

Spokane Public Schools Nutrition and Physical Fitness Wellness Committee

2018-19 REPORT TO THE SUPERINTENDENT

Wellness Committee Team Members

Doug Wordell, RD, Director, Nutrition Services, Chair
Rebecca Doughty, Coordinator, Health Services
Pam Tatosky, Purchasing Department
John O'Dell, Middle School Assistant Principal
Heather Jordan, Elementary Principal Assistant
Sarah Goodey, Elementary Fitness & Health Coordinator
Linda Bushinski, Secondary Fitness and Health Ferris
Paula Lutsey, Longfellow Elementary Nutrition Services Worker II
Stephanie Splater, SPS Coordinator- Fitness & Health Activities
Shasta Glotfelty, Fitness and Health Stevens
Megan Read, Community Member, Parent
Amy Dawley, Local Gardens, Parent
Laura Martin, Nutrition Educator Empire Health Foundation
Raeann Ducar, RD, WSU Extension Food Sense Coordinator, Community Partner
Lori VanAnrooy, WSU Extension Food Sense Program Manager, Community Partner

PURPOSE: Compliance with USDA Healthy Hunger-Free Kids Act of 2010, Senate Bill 5093 and Spokane Public Schools (SPS) procedure 6700 to promote healthy choices in the school environment. It should be the district's goal to promote nutrition and physical fitness for school children so that they can be lifelong learners and a healthier next generation. An annual progress assessment will be presented to the district Superintendent to address the extent to which SPS schools are following wellness policy and procedures and make recommendations for creating a healthy school environment.

Healthy Hunger-Free Kids Act of 2010:

In 2010, the Healthy Hunger-Free Kids Act (HHFKA) was signed into law by President Obama, which increased the whole grains, fruits, and vegetables offered in the school meal program and required [Smart Snack ala carte nutrition standards](#) for all food sold from midnight to 30 minutes after the end of the school day. This act also requires that the Wellness Committee review the district policy and school food environment. (HHFKA <http://www.fns.usda.gov/school-meals/healthy-hunger-free-kids-act>)

Smart Snack Compliance Statement- The USDA Smart Snacks rule is in effective in all school buildings from midnight until 30 minutes after the regularly scheduled school day. Compliance includes all foods sold and served in schools to students. The Spokane Public Schools [Healthy Snack Guidelines](#) provides information for teachers and staff to help ensure a health school food environment. Simple summary resources are available on the USDA FNS web site.

WELLNESS COMMITTEE SYSTEMS REVIEW:

The Wellness Committee has continued to review, evaluate, and make recommendations to ensure ongoing improvement to the District's nutrition and fitness procedure 6700. The 2018-19 wellness committee did develop an implementation plan in 4 key areas, worked in sub-committees and accomplished measurable goals. Included in the plan is community involvement, outreach and communication initiatives.

Spokane Public Schools procedure 6700, Nutrition, Physical Fitness, and Wellness:

The district has updated school board procedure 6700 to comply with all state and federal rules related to foods in schools. The procedure also addresses competitive foods and limits the sale of foods during the school day.

Nutrition Services: The Nutrition Services Department operates the USDA school meal program for the Spokane Public Schools and ensures program compliance with the federal and state guidelines. Breakfast, lunch, after-school snack, Early Child Education Assistance Program (ECEAP) feeding, Child and Adult Care Feeding Program (CACFP) with Headstart, Fresh Fruit and Vegetable Program and ala carte sales are all a part of the services provided to students during the school day

Successful 2019 Nutrition Services Federal Audit:

State auditors from OSPI Child Nutrition reviewed the district's compliance with federal meal program regulations and systems. The auditors included in the report the following areas that SPS Nutrition Service excels.

- Excellent software system
- Processing accuracy
- Compliments for a well-managed technical assistance department
- Compliments for the menu; clean label and quality foods served and nutrition information provided.
- A variety of colorful fresh fruits and vegetables are offered daily on the Fruit and Veggie Bar.
- Well- trained staff and professional certificates displayed. Staff is knowledgeable and informed about the menu.
- Complies with federal regulations for procurement.

