



Board of Education

Informational Report Staff Report to the Board

Board Meeting Date: May 27, 2015

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 as reward;
- 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.

Physical activity during the school day, in addition to required physical education classes, improves brain activity, enhances concentration and creates positive academic results. With the support of Randall and Doernbecher Childrens' Hospitals, this year, the district continued online

**Reviewed and Approved by
Executive Committee Lead**

access to *HealthTeacher.com*. This on-line program provides teachers with mini-lessons on nutrition, physical, activity, and other health topics. *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 the Common Core. However, this is not an adopted health curriculum and should not be viewed as a substitute to a curriculum. *GoNoodle*, a module of *HealthTeacher.com*, is designed for elementary aged students and has increased participation in SY14-15 over SY13-14. *GoNoodle* provides easy brain break activities for teachers to use with students ranging from 3 minutes long and up. This school year students have logged over 62 thousand hours of physical activity through the program. The net impact has been students moving more throughout the day thereby hopefully reducing disruption due to restlessness.

Here are a few snapshots of school successes. This is by no means intended to be a comprehensive list of activities across the district but rather some of the highlights:

- Robert Gray Middle School was recognized this year for both a *Fuel Up to Play 60 Award* and an *Oregon School Wellness Award*. Robert Gray continues to increase its school wide focus on wellness through nutrition, physical activity and young-adolescent appropriate practices. The school values movement all day, every day, as well as good nutrition with parent and student input on hot lunch choices. They maintain a garden, participate in the Adopt-a-Farmer program, and work with SOLVE to teach the value of the environment using the adjacent woods as a healthy space.
- Lent School was also a recipient of an *Oregon School Wellness Award* this school year. Lent was recognized for their strides in creating a school environment that embraces student wellness from physical activity, healthful eating as well as their very active school garden. Lent achieved this by partnering with OSU SNAP-Ed, School Uniting Neighborhoods, Growing Gardens, and Playworks.
- Whitman was awarded a *Fuel Up to Play 60* grant by the Dairy Council.
- Marysville School is in the third year of *MindUp*, a program that teaches students and teacher skills to be more mindful, present, and communicative by expressing compassion, kindness, and gratitude. This school year Marysville has decreased office referrals by 59% and suspensions by 57% over last school year. Creative Science, James John, and Clarendon will be implementing *MindUp* next school year.
- At the high school level, Benson *Fit2Live* continues to be a model for high school wellness programs. Lincoln developed a “whole child” approach to wellness and Wilson is the only high school in the country to offer three sections of a mindfulness class for credit.

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, Portland Public Schools Nutrition Services 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 educational farm visits for Nutrition Services kitchen staff, and lettuce starts to grow food for school salad bars in four elementary schools.

This school year, all vending machines except for those selling water were removed from all high schools. This brings our buildings housing students into compliance with district policies. 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.

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 *GoNoOdlе* 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
- Northwest Food Buying Alliance lead by Ecotrust
- Oregon Department of Agriculture
- Oregon Department of Education Child Nutrition
- Nutrition Education Services/Oregon Dairy Council
- Safe Routes to Schools, Portland Bureau of Transportation
- Playworks Pacific Northwest
- Multnomah Education Service District School Health Services
- Multnomah County School Based Health Centers (SBHC)
- Portland Earth Art and Agriculture Project

ALIGNMENT WITH EQUITY POLICY IMPLEMENTATION PLAN

Health disparities are known nationally and locally to adversely impact students of color. Therefore, to address inequities in PPS, the physical and emotional wellbeing of our students must be considered when aligning with the equity policy. A number of steps have been taken in this direction.

For example, this fall the district implemented the Community Eligibility Provision program which allowed 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. This

system reduces the stigma around the school meal program and it helps insure that the basic nutritional needs of our students are being met.

In addition to implementing the Community Eligibility Provision, 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 support income households and there is high participation among communities of color.

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.

PPS's partnership with Schools Uniting Neighborhoods (SUN) continues to thrive and support students across the district, including students of color and students with low socio-economic status. SUN programs in high need schools, offer added nutrition through the supper program and additional opportunities for physical activity. By the end of school year 2014-15, PPS and SUN will have served an estimated 263,800 suppers across the district.

Looking forward to next fall, all students who qualify for reduced price lunch will be able to eat free of charge. The Oregon State legislature passed a bill that will require the state to cover the \$0.40 for each reduced priced students lunch. A similar policy is already in place for breakfast. As a result, all students who qualify for reduced priced meals will eat free of charge. This alleviates a burden on families who are struggling financially. This will impact an estimated 1,537 PPS students. (In PPS, based on May 2015 enrollment numbers, 17,199 students are eligible for breakfast and 11,795 students for lunch at no charge.)

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 Superintendent's 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 installed new water fountains, bike racks, implemented a PE curriculum, and built 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 and the state physical education requirements starting in the fall of 2017.

Nutrition Services staff facilitated the Superintendent's Wellness Advisory Committee meetings through 2013-14, but staff transitions, loss of two volunteer chairs and six members put meetings on hold for the school year. In SY14-15, the Superintendent's Wellness Advisory Committee met four times. The committee discussed how to reorganize itself and its work. However, with new state legislation on a la carte foods and the final federal rule on school wellness still pending, a revision of the administrative directive was delayed. The Superintendent's Wellness Advisory Committee includes district staff from the Office of Schools, the Office of Teaching and Learning, Community Involvement and Public Affairs, Student Services, Operations, MESD Student Health Services, Nutrition Services, principals and parents.

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 nutritional standards for all foods served at schools or sold at 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 are a low cost strategy. Sharing positive wellness success stories between principals and administrators can help change the district culture for students and staff.

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 2015-16 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 in June 2014.

The portion of the *Healthy Hunger Free Kids Act of 2010* that address local wellness policies makes it clear that every school identify a Wellness Coordinator who is responsible for the implementation of the wellness policy at the school level. This component needs to be implemented at PPS prior to the Nutrition Services ODE review which is tentatively scheduled for January 2016.

A thorough review of 3.60.060-P *Student Wellness through Nutrition* and Administrative Directive 3.60.062-AD will be targeted for the fall of 2015. Board approval of revised policy

3.60.060-P *Student Wellness through Nutrition and Physical Activity* will be targeted for the spring 2016.

Additionally, next fall the committee will hire a consultant to craft a job description for a Wellness Coordinator position to lead the group and work at the district level to implement and oversee wellness. The contractor will also develop a charter for the Wellness Advisory Committee which will align the group's goals with that of the superintendent. This contract will be jointly funded by Nutrition Services and Student Services.