

# DISTRICT WELLNESS MEETING

JANUARY 29, 2020

# AGENDA

- Welcome & Introductions
- Grant Updates
  - Student Wellness
  - CDC
- Professional Development
- Nutrition Services Update
- Wellness Policy



# WELCOME & INTRODUCTIONS

- Name
- Relation to the district/Wellness Committee
- Site
- If you were a professional wrestler, what would your entrance theme song be?



# STUDENT WELLNESS

- Budget Update
- Colorado's Finest and TEC are using funds to purchase packages to support social emotional wellness. Packages include alternative seating options, fidgets, calming devices.
- Some Elementary schools are using funds for resources that will support alternative seating options for students.
- Cherrelyn is using funds to purchase a sensory path and a buddy bench.
- 2-3 teachers will be attending the National SHAPE conference in Salt Lake City on April
- Elementary School PE teachers are receiving a package to support their nutrition unit.



# CDC GRANT

**Four focus areas:**

- Physical activity
- Healthy eating
- Out of school time
- Management of chronic diseases

# CDC GRANT

- Grant funding will be focused on:
  - Physical Education and Activity equipment
    - Is in the process of being purchased.
    - Each school will be allowed to spend approximately \$1500
  - Go, Slow, WHOA! Nutrition education for students.
    - Nutrition interns are sourcing materials (stickers and posters), cookware for demonstrations, and videos for webpage.
  - Materials to distribute at school wellness nights.
    - Next event planned is Cougar Palooza.
    - As explained above, we will be purchasing small cookware for demonstrations.
    - Brochures and resources for Go, Slow, Whoa will be provided

**GO, SLOW & WHOA! FOODS**  
The Go, Slow, and Whoa method is an easy way to think about what foods we should be eating on a daily basis.

**GO Foods - Eat these everyday**  
Lowest in fat, sugar, and calories  
Examples: fat-free and low-fat milk and milk products, fresh and frozen fruits, vegetables, whole grain bread and pastas, lean proteins like chicken and fish

**Slow Foods - Eat these sometimes**  
Higher in fat, sugar and calories  
Examples: 100% fruit juice, canned fruit, oven baked items, 2% milk and dairy products, baked chips, yogurt, proteins like pork and beef

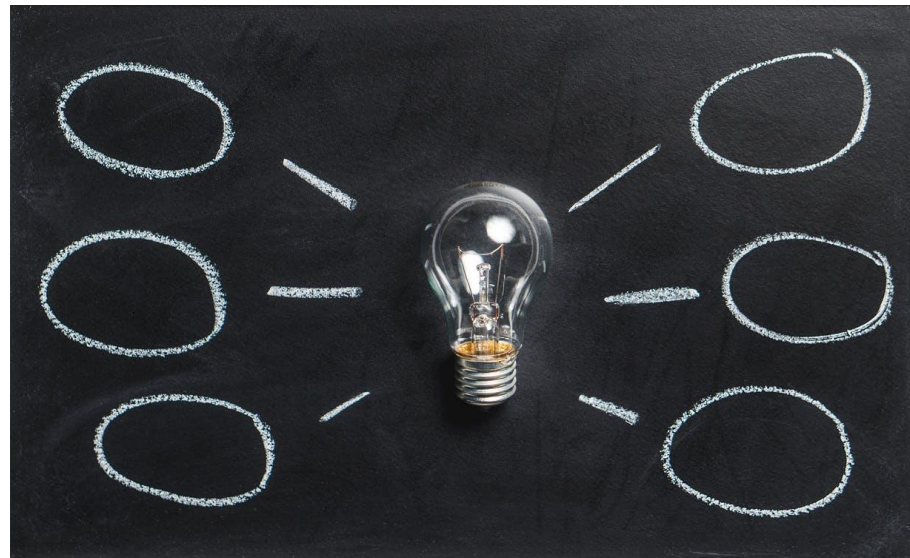
**Whoa Foods - Eat these once in a while**  
Highest in fat, sugar and calories  
Examples: Full fat dairy, hamburgers, hot dogs, fried chicken Soda, fried vegetables, doughnuts, candy, and potato chips

References:  
KidsHealth from Nemours "Go, Slow, and Whoa!  
A Kid's Guide to Eating  
Right" . NIH National Heart, Lung and Blood Institute

This institution is an equal opportunity employer.

