

Student Wellness Policy Committee Meeting - 02.09.2026

Meeting Minutes

Attendance

- Megan Cooney, D6 Wellness Specialist
- Rachel Hurshman, D6 Wellness Coordinator
- Mariah Westlie, D6 Menu & Nutrition Specialist
- Britte Harder, D6 Farm to School & Produce Purchasing Specialist
- Anna Kingman, UCHHealth Healthy Hearts and Minds Supervisor
- Julie Bell, UNC Active Schools Institute
- Guancheng Liu, UNC Active Schools Institute
- Chloe Clark, UNC Active Schools Institute
- Carolyn Jones, Jefferson HS Teacher
- Mandie Duncan, Maplewood ES Health Clerk
- Courtney Luce, Lead Collaborator at FTSOI
- Jenn Clark, D6 Health Services Coordinator
- John Miller, Maplewood ES P.E. Teacher
- Roxane Conant, Banner Health Wellness Senior Manager
- Tia Ziegler, District 6 Lead PE Teacher & Member of Nutrition Education Curriculum Team

Wellness Policy Goal #3 - The district will provide opportunities for students to engage in physical activity

Goal Overview

- D6 will provide opportunities for physical activity at recess, in P.E. class, and in the classroom
- Today's meeting will feature both D6 and community partner guest speakers whose work helps support this goal

Smart Source Results 2023

- Inventory of best health and wellness practices for the year
- Findings - Students in D6 on average spend more time being active during physical activity (elementary and combined) more so than other Colorado schools. Students also spend more time on average in physical education class than other schools in D6

Healthy Kids Colorado Survey Results 2025

- Largest participation that we have ever had
- Percentage of students who were physically active for at least 60 minutes per day on 5 or more of the last seven days (Central - 40%, West - 42%, NRHS - 44%, Frontier - 49%)
- Most of our students participating in HKCS spend more time than recommended on their digital screens
- 40-50% Students also have the ability to walk, bike, jog to school but may not participate at this time

SHAC Updates

Spring Campaigns

- Smoothie Bike & Gratitude Campaigns - students will pay for smoothies with notes of gratitude
 - Students are starting to plan for these campaigns at their respective campuses

Painting Days

- Bringing back painting days; continue working on artwork like the Wings of Hope mural
- First is planned for early March
- Will be partnering with a SHAC alumni who is now an art teacher

Board of Education

- 2 SHAC students talked with the BOE - prepared speeches about what they've been working on and things they were proud of - they did a fantastic job for promoting SHAC and working on a variety of campaigns

Recruitment

- New students have been recruited and hired (13 students offered a position; 12 students accepted; 1 pending)
- Now have representation from Union Colony!

Speaker #1 - Jioni Reliford, P.E. Teacher & Saints in Motion Coach, Jackson ES

- **Saints in Motion Running Club** - the blacktop around Jackson elementary = 1/4 Mile; each student gets a card to track the amount of miles that they walk around the track and can receive a new card at different mileage milestones. Goal is to get to 100 miles - they receive non-food rewards for different mileages completed as well as name and picture on the Saints in Motion Wall
- **Sensory Paths** - a great way to help students de-escalate or expend extra energy by utilizing sensory paths in the hallway. Helps engage in different types of movement (Hopscotch, Weaving In and Out, Follow Directions)

- **Walk-N-Roll to School** - Jackson has a golden shoe trophy to help boost participation; they ensure that it's visible for the students so the students get excited to participate in Walk-N-Roll.
- **Intramural Programs** - a variety of different intramurals come to give kids a variety of activities (basketball, netball, badminton, etc).

Speaker #2 - Meagan Reliford, P.E. Teacher & Walk to School Day Participant, Madison STEAM K-8

- Unable to join us today - sent slides, read via Megan Cooney
- **Walk N Roll to School** - happens twice a year; Madison had 238 students participate in October's Walk-N-Roll to school.
 - They can utilize different modes of transportation
 - Bikes
 - Scooters
 - Skates
 - Skateboards
 - Wheelchairs
 - If students get dropped off via bus; there is a chance for them to do activity when they get to the school to participate.
 - Class with the highest participation wins the golden shoe trophy
 - Mr. Valdivia's class had an 82% rate of participation and won the trophy this fall
- **5210+ Month** - yearly challenge happening in February; students, staff and families receive tracking logs to keep track of 5 healthy habits each day for the month of February
 - Students and staff will receive 5210+ shirts and/or water bottles for having 80+ checkmarks on the log
- **Before and After School Sports Programs** (offered for 4th and 5th graders)
 - 3-4 sport sessions for several weeks each
 - Focus on skill development of secondary sports
- **P.E. at Madison**
 - All Kindergarten-5th have P.E. at least once a week
 - Middle school students (6,7,8) can choose P.E. as a semester elective in their daily schedule
 - All students have a daily recess with one or 2 vitamin D breaks each day

Speaker #3 - Courtney Luce, Lead Collaborator at Fred Tjardes School of Innovation

- **Walk-N-Ride to School**
- **5210+** has lots of engagement at FT
- **Recess** is very protected at FT
 - AM and PM recess (equating to 1 hour a day for every student). Try not to take recess from students; will provide another opportunity for physical activity if no recess. Older students (MS) manage their own recess time with timers, etc.
- **FT Classroom**

