



# DISTRICT WELLNESS COMMITTEE

04/22/2021

## AGENDA

- Welcome & Introductions
- Grant Updates
  - CDC Student Wellness
- Nutrition Services Update
- Wellness Coordinators Update
- Grant Updates
  - Student Wellness

## INTRODUCTIONS

- Name
- Relation to the district Wellness Committee



# CDC WELLNESS GRANT

KATIE COSSETTE

## 2020-2021 GOALS

### “VALUE OF A SCHOOL LUNCH” CAMPAIGN

- Final 2 videos being filmed
- <https://englewoodeats.com/?page=ValueofaLunch>
- Different aspects of value to be covered:
  - Price/Time
  - Nutrition
  - Local
  - Connections
  - Any ideas of other values to cover?

### NUTRITION SERVICES TRAINING

#### Legislative Action Committee Conference

- Usually held in Washington DC, held virtually this year.
- Presented [SNA Position Paper](#) to representatives.
- Met with Congresswoman, Diana DeGette
- Heard from:
  - USDA Secretary Tom Vilsack
  - Andrew Card & Leon Panetta

#### Next Up.....

- Colorado School Nutrition Association Annual Conference (virtual)
  - All Kitchen managers invited to attend
- School Nutrition Association Annual Conference (virtual)
  - All Kitchen managers invited to attend

3 Videos published for The Value of a School Lunch, 2 more videos in the works!  
School Lunch Hero May 7th, 2021  
Free meals for all kids next year (2021-2022)

## Funds

### 2018-2021

Funds were used to:

- Supplement grab & go meals during the initial shut down of the pandemic.
- Provide materials for Wellness nights.
- Provide materials for nutrition education.
- Cover expenses for professional development.
- Supply PE teachers with equipment and training.

### 2021-2022

- Continue to supply materials for nutrition education.
- Continue to provide opportunities for professional development.
- Design a platform and marketing base for healthy or non-foods rewards/parties

Using no outside food r/t to COVID as a vehicle to reduce the number of outside food rewards used at school



# NUTRITION SERVICES UPDATE

KATIE COSSETTE

## Nutrition Services

### Summer Feeding Sites

- Find more information such as serving times and menus on our website:

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

- 3 sites will be open for meals:
  - CFHSC (hot meals and bag meals available)
  - Clayton (hot meals only)
  - Englewood Civic Center (bag meals only; breakfast and lunch in each bag)

### 2021-2022 School Year

- Waivers for some program flexibilities extended.
- FREE MEALS for kids through Seamless Summer Option (clarification from CDE still needed as this has been issued to states for implementation).

For more information:

<https://www.usda.gov/media/press-releases/2021/04/20/usda-issues-pandemic-flexibilities-schools-and-day-care-facilities>

Waivers have been extended through next school year. Makes it a lot easier to feed our kids.

Free and reduced allocation are not affected by providing free meals through the COVID accommodations.



## Wellness Coordinator Updates

## Cherrelyn Elementary: Chad Rail

What are 3 accomplishments your Wellness Team has made this year, OR what are some things that your Team is proud of?

1. We are proud of supporting our students with their social and emotional needs. We have Wellness Wed during our Enrichment time and our counselor visits classes once a week.

2. Continuing to have quality PE instruction and classes. While also offering other Enrichment opportunities

3. Potentially getting a climbing wall.

Did you experience any challenges or overcome any hurdles? If yes, elaborate.

COVID

What are your site based Wellness goals for 2021-2022? (add or remove lines as needed)

1. Continue Social and Emotional Support for staff and students

2. Increase staff wellness opportunities

3. Improve end of the year fun run

Bright Spots: Wellness Wednesday, with SEL.

Climbing wall will hopefully be up and running by May 14th.

May 14th Fun Run: goal to become biggest fundraiser of the year.

Goals to increase staff wellness activities. Continue SEL for teachers and students.

## Bishop Elementary: Heather Maskalenko and Maddison Peppia

What are 3 accomplishments your Wellness Team has made this year, OR what are some things that your Team is proud of?
1. A few times we took the leftover taste testing items and would put a note, nutrition facts and a item in a bag. Then we hand it out to the staff, they loved it!
2. We offered zoom Yoga workouts.
3. We sent out weekly links for workouts, recipes and mindfulness
Did you experience any challenges or overcome any hurdles? If yes, elaborate.
Challenges would be getting more staff to participate in the zoom workouts.
What are your site based Wellness goals for 2021-2022? (add or remove lines as needed)
1. Get the staff together for neighbourhood walks, kickball games and workouts after school for like 20-30 minutes.
2. Create a step competition and the winner every month gets a healthy gift.

Bright spot: Focus on staff health and wellness; Zoom yoga workouts offered, weekly links with healthy recipe and activity.

Challenges: staff participation r/t Zoom burn out.

