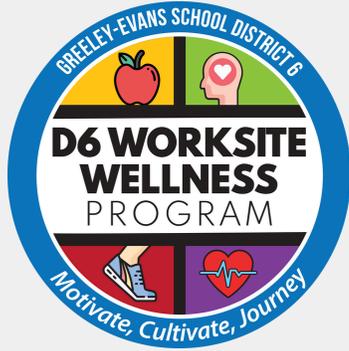


# Annual Wellness Report

Greeley-Evans  
School District 6



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## Meet The Team

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



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



**Danielle Belcher**  
MS  
*Wellness Specialist*



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

# Letter From The Wellness Coordinator

It's June and that means it's time to reflect on another year of impressive accomplishments in the Greeley-Evans School District 6 community! I am honored to lead a team of very talented professionals who are passionate about meeting the needs of our students through nutrition, physical activity and mental health to best support students' academic achievement. Of course our students can't reach their best potential without their teachers, cafeteria staff, bus drivers, social workers and so many more trusted adults. We must support our staff and their wellbeing so they can be present for our students. Staff wellness is student wellness.

You will see so many successes outlined in this report. I'm proud of all of them, especially the work we've done to restructure our Student Wellness Policy Committee to include a variety of speakers at every meeting to highlight wellness work across the district and the community. This has allowed for breaking down silos to create more partnerships and collaboration. In addition, we implemented a new sports nutrition curriculum this year, thanks to work with graduate students at Colorado State University. This has been an excellent opportunity to provide older students with nutrition education connected with outcomes they can feel on the court or the field. Finally, Johanna was very busy again teaching nutrition and hands-on cooking through Culinary Classroom, leading over 85 classes this year across 18 schools!

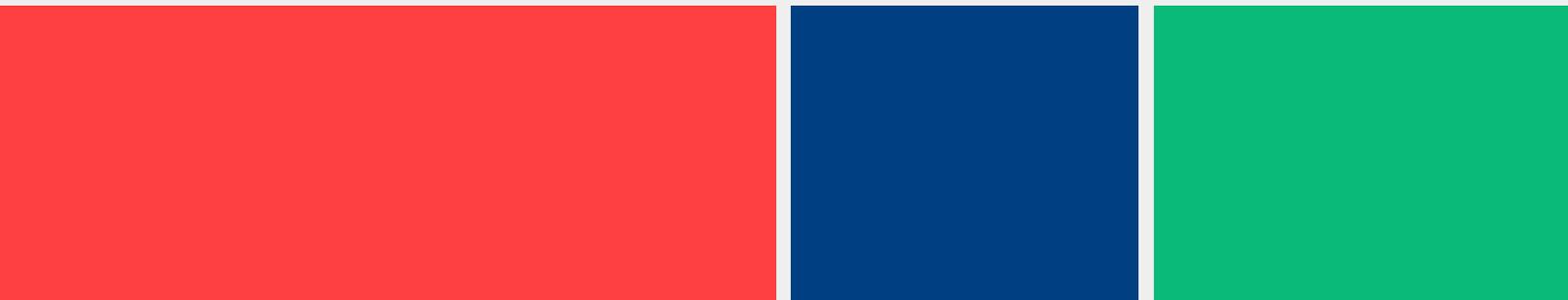
I hope you enjoy reviewing this colorful and engaging report. Please reach out to me if you have any questions, concerns or ideas. We would love for you to spread this report far and wide to share the good stories.

We are D6 Wellness.

Sincerely,



Rachel Hurshman, MPH, RDN, SNS



# Local Wellness Policy

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## 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

# Goal 1: Lifelong Wellness Behaviors

## Snack Drawer Program

18,850 snacks were provided to students through mental health professionals this year. These snacks help the mental health team build relationships with students and connect them to a trusted adult.



73% growth in  
Healthy  
Classroom  
Celebrations

356 snack bags  
distributed in  
the Snack  
Drawer  
Program

12 new  
smoothie  
bikes

## Non-Food Rewards



We distributed 87,985 NFR to our students in 473 different classrooms!

## Student Wellness Team Leaders

Our “boots on the ground” are our SWTLs. These are staff members in each school who champion wellness for their students. They are amazing and have led many things this year including...

- Running club
- BStrongBfit
- 5210+
- Walk to School Day
- Wellness nights
- Yoga classes
- Healthy Kids’ club
- Garden club



## Student Wellness Policy Committee



Our Student Wellness Policy Committee met four times this year to oversee the wellness policy. We had 25 guest speakers from around the district and community share about how they are implementing the wellness policy.

# Goal 1: Lifelong Wellness Behaviors



# Student Health Advisory Council (SHAC)

SHAC had over 50 applications this year and accepted 12 new members, making our total 34 members!



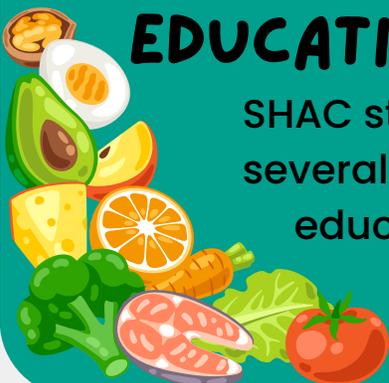
## SMOOTHIE BIKES



SHAC students ran smoothie bike campaigns at most D6 high schools this year! Booths were run during lunch to promote physical activity, gratitude, and nutrition!

## STUDENT-LED NUTRITION EDUCATION SLIDES

SHAC students created several slides with nutrition education and displayed them in their schools.



