

Student Wellness Policy Committee Meeting
May 6th, 2025: 4:00-5:30pm
District 6 Service Center

- **Attendees**
 - Danielle Belcher, D6 Wellness Specialist
 - Johanna Bishop, D6 Nutrition Education Specialist
 - Ellie Dudley, CU Anschutz, Community Nutrition Education
 - Mariah Westlie, D6 Nutrition & Menu Specialist
 - Britte Harder, D6 Farm to School Specialist
 - Deb Heck, D6 School Counselor
 - Tammy Brannan, D6 Director of Staff and Student Support
 - John Miller, D6 PE Teacher
 - Jeri Jennigs, District Accountability Committee (DAC) representative
 - Tina Sanders, D6 Transportation
 - Doran Azari, D6 School Board of Directors
 - Sarah Rasmussen, D6 member of SHAC
 - Anna Kingman, UCHHealth, Healthy Hearts Program Supervisor
 - Delany Leal, Banner Health, Wellness Coordinator
 - Roxane Conant, Banner Health, Wellness Senior Manager
 - Jen Clark, D6 Health Services Director
- **Overview of the fourth [wellness policy](#) goal**
 - The district will support employees by promoting a healthy lifestyle
- **[Smart Source](#) Results (2023-2024 school year): Wellness Policy Goal #4**
 - **Goal #4 Successes**
 - D6 had a worksite wellness champion or committee at 100% of schools, nearly 25% above the state average!
 - D6 had 100% of schools report that their staff had opportunities to participate in health screenings!
 - **Goal #4 Areas for Improvement**
 - Only about 50% of schools reported receiving professional learning related to compassion fatigue or burnout
- **[Student Health Advisory Council](#) (SHAC) Update (Sarah Rasmussen , SHAC member)**
 - **SHAC is currently conducting their gratitude campaign-** SHAC students are leading campaigns at their schools to make paper plate awards for teachers to show their gratitude.
 - **Participating in SHAC Menu Advisory Team (MAT) and taste testing -** Sarah noted that students have noticed that more condiments have been

added to meal services, more vegetable options have been added to the salad bar, and that students appreciate the added variety.

- **SHAC students' smoothie bike campaign-** The smoothie bike campaigns at various high schools have been completed recently and were very popular among students.
- **Question from Jeri:** Are there SHAC student representatives at Greeley West High School? Yes, there are currently 4 representatives of SHAC at Greeley West High School. Jeri would like a SHAC student representative for a car show and wants to use the Smoothie Bike for the event.
- **Speaker #1- Tina Sanders (Worksite Wellness Champion at [Transportation](#) and Worksite Wellness Committee member)**
 - This is Tina's first year as wellness champion. Below are a few things she is implementing at transportation to promote staff wellness.
 - Workout Wednesdays - One of the first things Tina wanted to do was to implement workout Wednesdays at transportation. They have had yoga, kickboxing, and sometimes use Wellbeats classes. Classes are offered mid-day to employees. They all gather and do the classes together, increasing physical activity and social connection.
 - Participation for workout Wednesdays started out great but is dwindling slightly as the school year comes to a close.
 - Thankful Thursdays - During these events, Tina promotes practicing appreciation and mindfulness amongst staff through things such as guided meditations.
 - Feel Good Fridays -Tina does 10, 10-minute chair massages on Fridays.
 - Other events include: Baked goods offered from a local baker, build your own caramel apple bar, and a speaker about cryptocurrency.
 - Tina is trying to bring in speakers and/or events that people are interested in at transportation to increase participation.
 - Tina also encourages district wide staff wellness events in her wellness champion role. Things she has done include encouraging participation in the wellness fair and using the Smoothie Bike.
- **Speaker #2- John Miller (Physical Education teacher and Worksite Wellness Champion at [Maplewood](#))**
 - **John has been a Worksite wellness champ for ~10 years**
 - A big part of his role is helping other staff use D6's wellness platform, Navigate.
 - He also tries to promote wellness and the wide array of benefits offered to D6 staff (such as VASA/Gym Membership discounts).

- John makes specific challenges for Maplewood staff. Awards such as Hydro Flasks, T-Shirts, etc have been given to challenge winners
 - Other staff wellness activities include 5210+, Field Day, After School Intramurals, and Smoothie Bike parties.
 - John feels that promoting staff wellness helps promote student wellness.
 - Maplewood did a staff vs students fitness competition called “Are you stronger than an art teacher.” This event promoted staff and student wellness at the same time.
- **Speaker #3- Johanna Bishop (Nutrition Education Specialist and Worksite Wellness Committee member)**
 - **Johanna provided an overview of the different [Worksite Wellness program](#) components.**
 - Johanna started off by describing how Staff Wellness and Student Wellness intertwine and overlap.
 - Goals of the Worksite Wellness program include promoting nutrition, physical activity and mental health to staff.
 - The program is completely funded through D6’s insurance company (Aetna)
 - Rachel Hurshman is the Wellness Coordinator for the district and oversees several district wide staff wellness activities and programs including...
 - Physical Activity Challenges
 - Sleep Challenge
 - Annual Flu Shot Clinics through Banner Health
 - Clinics were offered at all schools/sites
 - 629 Flu Shot Recipients; 100ish for COVID Boosters this past year
 - Cooking Classes - This past semester 3 cooking classes have occurred
 - led by Dietetic Interns
 - Walktober - a challenge with a variety of Northern Colorado school districts for staff to get more steps throughout the month of October
 - 900ish participants in our district this past October
 - Yak Track Program- Yak Tracks were purchased so that staff could have access to these microspikes during the winter time. This made walking while it was icy outside possible and less dangerous.

