



Board of Education

Staff Report to the Board

Board Meeting Date: July 17, 2013

Executive Committee Lead:
CJ Sylvester, Chief Operations Officer

Department: Nutrition Services

Presenter:
Gitta Grether-Sweeney, Director, Nutrition Services

Staff Lead:
Shannon Stember, Assistant Director

<p>SUBJECT: Annual report on Board Policy 3.60.060-P Student Wellness through Nutrition and Physical Activity</p>
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BACKGROUND

Board Policy 3.60.060-P *Student Wellness through Nutrition and Physical Activity* and Administrative Directive 3.60.062-AD were adopted June 12, 2006. An annual report on the district's compliance with, implementation, and impact of the policy and directive is required. The district report is presented concurrently with the annual report of the District Wellness Advisory Committee.

RELATED POLICIES / BOARD GOALS AND PRIORITIES

Board Policy 3.60.060-P *Student Wellness through Nutrition and Physical Activity* established a commitment to providing school environments that promote and protect children's health, wellness and ability to learn by supporting behaviors that include healthy eating and physical activity. This policy and the administrative directive extend beyond the federally funded child nutrition programs operated by Nutrition Services. Required elements for local wellness policies include goals for nutrition education in the classroom; physical education programs and curriculum; physical activity before, after and during the school day; goals for other school-based activities such as use of food or physical activity as reward or punishment; nutrition standards for ALL foods sold or served on school campuses during the school day; and measurement and public reporting of compliance with the policy.

Portland Public Schools has been a national leader in implementing many of the required elements of local wellness policies and was an early adopter of the Oregon Nutrition Standards for K-12 public schools and *Healthier US* school meal standards. The 2006 policy and administrative directive recognized the research linking healthy eating and physical activity with improved academic performance. In 2013, there is a growing body of evidence that healthier students are better learners and that health disparities play a role in the achievement (opportunity) gap.

<p>Reviewed and Approved by Executive Committee Lead</p>

Promising approaches to address health disparities impacting urban minority youth include school breakfast and opportunities for daily physical activity. School breakfast is associated with improved memory, reduced absenteeism, and improvements in behavior and academic performance. School-based physical activity improves brain activity, enhances concentration and creates positive academic results. For these reasons, district and school-based wellness efforts can support students at the key learning stages measured by district milestones and enhance district efforts to close the achievement (opportunity) gap.

2012-13 Successes in promoting health and wellness and students' ability to learn

The Oregon Department of Education (ODE) Child Nutrition Program certified that all PPS Nutrition Services menus are meeting the new higher United States Department of Agriculture (USDA) requirements of the *Healthy Hunger Free Kids Act of 2010*. ODE certification provided reimbursement of six additional cents per lunch (from \$2.88 to \$2.94) as of October 2012. New certified menus continue to provide delicious, high quality nutrient-rich meals featuring unlimited fruits and vegetables with lunches, whole grains, 1% low fat and nonfat milk, and lean entrée choices.

Thirteen schools received national recognition from the USDA Western Region in October 2012 as part of the First Lady's *Let's Move - Healthier US Schools* (HUSSC) program. **Arleta K-8, Cesar Chavez K-8, Faubion K-8, George Middle School, Gray Middle School, James John K-5, Lane Middle School, Lee K-8, Lent K-8, Marysville K-8, Vernon K-8, Vestal K-8 and Woodlawn K-8** were eligible for the HUSSC bronze award because they met specific criteria for health education provided by Oregon State University SNAP Educators and physical education by licensed physical education teachers. Additional requirements include following nutrition standards for all foods sold or served at schools including fundraising. All Portland schools meet the nutrition standards for National School Lunch and School Breakfast. **These thirteen Portland schools join a select group; only four percent of schools nationwide have been recognized as "Healthier US Schools."**

A two year USDA *Fresh Start* Farm to School Grant is helping Nutrition Services increase local purchasing and develop new whole grain breakfast items for all students. In addition the grant provides resources to connect school gardens with second and third grade classrooms and with cafeteria activities supporting *Harvest of the Month* and Oregon agriculture at **Faubion K-8, Kelly K-5 and Lent K-8** schools.

