

Student Wellness Policy Committee Meeting - 11.20.2025

Meeting Minutes

Attendance

- Kara Sample, D6 Assistant Director of Nutrition Services
- Danielle Bock, D6 Director of Nutrition Services
- Delaney Leal, Banner Health Health and Wellness Coordinator
- Dennis Taylor, D6 Nutrition Area Supervisor
- Rachel Hurshman, D6 Wellness Coordinator
- Emily Carrera, D6 Dietetic Intern
- Lauren Buckingham, D6 Dietetic Intern
- Britte Harder, D6 Farm to School Specialist
- Mariah Westlie, D6 Nutrition and Menu Specialist
- Johanna Bishop, D6 Nutrition Education Specialist
- Megan Cooney, D6 Wellness Specialist
- Anna Kingman, UCHealth Community Health Supervisor
- Doran Azari, D6 Board of Education Member
- Jeri Jennings, D6 Parent
- Carolyn Jones, D6 Teacher and Student Wellness Team Leader
- Kathryn Told, D6 IA Teacher & Non-Food Rewards Lead
- Jenn Clark, D6 Coordinator of Health Services
- Roxane Conant, Banner Health Worksite Wellness Sr. Manager
- Caleb Aldridge, SHAC Member

SHAC Update

Worksite Wellness Fair

- Caleb and Lala helped with the smoothie bike at the D6 staff fair

SHAC-MAT

- SHAC members had the opportunity to taste test foods that D6 is considering to be added to the menu

Campaigns

- SHAC members created sticky notes to spread around their schools with encouraging messages that included a call to action to share with someone else

Speaking Opportunities

- Four SHAC members spoke on a panel at the American School Health Association national conference in Denver to share about their work with SHAC
- Three SHAC students are signed up to speak at the December 8th D6 school board meeting

Recruitment

- Recruitment for the 26/27 school year is now open, 10-15 spots are open to current 8th, 9th, 10th, and 11th grade students

Wellness Policy Goal #2

Goal #2: The district will implement and promote nutrition education and proper dietary habits contributing to students' health status and academic performance.

Smart Source Results 2023

Smart Source is a survey sent to each school in District 6 every two years that inventories student wellness best practices at each school site.

- D6 schools are completing Smart Source again this fall

2023 Successes:

- More D6 schools serve locally or regionally grown foods in cafeterias and classrooms than Colorado state averages
 - 25-40% more depending on school type
- 100% of D6 schools incorporate strategies aimed at increasing universal student access to breakfast
 - Strategies include Graqb'N'Go, Breakfast in the Classroom

2023 Growth Areas:

- D6 schools have 3-6 minutes less of seated lunch time than state averages.
 - Elementary and combined schools in D6 average less than 20 minutes total
 - 20 minutes seated at lunch time is the recommended minimum for students
- Only 14%-33% of D6 schools are aware that there is a district policy to prohibit the use of food as a reward
 - Opportunity to increase awareness of district wellness policy implementing objectives

Speakers #1 and #2 - Danielle Bock, D6 Director of Nutrition Services & Kara Sample, D6 Assistant Director of Nutrition Services

- D6 Nutrition Services has 7 dietitians working in the department.
 - D6 Wellness Policy says we'll have at least 1 in a supervisory role, so we are going above and beyond
- Marketing of school meals: D6 promotes school meals in a variety of ways
 - MyPlate educational slides
 - Fruit and vegetable educational slides
 - D6 social media pages
- Free drinking water is accessible to students at breakfast and lunch

- 5 years ago we prioritized purchasing 17 water bottle fillers during pandemic
- All D6 students receive free meals!
 - Free meal waivers available in 2020-2021
 - In August of 2022, the D6 board approved continuing to cover the cost of school meals for all D6 students
 - In 2023, Healthy School Meals for All passed in Colorado with 56% voting yes to provide free meals for all students in the state
 - This legislation was reaffirmed in this year's election, passing with 66% of the vote
- Students should receive 20 seated minutes for lunch, 10 seated minutes for breakfast, this is recommended as a best practice by CDC and others.
 - Most schools in D6 do not meet lunch recommendations
 - Colorado State Board of Education doesn't allow us to use meal period for instruction time
 - Best way is to remove this prohibition from state level
 - Colorado is one of only 6 states that has this prohibition
 - Every school in the district has 2nd chance breakfast if students do not have adequate time to eat in the morning
- D6 has a Wellness Coordinator employed by Nutrition Services
 - Unique structure, as many Wellness Coordinators are employed in HR in other districts
- USDA requires that people administering the school lunch program have a bachelor's degree
 - D6 meets this requirement

