



# Board of Education Informational Report

## MEMORANDUM

**Date:** August 15, 2022

**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.

The WAC was unable to meet during most of the 2019-2020 school year, and all of the 2020-2021 and 2021-2022 school years due to the impact of COVID on vital school systems. The 2018-19 work plan included logistical planning for the committee's shift to a SHAC (School Health Advisory Council) model and for the recruitment of new members in order to better represent the WSCC (Whole School, Whole Child, Whole Community) model. During the 2019-2020 school year, the PPS SHAC was able to meet 3 times before COVID halted the committee's progress.

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

- Nutrition Services won a \$334,724.04 grant from the Oregon Department of Education to purchase food this school year. More than 32% of food purchases for Portland Public School students come from local farms and businesses.
- SNAP-Ed, a USDA grant funded program delivered by Oregon State University Extension, 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, Madison, Roosevelt and Benson.
- Expanded the Fresh Fruit and Vegetable Program to 6 new schools - Grout, Markham, Astor, Ockley Green, RWH, and Peninsula. 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 27.

- Able to serve all students at no charge to families for the entire 2021-2022 school year under the Seamless Summer Option.
- A FoodCorps volunteer was assigned to Scott Elementary for the school year. They provided hands-on learning in the classroom and supported Nutrition Services staff in recipe creation and promotions, serving as a role model and positive presence in creating a safe and healthy cafeteria environment.
- OEA Choice Trust and Nutrition Services completed their fifth year working together to establish an employee wellness program specifically for Nutrition Services employees.
- Drinking water across the district continued to be improved with improvements to piping and fixtures in the majority of schools.
- Adapted Physical Education moved from Special Education to the Office of Teaching and Learning under the direction of Dr. Jenny Withycombe.
- The newly formed Health and Adapted/Physical Education (H-A/PE) team were moved under Academic Programs.
- Dr. Jenny Withycombe was made the Assistant Director of H-A/PE: The team now includes: Cheyenne Freeman (K-12 HPE TOSA), Susannah Lightbourne-Maynard (K-5 Health TOSA), Alana Burny and Lonzo Urbina (APE TOSAs/Lead Teachers), Lexie Zimbelman (Program Manager of SAY Wellness), Vanessa Peña-La Torre (Program Manager, ACT 2.0), Rachel Toback (Program Manager, K-12 Mental Health), Alyssa Linares (Program Supervisor, Safe and Supportive Environments), and 6 additional Adapted Physical Education teachers.
- The Erg Ed program was paused during COVID, but resumed during the 2021-2022 school year, traveling to 6 different schools across the district (Tubman MS, George MS, Astor MS, Grant High School, McDaniel High School, Benson High School). Strong relationships continued with the local rowing community and the schools. All of the comprehensive high schools were approved to purchase their own set of rowing machines to further instill the Erg Ed program into PPS. Three new middle schools/K-8s will be selected to participate in the traveling program.
- Six high schools housed School Based Health Centers (Benson, Cleveland, Franklin, Jefferson, McDaniel, and Roosevelt); Grant High School was unable to secure services for their SBHC and permanently closed.
- PPS received several additional multi-year grants to support physical education, skills based health education, nutrition education, and mental health education in grades K-12. In total, the H-A/PE team has received over \$5 million in grant funds since 2016.
- A previous area of concern was nutrition. The H-A/PE team received a \$25,000 grant from Kaiser Permanente to review and revise nutrition education to be more culturally sustaining and inclusive.
- Physical Education minutes for K-5 will increase to 105 per week at every grade level. The team will create a PE task force to review possible avenues of expansion. Currently, PPS is out of compliance with Division 22 OAR 581-022-2263.
- Physical Education minutes for middle school will stay at 225 per week for every grade level for 1 quarter. Currently, PPS is out of compliance with Division 22 OAR 581-022-2263.
- Administered a survey to all schools regarding the implementation of Board Policy 3.60.060-P Student Wellness through Nutrition and Physical Activity and Administrative Directive 3.60.062-AD. Results are included below:
  - **P** Student Wellness Survey Results 2022 presentation of data (1).pptx