Lewis Elementary School and Principal Tim Lauer, and **Benson High School** and Principal Carol Campbell received the 2013 Oregon School Wellness Awards accompanied by checks for \$2,500 and permanent banners to display for students and families. Public recognition from Deputy Superintendent of Public Instruction Rob Saxton reinforced the impact of good health on student learning. Lewis and Benson join previous PPS winners Sabin, James John and Abernethy as examples of schools who

are implementing healthy school environments through innovative partnerships as well as leadership by principals and teacher “champions.”

Students at 23 schools continued to experience 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 and is valued by school administrators, teachers, and students at **Boise-Eliot/Humboldt K-8, Cesar Chavez K-8, Faubion K-8, George MS, Grout K-5, Harrison Park K-8, James John K-5, Kelly K-5, King K-8, Lane MS, Lee K-8, Lent K-8, Marysville K-8, Peninsula K-8, Rigler K-8, Rosa Parks K-5, Scott K-8, Sitton K-5, Vestal K-8, Whitman K-5, Woodlawn K-8 and Woodmere K-5.**

Many schools have made changes to create a healthy school environment for students and staff and increase their compliance with the wellness policy in ways that have not required additional funding. These schools are offering non-food rewards or changing the types of foods sold for fundraisers. Some schools have limited the frequency of birthday celebrations to once a month and have shifted the focus away from food. At Woodmere, books are donated to the library or students receive pencils instead of food for birthday parties.

PROCESS / COMMUNITY ENGAGEMENT

Portland Public Schools Nutrition Services, the Office of Development and Partnerships, the Office of Teaching and Learning, and school principals regularly engage with internal and external partners and community organizations to support the goal of providing school environments that promote and protect children’s health, wellness and ability to learn. The following groups have made significant contributions in the area of health and wellness:

- **District Wellness Advisory Committee of volunteer health professionals, teachers, parents and community members** have continued to donate time at monthly meetings to advise PPS in the implementation of the directives outlined in **3.60.062-AD** *Student Wellness through Nutrition and Physical Activity* and provide an annual report of recommendations.
- **Oregon State University (OSU) Extension SNAP-Ed** nutrition educators worked with students at twelve K-8 schools with 50% or higher free and reduced-price meal eligibility. OSU SNAP-Ed educates and encourages youth to practice food and fitness choices for lifelong good health. This partnership provided the opportunity for schools to meet the nutrition education standards for the USDA *Healthier US School Challenge* Bronze Awards.
- **Growing Gardens** partnered with Nutrition Services at Faubion, Kelly and Lent schools to connect hands-on garden activities to classrooms and cafeteria

experiences. Growing Gardens provides a 30 hour School Garden Coordinator training program covering installation and maintenance of school gardens with assistance from PPS Nutrition Services and Facilities and Asset Management.

- **Schools Uniting Neighborhoods (SUN) Programs** are working to provide students with after-school and summer opportunities that support healthy eating, active living and hands-on garden learning that complement 3.60.062-AD *Student Wellness through Nutrition and Physical Activity*.
- **Multnomah County Public Health** partnered with Portland Public Schools to advance policy and systems change strategies that promote healthy eating and physical activity in schools by providing fiscal and technical assistance during the 2010-11 and 2011-12 school years. Continued technical assistance was provided in the 2012-13 school year.
- **Multnomah County Office of Sustainability Institutional Food Buying Alliance & Project** in partnership with **Oregon Department of Agriculture** and **Oregon Physicians for Social Responsibility** convened universities, schools, hospitals, corrections facilities, senior centers and business campuses to leverage collective buying power to support local agriculture.
- **Nutrition Education Services/Oregon Dairy Council** partnered with the Oregon Department of Education Child Nutrition Department to fund the Oregon School Wellness awards and "*Healthy Meals for Healthy Students*" culinary trainings by Chef Garrett Berdan, a White House Champion of Change. Oregon Dairy Council is a member of the *Wellness in School Environments (WISE)* Workgroup producing quarterly School Wellness Newsletters and other eResources for schools.
- **Oregon Department of Agriculture's Farm to School Specialist**, Michelle Markesteyn Ratcliffe, partnered with PPS Nutrition Services and James John K-5 to feature a segment on healthier school lunches as part of the *AM Northwest, Edible Portland* series Celebrating Oregon Agriculture, a series of monthly segments featuring fresh ideas to get families involved in growing, cooking, and eating local foods.
- **HealthCorps** is a national peer mentoring program started by Dr. Mehmet Oz that uses an innovative in-school model to inspire teens to make healthier choices for themselves and their families. HealthCorps advocates for healthy public policy at the local, state and federal level with the goal of elevating health education and physical education to be "core subjects" eligible for federal funding. HealthCorps has placed two dynamic HealthCorps wellness mentors in Portland Public Schools, Amy Barras at Benson High School and Kellie Cook at Cleveland High School.
- **Benson High School *Fit to Live and Learn* Program** began when PE/Health teachers Katie Meyer and Linda McLellan collaborated to re-design their

