

DISTRICT WELLNESS MEETING

OCTOBER 3RD, 2019

AGENDA

- Welcome & Introductions
- Grant Updates
 - Student Wellness
- Healthy Schools Work Plan update
- Grant Updates
 - CDC
- Professional Development
- Nutrition Services Update
- Website



WELCOME & INTRODUCTIONS

- Name
- Relation to the district/Wellness Committee
- Site
- Describe your favorite or a new wellness activity/objective happening at your school (or district wide)



Student Wellness Grant



Funding for 2 district staff members to attend national SHAPE conference.

Funding for PE teachers to attend state SHAPE conference.

Funds for PE teachers to purchase sustainable equipment to supplement district PE programming.

Funds for school Community Wellness nights.

Staff Wellness

Wellness teams at schools will continue to focus on Staff Wellness.

Cherrylyn- Staff Wellness Night on October 24th for a game of Crazy Kickball

Charles Hay- Exercise Opportunities for staff and monthly recognition for nutrition services member

Clayton- October Wellness challenge, monthly staff awards, wellness newsletter, monthly salad club, monthly staff gathering

EMS- Looking to begin step challenge

TEC- TEC @ the REC- guided workouts for staff members led by TEC art teacher

RESTORATIVE PRACTICES IN ENGLEWOOD



Restorative Practices PD May 2019- December 2019

Introduction to Restorative Practices - 6 Trainings

Staff Trained - (136) including:

Administrators (32) , Paraeducators (41) School

Psychologist/Counselors (10) Certified (50) Campus Security (3)

Using Circles Effectively - 2 Trainings completed 3 more

upcoming

Staff Trained - (43)

RESTORATIVE PRACTICES IN ENGLEWOOD

WHAT'S NEXT:

Additional Using Circles Effectively Training this fall begins Oct 29th

Community Training Opportunities - Date TBD

Spring training as well as Summer Training for:
Introduction to Restorative Practices and
Using Circles Effectively

Informational Sheet for Parents in final stages
of development - with designer now





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
 - Go, Slow, WHOA! Nutrition education for students.
 - Materials to distribute at school wellness nights.

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

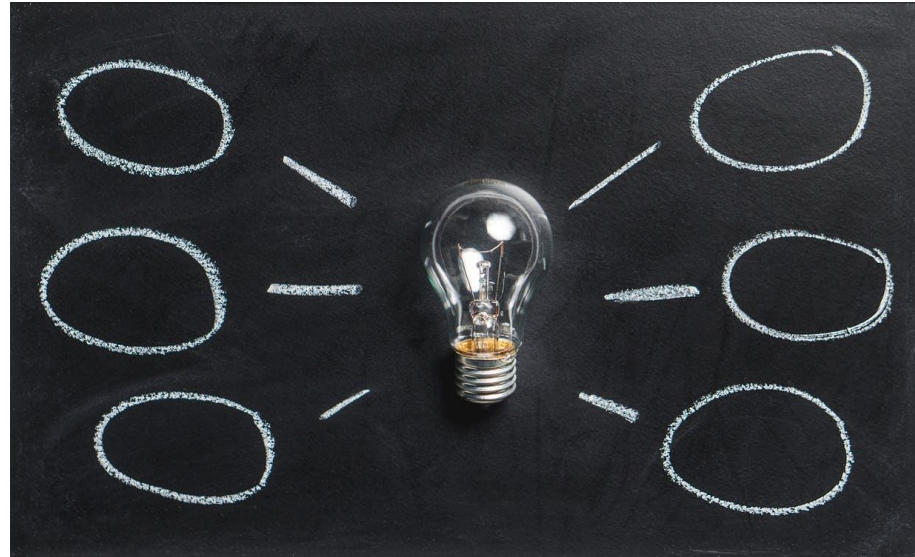
Whoa Foods- Eat these once in a while
Highest in fat, sugar and calories
Examples: Full fat dairy, hamburgers, hot dogs, fried chicken Soda, fried vegetables, doughnuts, candy, and potato chips

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

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PROFESSIONAL DEVELOPMENT

- CDE School Wellness Conference 9/24- 9/25/2019
- Healthy School Coordinator Meeting 10/23- 10/24/2019
- SHAPE America National Conference 4/21- 4/25/2020
- In planning stages with CDE to conduct an applicable training for our school wellness teams.





NUTRITION SERVICES



FRESH FRUIT & VEGETABLE PROGRAM

MENUS AND NEWSLETTERS: [HTTPS://ENGLEWOODEATS.COM/INDEX.PHP?SID=1496271825761&PAGE=MENUS](https://englewoodeats.com/index.php?sid=1496271825761&page=menus)



TASTY TUESDAYS



BREAD BAKING

FARM OF THE MONTH

HB 19-1132 LOCAL FOOD PROGRAM

- Offers SFAs a reimbursement for the purchase of CO grown, raised or processed products.
- Application for Reimbursement Grant opens 10/7/2019.
 - Englewood Nutrition Services will apply.
- Awarded districts will be announced in March, 2020.

