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Annual Wellness Report

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Greeley-Evans School District 6

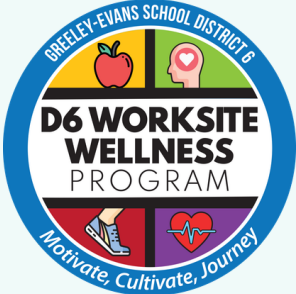


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Meet The Team



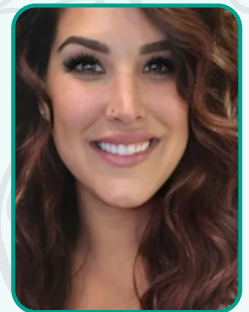
Rachel Hurshman
MPH, RDN, SNS
Wellness Coordinator



Megan Cooney
MS, RDN
Wellness Specialist



Johanna Bishop
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Nutrition Education Specialist



Mariah Westlie
MS, RD, SNS
Menu & Nutrition Specialist



Letter From The Wellness Coordinator

It is my pleasure to share this annual report highlighting the progress, partnerships, and achievements of D6 Wellness, demonstrating our commitment to supporting the health and well-being of our students and staff.



The D6 Wellness Team is fortunate to be a part of the district's Nutrition Services Department. This year, the Nutrition Services Leadership Team worked to formally define the department's core values. These include:

- Access
- Connection
- Health & Well-Being
- Integrity

These values guide our decisions and actions each day. I am proud to see these values reflected in the work presented here.

This year we started wrapping up our Team Nutrition Grant. A highlight includes that 25 schools now have their very own smoothie bike! We worked with a professor at Colorado State University, Dr. Alena Clark, to gather pre- and post- data to measure impact of the various grant initiatives. The final report showed encouraging and statistically significant data. Speaking of data, this year was the first time in at least a decade that we have had enough students complete the Healthy Kids Colorado Survey (HKCS) to get data that is considered representative of the student population. This data is critical to not only guide our work but to support Weld County Health Department as they determine health priorities for youth. In addition, 100% of our schools completed Smart Source, a school-level survey administered by the Colorado Department of Public Health and Environment. It assesses the health and wellness policies, practices, and environments of each school. Smart Source data and HKCS data can be paired to get both the student perspective and staff perspective on the status of student wellness.

Nutrition education had another record breaking year featuring 146 total Culinary Classroom lessons. This included the largest single Culinary Classroom lesson ever and a school-wide Culinary Classroom Blitz that connected to every student in the school, ensuring they had access to nutrition education!

I hope you enjoy reviewing the following 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,

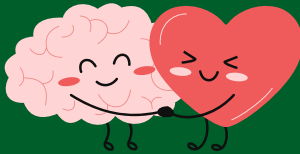
Rachel Hurshman, MPH, RDN, SNS



District 6 Local Wellness Policy

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

Smoothie Bike Program



7 new smoothie bikes

25 schools with their own smoothie bike

2 new attachments for churning ice cream

43% growth in Healthy Classroom Party program

3 new Healthy Classroom Party Kits created!

200% growth in The Walking Classroom program

Snack Drawer Program

12,690 snacks were provided to students at 34 schools through D6 mental health professionals this year. These snacks help the D6 mental health teams build strong relationships with students and tackle food insecurity in their schools.



Non-Food Rewards

We distributed 36,549 rewards to our students in 300 different classrooms across 35 different schools!



Student Wellness Policy Committee

The Student Wellness Policy Committee met four times this school year to oversee and evaluate the wellness policy. A total of 25 guest speakers from the district and local community shared how they support and implement the policy.



Student Wellness Team Leaders

Student Wellness Team Leaders are school staff who lead student wellness efforts at their schools. They are the 'boots on the ground' of our student wellness program and do amazing work, including...

- Running Clubs
- Empathy Quest
- Wellness Nights
- 5210+
- Color Runs
- Field Days



Goal 1: Lifelong Wellness Behaviors



Student Health Advisory Council

ASHA CONFERENCE PRESENTATION

Four Student Health Advisory Council (SHAC) students shared their perspectives on how student voice has supported and guided student wellness in District 6 as part of a student panel at the American School Health Association Annual Conference.



SHAC-Menu Action Team

SHAC students participated in 3 SHAC-Menu Action Teams this year! Students tried proposed school menu items and provided valuable feedback on taste, appearance, and overall appeal of the new items. Student voice is used to improve school meals!



