



# Board of Education

## Staff Report to the Board

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**Board Meeting Date:** August 12, 2014

**Executive Committee Lead:**  
Tony Magliano, Chief Operations Officer

**Department:** Nutrition Services

**Presenter:**  
Gitta Grether-Sweeney, Director, Nutrition Services

**Staff Lead:**  
Asta Garmon, Program Manager

**SUBJECT: Annual report on Board Policy 3.60.060-P Student Wellness through Nutrition and Physical Activity**

### **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.

### **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 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 implemented Oregon Nutrition Standards for K-12 public schools in 2006. The district was recognized with 13 *Healthier US* school awards and became certified for all schools meeting the *Healthy Hunger Free Kids Act* new school lunch standards in 2012. The district recognizes the strong link between healthy eating and improved academic performance and values the federally funded child nutrition programs that support student learning.

### **Successes in promoting health and wellness and students' ability to learn**

Physical activity during the school day in addition to required physical education classes improves brain activity, enhances concentration and creates positive academic results.

**Reviewed and Approved by  
Executive Committee Lead**

This year the district introduced online access to 5-minute brain breaks using *GoNoOdle* to help elementary students be more focused and productive in class. This innovative program is part of the *HealthTeacher.com* resource package funded by Doernbecher Children's Hospital, OHSU and Randall Children's Hospital, Legacy Emanuel. A Community Engagement Manager provided training for teachers, administrators and a short demonstration for the School Board. King and Forest Park students won a district-wide *GoNoOdle* competition and were visited by Oregon Olympic track athletes as a reward. *HealthTeacher.com* provides online health lessons and interactive tools for grades K-12 in 10 health education content areas and new lessons have activities aligned with Common Core.

Benson's successful *Fit 2 Live & Learn* program, a daily 90 minute class combining physical education and health for all freshman continued in 2013-14 with support from partners such as Nike, OHSU, National Guard, OSU, Oregon Dairy Council, HealthCorps; and NFL Fuel Up to Play 60. Benson HealthCorps mentor Amy Barras and Benson students were featured in a HealthCorps documentary *The Heart of the Matter* <http://vimeo.com/75179737>. Funding for HealthCorps positions at Benson and Cleveland ended June 2014.

Nutrition Services continues to be a leader in bringing local healthful foods to Portland students. As a member of *School Food FOCUS*, a national collaborative that leverages the procurement power of large urban school districts, PPS NS is helping to create demand for sustainable antibiotic free chicken in schools. Nutrition Services has focused on increasing local food purchasing since 2006 and continues those efforts with grant assistance from a USDA Farm to School Grant and an Oregon Farm to School grant. These grants funded 450 student farm field trip visits to Zenger Farm for Faubion K-8, Kelly K-5 and Lent K-8 schools. Twelve teachers and 50 parents took part in the hands on experiential learning about growing Oregon foods on a farm in the city. Grant funding also provided garden coordinator time for these schools and for Cesar Chavez and Chief Joseph/Ockley Green through district partner *Growing Gardens*. Fresh school garden salad greens were harvested and promoted by students and served on the cafeteria salad bars on 15 occasions in spring 2014.

Fresh Fruit and Vegetable Program grants were awarded and continued at 22 schools: 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. All students at these schools are provided with an additional fresh fruit or vegetable snack each day which is served in the classroom to help inspire life-long healthy eating habits.

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## **PROCESS / COMMUNITY ENGAGEMENT**

Portland Public Schools Nutrition Services, the Office of Partnership and Development, the Office of Teaching and Learning, Student Services and school principals continue to 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 partners have made significant contributions to the district in the area of health and wellness:

- HealthTeacher.com and GoNoOde funded by Doernbecher Children's Hospital, OHSU and Randall Children's Hospital, Legacy Emanuel
- Oregon State University (OSU) Extension SNAP-Ed
- Growing Gardens Youth Grow Program
- Schools Uniting Neighborhoods (SUN) Programs
- Multnomah County Public Health
- Multnomah County Office of Sustainability Institutional Food Buying Alliance & Project
- Oregon Department of Agriculture
- Oregon Department of Education Child Nutrition
- Oregon Physicians for Social Responsibility
- Nutrition Education Services/Oregon Dairy Council
- HealthCorps High School Mentor Program founded by Dr Mehmet Oz
- Fit 2 Live and Learn Program at Benson High School
- Nike School Innovation Fund
- Safe Routes to Schools, Portland Bureau of Transportation
- Playworks Pacific Northwest
- Portland State University Leadership for Sustainability Education
- Kaiser Permanente Thriving Schools
- Alliance for a Healthier Generation
- Multnomah Education Service District School Health Services
- Multnomah County School Based Health Centers (SBHC)

