

# Student Wellness Policy Committee Meeting - 05.04.2026

## **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, UCHealth Healthy Hearts and Minds Supervisor
- Kara Sample, Assistant Director of Nutrition Services
- Danielle Bock, Director of Nutrition Services
- Doran Azari, D6 Board of Education Member
- John Miller, Maplewood ES P.E. Teacher
- Roxane Conant, Banner Health Wellness Senior Manager
- Delaney Leal, Banner Health Wellness Coordinator
- Diana Serna, Sunrise Community Health Director of Operations

**Wellness Policy Goal #4** - The district will support employees by promoting a healthy lifestyle.

### **Goal Overview**

- D6 will provide opportunities for and will promote staff health and wellbeing in the workplace
- Today's meeting will feature both D6 and community partner guest speakers whose work helps support this goal

### **SHAC Updates**

#### **New Members**

- We welcomed new SHAC members in February after an application and interview process
- We currently have 32 active student members!

### **SHAC-MAT (SHAC-Menu Action Team)**

- Hosted 2 SHAC-MAT events this spring
- Students were able to attend and sample proposed new school breakfast and lunch items and provide feedback to Menu and Nutrition Specialist and Executive Chef

### **Spring Smoothie Bike and Gratitude Campaign**

- SHAC students at Northridge, Central, West, ECA, and Frontier held their spring smoothie bike campaigns over the past month
- Students chose the 'payment method' for smoothies and aligned this with Sources of Strength
- Payments included positive mentor notes, students writing what they are proud of on a shared poster, and a gratitude paper chain
- 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

### **SHAC Mural Painting Has Resumed!**

- The SHAC murals are a series of mural panels that represent Sources of Strength
- Students collaborate with a local artist to design these panels
- Currently working with Alayna Miller, a SHAC alumni and local art teacher
- You can see the in-progress panels in Room 113 at the Service Center

### **SHAC Summer Intensive**

- Planned for mid-July
- Will feature guest speakers and give time to plan for the new school year
- Currently finalizing plans, will have Cody Speece from the Weld County Public Health Department in attendance to trial new youth-targeted Acts of Connection workshops

### **Final SHAC Meeting This Year**

- We will have our last SHAC meeting on Wednesday, May 13th
- Celebration for our graduating seniors - 10 seniors will be moving on this year

### **Smart Source Results 2025**

- Inventory of best health and wellness practices for the year
- Completed by all D6 schools in the fall of 2025
- District, regional, and state results newly released this month, showing how D6 schools compare in many areas of wellness to state averages
- D6 is well above the state average for percentage of schools that have a school employee wellness leader or committee & percentage of school staff that have opportunities to participate in health screenings.
  - 100% of D6 schools have a school employee wellness leader or committee!

- 100% of D6 elementary and secondary schools report that staff have opportunities to participate in staff health screenings and about 86% of combined school staff report that they have these opportunities
- D6 above state averages in most areas of employee wellness, but there are some mixed results and areas for some improvement
  - Could improve D6 Elementary/K-8 school staff's access to professional development of combating the impacts of compassion fatigue; D6 secondary schools meanwhile report above average access to this type of professional development
- D6 is above average in many of the Smart Source categories evaluating both student and staff wellbeing best-practices! Yay!

### **Speaker #1 - Rachel Hurshman, D6 Wellness Coordinator**

- Wellness Policy highlights supporting staff wellness as a key focus area
- D6 at 100% of schools for having Worksite Wellness Champions
  - Promote staff wellness programs and opportunities at each of their sites
  - Provided with a stipend for their support, has 3 levels
  - Serve two year terms and can then reapply, some serve repeat terms!
- How D6 provides opportunities for staff for Health & Wellness
  - Many different programs and initiatives support this implementing objective including...
    - Pay It Forward Campaign (April 27-May 8) & Operation Gratitude
    - Spring Wellness Week (Featured many speakers on holistic wellness topics)
    - Wellable Platform (Launched SY 25/26)
    - Biometrics (free screenings and vaccines offered at work sites)
    - Nice Healthcare (free primary care services that come to you)
    - And more!
- Incorporating Staff into Student Wellness
  - 5210+ Program is a great example
    - Program focused on building healthy habits for students and staff
    - All D6 staff are invited to participate, popular each year
- Disease Prevention and Employee Assistance Program
  - New EAP coming with new Insurance of United Health Group July 1, 2026
- Rachel had the opportunity to present recently at the Board Meeting
  - Focused on the progress toward the Innovation 2030 outcome that by 2026, 90% of district staff will respond favorably that their wellbeing is supported in their workplace as measured by the annual staff survey (Panorama Survey)
  - Panorama Survey Results School Year 2025-2026:
    - Site Based Staff (Social/Health Services/Etc) had a decrease from 77% to 71% in their well-being supported in the workplace - however they still felt like they were being supported well.