Goals: Step competition with staff. Offer opportunities for physical movement for staff.

## Clayton Elementary: Kelsey Damjanovich

What are 3 accomplishments your Wellness Team has made this year, OR what are some things that your Team is proud of?
1. We were able to get 28 staff members to participate in staff wellness challenges in the month of February.
2. We met more consistently and we had more representation from classroom teachers.
3. We had planned agendas and monthly goals.
Did you experience any challenges or overcome any hurdles? If yes, elaborate.
Storage for some of our equipment that we received.
What are your site based Wellness goals for 2021-2022? (add or remove lines as needed)
1. Involving our community
2. Have a site based health and wellness night at school
3. Planned events throughout the year, a goal of 5. (FACs, Secret Cupid)

Bright Spots: 28 staff members participate in Love Yourself Month during february. Prizes r/t wellness.

Met more constantly as a team, classroom teachers participated. Meetings with planned agendas and monthly goals.

Challenges: Issues with storage.

Goals: Get the community involved! Create a health and wellness night.

## Englewood High School: Belinda Hayes

What are 3 accomplishments your Wellness Team has made this year, OR what are some things that your Team is proud of?
1.
2.
3.
Did you experience any challenges or overcome any hurdles? If yes, elaborate.
Covid had us spinning our wheels
What are your site based Wellness goals for 2021-2022? (add or remove lines as needed)
1. Work with Dave on garden
2. Continue LCD broadcast regarding vaping
3.

Bright Spot: Weight room continues to be a resource for students and teachers.  
Challenges related to high turnover in the department and COVID. Individuals continue to create bright spots.  
Goals: build the committee up. Create a comfortable environment for teachers in the weight room.

## CFHSC: Jana Horchem

What are 3 accomplishments your Wellness Team has made this year, OR what are some things that your Team is proud of?
1. We were able to get grant funding to train 2 people in a Health Enrichment course from the Chopra Center and Health Training Certification for one person which will be used in our school-wide SEL curriculum next year.
2. All students were provided the opportunity to opt-in to 2 different presentations this spring: <i>Radicalization &amp; Violent Extremism Today</i> : Jesse Morton and Tom Sanderson <i>Propaganda &amp; Extremism Today</i> : Rudi Florian, Christian Picciolini, and Tom Sanderson
3. We have continued to offer SEL curriculum schools wide throughout this school year.
Did you experience any challenges or overcome any hurdles? If yes, elaborate.
We have staff that are actively working toward wellness goals for our school, however we have not been able to create a set committee and get involvement on all levels. Due to Covid and not having a well-established committee there was not much time put into this group this year.
What are your site based Wellness goals for 2021-2022? (add or remove lines as needed)
1. Implement some of the information/ideas from the Chopra Health Training into school-wide SEL curriculum
2. Take steps to make our environment more inclusive and welcoming for all people (LGBTQ, BIPOC etc.)

Bright Spot: December workout challenge. 11 staff and a few students. SEL is now school wide.

Challenges: Lack of consistency with staff turn over.

Goal: Get staff to re engage in Wellness. Increase inclusivity.

# STUDENT WELLNESS GRANT

MATT HOGANSON

## End of 2018-2021 Student Wellness Grant Cycle

**The Student Wellness Grant exists to implement student wellness programs that support the implementation of whole school, whole community, whole child approaches to:**

- Increase coordination of policies, practices, and programs to support the physical, mental, emotional and social needs of students and reduce barriers to learning.
- Build district infrastructure and sustainability to support a WSCC approach.
- Improve local wellness (USDA) or supporting health and wellness policies aligned with best practices.
- Increase implementation of district wellness policies and best practices to support healthy eating, physical activity, and health education.
- Connect school health and wellness efforts to comprehensive health education standards and skills.

**Funds were used to:**

- Support site-based Wellness Teams through RMC Health and CDE
- For Mental Health departments to purchase resources and ongoing training
- Opportunities for outside professional development and training
- Support site-based community events
- Cover travel expenses for Wellness conferences
- Over the past 3 years, funds have supported programs at the building level with purchases of various equipment for PE programs

This year is the end of this Grant's cycle.  
Overall satisfied with the usage of funds this year.



## Application for Student Wellness Grant 2021-2024 cycle

- **Submitted April 2, 2021**

### Intended use of funds

- Support with the implementation of the new comprehensive health standards
- Support with ongoing equity training

### Major Next Steps

- Identifying team members at all sites to support the work
- Identifying partnerships to provide support with the roll out
- Providing ongoing training for staff members responsible for teaching health skills

Upcoming Grant Cycle: Submitted in April.  
Not yet awarded, team is hopeful for approval!



Bright Spot: Preschool is hopeful to establish wellness committee.  
Preschool Special Olympics this May, look out for Zoom invite!

Future planning; what days work for future wellness meetings.  
Thursdays preferred, maintain virtual platform.