

# School Wellness

## Wellness Initiatives

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| Birthday Bundle and Classroom Catering                                      | Created menus to offer healthy alternative options for parents for typical classroom celebrations.  |
| Colorado Education Initiative: Healthy Schools Summit Presentation          | Presented at a Summit breakout session on the collaboration between wellness and Nutrition Services, the LiveWell Colorado: School Food Initiative and scratch cooking.   |
| Decrease Food Insecurity Grant  | Partnered with City of Longmont Youth Services to apply for funding to expand the summer meals program.   |
| Fuel Up to Play 60: School Nutrition Grant Application                      | Grant application submitted to supply Alpine Elementary with new milk coolers to support the addition of a breakfast program.   |
| Girls on the Run: Longs Peak Middle   | Connected school with local running store and partnered with them to encourage and motivate youth to be active, build self esteem and accomplish a goal.  |
| HealthierUS School Challenge Award Application                              | Applied for an additional 14 awards for all qualifying K-8, Middle, and High Schools. If awarded, it will bring an additional \$9,500 to the schools.   |
| HealthierUS School Challenge Award Presentation                             | Recognized 13 elementary school principals for their dedication to making a healthier school environment.   |
| Kaiser Permanente: Thriving Schools Grant                                   | Conducted evaluation for Red Hawk Movement expansion grant.   |
| Move 5210 Challenge   | Partnered with UC Health to recruit elementary schools to take the 5210 challenge. Eat five fruits and vegetables, limit screen time to two hours, get one hour of physical activity and drink zero sugary beverages every day for a month. |
| Smart from the Start: Grant Application                                     | Collaborated with Spark Discovery Preschool on a nutrition education and physical activity classroom integration plan - Possible \$20,000 in funding. Did not receive grant.  |
| The Colorado Health Foundation: Middle School Outdoor Learning Environments | Collaborated with Paige Jennings, Physical Activity Grant Coordinator to submit Letters of Interests for Longs Peak, Lyons and Timberline for new outdoor equipment. Did not receive grant based upon Free and Reduced percentage.          |
| USDA: Once in a Melon Award   | An award for administering an exemplary farm to school program. One school district per state was selected for the award by receiving the most public nominations.  |
| Wellness Policy Updates   | Updated Wellness Policy, created Wellness Policy Procedural document and Wellness Policy Assessment document. Changes made based upon WellsAT results.  |
| Wellness Policy: Assessment   | WellsAT: conducted a quantitative assessment of SVVSD's Wellness Policy.  |
| Whole Child, Whole School, Whole Community Wellness Plan                    | Working on with Paige Jennings, Physical Activity Grant Coordinator.  |

## Wellness Newsletters

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| Wellness Alive: Parent Newsletter     | Sent to over 1600 emails on Going Subscriber list. |
| Wellness At Work: Employee Newsletter | Sent to over 200 Nutrition Service employees.      |

## Nutrition Services Initiatives

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| Colorado Proud School Meal Day             | Planned a menu featuring local Colorado items to highlight SVVSD's Farm to School.   |
| Central Office Customer Service Survey     | Distributed district wide.   |
| Menus                                      | 13 templates with Harvest of the Month recipes and active living tips.   |
| National School Breakfast Week Celebration | Breakfast kick off event and assembly at Alpine Elementary with the Western Dairy Association, Fuel Up to Play 60 and Miles the Denver Broncos mascot. |
| National School Lunch Week                 | Bring Your Parents to Lunch and selfie contest to highlight the benefits of the school lunch program.  |
| Perfect Attendance Program                 | Recognizes and rewards employees for their attendance on a quarterly basis.  |
| Perfect Health Inspection Program          | Recognizes and rewards employees for perfect health inspections.   |
| School Lunch Hero                          | Program asks schools to nominate kitchen staff that go above and beyond to provide excellent customer service and put students first.                  |
| Trail Blazer Award                         | Relationship building program between departments. 140 rewards sent to staff.  |
| Website                                    | Updating department website with relevant information, restructuring Wellness tab, and other changes as necessary.                                     |

