

Spokane Public Schools Nutrition and Physical Fitness Wellness Committee

2017-18 REPORT TO THE SUPERINTENDENT

Advisory Committee Team Members

Doug Wordell, RD, Director, Nutrition Services, Chair
Rebecca Doughty, Coordinator, Health Services
Pam Tatosky, Purchasing Department
Brett Hale, High School Assistant Principal for Activities Administration
John O'Dell, Middle School Assistant Principal
Heather Jordan, Elementary Principal Assistant
Sarah Goodey, Elementary Fitness & Health Coordinator
Dempsey Ortega, Marketing Teacher/DECA Advisor
Linda Bushinski, Secondary Fitness and Health Ferris
Paula Lutsey, Longfellow Elementary Nutrition Services Worker II
Greg Lang, UW PA medical program
Ponrat Pakpreo, MD, Sacred Heart Children's Hospital
Stephanie Splater, Fitness and Health Cooper
Shasta Glotfelty, Fitness and Health Stevens
Amy Dawley, Local Gardens, Parent
Janell Buchkoski, Nutrition Educator
Laura Martin, Nutrition Educator Empire Health Foundation
Natalie Tauzin, RD, MPH, Spokane Regional Health District
Megan Read, Community Member, Parent
Raeann Ducar, RD, CD, WSU Extension Food Sense

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 in compliance with wellness policy and procedure and make recommendations for creating a healthy school environment.

VALUE: “Student health is a priority in helping students to achieve their **full academic potential.**”

VISION: To see physical fitness and healthy living as a natural part of the educational environment.

LAWS & PROCEDURE:

Senate Bill 5093: The Washington State legislature passed **Senate Bill 5093** in 2007.

Summary:

S.B. 5093 Section 5: By 2010, ALL school districts will have a wellness committee to recommend improvements for healthy foods, physical activity, and childhood fitness. Minimum food standards recommended.

Fitness recommendations by 2010:

1. All students’ grades 1-8 “should” have least 150 minutes physical education weekly.
2. All health and fitness instruction by appropriately certified instructors.
3. By the 2011-12 school year, waiver or exemption policy for fitness (PE) requirements for high school students based on meeting both health and fitness curricular concepts as well as ways to engage in physical activity.

SB 5093 Web link: <http://apps.leg.wa.gov/documents/billdocs/2007-08/Pdf/Bills/Senate%20Bills/5093-S2.pdf>

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.

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 2017-2018 wellness committee did develop an implementation plan in 3 key areas, work in sub-committees and accomplish measurable goals. Included in the future 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.

Empire Health Foundation and Scratch Cooking Grant: The Empire Health Foundation (EHF <http://empirehealthfoundation.org/>) invested in SPS Nutrition Services to create a transformational change in our school meal program that could lead to synergistic healthy school environment changes throughout our district. The 3 year EHF grant is completed and sustainable for the SPS Nutrition Services meal program. Lunch participation is down only slightly (1-2 %) while breakfast counts are up and the program is at a breakeven status. The scratch cooking program launched a new logo in the 2017-18 school year promoting local, fresh, and delicious food. The menus and recipes are continually being updated and improved to meet the tastes of students today. A new Chef and Registered Dietitian, Garrett Berdan, has been hired to lead the program. He is recognized nationally for his culinary training and innovation in school meal program recipes.

Community Partnerships: The Nutrition Services team has continued to provide an innovative meal program that actively collaborates with community partners including:

- **Washington State University Extension Food Sense:** WSU Food Sense has collaborated with the department to promote monthly marketing themes, local grown fruits and vegetables and farmers, and new scratch cooking entrees in school cafeterias using Smarter Lunchroom design strategies. WSU Food Sense Nutrition Educators provide nutrition education to 4th graders in high need schools in Spokane Public Schools. Support projects by WSU Extension include; Taste

WA Day local grown corn on the cob events at Stevens and Cooper Elementary, Veggie of the Month tasting tables at Lidgerwood Elementary, after school garden club education and support at Longfellow and Stevens Elementary, Fit for Bloomsday nutrition education at Grant Elementary, staff training presentation for Cooper and Lidgerwood Elementary, Wellness Committee leadership and behavioral economics training at Culinary Academy.

- **Spokane Regional Health District:** The Spokane Regional Health District (SRHD) has partnered with the department to provide support for; training for behavioral economics at Culinary Academy; assessing effectiveness and making recommendations for the Kitchen quality review evaluation tool; conducting surveys; serving in a leadership capacity on the district Wellness Committee. SRHD dietitian, Natalie Tauzin, led a wellness sub-committee for Recess Before Lunch (RBL). The result was the creation of a SPS Resource on RBL, about Spokane schools doing RBL, for Spokane schools considering RBL. The conversation and the resource has already resulted in 4 schools planning to make the change to RBL in the 2018-19 school year.
- **WSU and University of Idaho Dietetic internships** provide professional experiences for graduate students and excellent research and nutrition education classes for our students and staff.

