



Informational Report

MEMORANDUM

Date: July 7, 2020

To: The Portland Public School Community

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

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 4 times this school year and planned to meet an additional 2 times, but were not able to due to COVID-19. The 2020-21 work plan included logistical planning for the committees shift to a SHAC (School Health Advisory Council) model and recruiting new members in order to better represent the WSCC (Whole School, Whole Child, Whole Community) model.

Wellness Policy Implementation across the Di-strict:

- Nutrition Services received \$363,838 in Farm to School funding for the Biennium 2019-2021 to spend on local food. More than 32% of food purchases for Portland Public School students come from local farms and businesses.
- Three additional schools were added to Fresh Fruit and Vegetable grant program (Ockley Green, Tubman and Roseway Heights). This program provides a variety of unique fresh fruits and vegetables to all students at eligible schools and brings the total number of participating schools to 26.
- Nutrition Services applied for 15 and was awarded 10 GenYOUTH grants at \$2,000 each. The money was used to help support the purchase additional supplies required for changes in service models due to COVID-19.
- Erg Ed program continued traveling to 6 different schools and to adaptive PE programs across the district. Operations were interrupted by COVID in mid-March 2020. Rose City Rowing brought the rowing machines to their boathouse for repair and maintenance. Rose City Rowing coordinated with PPS teachers to bring individual rowing machines to students for virtual lessons free of charge. Currently it is unknown whether Summer rowing programs can be offered in Portland due to COVID.
- SNAP-Ed, a USDA grant funded program delivered by Oregon State University Extension, supported Harvest of the Month lunchroom tastings three times a month in 12 schools, provided

evidenced-based nutrition education at 16 schools.

- Nutrition Services partnered with Growing Gardens at Lent, Scott, Whitman, Kelly, and Faubion and Grow Portland at Chief Joseph, Beverly Cleary, Rigler, Laurelhurst, Atkinson, Grout, Harrison Park, Vestal and Creative Science. Growing Gardens and Grow Portland worked with students to plant, tend, and harvest vegetables that were then served on the salad bars at these schools.
- 6 high schools housed School Based Health Centers (Benson, Cleveland, Franklin, Jefferson, Madison, and Roosevelt); Grant HS was unable to locate a service provider for their newly remodeled SBHC. Due to this and additional funding restrictions, the Lincoln HS rebuild will no longer include a SBHC. Plans for seeking service providers and additional funding for SBHCs at Grant and Lincoln High Schools were disrupted by COVID-19.
- Drinking water across the district continued to be improved with improvements to piping and fixtures in the majority of schools.
- OEA Choice Trust and Nutrition Services completed their third year working together to establish an employee wellness program specifically for Nutrition Services employees.
- PPS continued implementation of several multi-year grants in excess of \$3 million dollars to support health education in grades K-12.
- PPS ended the 2019-2020 school year with one Program Administrator and one TOSA (Health and PE, K-12) funded through the district and two Program Managers (High School Health, K-5 Health) and one TOSA (K-5 Health) funded through grants.
 - Beginning the 2020-2021 SY, the HPE team will include:
 - Program Administrator, K-12, HPE (General Fund)
 - TOSA, K-12, HPE (General Fund)
 - TOSA, K-5, Health (General Fund)
 - 2 TOSAs, K-12 Adapted PE (General Fund)
 - 6 Adapted PE Teachers (General Fund)
 - Program Manager, 9-12 Sexual Health and Wellness (CDC Grant)
 - Program Manager, K-5 Health (OHA Grant)
 - Project Coordinator, 6-12 Safe and Supportive Environ. (CDC Grant)
- No Fuel Up to Play 60 grants were awarded in spring 2020 due to unknowns related to service models in the future related to COVID-19.
- Oregon Dairy and Nutrition Council extended the deadline for applications for NFL FLAG-in-School kits to June 10th. These each contain equipment and curriculum valued at over \$400. Approved applications will be known and reported at a later date.
- Physical Education minutes for K-5, 90 per week at every grade level. Beginning the 2020-2021 school year the state requirement goes up to 150 minutes per week. Currently, PPS plans to hold at 90 minutes for the 2020-2021 school year.
- Physical Education minutes for middle school, 225 per week for every grade level for 1 quarter. Beginning the 2021-22 school year the state requirements are 180 minutes per week for the entire school year moving to 225 minutes per week for the entire school year in 2022-23. It is recommended that PPS gradually begin to increase the amount of physical education at the middle school level in order to meet the law by the 2022-23 deadline.

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 physical education curriculum including professional development.
- 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.
- Implementation for Health and Physical Education during COVID-19.

WAC 2020-21 work plan:

Due to the impact of COVID-19, the 2019-2020 WAC work plan remains in progress for the 2020-2021 SY.

- 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.”
- Formally shift to a SHAC model
- 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: Jenny Withycombe, Health & PE Program Administrator, Portland Public Schools
- Members:
 - Grace Clark-Hibbs, Program Manager, PPS Nutrition Services
 - Meghan Leineweber, Program Manager, PPS Nutrition Services
 - 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
 - Joanne Lyford, SNAP-Ed Program/Site Manager, Oregon State University Extension
 - Beth Madison, Community Member
 - Liz Thorne, Parent
 - Jill Bryant, Program Administrator, PPS Student Success and Health
 - Lexie, SAY Wellness Program Manager