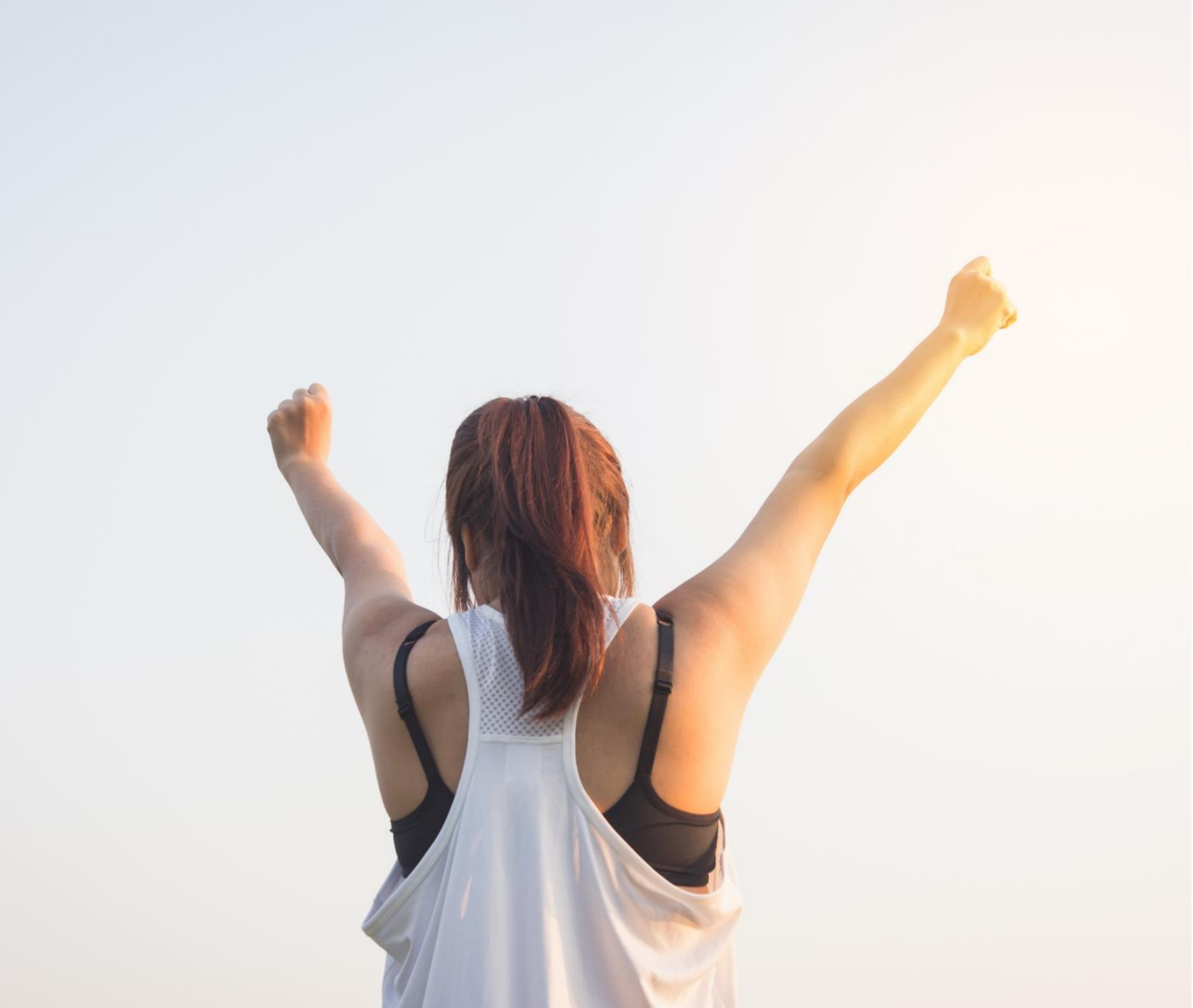


SAN LUIS VALLEY LOCAL FOODS COALITION

- Local food hub that sources and delivers our farm of the month items.
- September watermelons were PICKED at the farm the same day they were delivered to us.
- Mother Nature has caused some delays and switching of farms last minute; we are working through issues as they arise.

WELLNESS COMMITTEE WEBPAGE

<https://englewoodeats.com/index.php?sid=1496271825761&page=wellnesspolicy>



CLOSURE

Next Meeting:
January 29, 2020
4:00-6:00pm
RDAB BOE Room