# PROFESSIONAL DEVELOPMENT

- LoPro Co (Local Procurement Colorado) 2/3/2020
  - Katie Cossette and Kitchen Manager/District Trainer to attend
  - Sponsored by LiveWell Colorado
- SHAPE America National Conference 4/21- 4/25/2020
  - Katie Cossette is registered to attend.
    - Will be sharing experience with Wellness Committee and Wellness teams.





# NUTRITION SERVICES



# CDE ADMINISTRATIVE REVIEW AREAS

## MEAL PROGRAMS

- Administrative
  - Menus/Recipes
  - HACCP
  - Smart Snacks
  - Professional Development
  - Free and Reduced Applications & Verification
- Bishop Elementary
  - Lunch
- Cherrelyn Elementary
  - Breakfast
  - Lunch
  - Afterschool Snack
  - FFVP

## PROCUREMENT

- BOE Policies related to procurement for Federal programs (DJB, DJB-R)
- Non-Program Revenue Report
- All purchase thresholds
  - Micro Purchases
  - Small Purchases
  - Formal Purchases

# CDE ADMINISTRATIVE REVIEW FINDINGS

- No Technical Assistance given.
- No findings in Procurement Review
  - No Technical Assistance
  - No Corrective Action
- Verification Summary not signed by second verifier
  - No fiscal action taken.
- Two Free & Reduced Applications were marked incorrectly for benefits
  - Allowed a 5% error; Englewood's was 0.04%.
  - No fiscal action taken due to the error only amounting to \$29.29 (allowed up to \$600 in errors of this type).

# CDE ADMINISTRATIVE REVIEW COMMENDATIONS

Colorado Department of Education  
Office of School Nutrition  
SNP Commendations Report  
Review Year: 2020

**Sponsor:** ENGLEWOOD 1  
**Review ID:** 1217  
**Month of Review:** November  
**Lead Reviewer:** McKenna Pullen

**Sponsor - Level Commendations:**

Description
Katie provided an organized binder of all required review materials for the onsite review. She submitted all required documentation on time, ensuring an efficient and effective review. It is evident from her documentation, organization, and onsite observation that she works hard to run a compliant program.
Sam is very organized and maintains thorough documentation of all Free and Reduced-price processes. She documents all conversations, follow up attempts, and any other correspondence.

**Site - Level Commendations: CHERRELYN ELEMENTARY SCHOOL (1556)**

Description
April demonstrates a thorough understanding of meal service requirements and operates an efficient breakfast program.
Chad does an excellent job operating the FFVP. He takes time to read nutrition information for each item served and works hard to engage students in the FFVP service.

**Site - Level Commendations: WM E BISHOP ELEMENTARY SCHOOL (9620)**

Description
Food items are well organized and clearly marked in all food storage areas. The kitchen staff at Bishop do a great job of keeping a small kitchen space clean and organized.
Jodie demonstrates excellent rapport with children in the serving line. She knows all of their names and works hard to ensure they feel welcomed in the cafeteria. She also demonstrates a thorough understanding of OVS requirements.

