



Wellness Advisory Council for Schools (WACS) Agenda

Purpose: The Wellness Advisory Council for Schools (WACS) is an advisory council whose purpose is to support and enhance student health and wellness for Poudre School District. WACS defines “Wellness as the foundation for learning. It is sustained by creating and maintaining environments, policies, practices, access to services and resources, and attitudes that develop and support the inter-related dimensions of physical, mental, emotional, spiritual, and social health.”

September 2019 PSD Partnership Center

- Jill Jackson*, Community Member
- Ashley Stoker*, , Community Member
- Noelle Wilcox* – Infection Preventionist, Banner Health, Registered Nurse, Community Member
- Sena Uctuk*, High School Student
- Adon Wolff*, High School Student
- Kelly Burns*, Rocky Mountain High School, Secondary Licensed Staff
- Mark Bartlett*, Irish Elementary School, Elementary Licensed Staff
- Patrick Kind*, Assistant Principal, Webber Middle School, Secondary Administrator
- Alissa Poduska*, Shepardson Elementary School, Elementary Administrator
- Meghan Willis*, Middle School Parent
- Christina Erickson*, High School Parent
- Vicki Thompson*, Executive Director of Human Resources
- Sierra Bitsie*, Elementary Base Staff
- Erin Lilis*, Elementary Parent

Standing Members of WACS:

- Craig Schneider*, PSD Child Nutrition Director
- Amanda Brantley*, PSD District Wellness Manager
- Alexa Garrett*, Student Wellness Coordinator
- Melanie Voegeli-Morris*, PSD Student Assistance Services Coordinator
- Nancy Weber*, PSD Health Service Coordinator
- Laurie Zenner*, Healthy Kids Club Manager, Healthy Kids Club – Katie Castillo for Laurie
- Merry Hummell*
- Laura Grissom*, PSD Curriculum Instruction Facilitator
- Dr. Brian Dauenhauer*, University of Northern Colorado
- Kori Wilford*, Larimer County

Agenda

- 4:00-4:15 Welcome and Updates, WACS overview for 2019
 - Smart source for school wellness teams WSCC model, 55% state schools take, get \$100 to take
 - Healthy Kids Colorado Survey
 - CDE Grant Project Updates

Wellness Advisory Council for Schools (WACS) Agenda

- Mini Grants, Movement desks, student innovation
 - Work groups for grants October 16th, October 25th.
- Summit for Student Wellness
- Vaping and Tobacco Policy in PSD
 - Conversations in 504 and IEP, working around education
 - School health professionals grant
 - Bring policy examples to WACS in regard to special services to shift the language around vaping
- 4:15-4:50 Health Education in PSD-Meghan Willis, Healthy Hearts, Parent Representative
 - Healthy hearts serving since 1993
 - Less than half of health classes at high school
 - 2017-2018- 12.5 credits of wellness 2.5 credits health education (was not policy, suggestion)
 - New graduation requirements for state forced policy change 2017
 - Surrounding districts do have health as a requirement
 - Youth issues of concern:
 - Substance use
 - Mental health
 - Sexual health
 - Healthy eating
 - Active living
 - Bullying
 - Conflict resolution
 - Healthy relationships
 - 2nd highest region in the state in substance use
 - 1 in 5 students who received suicide prevention education referred themselves or a friend to see a school counselor about a concern after a health class surrounding mental health
 - Over half of students had numbers in line with cardiovascular disease
 - Top 3 stressors: grades, family, friends
 - Current Questions:
 - What percent of students will graduate without having taken teen choices?
 - Have there been a change in graduation rates since this change in requirement?
 - What is the success criteria of health and how do we measure?

Wellness Advisory Council for Schools (WACS) Agenda

- 4:50- 5:15 Larimer County Youth Updates- Myra Shanks and Youth Action For Health Students, Larimer County
 - Promote the health of youth in fort Collins
 - Communities that Care
 - Focus on risk and protective factors
 - Youth Center
 - Reduce substance use- friendly and safe space
 - Improve social and emotional wellbeing
 - Youth services: counselors, sexual health, etc.
 - Mostly targeting high school, looking at middle schoolers
 - Has more recourses than just the recreation center
 - Specifically for youth
 - Finding a location that is accessible for all youth- bus stops, close and central
 - Broadcast on media boards at schools
 - Old youth center issues and concerns
 -
- 5:15 Community Comment Forum

Community Comment

Will be held the last 15 minutes of the scheduled meeting time if comments are requested via the signup sheet.

Action Items

Item	Assigned to	Date Due
1. Amanda to meet with Ruben regarding Tobacco Policy updates	Amanda	
2.		
3.		



Wellness Advisory Council for Schools (WACS) Agenda

**Next meeting:
November 13th, 2019**