



# Board of Education

## Staff Report to the Board

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**Board Meeting Date:** August 12, 2014

**Executive Committee Lead**

**Reviewed and Approved by  
Executive Committee Lead**

This year the district introduced online access to 5-minute brain breaks using *GoNoOdle* to help elementary students be more focused and productive in class. This innovative program is part of the *HealthTeacher.com* resource package funded by Doernbecher's Hospital, Legacy Emanuel. A Community Engagement Manager provided training for teachers, administrators and a short demonstration for the School Board. King and Forest Park students won a district-wide *GoNoOdle* competition and were visited by Oregon Olympic track athletes as a reward. *HealthTeacher.com* provides online health lessons and interactive tools for grades K-12 in 10 health education content areas and new lessons have activities aligned with Common Core.

*Fit 2 Live & Learn* program, a daily 90 minute class combining physical education and health for all freshman continued in 2013-14 with support from partners such as Nike, OHSU, National Guard, OSU, Oregon Dairy Council, HealthCorps; and NFL Fuel Up to Play 60. Benson HealthCorps mentor Amy Barras and Benson students were featured in a HealthCorps documentary *The Heart of the Matter* <http://vimeo.com/75179737>. Funding for HealthCorps positions at Benson and Cleveland ended June 2014.

Nutrition Services continues to be a leader in bringing local healthful foods to Portland students. As a member of *School Food FOCUS*, a national collaborative that leverages the procurement power of large urban school districts, PPS NS is helping to create demand for sustainable antibiotic free chicken in schools. Nutrition Services has focused on increasing local food purchasing since 2006 and continues those efforts with grant assistance from a USDA Farm to School Grant and an Oregon Farm to School grant. These grants funded 450 student farm field trip visits to Zenger Farm for Faubion K-8, Kelly K-5 and Lent K-8 schools. Twelve teachers and 50 parents took part in the hands on experiential learning about growing Oregon foods on a farm in the city. Grant funding also provided garden coordinator time for these schools and for Cesar Chavez and Chief Joseph/Ockley Green through district partner *Growing Gardens*. Fresh school garden salad greens were harvested and promoted by students and served on the cafeteria salad bars on 15 occasions in spring 2014.

Fresh Fruit and Vegetable Program grants were awarded and continued at 22 schools: Boise-Eliot/Humboldt K-8, Cesar Chavez K-8, Faubion K-8, George MS, Grout K-5, Harrison Park K-8, James John K-5, Kelly K-5, King K-8, Lane MS, Lee K-8, Lent K-8, Marysville K-8, Peninsula K-8, Rigler K-8, Rosa Parks K-5, Scott K-8, Sitton K-5, Vestal K-8, Whitman K-5, Woodlawn K-8 and Woodmere K-5. All students at these schools are provided with an additional fresh fruit or vegetable snack each day which is served in the classroom to help inspire life-long healthy eating habits.

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complying with nutrition standards for all foods served at schools or sold as fundraisers, changing the school culture around foods for celebrations and eliminating the use of food as a reward. Recruiting school principals who have created healthier school environments with minimal investment of resources to provide short wellness testimonials at district Leadership meetings is a low cost strategy. Sharing positive wellness success stories