## CDOT: Safe Routes to School Grant

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|---------------------------------------|--|
| Active School Neighborhood Checklists | Conducted four ASNC to identify barriers that prevent students from walking or biking.                                       |
| Bike Rodeos                           | Three events at district schools and one district wide rodeo to teach bicycle safety.  |
| State Advisory Committee              | Assist in the facilitation of SRTS grant process - Reviewed 36 applications and awarded \$1.5 million in FY '16 Grant Round. |
| Trip Tracker Program                  | Encourages and rewards students for taking alternative modes of transportation to and from school. 8 active schools.         |
| Trip Tracker - Channel 7 News         | Coordinated with news station to produce Trip Tracker segment as a green initiative in the SVVSD community.                  |
| Walk & Bike to School Day             | Trip Tracker schools hosted Walk and Bike to School Days in October and May.   |
| Grant Application                     | SY 2015-2016 Application: Awarded \$145,408. SY 2016-2017 Application: Not Awarded \$98,107.                                 |

## Project Produce: Fruit and Vegetable Grants

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| Flagstaff Academy's Harvest Days                 | 5 Events - Partnered with Ollin Farms to provide fresh and prepared samplings for students, Harvest Bags to send home with students, social media promotion, and classroom nutrition education tie-ins.            |
| Spark! Preschool Discovers Fruits and Vegetables | 11 Events - Colorado Proud Day event with samplings, cooking lessons and shared reading. Jumping Juicer with Zumba class, smoothie making and sampling. Harvest of the Month classroom snacks. More events coming. |
| Teen Parenting Program: Healthy Starts           | 6 Events - Cooking Matters nutrition education and cooking lessons for 15 teen parents. More events coming.  |
| Grant Applications                               | Applied for three additional grants. Hygiene, Niwot and Westview - Possible \$7,500 in funding. Received \$2,500 for Westview, did not receive other two based upon Free and Reduced percentage.                   |
| Chef Ann Foundation Webinar                      | Presented with Chef Ann Foundation staff on a Project Produce webinar as experts in the field, having successfully implemented several grants.   |

## Grant Funding

| Grantor                        | Project   | Amount Awarded        |
|--------------------------------|---|-----------------------|
| Fuel Up to Play 60             | School Nutrition Equipment Grant Application                      | \$3,200.00            |
| Kaiser Permanente              | Decrease Food Insecurity <i>(Partner - City of Longmont)</i>      | \$94,596.00           |
| Kaiser Permanente              | Thriving Schools: Movement <i>(Partner - Red Hawk Foundation)</i> | \$50,000.00           |
| Project Produce                | Flagstaff Academy's Harvest Days                                  | \$2,500.00            |
| Project Produce                | Spark! Preschool Discovers Fruits and Vegetables                  | \$2,500.00            |
| Project Produce                | Teen Parenting Program: Healthy Starts                            | \$2,500.00            |
| Project Produce                | Westview: STEM to Kitchen   | \$2,500.00            |
| Safe Routes to School          | Trip Tracker <i>(Partner - Boulder County Transportation)</i>     | \$145,408.00          |
| USDA                           | HealthierUS School Challenge Awards                               | \$6,500.00            |
| The Colorado Health Foundation | Scratch Cooking Initiative Grant                                  | \$153,223.00          |
| The Colorado Health Foundation | Physical Activity Initiative Grant (Year 2 Funding)               | \$629,684.00          |
| <b>TOTAL</b>                   |   | <b>\$1,092,611.00</b> |

## Committees and Affiliations

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| Boulder County Healthy Eating and Active Living Task Force |
| Boulder County Healthy Food and Beverage Coalition         |
| Chef Ann Foundation  |
| Colorado Coalition for Healthier Schools                   |
| Colorado Farm to School Task Force                         |
| Colorado Fruit and Vegetable Growers Association           |
| Metro Area Wellness Group                                  |
| Safe Routes to School State Advisory Board                 |
| Worksite Wellness Committee                                |