## **ALIGNMENT WITH EQUITY POLICY IMPLEMENTATION PLAN**

Nutrition Services operates five federal child nutrition programs that support learning and provide a safety net to protect families from hunger and food insecurity. These programs are directed to low income households and there is high participation among communities of color.

In September 2014, the district will implement the Community Eligibility Provision program which will allow 25 Portland schools to serve breakfast and lunch at **no charge** to all students. In addition, the Community Eligibility Provision program relieves families of the paperwork burden posed by the requirement to submit annual free and reduced-price meal applications.

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Serving *breakfast after the bell* at no charge to all students is a recognized best practice for student achievement so Nutrition Services will continue to meet with administrators to ensure that we are providing students with access to school breakfast as part of their scheduled school day at eligible schools.

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## **BUDGET / RESOURCE IMPLICATIONS**

The Local School Wellness Policy requirement was established by the Child Nutrition and WIC Reauthorization Act of 2004 (P.L. 108-265, Section 204), and further strengthened by the Healthy, Hunger-Free Kids Act of 2010 (P.L. 111-296). It required districts participating in the National School Lunch Program and/or School Breakfast Program to develop a local school wellness policy that promotes the health of students and addresses the growing problem of childhood obesity. Neither law authorized funding for local school districts.

All Portland students, families and staff would benefit from an increased investment in district wellness and promotion of healthy school environments. Since 2006, the Superintendents Wellness Advisory Committee has made annual recommendations 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. The district made gains when there was federal grant funding for a District Wellness Policy Coordinator from October 2010 to March 2012 and resources to install new water fountains, bike racks, PE curriculum and training and a wellness website.

Investments are also needed in the curriculum areas of health and physical education at all grade levels. Teachers on Special Assignment (TOSAs) for these content areas were eliminated in 2009-10. Attention to Physical Education and Health content areas is required for successful wellness policy implementation.

Nutrition Services staff facilitated the Superintendents Wellness Advisory Committee meetings through 2012-13, but staff transitions, loss of two volunteer chairs and six members put meetings on hold for the 2013-14 school year. In addition, there was a delay due to the potential teacher strike and the new federal wellness requirements were not published until February 2014. Nutrition Services convened an interdepartmental group in January 2014 which has recommended a new composition and a revised charter for the Superintendent's Wellness Advisory Committee including district staff from the Office of Schools, the Office of Teaching and Learning, Community Involvement and Public Affairs, Student Services, MESD Student Health Services, the Office of Equity, Human Resources and students, parents and community members.

Schools have made progress on creating healthy school environments with limited resources due to strong leadership by principals, grant writing by departments and teachers, support from community partners and the commitment of students and families. Examples of 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. Recruiting school principals who have created healthier school environments with minimal investment of resources to provide short wellness testimonials at district Leadership meetings is a low cost strategy. Sharing positive wellness success stories between principals and administrators can help change the district culture for students and staff.

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### **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 but will require revisions in 2014-15 to both the policy and the administrative directive to meet state and federal changes, to broaden its scope to a coordinated school health approach and to better align with the district's racial equity policy.

The *Healthy Hunger Free Kids Act of 2010* (P.L 111-296) issued new requirements for implementation, evaluation and public reporting on progress of local wellness policies. USDA Food and Nutrition Services (FNS) published a *Proposed Rule* in the Federal Register on February 2014. The USDA also issued new *Smart Snacks in School* nutrition standards and the Oregon Department of Education Child Nutrition Department aligned the Oregon Nutrition Standards with the national standards and published *Oregon Smart Snacks* in June 2014.

A new Wellness Advisory Committee connecting health and wellness efforts district-wide will convene an introductory meeting in fall 2014.

Board approval of revised policy 3.60.060-P *Student Wellness through Nutrition and Physical Activity* will be targeted for fall 2015.

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