



Board of Education Informational Report

MEMORANDUM

Date:

To: Members of the Board of Education

From: The Wellness Advisory Committee

Subject: Update on the Wellness Policy Implementation

This Memorandum provides an update on the implementation of Board Policy 3.60.060-P Student Wellness through Nutrition and Physical Activity and Administrative Directive 3.60.062-AD.

The Wellness Advisory Committee (WAC), which reports to the Superintendent, oversees the implementation of the Student Wellness through Nutrition and Physical Activity Policy and corresponding Administrative Directive.

WAC met 7 times this school year. The 2015-16 work plan included updating and distributing a mandated Wellness Survey to principals and aligning the Student Wellness through Nutrition and Physical Activity Administrative Directive 3.60.062-AD with state standards outlined in ORS 336.423. (Although the final rule from USDA is still pending, the district has not updated this policy since 2006.)

The wellness survey results provide a snapshot of how the Student Wellness through Nutrition and Physical Activity Administrative Directive is being implemented at the school level. The survey shows progress for the 31 schools who completed it, but also areas of concern related to staffing, space and scheduling for PE. Highlights from the survey* conducted this spring includes:

- 31% of responding schools included wellness in their Comprehensive Achievement Plan (CAP) and/or School Climate Plan and 72% are interested in this best practice.
- 90% of responding schools provide 20 minutes for students to eat after lunch is served.
- 5 out of 20 Elementary Schools, 2 out of 20 Middle Schools, and 1 out of 4 High Schools are in compliance with the 2017 Physical Education requirements.
- PE teachers and elementary school teachers are most often providing nutrition education in grades K-8.
- Schools identified mindfulness activities, garden programs, and physical activity breaks as “wellness success stories.”

*Full survey results are available on the PPS Website.

Areas of progress implementing the Wellness Policy and Directive across the district include:

- The district reinvested in a Physical Education/Health Teacher On Special Assignment (TOSA). Benefits of the TOSA investment include a \$30,000 grant; a PEP Grant proposal; School Health Index data collected from all schools, and Professional Development “Job Alikes” restarted for PE & health teachers
- PPS partnered with Oregon State Agricultural Extensions SNAP-Education Program to provide hands-on nutrition education at Arleta, Benson High School, Boise-Eliot, Marysville, Harrison Park, Cesar Chavez, Lee, Lent, Ockley Green, and Vestal
- James John, Clarendon, and Creative Science implemented *MindUp*, a schoolwide mindfulness curriculum
- Maplewood, Robert Gray, and Chief Joseph Ockley received a Fuel Up to Play 60 grant from the Oregon Dairy and Nutrition Council
- Roseway Heights received a \$5,000 grant from Dannon and Fuel Up to Play 60 to fund healthy eating and physical activity
- Lent, Kelly, and Vernon, schools received farm-to-school grants from the Oregon Department of Education to expand their school garden programs
- Nutrition Services partnered with the education non-profit Portland Earth, Art, and Agriculture to grow vegetables in school [AG1]gardens specifically to be used in the school lunch program
- Students who qualify for reduced price lunch ate free of charge due to a bill passed by the Oregon State legislature
- Board Resolution 5252 mandated an additional 15 minutes of recess for all students grades K-5 beginning 2016-17

Areas of concern:

- Readiness to meet House Bill 3141 Physical Education requirements (also referred to as the “2017 PE requirements”) – FTE, instructional minutes and facilities by 2017
- Designated point person responsible for wellness at the school level
- Sequential, evidence-based K-12 health curriculum including nutrition education

WAC 2016-17 work plan:

- Introduce the Whole School, Whole Community, Whole Child (WSCC) model which expands on Coordinated School Health, “emphasizing a school-wide approach and acknowledging that learning, health, and the school are part of and a reflection of the local community”
- Present the Board with an updated policy to review
- Update the Wellness Advisory Committee membership guidelines and operating protocols
- Recruit additional members including students and teachers
- Create a position description for a Wellness Coordinator
- Share wellness opportunities and best practices via multiple district communication channels.
- Write “charter” for Task Force to examine the issues around implementation of House Bill 3141
- Support schools implementing the Physical Education requirements for 2017
- Propose topics connecting school wellness with academic achievement for the Leadership Academy
- Encourage schools to utilize wellness resources
 - Whole School, Whole Community, Whole Child WSCC
 - Alliance for a Healthier Generation
 - Fuel Up to Play 60