Speaker #3 - Dennis Taylor, D6 Nutrition Area Supervisor and former Cooking Matters Employee

- Was an employee of Cooking Matters for 15 years
 - Implemented and taught the program
 - Helped write program curriculum
 - Helped train partners in how to teach and implement the curriculum
- Cooking Matters is a hands-on cooking and nutrition education program that was run through Share Our Strength, a non-profit organization
- Community partnership
 - Cooking Matters is an example of a community partner whose work helps support D6 in reaching nutrition education goals of its Student Wellness Policy
 - Another big community partner of D6 is the Weld County Department of Public Health and Environment
 - Cooking Matters in Weld County was run by the health department
- D6 has implemented some lessons and ideas from Cooking Matters into our district Culinary Classroom program and into D6 Food Pantries found in each school
- Cooking Matters structure
 - Many of the classes happen outside of the school day
 - Classes offered at several times to accommodate varying work schedules

- Opportunities for adults and children to learn and practice skills alongside one another
- Classes provide 12 hours of hands-on cooking and nutrition education
- Changes to programming in Northern Colorado
 - Cooking Matters stopped offering direct programming in 2023
 - Cooking Matters curriculum is now open-source, allowing different community partners to use these materials to teach classes
 - Cooking Matters is now working on updating and re-releasing this curriculum
 - Weld County Department of Public Health and Environment are now offering a program called Healthy Plate instead of Cooking Matters

Speaker #4 - Johanna Bishop, D6 Nutrition Education Specialist

- Many examples of nutrition education activities, opportunities, and initiatives across D6
- Taste tests
 - Students get to sample and vote on new recipes and food items
 - Two taste tests this fall at Chappelow and Jackson led by dietetic interns
- SHAC-MAT
 - Student members of SHAC and additional student guests have the opportunity to taste test and provide feedback to D6 executive chef on potential new menu items
- 32 Culinary Classroom classes have been held between October-November
 - Combine nutrition education with hands-on cooking instruction
 - Many of these classes were offered at Winograd K-8 as a part of their new Healthy Living specials class
- Sports Nutrition Curriculum
 - 200+ middle and high school students have been taught the lesson series this year
- Centennial Library Cooking Classes
 - Several classes held in partnership with the Seed Library this fall
- Worksite Wellness cooking classes
 - Two classes held this fall led by dietetic interns
- Several cafeterias throughout the district have digital displays in the cafeteria that cycle through nutrition education slides while students eat
 - Passive education example

Speakers #5 - Mariah Westlie, D6 Nutrition and Menu Specialist

- Supports students in D6 having access to safe and healthy food
 - D6 must follow USDA guidelines for nutrition, or the meals that we serve will not be reimbursed, affecting if the Nutrition Services Department is adequately funded
- USDA Guidelines exist for calories, sodium, saturated fat, whole grains, protein content and for fruit and vegetable colors and quantities being served to students
- D6 offers all nutrition programs that are supported via funding from the federal government

- School Breakfast Program, National School Lunch Program, snack program, supper program, Fresh Fruit and Vegetable Program
- Following the guidelines for each ensures healthful food is being served to students and that funding is maintained!
- Smart Snacks and Competitive Food Rules
 - If a food, snack, or beverage is being served during the school day, it has to meet certain guidelines set by the USDA to ensure that these foods are healthful
 - Online calculators exist to determine if foods meet these guidelines
 - Middle and elementary schools can't have sodas sold in schools
- Nutrition information and allergens information is posted and available to help ensure transparency with students and families
- D6 Wellness Policy encourages schools to host non-food fundraisers like fun runs or coupon booklets, some schools will opt for food fundraisers
 - There are guidelines to follow for food fundraisers
 - Food fundraisers must be approved by Mariah and must follow Smart Snack guidelines for any foods being sold during the school day
 - School day includes midnight through 30 minutes after the final bell

