



PORTLAND PUBLIC SCHOOLS

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STAFF REPORT TO THE BOARD

Student Wellness through Nutrition and Physical Activity, Board Policy 3.60.060-P

Board Meeting Date: June 25, 2012

Executive Committee Lead: C.J. Sylvester, COO

Department: Nutrition Services

Staff Lead: Shannon Stember, RD, Assistant Director
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I. ISSUE STATEMENT

Healthy school environments and health education programs can have a positive effect on educational outcomes, as well as students' health behaviors and health outcomes. The purpose of Board Policy 3.60.060-P, *Student Wellness through Nutrition and Physical Activity*, is to help students learn, establish and maintain lifelong healthy eating and physical activity patterns. This report will highlight successes and challenges related to policy implementation in the 2011-12 school year.

II. BACKGROUND

As recommended in 3.60.062-AD *Student Wellness through Nutrition and Physical Activity*, an annual report on the District's compliance, implementation, and impact of Board Policy 3.60.060-P and Administrative Directive 3.60.062-AD is to be presented concurrently with the annual report of the District Wellness Advisory Committee which includes recommendations and updates on school wellness issues.

III. RELATED POLICIES/BEST PRACTICES

Portland Public Schools and Multnomah County Health Department continued working together on the CDC Healthy Active Schools *Communities Putting Prevention to Work* grant. PPS received funding through March 2012 to support Wellness Policy implementation district wide. This funding allowed PPS to employ a Wellness Policy Coordinator to support the district Wellness Policy implementation and initiate infrastructure improvements district-wide.

The following initiatives were supported by the Multnomah County Healthy Active Schools *Communities Putting Prevention to Work* grant during the 2011-12 school year:

- Thirteen PPS schools met application criteria for the USDA's HealthierUS Schools (HUSSC) award and are currently being reviewed for national recognition. To be eligible for the HUSSC award, these schools had to meet specific national criteria related to health education, physical education, school meal programs, and nutrition standards for all foods sold or served at schools including fundraising.
- The PPS Nutrition Services Department promoted healthy eating and increased the visibility of fruits and vegetables through placement of high quality permanent signs in 85 school cafeterias. The large attractive signs promote the *Harvest of the Month* program with a focus on local fruits and vegetables. In addition, point-of-decision signage near salad bars encourages students to eat more fruits and vegetables.

- PPS Nutrition Services employees participated in hands-on culinary training to strengthen their knowledge of preparing and displaying fruits and vegetables and enhancing taste with herbs and citrus. Chef Garrett Berdan, RD, a White House Champion of Change conducted the well-received training.
- The PPS Facilities Department worked with contractors to install 29 new Elkay drinking fountains featuring water bottle fillers at 17 schools. The fountains have been well utilized and appreciated by students and staff who are choosing water as the beverage of choice.
- A PPS team of administrators and physical education teachers participated in the first ever Urban Physical Education Leadership Summit sponsored by the CDC's Division of Adolescent and School Health. The "Urban PE" group developed an action plan for supporting and sustaining quality, evidenced-based PE in Portland schools. CPPW grant funds supported the team's recommendation to purchase SPARK curriculum for K-8 staff and Physical Best curriculum for high-school staff. These were both formally adopted by the district but had not been purchased previously due to funding constraints. Physical education teachers also received professional development to support curriculum implementation.
- The PPS Facilities Department collaborated with an engineer on design plans for a prototype bike shelter that can be used at every PPS school. This project resulted in a PPS step by step "Bike Shelter Guide" to be used for constructing bike shelters. CPPW grant funds were utilized to build the first bike shelter at Alliance at Meek High School.
- The Wellness Policy Coordinator directly addressed parent concerns related policy non-compliance with school principals and regional administrators. Most concerns were related to using food/treats as a reward and non-compliant food being sold for fundraising purposes.