- Operations Staff (Nutrition/Transportation) - Increased by 3% from SY 24-25 to SY 25-26 in feeling supported.
- Teaching Staff (Teaching) - Remained the same at 60% this SY and previous SY

### **Speaker #2 - Tina Sanders, Health Nut and Worksite Wellness Champion at Transportation**

- Tina was unable to join today, but sent in several photos of wellness programs at Transportation and wrote a statement that was read by Megan Cooney
- As Wellness Champ, Tina has helped bring many wellness programs to Transportation including...
  - Chair massages
  - Yoga and Mindfulness
  - Group Fitness Classes/Workout Wednesdays
  - Smoothie Bike Events
  - Promoting healthy 5210+ habits, like swapping sugary beverages for water
  - Financial Literacy Presentations
- Tina's efforts and dedication to wellness showcases a department acting as great role models for students in practicing healthy habits
- Tina also has found ways to support student wellness, such as collaborating with D6 student wellness to provide positive affirmation coins to students who ride the bus

### **Speaker #3 - Mandie Duncan, Health Clerk, Worksite Wellness Champion, and Student Wellness Team Leader at Maplewood ES**

- Unable to join in person today, wrote a statement that was read by Megan Cooney
- Mandie is also a member of the Student Wellness Policy Committee
- Describes a grass-roots approach to staff wellness at Maplewood
  - Helps coordinate staff group workouts and wellness activities
    - Started a staff walking club
    - Organized staff yoga classes led by a teacher who also practices yoga
    - By offering on-site programs, this helps make staff wellness feel more accessible to all
- Noticed that when Maplewood staff are engaged in healthy habits, students are more inclined to participate and create consistency in practicing healthy habits too
- Many examples of wellness programming at Maplewood that has helped bring together staff and students including...
  - Imagination Theater Empathy Quest Performance
  - Happy Hearts Programs
  - Healthy Hearts and Minds Program
    - 15 Students Learned CPR!

- Upcoming Bike and Roll to School Day event encouraging students and staff to participate
- These programs help to create consistency and connection with wellness in many areas

#### **Speaker #4 - Roxane Conant, Wellness Senior Manager and Banner Health Flu Shot and Vaccine Clinic Coordinator**

- First year doing Bloodwork and Biometrics
  - More than 700 biometrics screenings were completed for D6 staff during school year 2025-2026
  - Offered on-site at schools and support sites across D6
  - Help employees monitor health markers
- Annual Flu shots, TDAP, and other vaccines also offered!
  - More than 650 Flu Shots were provided to D6 staff at these on-site clinics during school year 2025-2026
  - Making routine healthcare more accessible and convenient for staff
- Additional Bloodwork is available if wanted
  - Staff had option to opt-in to additional screenings for a fee
- Helps create awareness in staff in regards to health conditions that they may not know they had previously (high blood pressure, high lipids, etc)
- Staff love the 'one-stop-shop' feature of biometrics and bloodwork when it is offered on-site

#### **Speaker #5 - Johanna Bishop, D6 Nutrition Education Specialist and Leader of Worksite Wellness Nutrition Education Classes**

- Offered to staff and family members several times per year
- Free to attend!
- Themes vary...
  - Fall Harvest Meal classes were held twice in the fall
  - Cook Once, Eat Twice class held in the spring
  - Cafeteria Remix class held in the spring
- Dietetic interns involved in planning and leading classes during their rotation with Nutrition Services
- Sign up if you are interested!
  - A lot of fun, and all participants share a meal together
- Johanna has also led Sports Nutrition Workshops for adults
  - Most recently at the D6 Worksite Wellness Fair held in the fall

#### **Triennial Assessment**

- District local wellness policies must be assessed every 3 years for all district participating in the National School Lunch Program and the School Breakfast Program
  - D6 is due to complete this assessment this spring!

