

## District Health Advisory Committee

September 24, 2025 | 4:15 p.m. - 5:30 p.m /Legacy Campus - Admin Conf room

December 3, 2025 | 4:15 p.m. - 5:30 p.m/Legacy Campus - Admin Conf room

February 4, 2026 | 4:15 p.m. - 5:30 p.m/Legacy Campus - Admin Conf room

April 1, 2026 | 4:15 p.m. - 5:30 p.m/Legacy Campus - Admin Conf room.

The DHAC represents Douglas County School District’s components of the Whole School, Whole Community, Whole Child (WSCC) Model

### Our Mission

To foster a culture of health and lifelong wellness in our school communities.

### Our Vision

Healthy schools = successful students

Resources: [ADF](#) & [ADF-R](#)

## Members

Name	Role/Title
Amy Dyett	Parent/Family/Community
Ann Hriso	Community Relations Coordinator
Ellen Kerkhoff	Mental Health
Erica Mason	Curriculum, Instruction & Assessment
Kait Nemunaitis	Staff Wellness
Holly Giron	Human Resources
Kelly Coonts	Principal
Lilly Fraser	Teacher/AP
Amanda Van Loon	Parent/Family/Community
Kelli Smith	Director of Health, Wellness, and Prevention
Kimberly Rankin	Sustainability
Anne Connolly	Parent/Family/Community/DCHYC
Laurie LaComb	Curriculum, Instruction, Assessment Coordinator

Mary Evensen	Coordinator of Nursing Services
Matt Reynolds	Learning Services Officer
Tara Gonzales	Nutrition
Jean Wolach	Community Representative
Amanda Van Loon	Community Representative
Hope Ebel	HWP Lead - Highlands Ranch
Trena Hand	HWP Lead- CR & Parker

- Norms:**
- Be present
  - A safe place to share ideas
  - Keeping to agenda & start and stop on time
  - Be positive

**April 1st**

Topic	Activities
<b>Check In</b>	Connect: Kelli
<b>Welcome</b>	
<b>Info</b>	<ul style="list-style-type: none"> <li>● <i>Device Policy final reading April</i> <ul style="list-style-type: none"> <li>○ <i>Inconsistency, quick and easy guidance all staff</i></li> <li>○ <i>Public comment reflected this as an equity issue</i></li> <li>○ <i>Teachers don't want to have to be the enforcer (easier with consistency)</i></li> <li>○ <i>Guidance would be welcomed</i></li> <li>○ <b>Recommendation from DHAC:</b> <i>Work with communications to create a poster for teachers to post in classrooms that contain key points from policy and info about "why" for kids.</i></li> <li>○ <i>Working with Jen G to continue to be in compliance to support students on 504, Health plans, other exemptions.</i></li> </ul> </li> <li>● <i>SHIP Data</i> <ul style="list-style-type: none"> <li>○ <i>24-25 Screen time: 7250 students 4th, 7th, 9th</i></li> <li>○ <i>Resilience 9th grade: 3017 students so far</i></li> <li>○ <i>Celebration- Continued work with Starting Hearts! 3256 so far! 57 classes taught!</i></li> </ul> </li> <li>● <b>RECOMMENDATION: Communicate this work</b></li> </ul>

	<ul style="list-style-type: none"> <li>● <b>Work with David to make a video Yay! Pine Grove!</b></li> <li>● Wellness checks in Health Rooms</li> <li>● Prevention Nurse, substance use intervention, and collaboration with All Health</li> <li>● HKCS completed –analyzing data now <ul style="list-style-type: none"> <li>○ All MS, HS, and Alt Schools participated</li> </ul> </li> </ul>
<b>Discussion</b>	<ul style="list-style-type: none"> <li>● Review <a href="#">ADF &amp; ADF-R</a></li> <li>● What parts of this policy might be highlighted better for schools and the community as we move into 26-27?</li> <li>● How might we communicate this advisory council to the community?</li> </ul> <p><b>Recommendation:</b> Evaluate components of ADF-R. Identify pieces that are working, in turn, notice where there might be gaps. Resources for best practice in each other.</p> <p>9 Areas of distinction- School Nurses working on at least one area of distinction.</p> <p>Beginning of the year review 4th quarter work to come with best practices, resources, baseline or essential components</p> <p>Template HERE</p>