- 📄 School Infographic.pdf
- 🇺🇸 Wellness Reported Results Draft 5.29.22

**Areas of concern:**

- Low survey response rate: No schools from Grant, Jefferson, and McDaniel clusters.
- 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.
  - 22% have a designated wellness advisor
- Possible loss of funding for farm to school, reduced lunch, and SNAP-Ed from the state.
- Effectively communicating with families at non-CEP sites (about half of all PPS schools) that they will need to fill out meal applications for the 2022-2023 school year.
- 35% of respondents continue to use access to recess as a punishment/academic work make up time.
- Fifty-eight percent of schools are in compliance with not using food as a reward/punishment.
- Only 47% of schools provide nutritious alternatives at class parties.
- Concern for K-8 students not getting enough physical education.

**SHAC 2022-2023 Work Plan:**

- SHAC will meet at least 4 times during the 2022-2023 school year
- Review Youth Risk Behavior Survey (YRBS) Data to identify 22-23 goals
- Connect each sub-committee's objectives within the larger district mission and vision
- Recruit new student members
- Identify and apply for additional grant funding to support Health and A/PE in PPS
- Draft and present a Adapted/Physical Education Policy to the PPS school board
- Other goals as identified by the 22-23 SHAC

**SHAC Chair:** Jenny Withycombe, Assistant Director Health & Adapted/Physical Education, PPS

**SHAC Leadership**

- Alyssa Linares, Program Supervisor, H-A/PE
- Cheyenne Freeman, TOSA, H-A/PE
- Vanessa Peña-La Torre, Program Manager, H-A/PE
- Susannah Lightbourne-Maynard, TOSA, H-A/PE
- Lexie Zimbelman, Program Manager, H-A/PE
- Clement Wilson, Social Worker, MLC

**PPS Students**

- Lauren Metcalf, Student Participant
- Ben Stern, Student Participant
- Lila Temple, Student Participant
- Fiona Snyder, Student Participant
- Josie Gervais, Student Participant
- Paige Axness, Student Participant
- Lane Shaffer, Student Participant

**PPS Staff Members**

- Liz Thorn, Matchstick Consulting
- James Loveland, Senior Director of Student Services and Health

- Mila Rodriguez-Adair, Qualified Mental Health Professional on Special Assignment
- Grace Clark, Program Manager, Nutrition Services
- Caroline Bleckmann, Social Worker, Benson High School
- Liz Tracy, TOSA, Social Emotional Learning
- Mary Stevens-Krogh, Qualified Mental Health Professional on Special Assignment
- Lianne O'Banion, Director, Title IX
- Simone Hally, Teen Advocate for PPS via Raphael House
- Pamela Zigo, Teen Advocate for PPS via Volunteers of America
- Britt Bieberich, Program Manager, LGBTQ+ Supports
- Joey Clarke, Chief Clerk, MTSS

### **Community Members**

- Daniel Guilfoyle, NAYA
- Dhyana Nesler-Perez, Latino Network
- Amanda Shannahan, Oregon Health Authority
- Bobby Bridges Jr, Black Parent Initiative
- Elaina Medina, SMYRC
- Sarah Fast, MCHD
- Charlene McGee, MCHD
- Tameka Brazile, MCHD
- Dayna Morrison, OR AETC/Parent
- Elana Emlen, Multnomah ESD
- Kari McFarlan, MCHD
- Clair Raujol, MCHD
- Joanne Lyford, OSU
- Mandy Kubisch, MCHD
- Nick Guerero, Raphael House
- Julia Tycer (Noble), Raphael House
- Jen Melo, Planned Parenthood
- Lo Bullock, Planned Parenthood
- Kristen Blomberg, Hillsboro School District
- Julia Przedworski, Diversity Science
- Bee Norris, FED UP
- Danise L. Elijah, ODE
- Sally J. Blackwood, CARES NW
- Lindsay Weaver, Oregon Health Authority