



DISTRICT WELLNESS COMMITTEE

10/28/2021

Katie Cossette
Madison Peppa
Samantha Lance
Emily Shore
Clarice Fortunato
Jessica Barbour
Heather Maskalenko
Kelly Wilbert
Marie LeBlank
Matt Hoganson
Belinda Hayes
Samantha Decker
Gary Manfre
Kelsey
Tracey Brummett
Misty Leflar
Nicole Withee
Joanna Polzin

AGENDA

- Welcome & Introductions
- Emily Shore, RMC Health
- Wellness Coordinators Update
- Grant Updates
 - CDC Student Wellness
- Nutrition Services Update

INTRODUCTIONS

- Name
- Relation to the district Wellness Committee



RMC Health

Emily Shore

RMC Health Training

- Emily Shore introduction
- 4hr training for Wellness Champions
 - Reviewing district wellness policy, reviewing Smart Source results, selecting a priority and drafting a SHIP
- Mini Grant applications in the Spring
- When is the training? POLL!!!

POLL: Jan 4th best

- Is not mandated, can be recorded but it is highly interactive (has breakout groups)
- District needs 5 schools to submit plan to continue the grant till next year.

Use this year (year 4 of 5) for drafting SHIP

- Figure out focus, etc,
- This year planning year
- Next year you will get funds to implement plan

Complete smart source survey for school (available now till dec)

- Question: where to locate the Smartsources survey (Heather Maskalenko). Answer: Wellness Champions can email Katie for a specialized link
- Info is collected from several points of contact within school depending on topic by site supervisor
- Selected based on priority
- Each school will get 1:1 with Emily shore for mini grant application
- Apply to mini grant (Google Forms)
- Funds awarded beginning of next school year

Wellness Coordinator Updates

Cherrelyn Elementary: Chad Rail

What are 3 goals, events or activities your Wellness Team is working towards this year?
1. Have no fundraisers include food/ We will have a fun run and a <u>Readathon</u>
2. Integrating Comprehensive Health Standards into every P.E Class
3. Having a P.E/ Specials Night this year after not having one last year
Are you experiencing any challenges or hurdles? If yes, elaborate.
Everything is going pretty smoothly

Bishop Elementary: Heather Maskalenko and Maddison Peppia

What are 3 goals, events or activities your Wellness Team is working towards this year?

1. We will be having Special Spotlight night with Art, Music and PE to highlight what we are all working on, just had field day, had walk to school/bike to school event, trunk or treat and Fall festival this Friday.
2. Have a smoothie bar for the teachers (fruits and veggies) and continue Taste Testing for the students
3. Have student fitness clubs and teacher activities after school, we have 5th/6th grade Lego club in progress

Are you experiencing any challenges or hurdles? If yes, elaborate.

We are having a great year!

Heather Maskalenko

So far:

- Field day
- Walk to school/bike to school
- Trunk or treat
- Fruit/Veg taste testing

Upcoming:

- Smoothie Bar for teachers
- Fruit/Veg taste testing
- Fitness club/teacher activity after school
- 5th/6th grade lego club

Clayton Elementary: Kelsey Damjanovich

What are 3 goals, events or activities your Wellness Team is working towards this year?

1. Wellness Night for Students in the spring

2. Dedicate 3 months to focus on staff wellness

3. Involve the community about nutrition monthly via [ParentSquare](#)

Are you experiencing any challenges or hurdles? If yes, elaborate.

Kelsey

-Wellness for students

-3 months for staff wellness

> Nov self care (give out cook-book developed by school staff)

-Community nutrition facts monthly on parent square

Englewood High School: Belinda Hayes

What are 3 goals, events or activities your Wellness Team is working towards this year?

1. Educating our staff regarding general health/nutrition.

2. Movement during our day at school.

3.

Are you experiencing any challenges or hurdles? If yes, elaborate.