curriculum based on the book "Spark" by Dr. John J. Ratey, Principal Carol Campbell supported the blending of PE and Health into one course taught daily. Preliminary "action research" data shows an increase in the number of students who earned credit the first semester and a decrease in freshman disciplinary referrals.

- **Nike** supported the *Benson Fit to Live and Learn* Program by contributing \$20,000 and a Nike fuel band for every freshman to track their physical activity. Nike fuel bands were also provided for 30 Benson staff members to participate in physical activity tracking for personal wellness.
- **Portland State University Graduate School of Education**, Leadership for Sustainability Education and The Portland Metro Partnership STEM Center provide professional development for teachers during Summer Institutes at Kelly, Lent, Lane and Woodmere. Educators create garden-based sustainability lessons connected to Common Core Science standards.
- **Lewis and Clark Graduate School of Education** provides professional development on *Place-Based Food and Garden Education for Teachers* in partnership with *Learning Gardens Institute, Eat.Think.Grow* and the *Abernethy Garden of Wonders*.
- **Alliance for a Healthier Generation** is providing technical assistance for Wellness Committee work in PPS Schools through a memorandum of understanding with the Office of Development and Partnerships.
- **PPS Wellness Works Program** is an Employee Wellness Works Collaborative operated through the Office of Development and Partnerships with the PPS Health and Welfare Trust to introduce employee wellness classes and health assessment tools to PPS staff at 45 schools. This initiative was made possible through grant funding by the Oregon Education Association (OEA) Choice Trust and support from additional community partners.
- **PPS Wellness Works Program** introduced the **Healthy TEAM Healthy U** employee wellness incentive program modeled on a successful OHSU employee wellness program.
- **The VIDA Program** (*Vision, Dental and Audiometric*) is a collaborative partnership through the Office of Development and Partnerships, Multnomah Education Service District (MESD) and corporate and community partners that provides comprehensive screenings for students at 11 schools with high free and reduced-price lunch eligibility.
- **Multnomah County School Based Health Centers (SBHC)** engage students through Youth Advisory Councils to advise SBHC staff and coordinate health education messages/activities.

- **Concordia University School of Nursing** partners with Faubion K-8 to create a healthy school environment and enhance wellness activities for students, staff and families.

ALIGNMENT WITH EQUITY POLICY IMPLEMENTATION PLAN

Nutrition Services has directed federally funded program resources such as Provision 2 Breakfast served at no charge for all students and the Fresh Fruit and Vegetable Program to PPS “priority” and “focus” schools to meet the goal of providing wraparound supports to the students with the highest need. Currently, eleven of the 33 schools eligible to serve breakfast at “no charge” to all students, have not provided “best practice” access to school breakfast after the bell. Nutrition Services continues to meet with administrators and share models used successfully by other schools.

“Priority” schools Ockley Green PK-8, Rosa Parks PK-5 and Woodlawn K-8 School and “Focus” schools Cesar Chavez K-8, Jefferson High School, Rigler K-8, Scott K-8, Whitman K-8 and Woodmere K-8 School serve high percentages of students of color and students have access to five federal child nutrition programs that support learning and provide a safety net to buffer families from hunger and food insecurity. Six of these schools are successfully implementing Breakfast after the Bell and all provide the National School Lunch program. The After School Supper and the Summer Food Service Programs are provided in partnership with SUN schools and all schools have the Fresh Fruit and Vegetable Program (except high schools which are not currently eligible for the Fresh Fruit and Vegetable Program).

