SHAC recently has been recruitment. Interested students had to apply and interview with current SHAC members. Students accepted into SHAC will be

notified by February 8th. SHAC students made posters and a video to market the opportunity to fellow students.

- There were over 50 applications this year! SHAC can only accept 12 or so, making it a very competitive process.
- SHAC is comprised of around 25 students
- SHAC is looking for commitment, leadership skills, and organization skills in new members
- SHAC is also planning a smoothie bike campaign soon. They are planning to operate at every high school between late February and early March. The campaign advances Sources of Strength through requiring participating students to pay for the smoothie through writing a note of gratitude that SHAC will then combine into a collage.
- SHAC-MAT (Student Health Advisory Committee Menu Advisory Team) was held on Monday. The SHAC students taste tested new items that will potentially be included on the school lunch menu.

Speaker #1- Jioni Reliford, Jackson Physical Education teacher

- Jioni operates a “Saints in Motion” running club. He explained his running tracking system. He uses different color cards and hole punches to keep track of how many laps the students complete during recess. Students get a certificate for every 10 miles they run. Students also get prizes including a Saints in Motion bracelet, an announcement over the intercom, and a Greeley Rec pass (60 miles). He has also been able to provide bikes, roller blades, and smart watches for top students. Students also get their picture in the presentation case. Some teachers also participate in the club during the school day.
 - Students can run or walk to complete their miles
 - 40-50 students participate
 - Accommodations are made for students with disabilities
- Jioni also participates in [Walk to School Day](#)
- Jackson has also recently installed sensory paths. The paths are premade from a company out of Texas. Jackson does a fundraiser (non-food) every year for different things (books, etc) and last year they were able to purchase these paths for their school.

Speaker #2- Meagan Reliford, James Madison Physical Education teacher

- One main thing that Meagan does is participate every year in [Walk and Roll to School Day](#). When students walk or roll to school they get a ticket (they can also do laps to get a ticket) and they also get a small prize and can sign a banner. The student fills out the ticket and gives it to their teacher who then turns the tickets into Meagan who makes a spreadsheet, and the winning class with the most students that participated receives the Golden Shoe. 233 students turned in tickets this year, which is about $\frac{1}{3}$ of the school.
- Meagan also coordinates the After school sports programs, which is new this year. Almost every school in the district is doing this now for 4th and 5th grades. Schools can choose from a variety of sports that they want to participate in. They run from 3:30-5:00, Monday-Thursday.

Speaker #3- John Miller, Maplewood Physical Education teacher and 2025 elementary teacher of the year!

- This past year, UNC came in and helped coach basketball at Maplewood. Students then received tickets to watch UNC basketball.
- John also tries to introduce new activities to students, such as rollerblading.
- John also works with teachers to integrate physical activity into the classroom. He provides ideas for teachers to incorporate physical activity into their day such as minute to win it games and the smoothie bike.
- John also teaches social-emotional learning (SEL) in P.E. He teaches things like teamwork to students through games and activities. John collaborated with a teacher at his school to get the students to work together more.
- John also took summer school kids bowling this year to expose them to even more types of physical activity.
- John is passionate about Reading Achievers. This is a program where UNC students come in and help students with reading. John worked with them to utilize action based learning in his P.E. classes through combining literacy and movement.

Speaker #4- Tia Ziegler, D6 lead Physical Education teacher (K-8)

- Tia coordinates the 4th and 5th grade sports program at Chappelow.
- Tia noted that K-12 P.E. teachers are very focused on SEL development, and have received a lot of professional development about this topic.
- Tia also highlighted the [Kids Heart Challenge](#) (Jump Rope for Heart). Ben from the American Heart Association is Greeley's coordinator and helps coordinate events. Tia noted that they don't push the fundraising, and place more of a focus on heart health and CPR. This is one of her most popular events.
 - They also have a 6th-8th program.
 - The [American Heart Association](#) has amazing resources.
- Tia ensures that D6 professional development for P.E. teachers is active and engaging.
 - Include nontraditional sports so P.E. teachers have more ideas to take to their classes.
- D6 just adopted the SPARK curriculum, we have a lot of P.E. teachers who are not highly certified in P.E., so the SPARK curriculum helps direct them.
- Tia is also pushing forward on the health curriculum for D6.