**February 4, 2026**


Topic	Activities
<b>Welcome</b>	<p><b>Connect- Trena</b>  <b>Self-awareness - check-in with our emotions</b></p> <p><i>Heart Month/Health Focus: What is one small habit you are starting this month to boost your energy?</i></p>

<p style="text-align: center;"><b>Info</b></p>	<p>Updates</p> <ul style="list-style-type: none"> <li>● 1st Reading of Device policy to the board end of Jan</li> <li>● Board questions for second reading <ul style="list-style-type: none"> <li>○ Student input <ul style="list-style-type: none"> <li>■ HS–distracted walking if not able to have phone except during passing periods</li> </ul> </li> <li>○ Field trips– what's the rule?</li> <li>○ Discipline alignment? More work on this if students violate policy</li> </ul> </li> </ul>
<p style="text-align: center;"><b>Resources</b></p>	<p>Communication Device Policy First Reading (15-Minute Presentation   10-Minute Q&amp;A) [INFO]</p> <p><a href="#">January 2026 BoE Presentation re Communication Devices.pdf</a> <input type="checkbox"/></p> <p><a href="#">JICJ Student Use of Communication Devices in School First Reading.pdf</a> <input type="checkbox"/></p> <p><a href="#">JICJ-R Student Use of Communication Devices in School (Draft).pdf</a> <input type="checkbox"/></p>
<p style="text-align: center;"><b>Action</b></p>	<p><b>Review</b></p> <p>Protocol: Review materials, what are we missing?</p> <p><input type="checkbox"/> DHAC Feedback on Communication Device Information Due by December 19th</p> <p>Notes:</p> <ul style="list-style-type: none"> <li>● Some thoughts about the policy <ul style="list-style-type: none"> <li>○ Not very authoritative</li> <li>○ Could be more defined</li> <li>○ Hard to have consistency as written</li> </ul> </li> <li>● Will there be a group to help lead implementation? Think Tanks and student input?</li> <li>● The inconsistency between schools may create a sense of unfairness.</li> <li>● Need guidelines for 1st/2nd/3rd offense</li> <li>● How will schools deal with the reality that some students are dropping their burner phones into pockets but keeping their real phone on their person?</li> <li>●</li> </ul>

<b>Next Steps</b>	<p>Laurie shared that we are looking for passionate comprehensive health teacher to serve on the committee to revise the HS standards. Reach out to Laurie</p> <p>Course proposal on mindfulness and movement at CiMS for students in need of executive functioning support. Finalized by CiMS will then be available for all schools.</p> <p>5-6 health teachers at elementary. Would love to have comprehensive health as a specials at elementary!</p> <p>Ellen attended Project Aware- topics around talking about firearms an student accessibility to</p> <p>Next time: Would like to talk about the strategic priorities, the student wellness policy/ R . Look at it as a committee, review and bring awareness to the DLT. Promote this as a committee.</p> <p>Healthy Youth coalition: Anne- 12-15 students focus on building connections and finding spaces where students can connect. Working through marketing “see another sunset” suicide awareness. Feb. 5 meeting at lonetree library 5:00 a.m. studio room. Chik-fil-a</p>
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**December 3, 2025**

Topic	Activities
<b>Welcome</b>	<b>Connect- What are your favorite holiday traditions?</b>
<b>Info</b>	<ul style="list-style-type: none"> <li>● Updates from Town Halls (Kelli) <a href="#">Communication</a> Devices DCSD Families <ul style="list-style-type: none"> <li>○ Tuesday, November 18 6-7 p.m.</li> <li><a href="#">Meeting presentation</a></li> <li><a href="#">Meeting recording</a></li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>● <a href="#">Communication Device Survey</a></li> <li>● <a href="#">Digital Literacy Website</a></li> <li>● Parent Resources <ul style="list-style-type: none"> <li>○ High Risk, High Reward: Understanding Social Media's Impact on Youth <ul style="list-style-type: none"> <li>■ <a href="#">Video Overview</a></li> <li>■ Parent Handout: <a href="#">Youth Social Media Use: A Call to Action</a></li> </ul> </li> </ul> </li> <li>● Overview <a href="#">Wayfinder Digital Literacy Module</a> (Trena &amp; Hope) <ul style="list-style-type: none"> <li>○ <a href="#">Collections</a></li> <li>○ <a href="#">Digital Literacy Topics</a></li> </ul> </li> </ul>
<b>Action</b>	<p>Protocol: Review materials, what are we missing?   DHAC Feedback on Communication Device Information Due by December 19th</p> <p>Notes:</p> <ul style="list-style-type: none"> <li>● Communication Devices Discussion- <ul style="list-style-type: none"> <li>○ Focus on what they are gaining when not on screens–face to face social connections</li> <li>○ Healthy screen habits</li> <li>○ Discussion of teachers using phone use during class?</li> </ul> </li> </ul>
<b>Next Steps</b>	<p>Send you the policy draft when available for review  Collect feedback via email  Review any changes to draft policy based on feedback  Note: Policy=board policy, Regulation=implementation</p>