New Members

26 students applied to join SHAC this year, with 12 new members being accepted. This brought our total to **32 members** representing **6 different high schools** in District 6!



SHAC Mural Series

SHAC students continued working on the mural series they started in 2020 to represent Sources of Strength! Sources of Strength is an upstream suicide prevention program that encourages students to lean on their support networks during hard times. Each mural panel is designed by SHAC students and a local artist to represent one of the eight pillars of strength. Students then work together to paint them!



Smoothie Bikes!

SHAC students led smoothie campaigns at **5** D6 high schools this spring. These popular events were run during lunch to promote gratitude, physical activity, and healthy eating --all while students had fun!



Goal 2: Nutrition Education

Culinary Classroom

More than **3,000** total students participated

146 total Culinary Classroom lessons



21 different schools reached

19 different lesson types offered

Growth

70% growth in the number of lessons taught this year



5 new Nutrition Education Assistants hired to help lead lessons



Sports Nutrition

53 total sports nutrition lessons were given this year, reaching **431 students!** This is an **82% increase** in the total number of D6 middle and high school students participating in this program!



Taste Tests

8 taste test events were held this school year. Students across D6 sampled 6 new school menu items, including a Chicken Ranch Wrap recipe that was developed by Northridge HS ProStart students!

Farm-to-School & School Gardens

10 active school gardens

5 new hydroponic Tower Gardens

\$10,370 spent on school gardens

Local food purchased from **18** producers

\$202,570 spent on local produce

\$163,984 spent on local beef and bison



Goal 3: Physical Activity

5210+ CHALLENGE

We had great 5210+ participation this year!

- Pre-K - 96
- K - 1,036
- 1st - 879
- 2nd - 1,008
- 3rd - 979
- 4th - 833
- 5th - 986
- 6th - 74
- 7th - 17
- 8th - 21

5,929
students
total!



\$6,400 in
awards
from
Healthy
Hearts &
Minds!

School Awards

- Highest Student Participation
 - D6 Online: 95%
 - Fred Tjardes: 89%
 - Martinez: 86%
- Most Improved Student Participation
 - Shawsheen: +30%
 - Scott: +29%



361 students at Shawsheen participated in a special Veggie Pita Pizza Culinary Classroom lesson to celebrate 5210+!

WALK BIKE & ROLL TO SCHOOL



9 schools participated in Walk, Bike, & Roll to School Days this year!



BSTRONG BFiT

85 students at **6 different schools** participated in the BStrong BFit program this year! BStrong BFit is an 8-week program designed by UHealth's Healthy Hearts & Minds Program for girls in 4th-8th grade. It promotes health and wellness through running with an emphasis on self-esteem and confidence.



Smart Source Survey

100% of District 6 schools completed the Smart Source survey this school year! Smart Source is an inventory of best practices in school health and wellness. Check out a few district results...

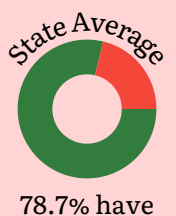
100% of D6 schools modify physical education activities to promote the participation of all students

100% of D6 physical education programs use instructional strategies that support the needs of the diversity of the student population

Smart Source asks:
Has your school implemented the district's written policy that **prohibits** the use of physical activity as punishment for student misbehavior?



vs



Goal 4: Staff Wellness

Worksite Wellness Programming

It's been another great year of Worksite Wellness programming! Check out some of our numbers...

311

staff attended the Worksite Wellness Fair

44

booths hosted at the Worksite Wellness Fair

866

staff participated in the Great Holiday Challenge

152

staff attended live Virtual Wellness Week sessions

154

staff participated in Financial Literacy Bingo

WALKTOBER™

1,185 D6 staff joined Walktober this year! 9 Northern Colorado school districts competed during October, walking a total of **1.44 billion steps!**



Biometrics

705 staff completed onsite biometric screening this year, the **most ever** in D6 thanks to a new Banner partnership!

 **Banner Health**

665 onsite flu shots provided by Banner 

Pay-It-Forward

500+ coworker appreciation cards and **200+** military appreciation cards sent!



124

staff participated in **4** art classes

85

staff participated in **4** cooking classes

'25-26 Health Nuts of the Month!

Health Nuts are D6 employees who demonstrate exceptional commitment to physical fitness, healthy eating, and promoting wellbeing among students and peers.