## Cell Phone Policy

SHAC wrote an open letter to the board this year about the new cell phone policy, making sure student voice is heard in D6 policy decisions.



# Goal 2: Nutrition Education

## School Gardens

9

Active School Gardens

\$1,090

Spent on school gardens

\$531,178

Spent on local produce



## Sports Nutrition

32 Sports Nutrition lessons were given this year to 238 students in 5 different schools. This is a 4-part series that teaches foundational nutrition concepts to improve sports performance.



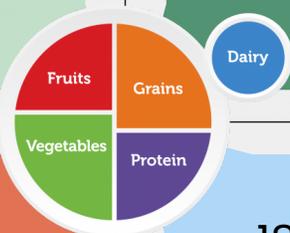
## CULINARY CLASSROOM

86 total Culinary Classroom lessons

2087 total students participated

16 different types of lessons offered

18 different schools participated



## TASTE TESTS

3 cafeteria taste tests have been conducted this year. Some examples of items that have been tested are...

Dill Chicken Nuggets

Blueberry Oatmeal Bake

Vegan Nuggets

# Goal 3: Physical Activity

## WALK BIKE & ROLL TO SCHOOL

**15** schools participated in Walk and Bike to School Day this year

10 Walk/Bike audits were conducted at elementary schools by the City of Greeley!



### BStrong BFit

4 schools participated in the BStrong BFit program this year, a running club designed to inspire confidence and body positivity in young girls!

### 5210+ Participation

- K- 785
- 1<sup>st</sup>- 820
- 2<sup>nd</sup>- 715
- 3<sup>rd</sup>- 808
- 4<sup>th</sup>- 525
- 5<sup>th</sup>- 711
- 6<sup>th</sup>- 104
- 7<sup>th</sup>- 146
- 8<sup>th</sup>- 104

<b>5</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>+</b>
fruits and vegetables	hours or less of screen time	hour or more of physical activity	sugary drinks	9 or more hours of sleep

**EVERY DAY!**

**4,718 total!**

### 5210+ awards

- Most Improved
  - Dos Rios
- Most Submissions
  - Martinez
  - Meeker
  - McAuliffe
  - Fred Tjardes

# Goal 4: Staff Wellness

## Worksite Wellness Programming

322 staff engaged in the Sleep Challenge

460 staff engaged in The Great Holiday Challenge

311 staff engaged in the Financial Challenge

317 staff engaged in Wellness Week

We had great participation in our Worksite Wellness programming this year! Check out the numbers!

80 staff at cooking classes

629 Flu Shots

411 staff at the Wellness Fair

902 staff joined Walktober

## 2024-2025

## Health Nuts of the Month



Robin Murray, Admin



Moises Gonzalez, Greeley West



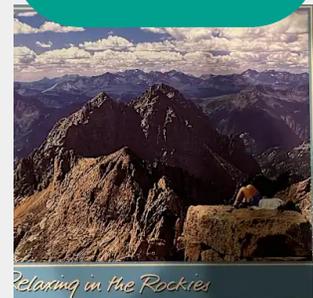
Conor Fitzpatrick, Jefferson Sr.



Charissa Bryce, IT Dept.



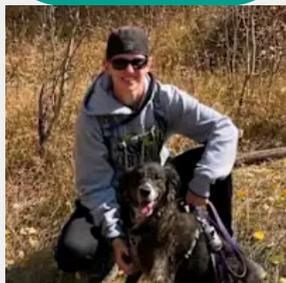
Nikki Barrios, McAuliffe



Roxana Magana, GAP



John Miller, Maplewood



Kristi Small, Meeker



Jorge Gonzalez, D6 Online



Tina Sanders, Transportation



Emily Small, Shawsheen

# Goal 4: Staff Wellness

## NICE HEALTHCARE

Nice is an alternative healthcare option offered at no cost to D6 employees who have elected a district medical plan. They offer primary care, physical therapy, mental health care, and more. Nice providers will come to the patient's home or workplace, as needed!



**D6 SY24-25**

**Nice statistics**

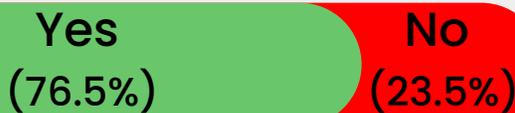
- \$1,406,716 total cost savings
- 5,774 hours saved
- 3,615 total visits
- 98.2% said their provider made them feel listened to
- 878 unique D6 members used Nice

## EMPLOYEE INTEREST SURVEY AND CULTURE AUDIT

700 employees completed the survey!

Check out some highlights of the results below.

Are you aware of the Resources for Living program (EAP)?



Do you feel the Worksite Wellness programs are effectively communicated at your site?



Is there strong leadership support for engaging in wellness activities?



Do you feel like our district has a strong wellness program in place for all employees?



# NUTRITION SERVICES

<https://www.greeleyschools.org/families/nutritionservices>



d6schoolfood



d6nutritionservices



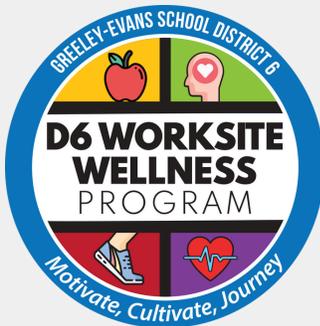
D6 Nutrition Services

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

<https://www.greeleyschools.org/departments/worksite-wellness>



we\_are\_d6\_wellness



d6worksitewellness



District6-Wellness@greeleyschools.org

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

<https://www.greeleyschools.org/departments/student-wellness>



we\_are\_d6\_wellness



d6studentwellness



District6-Wellness@greeleyschools.org

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.