



# Informational Report

## MEMORANDUM

**Date:** July 14, 2020

**To:** The Portland Public School Community

**From:** The District School Health Advisory Council

**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 School Health Advisory Council (SHAC), which reports to the Superintendent, oversees the implementation of the Student Wellness through Nutrition and Physical Activity Policy and corresponding Administrative Directive.

The entire SHAC met 2 times this school year and each committee met an additional 1 time. All meetings were held virtually due to COVID-19. The committee successfully shifted to a SHAC (School Health Advisory Council) model and recruiting new members in the 2020-2021 school year 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.
- Able to use the Fresh Fruit and Vegetable grant to serve fresh produce to all community sites during Comprehensive Distance Learning and LIPI. 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.
- Able to serve all students at no charge to families for the entire 2020-2021 school year under the Summer Food Service Program
- Successfully transitioned meal service models multiple times over the course of the school year as the learning model shifted from Comprehensive Distance Learning to LIPI to Hybrid.
- Partnered with the PPS Transportation Department to make home meal deliveries to families during Comprehensive Distance Learning and LIPI.
- Served an estimated 4.5 million meals to students from March 17, 2020 through June 11, 2021.
- 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. ErgED remained on hold during the 2020-2021 school year. However, the bond is allowing for the purchase of 20 Ergs for any high school that wants to offer the program. 6 high schools elected to order the Ergs and will start their program during the 2021-2022 school year. It remains unknown whether Summer rowing programs will be offered.

- SNAP-Ed, a USDA grant funded program delivered by Oregon State University Extension, provided asynchronous video lesson series at 10 schools. (MyPlate, Food Hero and Growing Healthy Kids garden enhanced nutrition education) Provided digital enrichment activities to all PPS schools, supporting Harvest of the Month, Farm to School Fruit and Vegetable Promotion and after school programs. Provided Grow This! Garden Challenge teacher kits (three types of seeds, peat pots, dirt) at five schools and sixty seed kits to PPNS supporting school gardens and National Gardening Month. Posted twelve fruit/vegetable lessons on Trivory app at Roosevelt High School.
- Nutrition Services partnered with Growing Gardens and Grow Portland at several schools to pass out gardening educational materials to students when they picked up meals.
- 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. The Grant and Lincoln SBHCs have closed. The Roosevelt SBHC remained open during COVID-19, as well as SBHCs in surrounding districts. High school students were encouraged to access virtual health resources for the health needs during 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 fourth 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, 5-12 Teen Pregnancy Prevention (MCHD Grant)
    - Program Manager, K-5 Health (OHA Grant)
    - Project Coordinator, 6-12 Safe and Supportive Environ. (CDC Grant)
- During the 2020-2022 school year PPS fully implemented K-5 health education which included a nutrition unit in grades K-4. Nutrition Education will continue K-5 during the 2021-2022 school year.
- No Fuel Up to Play 60 grants were awarded in spring 2021 due to unknowns related to service models in the future related to COVID-19.
- Oregon Dairy and Nutrition Council awarded NFL FLAG-in-School kits to the following sites (est. value of \$410 each: Total: 18 x 410 = \$7,380):
  - Abernethy Elementary School
  - Astor School
  - Beach Elementary School
  - Beverly Cleary School-Hollyrood
  - Cesar Chavez School

- Duniway Elementary School
- George Middle School
- Grant High School
- Jefferson High School
- Kelly Elementary School
- Laurelhurst Elementary School
- Lincoln High School
- McDaniel High School
- Meriwether Lewis School
- Richmond School
- Sunnyside Environmental School
- More NFL FLAG-in-School kits are in the process of being awarded for the 2021-2022 school year.
- 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. During the 2020-2021 school year 90 minutes of synchronous and asynchronous Physical Education was provided during CDL and Hybrid. PPS will continue to hold at 90 minutes for the 2021-2022 school year for K-5 Physical Education.
- 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. During the 2020-2021 school year, 225 minutes of synchronous and asynchronous Physical Education was provided during CDL and Hybrid to MS students for one quarter at each grade level. PPS will continue to hold at 225 minutes for the 2021-2022 school year each quarter for grades 6-8.
- Focused Fitness was a curriculum and online learning platform that provided modules offering a variety of assessment tools, 5 components of fitness and health concepts. Teachers were also provided a scope and sequence that followed PE NOW from OPEN PhysED.org. Lead trainers from OPEN presented at 3 PE PLCs to support teachers in CDL and Hybrid.

**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.
- Transitioning to all students eating in the buildings.
- Implementation for Health and Physical Education during COVID-19.

**WAC 2021-22 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.
- Interdepartmentally promote Nutrition Services and its offerings.
- 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
  - 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
  - Liz Thorne, Parent
  - Jill Bryant, Program Administrator, PPS Student Success and Health
  - Lexie Zimmerman, SAY Wellness Program Manager