



# Board of Education Informational Report

## MEMORANDUM

**Date:** TBD

**To:** The School Board

**From:** The District Wellness Advisory Committee

**Subject:** 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

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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 2016-17 work plan included updating the Student Wellness through Nutrition and Physical Activity Administrative Directive 3.60.062-AD with state standards outlined in ORS 336.423 and federal standards outlined in the Healthy, Hunger-Free Kids Act of 2011.

### **Wellness Policy Implementation across the District:**

- Nutrition Services won a \$160,000 grant from the Oregon Department of Education to purchase food this school year. 38% of food purchases for Portland Public School students come from local farms and businesses.
- Erg Ed program initiated and traveled to 6 different schools and to adaptive PE programs across the district.
- SNAP-Ed, a program offered by OSU Agricultural Extensions, supported Harvest of the Month lunchroom tastings twice a month in 12 schools and provided evidenced-based nutrition education at 16 schools. SNAP-Ed also provided wellness activities at health fairs at Jefferson and Madison.
- Nutrition Services partnered with Earth, Art, Ag at Atkinson, Grout, Harrison Park, and Laurelhurst. Nutrition Services purchased starts and Earth, Art, Ag worked with students to plant, tend, and harvest the vegetables for the salad bars at these schools.
- 6 high schools housed School Based Health Centers (Cleveland, Franklin, Grant, Jefferson, Madison, and Roosevelt) as well as 4 middle schools (Cesar Chavez, George, Harrison Park, and Lane).
- Drinking water across the district improved with the implementation of water bubblers. Further improvements to piping and fixtures are planned with bond funding.
- OEA Choice Trust and Nutrition Services signed an MOU to conduct a pilot wellness program for the 250 employees in the department.

- Social emotional skill development for students and teachers (Student Services) and health education (ICA) are working to integrate with district mandates and policies such as: Positive Behavioral Intervention Supports, Restorative Justice, Trauma Informed Care, and Equity.
- Robert Gray Middle School won a Fuel Up to Play 60 grant from the Oregon Dairy Council for physical activity and nutrition related activities.
- Reinstatement of all Physical Education teachers allowing physical education to continue without modification.
- Vernon, Atkinson, Franklin, Sitton, Roosevelt, and Madison won Nike grants to expand physical activity for students.

#### **Areas of concern:**

- No designated point person responsible for wellness at the school level who is trained and informed on the wellness policy and how to implement a wellness program.
- Sequential, evidence-based K-12 health curriculum including nutrition education.
- Possible loss of funding for farm to school, reduced lunch, and SNAP-Ed from the state.
- Breakfast after the bell implementation in schools with breakfast at no charge is inconsistent.
- Concern for K-8 students not getting enough physical education.

#### **WAC 2017-18 work plan:**

- Submit updated Student Wellness through Nutrition and Physical Activity policy and AD to Board for ratification.
- Introduce the Whole School, Whole Community, Whole Child (WSCC) model which expands on the Coordinated School Health model, “emphasizing a school-wide approach and acknowledging that learning, health, and the school are part of a reflection of the local community.”
- Update the Wellness Advisory Committee membership guidelines and operating protocols.
- Recruit additional members including students, teachers and more departments.
- Share wellness opportunities and best practices via multiple district communication channels.
- Support pilot programs to increase the number of PE minutes in grades K-5.
- Encourage schools to utilize wellness resources
  - Whole School, Whole Community, Whole Child WSCC
  - Alliance for a Healthier Generation
  - Fuel Up to Play 60

#### **Membership**

- Chair: Asta Garmon, Program Manager in Nutrition Services Portland Public Schools
- Co-Chair: Jenny Withycombe, Health & PE TOSA, Portland Public Schools
- Members:
  - Inge Aldersebaes, Parent/Trust Associate Director & School Employee Wellness Director, OEA Choice Trust
  - Rachel Drushella, Senior School Employee Wellness Program Officer, OEA Choice Trust
  - Elana Emlen, Parent/School Wellness Specialist, MESD
  - Gitta Grether-Sweeney, Director of Nutrition Services, Portland Public Schools
  - Joanne Lyford, SNAP-Ed Program/Site Manager, Oregon State University Extensions
  - Beth Madison, Principal, Robert Gray Middle School, Portland Public Schools