- Annual Wellness Fair - This event was hosted at AIMS Community College and is a chance for staff to explore various wellness benefits available to them.
 - There are also lots of prizes and incentives for staff to attend and participate.
- Annual Biometric Screenings - These occur at most schools/sites and measure staff's basic health numbers (A1C, blood pressure, BMI).
 - There is also an incentive for participation in biometrics.
- Art Classes- pottery throwing, bracelet making
- Great Holiday Challenge - This challenge is rooted in [Sources of Strength](#) and encourages staff to practice things during the holiday break that support their mental health.
- [5210+](#) - uchealth offers this program to K-5 staff and the worksite wellness program offers it to 6-12 staff and support sites
- Virtual Wellness Week - This event occurs the week before spring break and has several sessions a day featuring internal and external speakers about various wellness opportunities in the district and community.
 - This year there were over 317 attendees.
 - Incentives are also offered for attending these sessions.
- Interest & Culture Survey- a biannual survey given to staff to gain an understanding of interest and needs in various wellness topics
- Summer programming is also offered on a smaller scale
- Doran requested statistics of Worksite Wellness from Johanna to share with school board
- John Miller asked: Where do we get ideas to include more things/how do we choose what to focus on?
 - Worksite Wellness Committee helps create an operating plan for the year
 - Research from other districts
 - Employee requests and results from the panorama survey and interest and culture audit
- **Speaker #4- Tammy Branam (Director of Student and Staff Support)**

- **Director of Student and Staff Support** - New position to the district as of school year 24-25. Tammy has implemented several new things with her position including...
 - Tammy created a Behavior Response Team - This is for if a student is struggling in a building, the principal can contact the behavior team to help de-escalate the situation or help the student regulate.
 - 32 Calls since the creation of the program
 - Supporting Students in learning - Tammy trained all certified and select classified/APT staff in trauma informed practices and de-escalation so teachers are more prepared when behavior situations arise
 - All of the mental and behavioral staff are now housed in the same department. This helps mental health staff better align in systems and practices to allow for better student support
 - Tammy is working on a different process of de-briefing and follow-up with staff for next year after behavior incidents
- Johanna asked: What were some of the items you felt most prepared for in your new role?
 - Tammy was prepared for behavior(s) in students, unprepared for the number of behaviors and the significance of some of them.
 - She was also prepared by knowing how the D6 system operates
- DJ asked: Do you feel like student behavior is a large factor in Staff Wellness?
 - Absolutely, the more we can prepare and help our students in times of crisis(s) the better we can support our staff in that process. Being able to support staff is a huge factor in the work.
- **Speaker #5- Deb Heck (Lead School Counselor and Worksite Wellness Committee member)**
 - **Deb is a part of the Behavior & Worksite Wellness Team.**
 - In Deb's role, she looks not only at staff wellness but student wellness as well
 - She supports all school counselors in the district
 - Teaching staff good skills for mental/emotional health really helps/rubs off on students
 - Deb also works on a district crisis team (available to staff and students)- helping guide those in need to other resources such as counseling and aftercare/support
 - "Wellness Days" are offered for specific sites that have been having extra stressful events.

- These events involve various wellness activities such as gratitude journals, chair massages, acu-detox (Acupuncture), stress relieving techniques, IEP, etc
 - Deb helps with other mental health initiatives in D6 for staff including work on a suicide prevention grant, Sources of Strength, and a summer intensive training for Staff
 - The summer training includes trauma informed practices, staff wellness, and student behavior response
 - Deb is helping staff learn to be resilient with multifaceted Professional Development and wellness programs available in the district
- Jeri asked: Where do Charters (or GAP/BOCEs) fall under the umbrella of D6 programs?
 - They do fall under D6 but they usually operate on a request for need basis in regard to mental health
- **Speaker #6- Roxanne Conant (Banner Health Wellness Senior manager)**
 - Banner partners with D6 to offer Flu Shot/COVID booster clinics
 - Clinics are offered at every school/site in D6
 - Other treatments are offered at these clinics such as Tdap vaccines, tetanus vaccines, and colon cancer screenings
 - Banner comes to sites to make it easier for staff and their partners/families to get the vaccines they need
 - This makes medical care and disease prevention accessible to staff
 - This also makes it easier for D6 staff to have a work life balance and takes away the stress of having to schedule separate appointments for themselves/their family members to get these treatments
- **Celebrations**
 - **Heath Middle School**
 - “One way we ensured that better eating habits were placed was by bringing in a couple of smoothie bikes for our scholars to enjoy during their lunch time. As you can see, our scholars loved these bicycles and even created a little competition among themselves. In the Fall semester we brought them the same day we hosted our Walk and Roll. Which also helped our scholars create a healthy habit and got them involved in exercising. We offered a variety of fruits (fresh and frozen) along with a few different liquids for their bases.” -SWTL at Heath
 - **Centennial elementary and D6 online**

- “This semester we are participating in BStrongBFit and it has been amazing! This is our school's first year participating and we have had such a great turn out of girls who want to participate. The lessons are awesome and really targeted to what our girls need. We are super excited for our celebratory run on May 3!!” - SWTL at Centennial elementary
- **Scott Elementary**
 - Video about their running club
- **5210+ winners**
 - Most Improved from 2024-2025: Dos Rios
 - Top 4 schools: Martinez, Meeker, McAuliffe, and Fred Tjardes
 - Each school received \$1,000-\$1500 in wellness initiative money!
- **Updates**
 - Bike to school day is tomorrow
 - Meeting invites will be sent out over the summer for next year
 - Thank you all so much for everything you have done for D6 wellness!!!