**September 24, 2025**

**Resources: [ADF](#) & [ADF-R](#)**

Topic	Activities
<b>Welcome</b>	<ul style="list-style-type: none"> <li>● Introductions</li> <li>● <b>Warm-up!</b> : <ul style="list-style-type: none"> <li>○ <i>Do you actively monitor your own screen time? If so, how and why do you think this matters for your wellness?</i></li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>Review history and <a href="#">24-25 Recommendations</a></li> </ul> <p>Notes/Discussion from Recommendations:</p> <ul style="list-style-type: none"> <li>Ballot initiatives in Nov for Healthy School Meals for all <ul style="list-style-type: none"> <li>Link <a href="#">HERE</a></li> </ul> </li> </ul> <p><a href="https://www.yesonllandmm.com/">https://www.yesonllandmm.com/</a></p>
<b>Info</b>	<ul style="list-style-type: none"> <li>Review Strategic plan: <a href="#">HERE</a></li> <li>Communication Devices in DCSD <a href="#">HERE</a> <ul style="list-style-type: none"> <li>New computer Science standards were updated in 2025. Council created learning progressions</li> <li>Support for teachers w/resources.</li> <li>Consistency of information</li> <li>Bring in Student Voice - Has this been to SAG?</li> </ul> </li> <li>CDE Community of Practice opportunity <a href="#">HERE</a> <a href="#">Register by Friday, October 10, 2025</a></li> </ul>
<b>Action</b>	<ul style="list-style-type: none"> <li>Discuss alignment to district initiatives and cabinet recommendations, and our role within the policy</li> </ul>
<b>Next Steps</b>	<ul style="list-style-type: none"> <li>Home Fun: <ul style="list-style-type: none"> <li>Review Wellness Policy, Communication devices slide deck</li> <li><a href="#">HB25-1135</a>.</li> <li>Working group around the big “buckets” of work.</li> </ul> </li> </ul>

**April 3rd**

Topic	Activities
<b>Welcome</b>	<ul style="list-style-type: none"> <li>• Introductions</li> <li>• <b>Warm-up!</b></li> <li>• Review Feb Action Steps</li> </ul>
<b>Info</b>	<ul style="list-style-type: none"> <li>• Review Health Snacks Flyer</li> </ul>

	<ul style="list-style-type: none"> <li>● <a href="https://meet.google.com/fwr-rjdg-jtm?authuser=0">https://meet.google.com/fwr-rjdg-jtm?authuser=0</a> Send to teachers, principal notes for printing and hanging in classrooms, teacher notes with directions.</li> <li>● Review the toolkit for schools</li> <li>● <a href="#">Across Departmental Nutrition Facts- DHAC</a></li> <li>● Over 700 employees participated in Colorful Choices!!</li> </ul>
<p style="text-align: center;"><b>Actions</b></p>	<ul style="list-style-type: none"> <li>● Discuss springtime implementation</li> <li>● Update from Mary on the Great Body Shop collab with Laurie LaComb</li> <li>● Update on Backpack society</li> <li>● Membership: Recruiting, Space/Time/Location or Virtual-Kelli &amp; Erica to send out calendar for next year and confirm membership!</li> <li>● Staff Wellness provided a 4-week Wellness Initiative in March - National Nutrition Awareness Month - that created awareness of the daily consumption of fruits and vegetables with resources, a challenge, and fun incentives. We had over 700 DCSD employees participate in the Colorful Choices challenge.</li> <li>● ADF/ADF-R <ul style="list-style-type: none"> <li>○ <a href="https://douglaspublic.ic-board.com/Reference_Library/ESB_Policies_and_Regulations/Policies//ADF-R%20Student%20Wellness%2010.30.2023.pdf">https://douglaspublic.ic-board.com/Reference_Library/ESB_Policies_and_Regulations/Policies//ADF-R%20Student%20Wellness%2010.30.2023.pdf</a></li> <li>○ Share ADF/ADF-R at beginning of year ; promote leadership</li> <li>○ Each department review with teams in preparation for next year?</li> <li>○ Erica /Kelli summarize notes from DHAC. Recommendations to cabinet</li> </ul> </li> </ul>
	<p>Notes: <a href="https://www.backpacksociety.org/">https://www.backpacksociety.org/</a></p> <ul style="list-style-type: none"> <li>● Backpack society update: Sustainability partnership with school gardens and tower gardens, % of what is grown donated to backpack society. 5 schools to pilot with. Grant from Home Depot (\$5000 to upgrade) . Volunteers from backpack society pick up veggies 1-2x week.</li> </ul>