Elementary School Cafeterias transition to 9 inch Black Plates:

During the 2018-19 school year, reusable black plates (vs trays) were piloted in one third of SPS elementary school cafeterias. Cost savings related to reduced food and paper waste were significant and the Nutrition Services management team made the decision to expand the reusable black plates to all SPS elementary school cafeterias in the 2019-20 school year.

- Reduces waste- cost savings
- Models home style meal service
- Compliments MyPlate, USDA's guide for healthy eating
- Easier for NS staff to manage and clean

Monthly Promotions/ Educational Themes led by Nutrition Services:

- **September:** Free slice of pizza Day-offered to all staff to promote school meals. Local grown rainbow carrots from Full Bushel Farm in Medical Lake WA featured in the cafeteria. Kindergarten Food Adventurer activity.
- **October:** World Series themed menu and National School Lunch Week-"School Lunch Lots 2 Love".
- **November:** Certified Organic Concorde Pears fresh from Bunny Laine Orchard in Malott, WA featured in the cafeteria.
- **January:** Fueling Up and Being Active/ Seahawks theme- collaboration with Fitness and Health educators.
- **February:** Heart Health Month featuring red or purple fruits and veggies.
- **March:** National School Breakfast Week. Free Breakfast Day for all SPS students.
- **April:** "Taste It, Don't Waste It"- focus on food waste.
- **May:** Focus on hydration, "Drink Water, Make Your Body Happy!" and School Lunch Hero Day recognizing school nutrition staff.

Community Eligibility Provision (CEP): The Spokane Public Schools has 5 schools currently participating as CEP schools; Holmes, Grant, Stevens, Logan and Eagle Peak. This is the 5th year that SPS has met the application process for some schools to qualify for 100% of elementary students to eat free. The department has developing best practices in communicating with parents and collecting family surveys, that has allowed the current schools to maintain their FR meal percentages and state and federal grant funding and allowed the program to grow. Three additional schools, Regal, Whitman and Bemiss Elementary Schools will be added to the CEP application for the 2019-20 school year. These are the next 3 schools based on their FR percentage. The district will continue to monitor the benefits of the CEP program and evaluate to minimize the potential loss that is associated with a decrease in a school's Free and Reduced percentage.

Breakfast After the Bell:

The Breakfast After the Bell (BAB) legislation (HB 1508) was approved and will take effect July 1, 2019. All schools with 70% or more free and reduced enrollment are required to offer some form of BAB. The Spokane Public Schools currently offers a grab and go breakfast option at all schools after the start of school. Nutrition Services staff are working with King County United Way to identify BAB options that could grow breakfast counts at some of the CEP schools. The SPS did accept a BAB bell grant that helped to fund new breakfast vending machines that will provide breakfast options at three schools.

Positive Impact of Hiring Coordinator- Fitness & Health Activities:

A full-time coordinator of Fitness and Health for SPS, hired the beginning of this school year, has been an excellent addition for the school district. The coordinator has been working on standardizing the curriculum for Fitness and Health in both elementary and secondary schools as well as improving coordination and communication with the F&H team. In addition, the hiring of a coordinator has opened opportunities for partnership with nutrition services and F&H of coordinated nutrition and health messages and promotions in the F&H classroom (gym) and the cafeteria.

Washington State University Extension Food Sense, Community Partnership:

WSU Food Sense coordinators have led sub-committees for the district wellness committee in the areas of recess before lunch, creating healthier schools & classrooms and new sub-committee of nutrition education. Training and resources were provided for the "Food Adventurer" program for kitchen teams to introduce kindergarteners to the school meal program and encourage them to try new foods throughout the school year. In addition, WSU Food Sense collaborated with the department to promote monthly marketing themes, locally grown fruits and vegetables/ farmers and Smarter Lunchroom strategies. WSU Food Sense Nutrition Educators provide a 6 week nutrition education series to 4th graders in 13 high need elementary schools in Spokane Public Schools. Other support projects by WSU Food Sense include; Veggie of the Month tasting tables at Lidgerwood Elementary, Dairy days in the cafeteria & dairy classroom presentations at Stevens and Lidgerwood Elementary Schools, after school garden club education at Stevens Elementary, recess before lunch transition support for Garfield, Stevens, Willard,

Lidgerwood and Audubon elementary schools and coordination with SPS Nutrition Services Department and the Fitness and Health Department for nutrition education themes and collaboration for the 2019-20 school year.