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CHWS: Kelly Wilbert

What are 3 goals, events or activities your Wellness Team is working towards this year?

1. Harvest Fest

2. Fun Run

3. Clubs

Are you experiencing any challenges or hurdles? If yes, elaborate.

Harvest Fest was a great turnout! Fun Run is on 10/22. Re: clubs we are experiencing the challenge of Covid and knowing how to keep kids in cohorts when participating.

Re: Fun Run and Harvest Fest, it has been very challenging having them in the same month.

Kelly Wilbert

- Harvest fest (150 families came!)
- Fun run
- Starting back up clubs

Challenge: Not sustainable w/ lack of volunteers

ECE: Jessica Barbour

What are 3 goals, events or activities your Wellness Team is working towards this year?
1. Implement Culture of Wellness in Preschools (COWP)
2. Monthly Family Letters to include: Ideas for Family interactions, Recipes, Physical Activities and Parent wellness workshops
3. Staff Happy Hours
Are you experiencing any challenges or hurdles? If yes, elaborate.
We don't have a Wellness Team. Staff has been asked but no strong desire to have a wellness team.

CFHSC: Jana Horchem

What are 3 goals, events or activities your Wellness Team is working towards this year? Building Healthy Extra Curricular Connections to School
1. Open gym before/after school and open during lunch - Student vs Staff Tournament(s)
2. Student Leadership - School Dance in November
3. GSA
Are you experiencing any challenges or hurdles? If yes, elaborate.
Getting a Wellness Committee. People want to <u>help out</u> with their passions but aren't necessarily looking to be a part of a committee.

Goals:

Overall building/connecting healthy extracurricular activities to school

- Before/Lunch/Afterschool open gym
- Student VS staff basketball game
- Student leadership committee
- GSA started

Challenge:

Creating a wellness team that incorporates individual passions in a broad way.

CDC WELLNESS GRANT

Katie Cossette

2021-2022 GOALS

One Year SMART Objective

- RMC Health training for Wellness Champions
 - Wellness Champions to develop and plan 1 SMART objective to tackle in 2022-2023
- Wellness Worksheets at District Wellness meetings, presented by Wellness Champions
- Develop a mini grant for sites to use in 2022-2023 to enact their SMART objectives.

NUTRITION SERVICES TRAINING

SMART Goals

- Each manager developed a SMART goal last year that they are working towards achieving this SY.
- 45 minutes of training provided monthly to managers (a minimum of 15 minutes monthly provided to Associates)

Colorado School Nutrition Association Industry Conference

- Mass food shortages
- Labor shortages impacting industry and schools.
- Not continuing free meals into next SY
 - New bill is making CEP more approachable; possible avenue to continue free meals.



NUTRITION SERVICES UPDATE

KATIE COSSETTE

Nutrition Services

Food

- We are SO happy we have food to serve our students every day, even though it is becoming increasingly difficult to access variety of products.
- Local produce has been a HUGE WIN!
- Holiday meal coming up on 11/11
 - Serving students
 - Not inviting adults due to COVID precautions
- Winter Beach Bash! December 16th
 - Hawaiian/beach theme
 - Giving away free 100% fruit juice slushies (RIPS) with each school lunch

What is CEP

- **C**ommunity **E**ligibility **P**rovision
- Based on Direct Certification percentages to qualify for the program.
- Evaluating ability to fiscally operate responsibly under proposed changes to ISP and multiplier.

Clarice Fortunato – Tracy Rummet community member who organizes Café 180 pay-as-you-can café at the corner of Floyd and Broadway. One good term (nonprofit). Partnering with bishop to do yoga classes (Nov 4th first class) in talks with Hay (Matt). If any other schools are interested for staff wellness they provide free yoga. Also doing free Thanksgiving meal on Thanksgiving (will be on social media).

Kelly Wilbert - sstant@englewoodco.gov



Results of the Poll:

Next meeting (3:45p- 4:45p)
2/22