Speaker #6 - Britte Harder, D6 Farm to School Specialist

- Britte's work supports the D6 Wellness Policy Implementing objective that states: "To the greatest extent practical, food and beverage products should be Colorado products"
- Foundational to this is networking with our local Colorado food producers, which happens all year!
 - As an example, coordinated with the Colorado Department of Education and Nourish Colorado to host a Cultivating Connections networking event in Brighton
 - This event brought together 100 local food producers and school nutrition professionals
- Networking then helps support the local food procurement process, which takes a year start to finish
 - Currently ongoing, a 20-page Request for Proposals (RFP) for next school year was just released
 - This RFP includes a list of items and an estimate on how much D6 will use over the course of the 2026-2027 school year
 - Farmers and producers then look at what we need and submit bids for the products that they think they will be able to provide
 - The bidding process is closed in January
 - Bids are then evaluated and scored based on a variety of criteria which guides the award process
 - Awards are made in February, which is before farmers plant their crops
 - This helps with planning how much of each crop to plant that season
- August-March of each year: serve local food to D6 students!
- There are smaller monthly bids that are done for local ground beef and for various items that are not possible to procure locally
- D6 gets our local foods from about 22 farms and ranches in Colorado

- Biggest local supplier is Hoffman Farms, a farm that is less than 10 miles from Greeley

Speaker #7 - Kathryn Told, Non-Food Rewards Program Lead and IA Program at Heath Middle School

- Any D6 staff member is able to access the Non-Food Rewards program
 - The process is to fill out an online order form
 - Orders are received, packed, and sent out by students in the Intensive Autism (IA) program at Heath MS
 - This program supports the D6 wellness objective to not use food as a reward for students
 - Staff can make multiple requests
- Examples of Non-Food Rewards include stickers, pencils, pens, pop-its, mochi squishes
- The Non-Food Rewards program helps support teaching life skills to students in the IA program, including counting, engaging in community outreach, and reading spreadsheets
- Very popular program in the district: over 1400 orders have been submitted and filled since 2023
- Items are purchased for this program using grant funding, so sustainable funding is a challenge

Celebrations

National Walk & Bike to School Day

- Several D6 schools participated
- Some schools provided rewards to classes with highest participation rate

National Farm to School Month

- Students were served a local bison mole enchilada bake as part of Colorado Proud Day
- Heiman ES garden was featured on the D6 website

Non-Food Rewards

- The Non-Food Reward program was officially reopened at the start of November after being restocked

Worksite Wellness Fair

- Held this past Monday at Aims Welcome Center
- Over 40 booths from district and community partners

Updates

SHAC applications are now open

- Leadership opportunity for any current 8th-11th grader in the district
- Students must complete their own application, however staff are encouraged to refer students who they feel would be a good fit

- Students can apply by visiting the D6 SHAC webpage

Healthy Kids Colorado Survey Update

- First year that D6 has used passive rather than active consent for students to take survey
- Participation was significantly higher this year than in past years
 - Northridge: 65%
 - Greeley West: 52.76%
 - Greeley Central: 49.43%
 - Frontier: 79.77%

Smart Source Survey Update

- 1 school has completed their Smart Source Survey so far
- Survey coordinators are Student Wellness Team Leaders at each school
- Schools have until the end of January to complete this

Smoothie Bikes

- Will be working on ordering the last round soon
 - Able to provide these using grant funding
- 17 schools currently have a smoothie bike and 10 do not
 - 5 schools are currently signed up to receive a smoothie bike this year

Upcoming Events

- Student Wellness Spring Meeting: January 20th, 2026
 - Mandatory for Student Wellness Team Leaders
 - Voluntary for Student Wellness Policy Committee Members
- Next Student Wellness Policy Committee Quarterly meeting: February 9th, 2026