DISTRICT WELLNESS COMMITTEE GOALS 2018-19

The District wellness **committee/ sub-committees worked on four priority ACTION areas** for the district level wellness/ policy/ procedure.

ACTION ITEM 1- RECESS BEFORE LUNCH:

- Overview/ Compliance
 - Recess Before Lunch (RBL) is a change in the traditional scheduling order of lunchtime and recess. RBL allows students to go to recess first and then eat lunch. The benefits of RBL are well documented and include better behavior in classrooms following lunch and children eating more of their lunch. Changing a school lunch schedule requires time for discussion, contemplation of pros and cons and preparation. Through careful planning and leadership from the principal and a motivated group of school personnel this change can be smooth and successful.
 - A **key recommendation** of the wellness committee is continued priority be placed on giving elementary students time to eat and developing a plan to reduced waste. Scientific research published in peer reviewed journals supports an increase in lunch and milk consumption after schools adopt RBL.
- Sub-Committee Members
 - Lori VanAnroory, WSU Extension Food Sense Program Manager
 - Raeann Ducar, RD, WSU Extension Food Sense Coordinator
 - Heather Jordon, Principal, Madison Elementary School
 - Doug Wordell, RD, SPS Nutrition Services Director
 - Amy Dawley, Parent, Hutton Elementary School
- Action Plan 2018-2019
 - Update SPS RBL resources that was developed in the 2017-2018 school year.
 - Provide support and resources to elementary schools considering RBL.
 - Keep the momentum of transitioning to RBL going through communication with elementary principals; sharing resources, tips and success stories.
- Accomplishments 2018-2019
 - Updated list of schools doing RBL. Twenty-one elementary schools and one middle school are doing RBL.
 - Updated RBL Q & A sheet.

- Supported 7 schools in the transition to RBL (Garfield, Stevens, Lidgerwood, Willard, Whitman, Audubon, and Regal)
 - Talking points focus on encouraging the enhanced RBL model (first started at Cooper). Teachers are with their students during lunch in the cafeteria. In addition, organized games take place at recess. The enhanced RBL model seems to be a best practice to set students up for success on the playground, in the cafeteria and in the classroom.
 - Discipline data collected comparing RBL schools to non-RBL schools. Data was inconclusive but may have shown a slight decrease during and after lunch for RBL schools.
 - Goals for the 2019-2020 school year
 - Update district website to include RBL resources.
 - Schools planning to transition to RBL are strongly encouraged to do the enhanced RBL model.
 - Create a sample written process for how to integrate RBL into PBIS for sustainable change.
- **ACTION ITEM 2- CREATING HEALTHY SCHOOLS & CLASSROOMS:**
 - Overview/ Compliance
 - Wellness Policy No. 6700 states that the district must adopt a wellness policy/ procedures that includes: Standards consistent with federal regulations for school meal programs and the Smart Snacks in Schools standards for other foods available to students (e.g., food brought from home for classroom events/ parties and food used as rewards or incentives.)
 - Healthy School Environment has been a **key recommendation** of the wellness committee for several years recommending that continued priority be place on schools complying with the guidelines; reducing candy, allergens, and non-nutritious food items in the school environment. This will improve the health of our students and the school learning environment.
 - This is the second year that this sub-committee has been working on action items by researching, developing communication, meeting, and making recommendations to the district wellness committee.
 - Sub-committee members
 - Doug Wordell, RD, SPS Nutrition Services Director
 - Raeann Ducar, RD. WSU Extension Food Sense Coordinator
 - Megan Read, Community Member/ Parent Hutton Elementary
 - Paula Lutsey, Nutrition Services kitchen team member, Longfellow Elementary
 - Brenda Cashion, Nutrition Services Clerk
 - Action Plan 2018-2019

