

Student Wellness Policy Committee Meeting
August 29, 2024: 4:00-5:30pm
District 6 Service Center

1. Attendees:

- Danielle Belcher, D6 Wellness Specialist
- Kara Sample, D6 Assistant Director of Nutrition Services
- Cameron Herritt, D6 Operations Coordinator for Nutrition Services
- Kris Simmons, D6 Executive Chef
- Danielle Bock, D6 Director of Nutrition Services
- Johanna Bishop, D6 Nutrition Education Specialist
- Ellie Dudley, Integrated Nutrition Education Program
- Olga Gonzalez, Weld County Department of Public Health and Environment
- Dennis Taylor, D6 Area Supervisor for Nutrition Services
- Doran Azari, D6 Board member
- John Miller, D6 Physical Education teacher
- Tiffany McCall, D6 Collaborator
- Jenn Clark, D6 Health Services Coordinator
- Yvette Lucero Nguyen, D6 parent
- Stephanie, D6 Dietetic Intern
- Kelly Stanley, D6 school nurse
- Delaney Leal, Banner Health Wellness Specialist
- Jill Matlock, Weld County Department of Public Health
- Mariah Westlie, D6 Nutrition and Menu Specialist
- Tammy Branan, D6 Director of Student and Staff Support
- Jamie Moreno, Sunrise Community Health
- Shawna Cranmer, North Range Behavioral Health
- Melissa Selby, SESS North Range Behavioral Health
- Angie McDowell, D6 principal of Centennial Elementary
- Anna Kingman, UCHealth
- Kaylee, Student Health Advisory Council member

2. Overview of the committee and new structure

- The committee is in charge of overseeing the [wellness policy](#) through implementation, evaluation, and communication of the student wellness policy.
- Each meeting will focus on a specific goal in the wellness policy, with this meeting focusing on Goal #2: The district will implement and promote nutrition education and proper dietary habits contributing to students' health status and academic performance.

- Each meeting will also now consist of speakers from around the district and community sharing their work relating to the wellness policy, and it's [implementing objectives](#), followed by a discussion panel.

3. Smart Source results: Wellness Policy Goal #2

- Goal #2 Successes
 - D6 reported 100% of elementary and secondary schools as having strategies aimed at increasing universal student access to nutritious breakfast (e.g., Grab 'N' Go Breakfast, Breakfast in the Classroom, Breakfast on the Bus), almost 25% higher than the state average!
 - D6 also reported serving much higher rates of locally grown foods compared to the state.
- Goal #2 Areas for Improvement
 - D6 students had between 3-5 less minutes of seated meal time compared to the state average.
 - Only 25% of elementary schools, 15% of secondary, and 33% of combined schools believe that D6 has a policy that prohibits using food as a reward, indicating a need for more awareness around the wellness policy implementing objectives.

4. Speakers #1 (Danielle Bock- Director of Nutrition Services, Kara Sample- Assistant director of Nutrition services, and Cameron Herritt- Nutrition services operations coordinator)

- Implementing objective number one: Employ a properly credentialed Director of Nutrition- Danielle Bock
- Implementing objective number two: A Registered Dietitian is in a supervisory position within Nutrition Services: Nutrition Services has 6 RDNs!
- Implementing objective number three: Encouraging that a Wellness Coordinator in the Nutrition Services Department be employed, as budget supports, to assist Nutrition Services Director with oversight of the district's Wellness Policy and the Student Wellness Policy Committee: Rachel Hurshman
- Implementing objective number four: Requiring that students have access to healthful food choices in the school cafeteria with an adequate time to eat, striving toward national recommendations (from the National Association of State Boards of Education, the Centers for Disease Control and Prevention and others) which recommend that students be provided with at least 10 minutes for breakfast and 20 minutes for lunch from the time the student is seated: We have room for improvement, but have implemented a new procedure involving clickers instead of students having to scan an ID which should be faster, leading to more

seated meal time. The bell schedule is determined by schools, not Nutrition Services, so Nutrition Services does not have as much control over this.

- Implementing objective number five: Students must have access to free drinking water during meals: Water fountains are in or close to every cafeteria.
- Implementing objective number six: Providing school meals to all students, regardless of meal benefit status, protecting the confidentiality of each student: This will change in the future due to the district participating in a program that makes school lunches and breakfast free to all students!
- Implementing objective number seven: Marketing shall encourage participation in school meal programs: Nutrition Services has social media, and digital signage in schools promoting school meals.
- Implementing objective number eight: Students shall have access to healthful alternatives for food and beverages available on campus: Nutrition Services offers vending, concession, a la carte, and student stores during the school day with healthy food alternatives.

5. Speakers #2 (Mariah Westlie- Menu and Nutrition Specialist and Kris Simmons- D6 Executive Chef)

- Farm to school is one of our core values at Nutrition Services. We support about a dozen local farms as well as East Denver Food Hub.
- Nutrition Services employs a Menu and Nutrition Specialist who makes sure our [school lunch and breakfast menus](#) are compliant with nutrition standards set by the USDA so that we can get reimbursed by the USDA. This also ensures that all of our menus are healthy and nutritious for our students.
- Nutrition Services has suppers, snacks, breakfast, lunch, headstart, and Fresh Fruit and Vegetable Program in Nutrition Services. Their goal is to get as much healthy food to our students every day.
- Nutrition services also has a Menu Advisory Committee of students that give feedback on the new menus plus taste testing.
- Nutrition services provides transparency to the community so they are able to look up menus and nutrition content.
- The Nutrition and Menu specialist also approves fundraisers to make sure they meet federal regulations (in regards to Nutrition).
- The D6 Executive Chef discussed the importance of scratch food so Nutrition Services is in control of ingredients going into students' meals. Nutrition services is constantly trying to increase the amount of food that is scratch cooked in kitchens.
- Nutrition services also aims to offer experiential learning through introducing students to new flavors, culturally diverse foods, and show students how to build community through food.

