

Healthy Asbury Committee Meeting Minutes

February 5, 2013

In attendance: Hollene Davis, Molly Withers, Stephanie Vieau, Jini Puma, Jean Wise, Melissa McClung

Action Items:

- Melissa will write up minutes.
- Melissa will create an organic produce co-op flyer for Thursday folders.
- Melissa will research Safe Routes to School grant opportunities.
- Melissa will email Kris Draper about PTA newsletter dates for HAC entry.
- Melissa will send information about Kronos nutrition course to group.
- Melissa will ask for Hollene to be added to DPS Health and Wellness distribution list.
- Melissa will circulate the 2012 Fun Run notes for planning at the March meeting.
- Jini will contact Tracy regarding "I am Moving, I am Learning" curriculum and equipment.
- Jini will talk with Shawn St. Sauveur regarding yoga funding, Fun Run supplies, Safe Routes to School resources.
- Molly will research Walking School Bus programs.
- Molly to investigate garden art from 5 Green Boxes.
- Jean will contact South High for Fun Run track availability.
- Hollene will review CASEO letters from Mim Mirsky for inclusion in Thursday folders.
- Hollene will register Asbury for inclement weather recess fitness activities at www.adventuretofitness.com.
- Hollene will send Molly information about Walking School Bus programs.

I. Status of Current Healthy Asbury Committee Initiatives/Activities

- **Asbury Ambassadors Program** - the Asbury Ambassadors continue to meet to conduct energy audits and promote energy conservation throughout the school. They are currently working on the **DPS Energy Challenge** to make "green" changes and improve energy efficiency at Asbury. The committee approved using challenge funds to purchase 5 LED bulbs (\$100) and a rain gauge (\$27, as part of joining the Community Collaborative Rain, Hail, Snow Network (CoCoRaHW)). Amy requested help with the door hanger campaign.
- **Inclement weather recess** – Hollene reported that the Wii system was difficult to manage due to only 4 player controls. Hollene will register Asbury at www.adventuretofitness.com to take advantage of fitness adventure videos online. Jini will research "I am Moving, I am Learning" curriculum and equipment. The group will use the \$200 awarded by the DPS Healthy School Team grant to put together inclement weather recess bins with active game descriptions, equipment, board games, fitness videos, etc. Other resources included: www.playworks.org, www.scholastic.com/teachers/article/winning-ideas-bad-weather-recess, Chicago Public Schools Recess Readiness Guide.
- **Clean Air at Schools-Engines Off! (CASEO)** – Mim Mirsky (Denver Environmental Health) collected baseline idling data at Asbury in December. Idling is more of a problem at Asbury than expected. The next step is to distribute letters from Hollene (drafted by Mim) about the anti-idling campaign for Thursday folders. These will be followed by a pledge drive to encourage families to reduce their idling. The class with the most pledges will win a party sponsored by the American Lung Association.

- **DPS Healthy School Team Grant** – Asbury was awarded \$500 for PE equipment and \$200 for an inclement weather recess toolkit. Yoga and dance were not funded. Jini will follow up with Shawn St. Sauveur (DPS Wellness) to see if funding for yoga might be available.
- **Safe routes to school** – there is concern about student safety, especially when crossing Downing and/or Evans. Melissa will research grant opportunities and application due dates. Jini will ask Shawn St. Sauveur about resources. Molly will research Walking School Bus programs. Hollene to send Molly information from the Denver Police Department.
- **Organic Produce Co-op** - there are currently not enough Door to Door Organics members to have an Asbury co-op. Melissa will create a flyer for Thursday folders to gauge interest in a Mile High Organics co-op. Eight members are needed for a Mile High Organics co-op, but the boxes will be delivered to each family's house.

II. New Business

- **Hands Up for the Children backpack program** – starting in February, Hands Up for the Children will deliver canned food and food donated by Panera Bread Company to be distributed to Asbury families in need. The donations are delivered on Fridays and parent volunteers are needed to fill and deliver the backpacks from 2-3pm. Hollene will post a sign-up sheet in the office. The program will start with 10 backpacks. Whole Foods will also be providing food in the future. The goal is for Asbury to take control of the program once Hands Up for the Children has gotten it established.
- **2013 Asbury Fun Run** – the Fun Run date is dependent on the Asbury Art Show, but a late May date was proposed. Jean will contact South High about the track availability. Dining out options discussed included Pasquini's, Park Burger, Kaos. Melissa will circulate the notes from last year's run to facilitate planning during the March meeting.
- **Garden Art Donation** – Molly has a contact at 5 Green Boxes and will explore a donation for Asbury's garden.

III. General Information

- **Wellness Champ Summit 2013**, 4:00-5:30pm, 2/7/13, Del Pueblo, 750 Galapago
- **Kronos Nutrition 4-week online course**, starts 2/21/13, free for DPS employees
- **DPS Wellness** – the HAC webpage can be accessed from the DPS Wellness Site (http://healthyschools.dpsk12.org/school_specific_wellness-teams).

IV. Newsletter – Melissa will contact Kris Draper about the PTA newsletter publication dates in order to include a HAC entry (and hopefully entice more people to join us!).

V. Next Meeting

- a. **Tuesday, March 5th**, 6:00AM-7:30PM, Asbury auditorium

Meeting minutes recorded by Melissa McClung