

Student Wellness Policy Committee Meeting - 9.30.2025

Meeting Minutes

Attendance

- Megan Cooney
- Yari Aldana
- John Miller
- Tia Ziegler
- Rachel Hurshman
- Doran Azari
- Carolyn Jones
- Libby Goode-Grasmick
- Mayte Sanic
- Anna Kingman
- Julie Bell
- Kara Sample
- Danielle Bock
- Mariah Westlie
- Johanna Bishop
- Britte Harder
- Mandie Duncan
- Delaney Leal
- Kelley Stanley

Wellness Policy Goal #1

Four primary goals of Greeley-Evans District 6's Wellness Policy

- Each quarterly meeting of the Student Wellness Policy Committee will focus on one of these goals and will include guest speakers from the district and the community whose work relates to these goals

Goal #1: The district will provide a comprehensive learning environment to promote the development and practice of lifelong wellness behaviors.

- Today's meeting is focused on the first goal of the policy

Smart Source Results 2023

Successes

- D6 was 5-10% above the state average of using communication methods to promote wellness to families
- 100% of D6 schools reported having sexual education that was culturally responsive

Growth Areas

- D6 requires less health education units for graduation when compared to the state average.
- D6 reports low on cafeterias being learning laboratories, though the state average for cafeterias being used as learning laboratories is also low overall.

Smart Source surveys are completed in the fall of odd-numbered years

- Each school completes these across the district
- One thing to note about these results is that these outcomes may have changed over the past two years.
- Student Wellness Team Leaders will be coordinating Smart Source this fall, stay tuned for updated data.

SHAC Update

SHAC stands for our Student Health Advisory Council.

- Comprised of high school students from high schools and charter schools across the district
- Students plan and implement campaigns throughout the school year to promote student health and wellbeing at their schools

Current SHAC activities for the 25/26 school year:

- Kindness sticky note campaign
 - Students brainstormed positive affirmations and messages, wrote these on sticky notes, and passed out or posted these notes in their schools to share with other students
- Lots of SHAC smoothie bike events (e.g. back to school nights).
 - SHAC students have helped run smoothie bike events across the district at family resource and back to school events
- Four SHAC students will be attending the American School Health Association Conference to speak about their role within SHAC and how they see the wellness policy being implemented throughout D6.
 - This is a national conference happening in Denver this year

Speaker #1 - Lisa McGee, D6 K-12 Literacy and AVID Coordinator

Work centers on curriculum, instruction, and professional learning.

Embedding wellness work and concepts into the curriculum in D6 to support lifelong wellness and healthy behaviors:

- E.g. topics of food, safety, cooperation
- Literacy, science, and social studies have a great focus on food, nutrition and how they are basic human rights.
- School gardens are an extension of the curriculum.
- Weave wellness into the regular school day to ensure lifelong healthy behaviors.

Speaker #2 - Anna Kingman, UCHealth Community Health Supervisor

Work includes school-based, community-based, and adult wellness programming; also conducts research and engages in data collection

- School-based work is the foundation of all work.

5210+ Program

- 5,000 students and 700 staff [K-5] participated last year in D6
- Program that challenges students to engage in healthy eating, physical activity, limiting screen time, avoiding sugary beverages, and getting enough sleep

Healthy Kids, Healthy Start

- Education for the youngest learners to learn healthy habits.
- 5 D6 sites participated last year, 362 students were educated

BStrong, BFit

- Afterschool running club for girls that focuses on self-confidence paired with physical activity
- 7 D6 sites participated last year, 119 students participated

Healthy Hearts & Minds school based program

- Program that incorporates physical activity, nutrition education and education on stress management, the risks of smoking/vaping, and genetics
 - Students learn how the above impacts their cardiovascular system and their heart health
 - 1391 students across 14 schools were educated last year in D6.
 - Over 1000 learned hands on CPR
- There is a lot of interest from D6 sites for this current school year!

Healthy Hearts & Minds family program

- If a student is noted as being high risk when being screened during the Healthy Hearts & Minds program, their family has the opportunity to engage in 5 weeks of interactive classes to create healthy habits for the whole family.
- Previously, these classes were being held in Loveland, now they are hosted at Meeker Elementary School in D6.

Speaker #3 - Britte Harder, D6 Farm to School Specialist

Farm to School includes procurement, education, and school gardens

Procurement

- D6 puts the most weight on procurement.