- The D6 Executive Chef also supports the district culinary programs, as well as the Family and Consumer Sciences committee to provide input on curriculum.

6. Speaker #3 (Tiffany McCall-Smoothie bike captain at Fred Tjardes)

- The [smoothie bike](#) promotes access to healthy alternatives available on campus in Fred Tjardes. Tiffany got a smoothie bike to use at Fred Tjardes permanently.
- She mentioned that four are available at the Service Center for anyone to rent, and ten more are going to be available in October for more schools to have in their schools permanently!
- The new bikes are easier to ride than the old one.

7. Brain Energizer

8. Speaker #4 (Johanna Bishop- Nutrition Education Specialist)

- Her whole job is nutrition education, which is a unique position to have in a school district.
- She supports cafeterias and helps to make them better environments.
- She also works with community partners to collaborate with other Nutrition Education Programs (such as the Weld Department of Public health and CU Anschutz).
- She also helps with [worksite wellness](#) through hosting cooking classes and healthy eating classes for staff.
- Johanna is currently doing a sports nutrition curriculum for high school students to provide some more Nutrition Education to our high school students.
- She also leads the [Student Health Advisory Council](#) (SHAC), which is composed of high school students from across the district.
- Johanna helps to train future dietitians through running the dietetic Intern program in D6 Nutrition Services.
- Another large part of Johanna's job is [Culinary Classroom](#). She runs in person cooking and nutrition classes with students. She goes into teacher classrooms and conducts nutrition lessons, and students also get a healthy snack at the end! There were over 80 lessons provided last year!

9. Speakers #5 (Ellie Dudley, Olga Gonzalez and Dennis Taylor)

- Ellie Dudley, [Integrated Nutrition Education Program](#) (INEP)
 - The INEP program is funded through SNAP-Ed, most schools in Greeley are eligible
 - The program goals are to increase fruit and vegetable consumption and increase physical activity

- The program provides nine lessons throughout the school year (1 per month). The teacher teaches the lesson, and Ellie provides all the food, equipment, and curriculum required to teach the lesson.
- Maplewood, Centennial, Madison, and Dos Rios are currently participating. The program is open to other schools!
- The program also offers parent wellness workshops to keep the Nutrition Education going at home for students
- Text2LiveHealthy is another resource offered through Ellie. It is free to sign up and provides healthy text messages 1-2x per week.
- Olga Gonzalez, [Weld County Department of Health and Environment](#)
 - She educates parents about healthy eating so they can continue Nutrition Education in the home.
 - She also runs a Diabetes Prevention Program.
 - Lifestyle Medicine is offered through the health department which consists of 6 classes throughout the year on Fridays.
 - Some other examples of programs for District 6 students and families: meeting with Dietitian, Nurse Family Program, WIC/SNAP applications, health screenings, and outreach events
- Dennis Taylor, [Cooking Matters](#) (former employee)
 - Before joining the district, he worked for Cooking Matters for 13 years
 - Anyone can go to the Cooking Matters website and download the program. Cooking Matters no longer requires a partnership agreement.
 - The program can now be rearranged to be flexible in terms of time commitment. It reaches about 150,000 people per year nationally. Colorado reaches about 15,000 (biggest reach out of all states)!
 - The program focuses on basic nutrition education and how to enjoy cooking.
 - Data shows that participants increase fruit and vegetable intake, cook more at home, and are more confident in the kitchen after participating in the program.
 - He listed the key to success of the program as getting buy in from the whole family. When the child gets to be part of the decision making process, they are more likely to eat the food.
 - The program also teaches participants how to be good stewards of WIC and SNAP programs and to get the most out of them.

10. Tanner Walker Letter

- Tanner is the Non-Food rewards lead at Heath as well as a Special Education Teacher. He sent in a letter that was read outloud to the group.
- Intensive Autism students pack and send the reward bags for the whole district.

11. Discussion Panel

- Kris sees an opportunity to tie nutrition education and smoothie bikes together.
- There was a lot of discussion surrounding food pantries. Once Nutrition Services have them all opened and well stocked, they will start nutrition education within the pantries. The food comes from what Nutrition Services purchases, which are shelf stable items.
 - These food items don't have to follow strict USDA guidelines, but Nutrition Services does their best to get healthy items for the pantries. Refrigerated and frozen sections in the pantries are food recovery items from our school lunch and breakfast. Every school individually determines the level of access depending on what works best for them, but they are required to make the pantries available to all.

12. Celebrations

- Jackson Elementary received an award as one of [America's Healthiest schools](#) in the category of Bolstering Physical Education and Activity!
- D6 Online Academy received an award as one of [America's Healthiest Schools](#) in Increasing Family and Community Engagement!

13. Updates

- Distributed Annual Wellness Reports
- Upcoming Meetings/ Events
 - Student Wellness Team Leader Fall Kickoff Meeting: September 10th 2024, 4:00-6:00pm
 - Next Student wellness Policy Quarterly Committee Meeting: November 12th 2024, 4:00-5:30 pm