## February 6th, 2025

Topic	Activities
<b>Welcome</b>	<ul style="list-style-type: none"> <li>● Introductions</li> <li>● <b>Warm-up!</b></li> <li>● Review Action Plan from September</li> </ul> <p>Goal:</p> <ul style="list-style-type: none"> <li>● Solidify Resources</li> <li>● Create Communication Plan</li> </ul>
<b>Info</b>	<ol style="list-style-type: none"> <li>1) National Nutrition Month and the challenge we are offering for staff and how we can incorporate it district wide.</li> <li>2) A new WSCC National group that meets monthly and the invite for that. <a href="#">Flyer with QR code to sign up for meetings/newsletter</a></li> </ol>
<b>Review of Dec Meeting</b>	<p>Next Steps From Dec Meeting:</p> <ul style="list-style-type: none"> <li>● Tara's intern will focus on healthy snacks- including veggies, fruits, water. -Anna will add QR code to the flyer that links to DHAC website and Nutrition Services logo</li> <li>● Create a toolkit for schools for our Campaign, including ideas for PE classroom, fun activities (bingo, Tara's rainbow club) daily announcements, parent tips, and a poster for the cafeteria.</li> <li>● Next campaign, breakfast</li> <li>● Kelli will include awareness of the DHAC notes for Principal Notes starting in January. Include topics like HKCS info, ADF-R, focus on nutrition</li> <li>● Next meeting review materials for Springtime implementation. Look at what we have and decide on implementation page.</li> <li>● Laurie and Mary will meet about the Body Shop-             <ul style="list-style-type: none"> <li>○ We met and Mary chose one grade.</li> </ul> </li> <li>● Post on internal websites.</li> <li>● Please use District Health Accountability Committee</li> <li>● Sustainability will be working with backpack society to bring back district veggies for each school.</li> </ul>

	<p>Notes:</p> <ul style="list-style-type: none"> <li>• Tweak the flier with some of the suggestions– make it one page</li> <li>• DHAC staff will reach out to communications to collab on a consistent submission to Weekly Insights to advertise DHAC.</li> <li>• Flier will go out with will go out to all schools through wellness champs, departments will send to their teams.</li> </ul>
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**December 5th, 2024**

Topic	Activities
<b>Welcome</b>	<ul style="list-style-type: none"> <li>• Introductions</li> <li>• <b>Warm-up!</b></li> <li>• Review Action Plan from September</li> </ul> <p>Goal:</p> <ul style="list-style-type: none"> <li>• Nutrition Recommendations from DHAC</li> <li>• Work session: DHAC- recommendation for staff/parent</li> </ul> <p>Resources</p> <ul style="list-style-type: none"> <li>• CDE Nutrition Unit <a href="#">HERE</a></li> <li>• CDE Nutrition Programs <a href="#">HERE</a></li> <li>• CDE Nutrition Data <a href="#">HERE</a></li> <li>• <a href="#">-Nutrition Environment and Services Smart Guide</a></li> <li>• <a href="#">-Alliance for a Healthier Generation Nutrition Action Throughout the School Day</a></li> <li>• <a href="#">-CDC Evidence-Based Strategies for School Nutrition and Physical Activity</a></li> <li>• <a href="#">-Evidence Behind Nutrition Practices</a></li> </ul> <p>Healthy Kids Survey Data:  <a href="#">Nutrition Data 2023</a>  <a href="#">Nutrition Data 2021</a></p> <p>Colorful Choices:  <a href="https://hesonline.com/products/colorful-choices">https://hesonline.com/products/colorful-choices</a>- great resource on fruit on veggie challenge</p>