Education

- Britte provides professional development for staff to help them understand the benefits of local products (despite the fact that they are not always sterile and perfect).
- Also provides education to staff about nutrition and physical activity and how these are integrated into school gardens
- School garden education (that aligns with state standards) is offered to classroom teachers.

School Gardens

- ~11 school gardens are present throughout D6
- Britte serves as a support mechanism for school gardens.
 - Currently, funding is available through the Team Nutrition Grant for supporting and starting school gardens across the district.

How D6 Farm to School supports specific D6 Wellness Policy Goals

- Farm to School supports the promotion of healthy eating, physical activity, and the school meal programs to students, parents, staff and the community in a variety of ways:
 - MyPlate and local produce at the Farmer's Market.
 - Tabling at school and community kickoff Events
 - Serving food and promoting Farm to School at Board of Education meetings
 - Cultivating Connections: statewide educational event in partnership with Nourish Colorado and Colorado Department of Education to bring together K-12 operators, Colorado agricultural producers, and other partners to learn and connect over Farm to School.
- Working to establish cafeterias as learning laboratories in D6 schools.
 - Harvest of the Month highlighting a seasonal item each month and providing passive nutrition education in cafeterias about this item

Health Equity

- Maintain a focus on health equity in terms of access to health and wellness efforts.
 - Healthy School Meals for All allows all students in D6 to have access to fresh, local products through school lunch and school breakfast programs

Speaker #4 - Yari Aldana, D6 Family Center Title I Specialist

D6 Family Center mission

- Strives to ensure that all students and families feel welcomed and have access to the resources, education, and support they need to be successful in the schools and the community

Family Center programs and partnership

- Seen as the hub for resources in D6
- Helps support families with Medicaid applications at the Family Center.
- Helped to start food pantries in 33 locations with a focus on food reclamation in partnership with D6 Nutrition Services and school family advocates
- Runs a food pantry at the D6 Family Center that is supported by the Weld Food Bank

Bank

- Weekend backpacks are also available to provide healthy foods when school is not in session.

Promotes and supports community events and partnerships

- Tables at Project Connect
 - Project Connect is a one-day event in partnership with United Way of Weld County that provides on-site health and human care resources to families in need
- The Family Center also supports additional tabling events
- Supports Cooking Matters at Maplewood Elementary.
 - Program that offers cooking and nutrition education to families

Speaker #5 - Tia Ziegler, D6 Lead PE Teacher & Member of Nutrition Education Curriculum Team

Helped guide the updating of the D6 Nutrition Education Curriculum to integrate nutrition education throughout K-12 curriculum

- Connected D6 PE teachers to nutrition and wellness education by working with the D6 Wellness Teams to provide input during curriculum updating process.

Outline of curriculum updating process

- Started with a resource guide that connected nutrition education back to state standards.
- Then, the work transitioned to vertical teaming.
 - Unpacked state standards K-12 to ensure that nutrition and wellness education are connected from year-to-year.
 - Curriculum guides should be approved by Board of Education soon.
 - Helps to ensure that nutrition education is integrated throughout the district curriculum along with physical activity
 - Promotes students' lifelong learning in these areas

Celebrations

D6 Online Academy

- Recognized as one of America's Healthiest Schools for the 2nd year in a row!
- Awarded in the areas of...
 - School Health Services
 - Staff Wellbeing
 - Family & Community Engagement

Updates

Annual Wellness Report

- Handed out to attendees during break time
- The report highlights achievements over the 24/25 school year in all four goals of the district student wellness policy.

Healthy Kids Colorado Survey

- Taken by students.
- D6 Board of Education approved passive consent for students to take the survey.

- Schools will take this survey again this year.
 - Northridge High School, Greeley Central High School, Greeley West High School will take the survey on 11/4 and Frontier Academy HS will take the survey on 11/11.
- Passive consent will allow for a better selection of data!
- Will provide information on student health and wellness behaviors and risk factors across the district

Smart Source

- Completed by groups of staff at schools.
- Reviewed at Student Wellness Team Leader kickoff meeting last night (9/29/2025).
- School groups will take the survey again this year.
- Each school will receive an individualized report that will highlight areas of strength and areas for growth in student wellness that are specific to each school site

Upcoming Events

Next quarterly meeting: November 20th, 2025