When applying for the highly competitive USDA Farm to School Grant, Nutrition Services intentionally selected three schools with school gardens that do not have consistent funding support from school foundations and PTAs. PPS Nutrition Services submitted a successful application in the first round of federal Farm to School funding and is using the extra resources to enhance garden-classroom-cafeteria connections at Faubion K-8, Kelly K-5 and Lent K-8. In addition the \$100,000 award will bring new whole grain breakfast foods to all Portland students.

BUDGET / RESOURCE IMPLICATIONS

The federal mandates from the Child Nutrition Reauthorization Act of 2004(P.L. 108-265, Section 204) and the Healthy Hunger Free Kids Act of 2010 (P.L 111-296) did not authorize funding for school districts to implement the mandated wellness policies. Based on six consecutive budgets of “scarce resources” since the 2006 adoption of the policy, schools have not received funding to assist principals with staffing wellness implementation at the school level. The progress that schools have made with limited resources is a testimony to principal leadership, innovation by teachers, support from students and families, and strong community partnerships. Wellness changes that do

not require financial resources include complying with nutrition standards for all foods served at schools or sold as fundraisers, changing the school culture around foods for celebrations and eliminating the use of food as a reward. To take Wellness and the promotion of healthy school environments to the next level, investments are needed centrally and at schools. Nutrition Services supports the current (and past) recommendations made by the Wellness Advisory Committee to find resources in future budgets to fund a District Wellness Policy Coordinator to oversee wellness policy implementation and bring attention to policy areas that extend beyond the responsibilities of Nutrition Services.

Nutrition Services staff facilitated the Wellness Advisory Committee meetings for 2012-13, but had limited capacity to recruit new members or expand activities due to staff transitions. A district level wellness approach that moves toward a more coordinated school health model could connect health and wellness efforts district-wide between the Office of Teaching and Learning, Community Involvement and Public Affairs, Student Services, the Office of Equity, Office of School and Family Partnerships and also with Human Resources efforts to support employee wellness. Administrator and staff personal wellness efforts could provide valuable role modeling for students and families in our schools.

It requires the entire district to implement the wellness policy to raise district-wide awareness of state laws and PPS policies as well as provide guidance on school-level compliance with the wellness policy. Recruiting school principals who have created healthier school environments with minimal investment of resources to provide short wellness testimonials at district Leadership meetings is also recommended. Great strides can be made in changing district wellness culture simply by sharing the positive results that principals are seeing for the students at their schools.

Teachers on Special Assignment (TOSAs) to support teaching and learning in Physical Education and Health content areas were eliminated in 2009-10. The restoration of these TOSA positions or attention to these content areas by administrators to support curriculum adoption and implementation in Physical Education and Health content areas is also needed for successful wellness policy implementation.

NEXT STEPS / TIMELINE / COMMUNICATION PLAN

Board Policy 3.60.060-P *Student Wellness through Nutrition and Physical Activity* and Administrative Directive 3.60.062-AD implementation is ongoing. There are internal and external changes that will require revisions to both the policy and the administrative directive. The *Healthy Hunger Free Kids Act of 2010* (P.L 111-296) will increase the focus on implementation, evaluation and public reporting on progress of local wellness policies. USDA Food and Nutrition Services (FNS) will publish a Final Rule on Local School Wellness Policies in the Federal Register in the 2013-14 school year. In addition, there will be a USDA Final Rule published establishing national nutrition

standards for *All Foods Sold in Schools* (outside the school meal programs) which may require revisions to Oregon Revised Statute 336.423, the law that defined the nutrient standards for foods sold individually at all K-12 public schools in Oregon effective July 1, 2009. These federal and state changes and recommendations from principals and the Wellness Advisory Committee to broaden the scope of district wellness to a coordinated school health approach would necessitate updating Board Policy 3.60.060-P *Student Wellness through Nutrition and Physical Activity* and Administrative Directive 3.60.062-AD.