



Board of Education

access to *HealthTeacher.com*. This on-line program provides teachers with mini-lessons on nutrition, physical, activity, and other health topics. *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 the Common Core. However, this is not an adopted health curriculum and should not be viewed as a substitute to a curriculum. *GoNoodle*, a module of *HealthTeacher.com*, is designed for elementary aged students and has increased participation in SY14-15 over SY13-14. *GoNoodle* provides easy brain break activities for teachers to use with students ranging from 3 minutes long and up. This school year students have logged over 62 thousand hours of physical activity through the program. The net impact has been students moving more throughout the day thereby hopefully reducing disruption due to restlessness.

Here are a few snapshots of school successes. This is by no means intended to be a comprehensive list of activities across the district but rather some of the highlights:

Robert Gray Middle School was recognized this year for both a *Fuel Up to Play 60 Award* and an *Oregon School Wellness Award*. Robert Gray continues to increase its school wide focus on wellness through nutrition, physical activity and young-adolescent appropriate practices. The school values movement all day, every day, as well as good nutrition with parent and student input on hot lunch choices. They maintain a garden, participate in the Adopt-a-Farmer program, and work with SOLVE to teach the value of the environment using the adjacent woods as a healthy space.

Lent School was also a recipient of an *Oregon School Wellness Award* this school year. Lent was recognized for their strides in creating a school environment that embraces student wellness from physical activity, healthful eating as well as their very active school garden. Lent achieved this by partnering with OSU SNAP-Ed, School Uniting Neighborhoods, Growing Gardens, and Playworks.

Whitman was awarded a *Fuel Up to Play 60* grant by the Dairy Council.

Marysville School is in the third year of *MindUp*, a program that teaches students and teacher skills to be more mindful, present, and communicative by expressing compassion, kindness, and gratitude. This school year Marysville has decreased office referrals by 59% and suspensions by 57% over last school year. Creative Science, James John, and Clarendon will be implementing *MindUp* next school year.

At the high school level, Benson

This school year, all vending machines except for those selling water were removed from all high schools. This brings our buildings housing students into compliance with district policies. 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.

PROCESS / COMMUNITY ENGAGEMENT

Portland Public Schools Nutrition Services, the Office of Partnership and Development, the Office of Teaching and Learning, Student Services and school principals continue to engage with internal and external partners and community organizations to support the goal of providing school environments that promote and protect children's health, wellness and ability to learn. The following partners have made significant contributions to the district in the area of health and wellness:

HealthTeacher.com and *GoNoOdle* funded by Doernbecher Children's Hospital, OHSU and Randall Children's Hospital, Legacy Emanuel
Oregon State University (OSU) Extension SNAP-Ed

system reduces the stigma around the school meal program and it helps insure that the basic nutritional needs of our students are being met.

successful wellness policy implementation and the state physical education requirements starting in the fall of 2017.

Nutrition Services staff facilitated the Superintendent's Wellness Advisory Committee meetings through 2013-14, but staff transitions, loss of two volunteer chairs and six members put meetings on hold for the school year. In SY14-15, the Superintendent's Wellness Advisory Committee met four times. The committee discussed how to reorganize itself and its work. However, with new state legislation on a la carte foods and the final federal rule on school wellness still pending, a revision of the administrative directive was delayed. The Superintendent's Wellness Advisory Committee includes district staff from the Office of Schools, the Office of Teaching and Learning, Community Involvement and Public Affairs, Student Services, Operations, MESD Student Health Services, Nutrition Services, principals and parents.

Schools have made progress on creating healthy school environments with limited resources

3.60.060-P *Student Wellness through Nutrition and Physical Activity* will be targeted for the spring 2016.

Additionally, next fall the committee will hire a consultant to craft a job description for a Wellness Coordinator position to lead the group and work at the district level to implement and oversee wellness. The contractor will also develop a charter for the Wellness Advisory Committee which will align the group's goals with that of the superintendent. This contract will be jointly funded by Nutrition Services and Student Services.