



Board of Education

Staff Report to the Board

Board Meeting Date: July 17, 2013

Executive Committee Lead:
CJ Sylvester, Chief Operations Officer

Department: Nutrition Services

Presenter:
Gitta Grether-Sweeney, Director, Nutrition Services

Staff Lead:
Shannon Stember, Assistant Director

BACKGROUND

Board Policy 3.60.060-P *Student Wellness through Nutrition and Physical Activity* and Administrative Directive 3.60.062-AD were adopted June 12, 2006. An annual report on the district's compliance with, implementation, and impact of the policy and directive is required. The district report is presented concurrently with the annual report of the District Wellness Advisory Committee.

RELATED POLICIES / BOARD GOALS AND PRIORITIES

Board Policy 3.60.060-P *Student Wellness through Nutrition and Physical Activity* established a commitment to providing school environments that promote and protect children's health, wellness and ability to learn by supporting behaviors that include healthy eating and physical activity. This policy and the administrative directive extend beyond the federally funded child nutrition programs operated by Nutrition Services. Required elements for local wellness policies include goals for nutrition education in the classroom; physical education programs and curriculum; physical activity before, after and during the school day; goals for other school-based activities such as use of food or physical activity as reward or punishment; nutrition standards for ALL foods sold or served on school campuses during the school day; and ~~100%~~ measurement and public reporting of compliance with the policy.

<p>Reviewed and Approved by Executive Committee Lead</p>
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Promising approaches to address health disparities impacting urban minority youth include school breakfast and opportunities for daily physical activity. School breakfast is associated with improved memory, reduced absenteeism, and improvements in behavior and academic performance. School-based physical activity improves brain activity, enhances concentration and creates positive academic results. For these reasons, district and school-based wellness efforts can support students at the key learning stages measured by district milestones and enhance district efforts to close the achievement (opportunity) gap.

2012-13 Successes in promoting health and wellness and students' ability to learn

The Oregon Department of Education (ODE) Child Nutrition Program certified that all PPS Nutrition Services menus are meeting the new higher United States Department of Agriculture (USDA) requirements of the *Healthy Hunger Free Kids Act of 2010*. ODE certification provided reimbursement of six additional cents per lunch (from \$2.88 to \$2.94) as of October 2012. New certified menus continue to provide delicious, high quality nutrient-rich meals featuring unlimited fruits and vegetables with lunches, whole grains, 1% low fat and nonfat milk, and lean entrée choices.

Thirteen schools received national recognition from the USDA Western Region in October 2012 as part of the First Lady's - *Healthier US Schools* (HUSSC) program.

are implementing healthy school environments through innovative partnerships as well as leadership by principals and teacher “champions.”

Students at 23 schools continued to experience the benefits of an additional fresh fruit or vegetable snack each day funded by the USDA *Fresh Fruit and Vegetable Program*. The daily fruit or vegetable snack, served in the classroom helps establish life-long healthy eating habits and is valued by school administrators, teachers, and students at **Boise-Eliot/Humboldt K-8, Cesar Chavez K-8, Faubion K-8, George MS, Grout K-**

curriculum based on the book "Spark" by Dr. John J. Ratey, Principal Carol Campbell supported the blending of PE and Health into one course taught daily. Preliminary "action research" data shows an increase in the number of students who earned credit the first semester and a decrease in freshman disciplinary referrals.

Nike supported the *Benson Fit to Live and Learn* Program by contributing \$20,000 and a Nike fuel band for every freshman to track their physical activity. Nike fuel bands were also provided for 30 Benson staff members to participate in physical activity tracking for personal wellness.

Portland State University Graduate School of Education, Leadership for Sustainability Education and The Portland Metro Partnership STEM Center provide professional development for teachers during Summer Institutes at Kelly, Lent, Lane and Woodmere. Educators create garden-based sustainability lessons connected to Common Core Science standards.

Lewis and Clark Graduate School of Education provides professional development on *Place-Based Food and Garden Education for Teachers* in partnership with *Learning Gardens Institute*, *Eat.Think.Grow* and the *Abernethy Garden ofGarden19 (rd(p-h)-Ed(p-h)-Ed(p-h)-H 0090091 1082 557m(S)-2(u)-(sta)-5n)4)-943*

Concordia University School of Nursing partners with Faubion K-8 to create a