- They have shake/vibrating plates for the students to provide for the students to get physical activity. Also has trampolines for students to utilize while learning. Provides an opportunity to expend excess energy while learning.
- **Question from Rachel H.** - Has there been any pushback from teachers about providing brain breaks or trampolines/shake plates during learning? Per Courtney, no major pushback at FT - staff seem comfortable with assisting students in their physical activity breaks
- **Sensory Walks**
- **“Exploratory”** - one whole hour T-F (example strength and agility, sports you have never played, ultimate frisbee, frisbee golf, yoga, etc). Students can sign up to learn about new activities
- **Cooking Classes** - Arranged for all age groups - learning about nutrition and how to make healthy food choices

Speaker #4 - John Miller, P.E. Teacher, Maplewood ES

- Integrating physical activity in the classroom
 - Brain Breaks
 - Fit Sticks
 - Saturday School : Try and get out of the classroom - working on tactile learning, and getting outside of a traditional classroom environment
- Encouraging Health - Promotion Activities
 - Helmet Safety w/Rollerblades
 - Scooter Licenses - if they are not being safe with their scooter they can get their license revoked
 - Intramural Sports
 - Soccer Program (3/4th Graders)
 - Action Based Learning
 - Bike to School Day
 - **Question from Rachel H** - Do you witness physical movement as punishment? John states he stops it if he does see it. Rachel mentions she saw a punishment of ‘walking laps’ at a school as discipline and wonders how John may deal with it.

Speakers #5, 6, & 7 - Julie Bell, Guancheng Liu, & Chloe Clark, Active Schools Institute at the University of Northern Colorado

- **Active Schools Institute** - trying to find high evidence strategies to help our students with getting more physical activity in school.
 - Promoting physical activity before and after school
 - Ensuring Quality Physical Education
 - Part of the “Lets Move” program
 - Has various resources
 - Guiding Framework
 - School Implementation Guide
 - Menus of Evidenced Based Practices
 - Evaluation Handbook

- **Service Learning Opportunities for PETE students**
 - Helps connect Active Schools Institute to School and the Community
 - Adapted PE & Events
 - Before & After School Programs
 - Field Days & Family Fitness Nights
- **Research, Data & Evaluation**
 - Conduct needs-Assessments
 - Support Grant Funded Projects
- **Educational Programs**
 - MA Sports Coaching
 - MAT Physical Education and Physical Activity Leadership (PEPAL)
- **Generation Wild - Greeley**
 - 1.7M investment from Great Outdoors Colorado (GOCO)
 - Connecting youth and families to outdoor experiences and pathways to outdoor careers
 - To help all Greeley residents experience the health, wellness and social connection that comes when spending time outside
 - *Primary Focus Area* - East Greeley (Bella Romero, Salida Del Sol Academy)
 - UNC Active Schools Institute Contribution
 - Data Collection & Evaluation
 - A 5-Year Commitment (2026-2030)

Speaker #8 - Tia Ziegler, District 6 Lead PE Teacher & Member of Nutrition Education Curriculum Team

- District Perspective as a PE Teacher
 - D6 wellness policy requires teachers to be highly qualified to be a PE teacher
 - What does that qualification look like?
 - Would like to see more in-depth training
 - What would the policy look like/testing look like for teachers wanting to learn to teach PE?
 - How can D6 support ensuring teachers in training are highly qualified?
 - Principals and administration seem really supportive to get teachers the equipment and support they need
 - No District/Set Assessment used in the PE World that is a standard in curriculum
 - Programs/Activities Used
 - Go Noodle
 - Phonics/Fitness
 - “This or That”, Brain Energizers, Etc.
 - Lots of Apps/YouTube videos with Kid/Fitness Videos
 - Unsure of what older kids/HS students doing
 - Self Monitoring

- Mindfulness
- Self-Guided Walks

Celebrations

Smart Source and HKCS Participation

- All D6 schools completed Smart Source this fall
 - This will give school-specific and district-wide information about health and wellness best practices in the district
- High school students at Central, West, Northridge, and Frontier participated in the Healthy Kids Colorado Survey this fall
 - Achieved our highest participation rate ever as a district!
 - This survey also helps us to gain a clearer picture of student health and well-being in the district

Fall Wellness Stats

- 1,250 students participated in 56 Culinary Classroom lessons at 10 different schools across the district
- 144 snack bags were packed and sent to 39 sites for a total of 7,200 snacks sent out to mental health professionals around D6 this fall

5210+ Culinary Classroom at Shawsheen

- Biggest one to date!
 - An estimated 360 students took part!
- All students at Shawsheen had the opportunity to participate in a special lesson about the importance of eating fruits and vegetables and then got to make a veggie pita pizza to celebrate 5210+

Smoothie Bikes

- Seven additional schools will be receiving smoothie bikes this spring
- This means a total of 25 schools around D6 will have a permanent smoothie bike at their sites!

New SHAC Members

- The SHAC application and interview process concluded with 13 students being invited to join SHAC and 12 students accepting this offer

Updates

Happy 5210+!

- Happening all February for all K-8 students and all staff in D6!

Icycleta Attachment

- Purchased a new Icycleta attachment to be rented around D6
- This attached to smoothie bikes and allows you to pedal to churn ice cream

- Will be working on developing recipes for this and will hopefully be available to rent later this spring

Now Hiring Nutrition Education Assistants

- Nutrition Services is hiring Nutrition Education Assistants to help with teaching Culinary Classrooms

Upcoming Events

- Student Wellness Policy Committee Quarterly Meeting #4
 - May 4th, 2026; 4:00-5:30pm; D6 Service Center
- D6 Wellness End-of-Year Celebration
 - May 11th, 2026; 3:30-4:30pm (in person) & 4:30-5:00pm (virtual); location TBD