# CDE ADMINISTRATIVE REVIEW COMMENDATIONS

COLORADO DEPARTMENT OF EDUCATION  
SCHOOL NUTRITION UNIT

## Procurement Review Summary

School Year 2019-20



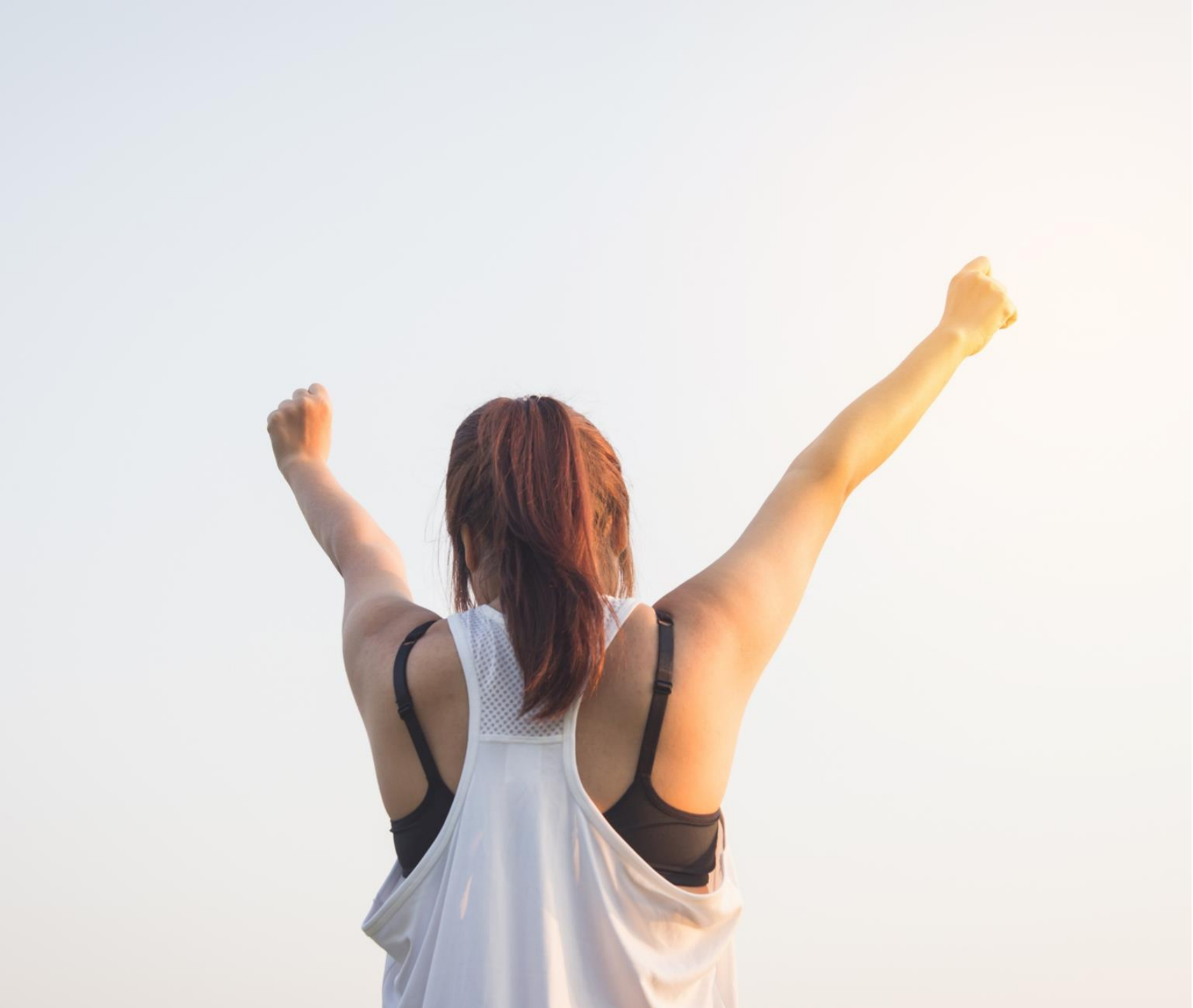
### Commendations

The CDE School Nutrition Unit would like to commend the SFA for the following:

- The formal solicitation for Meadow Gold identified all specifications, evaluation factors, and their relative importance with price as the primary factor.
- Solicitations reviewed are well-written and contain all required language.
- All purchases reviewed were compliant with the appropriate procurement method.

# WELLNESS POLICY REVIEW

- Anything to change or update?
- Anything to add?



# CLOSURE

Next Meeting:  
April 30, 2020  
4:00-6:00pm  
RDAB BOE Room