Brain Energizer- Julie Bell and active schools

- Super Chicken

Speaker #5- Courtney Luce, Collaborator at Fred Tjardes

- Courtney noted that research shows kids need 1+ hour of recess per day. Fred Tjardes made sure to build this into their innovation plan.
- Courtney also noted that it is important that this includes unstructured time for play.
- Fred Tjardes' day structure looks like this: 90 minutes of instruction followed by a 15 minute brain energizer, followed by a full 30 minutes for lunch and a full 30 minutes for recess, and another 15 minute recess in the afternoon.

- Courtney noted that many administrators are afraid to do this because they do not want test scores to drop. However, Fred Tjardes' test scores are well above average, and have gone up every year and they've never cut back on recess.
- Courtney mentioned that it helps a lot with students' social skills and behavior.
- Fred Tjardes has a pretty firm never take away recess policy, instead they sometimes provide students an alternative recess if there was a behavior incident specifically happening at recess (shooting baskets with an adult).
- Fred Tjardes also has in their innovation plan that if they can go anywhere within a mile, students walk there for field trips.

Speaker #6- Hanna Feldman, City of Greeley Transportation planner

- The city of Greeley is currently implementing a [Safe Routes to School](#) planning grant
- The grant is focusing on schools with elementary level in Greeley only
- They are currently meeting with Principals to find out what's working well, what improvements are needed in terms of infrastructure, and changes needed to the school pick up line in regard to transportation to and from school.
- This program is In line with Greeley's Vision Zero action plan, that there should be no fatalities due to a vehicle.
- The city of Greeley is Installing a lot of quick build projects over the next year to help implement this plan quickly.
- Hanna mentioned the programmatic portion of the plan and suggested things like increasing bike trains for kids to get to school safely and in an active way.
- They are anticipating having the final plan by the end of April and they will share that with us.
- The city's goal is to ensure that students are able to leave and come to campus safely and to promote active transportation for students.

Speaker #7- Julie Bell, Active Schools Institute, University of Northern Colorado

- Julie focused on Active Schools' [website full of resources](#)
 - They have resources to increase staff involvement, physical activity in the classroom, and before and after school physical activity programs
 - [School Implementation Guide](#) available, containing practical resources for schools to use in order to increase physical activity
 - [Menus of Evidence-Based Practices](#) that schools can choose from to easily implement physical activity programs
 - [Evaluation Handbook](#) that teachers can use to evaluate how well their school is implementing physical activity
 - [Youth Activity Profile](#), an online tool to promote and assess physical activity in youth
 - [CSPAP](#), a staff survey to see how your school is doing in physical activity
- Active schools is also willing to partner for service learning opportunities for Physical Education Teacher Education (PETE) students at UNC
 - They can volunteer at field days, before and after school programs, family fitness nights or anything else your school is doing physical activity related

- Active schools can also help with research, data and evaluation
 - Help with a physical activity needs assessment
 - Support grant funded projects
 - Flyers available to show the impacts of physical activity on the brain
- Educational programs are offered through Active Schools Institute and UNC
 - Sports Coaching
 - Physical Education and Physical Activity Leadership (PEPAL)

Celebrations and Updates

- John Miller won elementary educator of the year at success in 6 awards!
- All of our elementary schools and K-8 schools enrolled and are currently participating in our 5210+ program
- The Safe Routes to schools program is starting in Greeley
 - Safe transportation audits are occurring at 10 elementary schools and on schedule to be completed by the end of the semester
- We now have student wellness team leaders at every school
- The next quarterly meeting is on May 6th, 2025