- Continue distributing the brochure, “Creating Healthy Schools & Classrooms”, and communicating the message via email to all school staff.
 - Include parent communication as a focus.
 - Continue to research incorporating key messages into the district PBIS (Positive Behavior Intervention and Support) model to increase the likelihood of procedures being followed and sustainable.
 - Involve and engage members of the school community.
 - Update resources on the district website.
 - Review procedure 6700 and make recommendations.
- Accomplishments 2018-2019
 - HR is including the brochure in packet for all new hires.
 - Staff email communication with messaging and brochure attached and distributed by nutrition services to elementary and secondary twice. Communication included in SPS Weekly in the 10-16-18 addition.
 - Parent newsletter communication sent to elementary school offices.
 - School community engagement included meeting with 2-3 school leadership personnel before each district wellness committee meeting. In addition, the committee surveyed elementary school principals to gain information on what is currently happening in their schools and to get their feedback.
 - District wellness documents were updated and revised to align the information in the “Creating Healthy Schools & Classrooms” brochure.
 - The brochure was posted in the parent resource section on the nutrition services website.
 - The committee wrote recommendations and proposed changes to the language in procedure 6700 to the administration and school board. These recommendations will be presented to the associate superintendent of school support services for consideration when procedure 6700 is updated.
- Goals for 2019-2020
 - Continue staff email communication and add other avenues of getting the message out to school staff; increase number of times in SPS Weekly.
 - Increase parent communication: NS electronic mailing in August; September open houses; parent newsletter articles; attach in NS Healthy Living web link; create monthly Sound Bites and send to school offices, social media blasts; communication to PTSG leadership.
 - Guide staff and parents on where to get ideas for non-food rewards and incentives as well as what can be purchased that is Smart Snack compliant.

- Continue to strive to make these guidelines prescriptive vs suggestive.
 - SPS Website- the committee help to ensure that the information and documents are organized so that they are easily assessable for the staff and parents.
 - Monitor the progress toward the goal of creating a healthier school food environment.

- **ACTION ITEM 3- FITNESS AND HEALTH:**
 - Sub-committee members
 - Stephanie Splater, SPS Coordinator- Fitness & Health Activities
 - Shasta Glotfelty, Fitness and Health Stevens
 - Sarah Goodey, Elementary Fitness & Health Coordinator
 - Linda Bushinski, Secondary Fitness and Health Ferris
 - Accomplishments 2018-2019
 - Continue work on consistent and updated Elementary Curriculum
 - Begin Scope and Sequence Documents
 - Provide additional resources through the OpenPhysEd Supplemental Curriculum
 - Professional development for staff
 - Partnered with Nutrition Services in January on Fuel Up to Play 60 promotion.
 - Goals for 2019-2020
 - Partner with Nutrition Services and WSU Extension Food Sense to collaborate on monthly theme and nutrition and physical activity messaging.
 - Continue to provide Professional Development and resources for Fitness teachers around Nutrition activities and lessons.
 - Continue Professional Development around OpenPhysEd curriculum.

- **NEW ACTION ITEM 4- NUTRITION EDUCATION MESSAGING FOR STUDENTS AND FAMILIES**
 - Overview: Providing sound nutrition information for students and families has been listed as a priority area as well as a key recommendation by the Wellness Committee since 2016-2017. A collaborative partnership has been formed between NS, Fitness and Health and WSU Food Sense, a vision determined and planning has been done to implement coordinated nutrition education messaging through multiple channels in the 2019-2020 school year.
 - Sub-committee members
 - Lori VanAnrooy, WSU Extension Food Sense, Community Partner
 - Doug Wordell, RD, Director, Nutrition Services
 - Stephanie Splater, SPS Coordinator- Fitness & Health Activities

- Action Plan 2018-2019
 - Determine the goal and vision of the project.
 - Develop a plan for the year with monthly themes that align with Nutrition Health Education Core topics.
 - Inform key team members of the plan.
 - Develop a communication plan.