- Megan Cooney has been working on completing this assessment this spring using a new tool prepared by the Colorado Department of Education
- Assessments must include four required components...
  - Local Wellness Policy Review and Stakeholder Involvement
  - Model Policy Comparison
  - Policy Assessment
    - Completed via district-wide completion of Smart Source surveys in the fall
  - Policy Assessment Report
- The Colorado Department of Education requires that diverse stakeholders are informed of and involved in this process
  - Reviewing and discussing the D6 Wellness Policy during this meeting meets this requirement
- The Triennial Assessment must evaluate...
  - District Compliance with the Wellness Policy
  - How the Wellness Policy compares to Model Wellness Policies
  - Progress made in Attaining the Goals of the Wellness Policy
- Strengths of the D6 Wellness Policy
  - Policy is very comprehensive
  - Emphasis on Nutrition and Increased Nutrition Education District Wide
  - Dedicated Implementation Team
  - Regular Evaluation
- Areas for Improvement
  - Stronger policy language regarding physical activity and nutrition education
    - Recommend including more specific language and implementing objectives regarding how physical activity opportunities will be provided to all students and how all students in D6 will be reached by nutrition education efforts
  - Clarify who should be invited to join Student Wellness Policy Committee and how review results are shared with stakeholders and the general public
- Implementation in D6 includes...
  - Diverse student wellness resources
    - Provided for free to D6 staff
  - Expanded Nutrition Education
    - D6 has hired a full-time staff member dedicated to nutrition education
    - 87 Culinary Classroom lessons were taught across D6 last year!
    - 100 Culinary Classroom lessons and counting have been taught so far this school year
    - Several Nutrition Education Assistants have been hired to assist in providing even more Culinary Classroom lessons
  - Smoothie Bikes & 2 Ice Cream Makers 🍦
    - 25 school sites have their own smoothie bikes
    - 2 support sites have bikes
    - 4 full-size and 2 small bikes available for rental from the Service Center
    - 2 new ice cream makers this year will soon be available to rent as well!

- Worksite Wellness Programming
- Participation in Smart Source and Healthy Kids Colorado Survey
  - All schools completed Smart Source in 2025
  - Highest participation ever in Healthy Kids Colorado Survey this past fall
    - Results can now be used to plan future Wellness programs
- Student Wellness Policy Committee feedback
  - From Doran: “Is there anything we are doing that's NOT in the wellness policy that should be OR is there anything in our current policy that we are NOT doing?”
    - Answers to these questions could help guide updates
    - Agrees that our policy is strong in D6
  - Attendees consensus is the D6 wellness policy is broad and well-implemented
  - From Rachel: asked question about the physical activity implementing objective and if schools are guiding students through fitness self-assessments
    - John noted that this is not happening at Maplewood
    - Megan discussed following up with PE teachers in D6 to see if this implementing objective should be adjusted
- Megan informed the committee members that they will be notified when the final Triennial Assessment document is posted on the D6 website

## **Celebrations**

### **5210+ Incentive Winners**

- 5210+ K-5 Challenge Results
  - Shawsheen and Scott ES earned most improved for their increase in student and staff participation this year
  - D6 Online, Tjardes, and Martinez earned rewards for the highest participating K-5 schools this year
  - Each winning school was provided with a financial incentive to be used on student wellness programming.
- 17 middle school homerooms won reusable 5210+ water bottles for being one of the top 6-8th grade classrooms at their school based on how many students earned 80+ checkmarks for practicing healthy habits during February

### **World Cultures Day at Dos Rios**

- Johanna and Megan led a special Culinary Classroom event for all kindergarten and 3rd grade students at Dos Rios for World Cultures Day
- Students learned more about the food cultures of the Middle East and Mediterranean regions and then made their own cucumber and tomato salad to try with pita chips and hummus
- 175 students participated!

### **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+

### Kaiser Permanente Blog Featuring D6 Wellness

- This article highlights a panel Megan participated on during the National School District Wellness Coalition Annual Convening last fall
- Megan highlighted how D6 has supported and advanced student and staff wellness
- [Click here to read the blog article](#)

### Virtual Wellness Week

- Held during the first week of March
- Featured 26 different sessions
  - Topics included mindfulness, cooking demos, gardening, yoga, a kickoff speech from Dr. Pilch, and a keynote focusing on not letting urgent tasks get in the way of what is important to you

### SHAC Spring Campaigns

- SHAC students at West, Central, Northridge, Frontier, and ECA successfully held their spring smoothie bike campaigns over the past month

### SHAC Murals

- SHAC students have resumed designing and painting the SHAC mural series in D6
- These mural panels represent different Sources of Strength and will be displayed in the Service Center

## Updates

### Final Smoothie Bikes Delivered

- The final two D6 smoothie bikes have been delivered and will be sent to Martinez ES and Northridge HS soon

### Smart Source

- District, regional, and statewide results are now available
- This data helps us to see how D6 compares to other districts in our region and Colorado as a whole in health and wellness practices

### Pay It Forward Campaign

- Ongoing staff wellness campaign!
- Will end May 8th
- All D6 staff provided with 2 gratitude cards to send to coworkers
  - Staff also provided with 1 Project Gratitude Card to send to a member of the U.S. military; Megan will be sending these at the end of the campaign

## **Upcoming Events**

- Bike & Roll to School Day
  - May 6th, 2026
  - Seven D6 schools have events planned!
- D6 Wellness End-of-Year Celebration
  - May 11th, 2026; 3:00-5:00pm
  - Will be held at IntaJuice
  - Come join us for a smoothie!