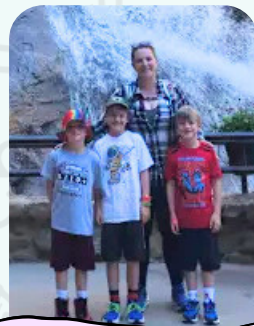
Dr. Peggy Franklin
Heath



Christine Alcazar
Dos Rios



Milka Reich
Meeker



Julie Hagemeister
Greeley West



Diane Elkins
Transportation



Hannah Gallagher
Centennial



Hayley Daniel
Heath



Sherri Morin
Franklin



Arely Islas
D6 Online



Alex Smith
Heath

Goal 4: Staff Wellness

Nice Healthcare

Nice Healthcare is a primary care benefit available at **no cost** to all D6 employees who have elected a district medical plan, as well as their eligible dependents. They offer primary care, mental health care, lab tests, physical therapy, prescription medications, and more. All of these services are brought to employees' home or workplace!



School Year '25-26

- **\$2,538,481** cost savings
- **9,409** hours saved
- **5,693** total visits
- **1,328** unique D6 members used Nice
- **695** new D6 members enrolled

Wellable

1,121 D6 staff members were active on Wellable last year! Wellable is D6's online wellness platform. Some of its many features include activity tracking, special challenges, and on-demand webinars. Staff earn points for logging wellness activities and have the chance to win reward cards each month!



CHAIR MASSAGES

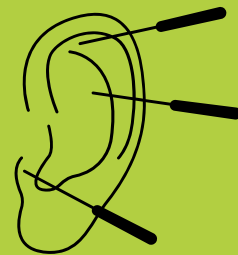
294 relaxing onsite chair massages were provided to District 6 staff this school year!



AcuWellness

AcuWellness is a type of acupuncture treatment that involves placing small needles into specific points on the outer ear to calm the nervous system and reduce stress. This year in District 6...

- **Nearly 200** staff members received an AcuWellness treatment
- **3** staff members were trained to provide AcuWellness treatments
- **80%** of participants reported reduced stress
- **99%** of participants wanted to have another treatment in the future



Wellness Incentives!

Every employee had the opportunity to earn over **\$500** in reward cards and one of **142 additional prizes** this year,



funded by Aetna!

Special Spotlights

1 Culinary Classroom Blitz



The first-ever D6 Culinary Classroom Blitz was held over the first two weeks of May at Shawsheen Elementary! During this event, **441 students** across all **21 classes** at Shawsheen participated in a Culinary Classroom lesson. Students learned about colorful fruits and veggies, and practiced knife skills by preparing their own strawberry-banana yogurt parfaits! Johanna Bishop, D6 Nutrition Education Specialist, and Emily Small, Shawsheen music teacher and Student Wellness Team Leader, worked together to organize this incredible event, with a total of **25 Nutrition Services staff** helping to make it a success!

2 D6 Nutrition Awareness Study

Over the past 3 years, a USDA Team Nutrition Grant has supported expanding nutrition education initiatives in D6. We worked with a professor at Colorado State University, Dr. Alena Clark, to gather pre- and post- data to measure the impact of the various grant initiatives. The results are promising, with the study showing **significant increases in vegetable consumption** among 3rd-5th grade students and in the **awareness of school-based nutrition education and healthy food options** among 6th-12th grade students!



3 Danielle Bock Named Silver Plate Award Recipient



Danielle Bock, D6 Director of Nutrition Services, was named the **2026 Silver Plate Award winner** in the Elementary & Secondary Schools category by the IFMA, The Food Away from Home Association! This prestigious award recognizes individuals whose careers serve as models of excellence in the foodservice industry. Danielle is an exceptional leader, and we are inspired by her dedication to improving the school meal experience for all students so that they can best succeed. Congratulations!!

Nutrition Services

www.greeleyschools.org/nutritionservices



d6schoolfood

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d6nutritionservices

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D6 Nutrition Services

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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.

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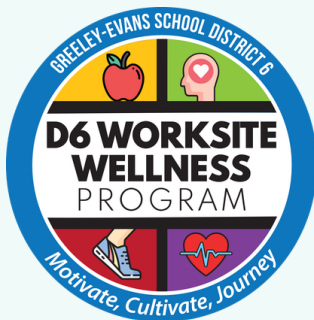
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Worksite Wellness

www.greeleyschools.org/worksitewellness



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

www.greeleyschools.org/student-wellness

www.sites.google.com/greeleyschools.org/student-wellness-newsletter/current-newsletter



we_are_d6_wellness

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d6studentwellness

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District6-Wellness@greeleyschools.org

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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.