- Accomplishments 2018-2019
 - Met to collaborate on plan.
 - Developed a plan for the year with monthly themes that align with Nutrition Health Education Core topics.
 - Presented idea and asked for feedback at Fitness and Health K-12 Content Learning Team Meeting in April.
 - Developed a communication plan and who will be responsible for each piece.

- Goals for 2019-2020
 - Overview plan with monthly theme and messaging sent to all Fitness and Health Educators and kitchen managers by August 2019.
 - Create the materials.
 - Get the message out through the following channels; White board fun facts for the cafeteria and gym, monthly menu document, parent newsletter, NS website (Healthy Living), digital signage, and social media blasts.
 - Evaluate for success and what needs improvement.

KEY RECOMMENDATIONS: The key recommendations to the superintendent include:

1. **Continue to Grow Recess Before Lunch in Elementary Schools:**

Overall RBL encourages consumption of lunch (decreases waste) and sets students up for success in the classroom; in general students are more settled and conflicts related to recess have been worked out or let go after time in the cafeteria eating lunch. The best model seems to be the enhanced model that was first tried at Cooper Elem. and is now being used by several elementary schools.

- Teacher contract compliant; 30 minutes of uninterrupted lunch for teachers. Then the teacher joins their class in the cafeteria for 20 minutes for lunch.
- Helps with staffing the cafeteria; no para needed in the cafeteria and more outside supervision.
- Teachers like the time in the cafeteria connecting with their students in a different environment and they are not dealing with playground issues after lunch in the classroom. Questions have been asked related to the loss of 10 minute of instruction time; this is recouped through

restorative time and time gained from student readiness to learn after lunch.

2. Creating Healthy Schools and Classrooms Guidance

- Principal survey results showed that elementary schools still use food as an incentive/reward and allow food/ treats in classroom and school celebrations. Non-food incentives and activities are also used. Some principals stated that they would like to have more guidance on this issue. It would be helpful for administration to have guidance from policy and procedures in working with teachers, staff and parents, to create consistency from school to school, and to ensure student safety and health.
- Encouraging healthy behaviors for students by using non-food reward, incorporating physical activity in class, and celebrating in a healthy way is important in striving to create healthy lifelong learners.
- The wellness committee recommends formal changes to the language related to healthy school environment in procedure 6700 to require staff to comply;
 1. Requiring that food and beverages not be used as a reward/incentive or withheld as disciplinary action for any reason, such as for performance or behavior.
 2. Requiring that no food or beverages be brought into the classroom for individual student birthday celebrations.
 3. Encouraging parents and staff to contribute healthful food and beverage items to classroom parties and school celebrations to comply with nutrition standards. Federal guidelines state that all food offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards

3. Evaluate and Monitor Healthy Food Environment: The wellness committee did not visit sites this school year to review the food sale environment. It is recommended that site visits occur at a sampling of schools in 2020 and that a short survey of principals and staff be done to collect feedback on the food environment at schools. The areas to review include:

- Vending
- Food Sales
- Fundraisers
- Classroom parties and celebrations

The wellness committee could also review existing health reports. Those reports could include:

- The School Health Report related to Wellness
- Spokane Regional Health District's regional health reports

4. **Managing Food Waste:** All elementary schools will be using a 9 inch plate starting August 2019. The plate will provide a home-style eating experience and help reduce food waste. Ways that food waste could be measured could include:
- Measure the food cost year to year.
 - Survey custodians and ask their feedback.
 - Do a plate waste study in partnership with WSU.

APPENDIX:

SPS RECESS BEFORE LUNCH- ONE PAGE Q&A- revised 2019

LIST OF SPS RECESS BEFORE LUNCH SCHOOLS- 2018-2019

SPS RECESS BEFORE LUNCH GUIDE

CREATING HEALTH SCHOOLS AND CLASSROOMS- SUMMARY OF
PRINCIPAL SURVEY RESULTS AND RATIONALE

PRINCIPAL SURVEY

RECOMMENDED 6700 PROCEDURAL LANGUAGE- REWARDS, BIRTHDAY
CELEBRATIONS AND CLASSROOM PARTIES/ SCHOOL CELEBRATIONS.

CREATING HEALTHY SCHOOLS & CLASSROOMS – brochure