Other Successes:

- James John Elementary School was one of three schools in the state to receive the Oregon School Wellness Award. The Oregon Department of Education recognized James John students, Principal Beth Shelby and Wellness leader Jane Harold at a school assembly held in conjunction with HBO's *Weight of the Nation* Documentary. School Board Director Bobbie Regan, City Commissioner Amanda Fritz and County Commissioner Loretta Smith praised James John students for their outstanding healthy eating and physical activity initiatives. HBO and the Whole Kids Foundation of Whole Foods donated 10 new salad bars to PPS with the first new salad bar going to James John. Their leadership on wellness includes a commitment to wellness goals in the James John School Improvement Plan.
- The Facilities Department collaborated with the City of Portland Safe Routes to Schools (SRTS) program to assess bike racks at school sites throughout PPS. Using the assessment data, SRTS installed 75 free bike racks at PPS schools.
- Students at 23 schools experienced the benefits of an additional fresh fruit or vegetable snack each day funded by the USDA *Fresh Fruit and Vegetable Program*. The daily fruit or vegetable snack, served in the classroom, helps establish life-long healthy eating habits. The Fresh Fruit and Vegetable Snack program is valued by school administrators, teachers, and students.
- Nutrition Services continues to exceed USDA requirements by providing delicious, high quality nutrient-rich meals featuring unlimited fruits and vegetables with lunches, whole grain breads and buns and 1% low fat and nonfat milk.

- Nutrition Services is a leader among school districts nationally in setting high nutrition standards and eliminating the sale of a la carte snack foods in favor of encouraging balanced school meals. This practice helps bring equity to our middle and high school cafeterias.
- Students at twenty-eight schools receive hands-on nutrition education through cooking lessons and skill building activities provided by OSU Extension SNAP-Ed Educators. OSU Extension also partners with Nutrition Services to reinforce nutrition messages in the cafeteria such as the *Harvest of the Month* Program.
- Parent Academy featured two wellness classes in partnership with Zenger Farms titled “*Cooking and Eating Healthy on a Budget*” in spring 2012. The workshops taught parents how to cook healthy, seasonal meals on a budget.
- School gardens continue to provide experiential learning opportunities at more than forty PPS schools. Edible gardens provide students with food system education through planting, harvesting, preparing, serving and tasting garden-fresh produce. Nutrition Services cafeteria staff work with garden programs to serve and promote student-grown produce.
- *Playworks* supports safe, healthy and inclusive play at recess and throughout the day at 14 PPS schools. *Playworks* programming complements, but does not supplant, the knowledge, skills, and cognitive concepts developed in physical education programs.
- The national *HealthCorps* program coordinators at Benson and Cleveland High Schools have led school wide wellness efforts and engaged teens in making simple lifestyle changes to enhance their well-being and resilience and share health messages with friends, families and neighbors. The coordinators also help teen’s foster interest in health or culinary careers.
- Madison High School’s Sustainable Agriculture Program partnered with PPS Nutrition Services to host Oregon’s First Lady Cylvia Hayes, Oregon legislators, Oregon Department of Education Child Nutrition leaders, School Board Director Ruth Adkins and Superintendent Smith to celebrate the first national “Food Day” on October 24. In March, Madison students and staff planned and celebrated the third annual “Food Week” with cooking demos by guest chefs, food system panels and a community dinner.

Challenges:

- CPPW grant funding for the Wellness Policy Coordinator ended in March 2012. This position helped create and maintain district-specific resources and consistent communication to raise awareness of wellness. Principals received assistance with policy compliance and parent concerns related to policy implementation were addressed.
- Budget constraints led to elimination of the Physical Education Teacher on Special Assignment (TOSA) and Health Education TOSA positions and they have not been reinstated for 2012-13. TOSA positions are instrumental in evaluating and implementing curriculum, analyzing assessment data, providing input for professional development, and facilitating effective and productive K-12 teacher collaboration.
- District leadership on wellness policy compliance is impacted by competing priorities and in some cases, lack of resources. However, some policy components do not require fiscal support and could be addressed through more frequent communication to raise awareness about the policy and more consistent accountability measures could be used.
- *Breakfast after the Bell* served in the classroom or hall is a model that helps create equitable access for all students at eligible schools. It is the best practice model nationwide to support academic achievement and develop life-long healthy habits. Unfortunately, not all eligible schools are utilizing this delivery model due to scheduling constraints or perceived resistance from staff.

- Lunch schedules that provide 20 minutes of eating time after being seated are not yet the norm district-wide. Recess before lunch has been successful in many schools, but is not consistently used due to scheduling constraints. All high schools schedules include only one lunch period which negatively impacts service to students and leads to over-crowding in the cafeterias.