	<p>Next Steps:</p> <ul style="list-style-type: none"> <li>● Tara's intern will focus on healthy snacks- including veggies, fruits, water.</li> <li>● Create a toolkit for schools for our Campaign, including ideas for PE classroom, fun activities (bingo, Tara's rainbow club) daily announcements, parent tips, and a poster for the cafeteria.</li> <li>● Next campaign, breakfast</li> <li>● Kelli will include awareness of the DHAC notes for Principal Notes starting in January. Include topics like HKCS info, ADF-R, focus on nutrition</li> <li>● Next meeting review materials for Springtime implementation. Look at what we have and decide on implementation page.</li> <li>● Laurie and Mary will meet about the Body Shop</li> <li>● Post on internal websites.</li> <li>● Please use District Health Accountability Committee</li> <li>● Sustainability will be working with backpack society to bring back district veggies for each school.</li> <li>● See you February 6th @ Legacy Campus</li> </ul>
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**September 26th, 2024**

Topic	Activities
<b>Welcom e</b>	<ul style="list-style-type: none"> <li>● Introductions               <ul style="list-style-type: none"> <li>○ Review Membership</li> </ul> </li> <li>● <b>Warm-up!</b> <ul style="list-style-type: none"> <li>○</li> </ul> </li> </ul>
<b>24-25 Goals</b>	<p>Board File: ADF Student Wellness</p> <ul style="list-style-type: none"> <li>● Review Policy <a href="#">HERE</a></li> <li>● <a href="#">R policy</a></li> <li>● Discuss DHAC focus from one of the 7 components of the policy               <ul style="list-style-type: none"> <li>○ Potential focus areas:                   <ul style="list-style-type: none"> <li>■ Social media wellness                       <ul style="list-style-type: none"> <li>● Managing screen time (social media primarily)</li> </ul> </li> <li>■ Impact of lack of sleep                       <ul style="list-style-type: none"> <li>● 504 for Insomnia</li> </ul> </li> </ul> </li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>■ <a href="#">Staff Wellness Calendar 24-25</a></li> <li>■ Staff sleep wellness (Spring focus)</li> <li>■ Kudos for MS Wellness program</li> <li>■ ES Curriculum for Nutrition <ul style="list-style-type: none"> <li>● Erica will share this thought/idea with Laurie to discuss with Comprehensive Health Curriculum Council and PE Council- connected to policy <ul style="list-style-type: none"> <li>○ Ex: Dietary Standards for Americans, My Plate. Team Nutrition (USDA)</li> </ul> </li> <li>● Be thoughtful about rollout and impact on schools, teachers, universal language</li> </ul> </li> <li>■ More awareness around the importance of wellness in general: nutrition, sleep, screen time, <ul style="list-style-type: none"> <li>○ Review Bullying Prevention policy</li> </ul> </li> <li>- <a href="#">New Colorado Community of Practice - Substance Use Prevention Group Meetings</a></li> </ul>
<p><b>Action Plan</b></p>	<p>Goal:</p> <ul style="list-style-type: none"> <li>● Measure current practice with nutrition education <ul style="list-style-type: none"> <li>○ (Erica) Curriculum council input <ul style="list-style-type: none"> <li>■ What resources are being used?</li> <li>■ What are common practices around nutrition right now</li> </ul> </li> <li>○ Student perception data</li> <li>○ Wellbeing data</li> <li>○ Classroom practices with food celebrations</li> <li>○ Practice around outside food</li> <li>○ (Holly) PTO awareness (Foundation)</li> <li>○ (Kelli) School level survey to understand what is happening around nutrition in schools <ul style="list-style-type: none"> <li>■ Wellness Nights?</li> <li>■ General practice with outside food, parties, incentives,</li> <li>■ Who is responsible for teaching nutrition information, if anyone, at your school?</li> <li>■ How do you promote student wellness at your school?</li> <li>■ If nutrition is taught what resource are you using?</li> </ul> </li> </ul> </li> </ul> <p>Healthy Kids Survey Data:  <a href="#">Nutrition Data 2023</a></p>

	<a href="#">Nutrition Data 2021</a> Work session: DHAC- recommendation for staff/parent