IV. FISCAL IMPACT

Many of the goals and directives outlined in Board Policy 3.60.060-P and Administrative Directive 3.60.062-AD can be implemented without funding or additional resources. Strong leadership from principals has helped some schools creatively integrate wellness with the assisted by dedicated staff and innovative community partnerships. However, to promote children's health, wellness, and support them in meeting or exceeding academic standards and being fully prepared to make productive life decisions, additional resources must be allocated to health and wellness programs in the future.

IV. COMMUNITY ENGAGEMENT

- **Multnomah County Public Health:** Worked in partnership with Portland Public Schools to advance policy and systems change strategies that promote healthy eating and physical activity in schools through Healthy Active Schools (HAS) and Healthy Eating Active Living (HEAL). Multnomah County provided both fiscal and technical assistance to support the development of healthy school environments during the 2011-12 school year.
- **Multnomah County Office of Sustainability:** Nutrition Services is part of the *Multnomah Food Action Plan Grow and Thrive 2025* facilitated by the Multnomah County Office of Sustainability. The Nutrition Services department is committed to local food purchases, healthy eating, social equity and supporting the community's economic vitality.
- **Growing Gardens:** Growing Gardens developed and facilitates an innovative 30 hour School Garden Coordinator training program. Representatives from both PPS Nutrition Services and Facilities and Asset Management instruct trainees in how to start and maintain learning gardens in our schools. Approximately 55 Garden Coordinators/volunteers completed the training during the 2011-12 school year.
- **Schools Uniting Neighborhoods (SUN) Programs:** SUN Programs have worked to establish systems and procedures that compliment and reinforce the goals and standards outlined in **3.60.062-AD Student Wellness through Nutrition and Physical Activity**. This work helped provide students with consistent messaging to support healthy eating, active living.
- **Oregon State University (OSU) Extension SNAP-Ed:** For the 2011-12 school year, OSU SNAP-Ed nutrition educators worked with students in 28 schools that qualify at 50% or higher eligibility for free and reduced-price meals. Their goal is to educate, equip and encourage youth to practice food and fitness choices for lifelong good health.
- **District Wellness Advisory Committee:** The district continues to benefit from the important work of a dedicated committee of volunteers who have been persistent in their efforts to see PPS implement the directives outlined in **3.60.062-AD Student Wellness through Nutrition and Physical Activity**. The committee was instrumental in redesigning the 2012 Principal Survey that assessed site-based policy implementation efforts.
- **Multnomah County School Based Health Centers (SBHC):** All PPS High School SBHCs formed Youth Advisory Councils to advise SBHC staff and coordinate health education messages/activities.
- **Concordia University:** Faubion Elementary School and Concordia University School of Nursing are collaborating to create a healthy school environment. The partnership has resulted in the

formation of a wellness committee, health education activities, implementation of wellness policies, and a worksite wellness program.

VI. BOARD OPTIONS

N/A

VII. STAFF RECOMMENDATION

The 2012 Principal Wellness Policy Implementation Survey indicates that many schools are making progress on wellness goals despite diminishing resources. The survey captures best practices that can be replicated district-wide as well as innovative partnerships that advance wellness efforts. Staff recommends that district “wellness leaders” be recognized for their leadership in creating replicable practices and their comprehensive efforts to impact student achievement.

District staff agrees with the Wellness Advisory Committee’s recommendations to continue active senior leadership support to engage principals and regional administrators in raising awareness of wellness policy issues. Senior leadership is needed to move school-based implementation forward such as the inclusion of wellness goals in School Improvement Plans and accountability for compliance with district wellness directives. In addition, we support the recommendation to include Physical Education and Health TOSA positions in the 2013-14 budget to support teaching and learning in the critical areas of health and physical education. In addition, a District Wellness Policy Coordinator is needed to maintain and enhance wellness policy implementation that will lead to improved health and academic outcomes for PPS students.

VIII. TIMELINE FOR IMPLEMENTATION/EVALUATION

Board Policy 3.60.060-P and Administrative Directive 3.60.062-AD implementation is ongoing.