Local Foods/Farmers: The SPS Nutrition Services continues to promote local foods and farmers as part of its local nutritious, and delicious promotion. Month long events took place in November and April featuring local grown potatoes and blueberries, respectively. The locally grown produce was purchased through a partnership with LINC Foods. During both months, the actual farmer visited several elementary schools during lunch so students could meet the farmer who grew the food. Farm posters were created and displayed. See videos created by SPS; November, Organic Potatoes from Cloudview Farms; and in April, Organic Blueberries from Riley Creek Farm:

<https://www.youtube.com/watch?v=p4rQhBWmPM0>

- American Produce is a local farm and produce distributor located north of Spokane in Omak. Spokane Public Schools currently purchases \$170,000 of local produce items from American produce as a part of the Fresh Fruit and Vegetable Program that provides fruit and vegetable snacks to the district's 13 highest free and reduced elementary schools.
- Shepherd's Grain: The SPS partnered with ADM Mills to create a whole grain muffin mix that used locally grown Shepherd's Grain. The district has also partnered with a Spokane company, Rizzuto's Foods, to make a scratch whole grain pizza crust that uses Shepherd's Grain. This partnership is one of the largest local foods project for schools in Eastern Washington and helps other smaller school districts in the area access locally grown grain products. Check out the [Farm To Fork video on SPS and Shepherd's Grain.](#)

Other Monthly Promotions/ Educational Themes led by Nutrition Services:

- September: Power Up Day- featured scratch entrée- Zesty Italian Pasta
- October: National School Breakfast Week with featured scratch entrée- Chicken Parmesan with Pasta
- December- Power Up Day-new scratch entrée- Creamy Thai Chicken w/ Rice
- January- Drink Water Theme- water bottle giveaways in the cafeteria
- February- Heart Health Month
- March- National School Breakfast Week. Free breakfast offered for all SPS students the week of March 5-9!
- April- “Taste It, Don’t Waste It”- focus on food waste; It is Not Nutrition Until it is Eaten and we can all take care of our earth by wasting less food.

Community Eligibility Provision (CEP): The Spokane Public Schools has 3 schools currently participating as CEP schools. Holmes, Grant, and Stevens elementary schools have finished their 4th year on the program. The first two years schools lost local and federal funding due to a loss in their Free and Reduced percentages. This was due to parents not turning in the Family Survey which is not required but ensures the school’s Free and Reduced percentage is maintained. After developing best practices in communicating with parents and collecting the Family Surveys, the 3 schools have maintained their FR meal percentages and state and federal grant funding. Two additional schools, Eagle Peak and Logan Elementary, will be added to the CEP application for the 2018-19 school year. The district will continue to monitor the benefits of the CEP program and the potential funding loss that is associated with the decrease in a school’s Free and Reduced percentage.

Student Stores:

The Nutrition Services department sends out annual communications regarding the required compliance to the HHFKA and Smart Snacks. The Nutrition Services supervisors and the Wellness Committee will continue to monitor and support DECA advisors and students to ensure compliance with the procedure and provide new nutritious options for sale in the student stores.

Staff Wellness:

SPS Cares provided weekly self-care messages to all SPS staff. Teaching and Learning, School Counselors and Nutrition Services partnered to contribute the messages that provided a variety of wellness topics on a weekly basis. The District staff wellness team also provide two wellness charts for staff that challenges staff to improve their relationships, physical activity, healthy eating, and healthy living. Over 1500 district staff members returned wellness charts and received prizes and incentives supported in part by our wellness sponsor HomeStreet Bank.

DISTRICT WELLNESS COMMITTEE GOALS 2017-18

The District wellness committee met and **established three priority ACTION areas** for the district level wellness/ policy/ procedure. Sub-committees were formed in 3 priority areas.

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 a motivated group committed school personnel including the principal, this change can be smooth and successful.
 - A **key recommendation** of the 2015-2016 Wellness Committee recommended that 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 Recess Before Lunch.

- Sub-Committee Members
 - Natalie Tauzin, RD, MPH, Spokane Regional Health District
 - Raeann Ducar, RD, CD, WSU Extension Food Sense
 - Amy Dawley, Parent, Hutton Elementary School
 - Heather Jordon, Principal, Madison Elementary School

- Action Plan
 - Interview school principals and staff from all schools doing RBL and from schools not doing RBL to identify logistics and benefits on what works as well as barriers to considering RBL.
 - Gather from RBL school interviews helpful tips for overcoming challenges, testimonials, resources such as standardized rules for playground games, and a list of principal who support RBL and are willing to be a resource for other schools interested in RBL.
 - Create a SPS guide to RBL based on assessment results, scientific research and national best practices.
 - Provide the RBL guide to all principals interested in learning more about RBL.
 - By June 2018, at a districtwide elementary school principals meeting, present the RBL guide, tips and key contacts to non-RBL school principals interested in learning more.
 - Support non-RBL schools in evaluating and adopting systems to implement RBL.

- Accomplishments
 - Interviewed 37 staff at 17 schools who are currently doing RBL and 14 principals/staff at 14 schools who are not doing RBL.
 - Completed SPS Recess Before Lunch Guide.
 - Presented and distributed SPS Recess Before Lunch Guide to 15 principals
 - 3 schools made a commitment to implement RBL in the 2018-2019 school year.
- Measurable Goals for the 2018-2019 school year
 - RBL guide developed and distributed to all elementary principals.
 - RBL presentation made to elementary principals in May, 2018.
 - SPS wellness committee to research process for posting SPS RBL guide on district website by September 2018.
 - SPS wellness committee to make SPS RBL guide available to all schools on district website by December 2018.
 - SPS wellness committee to support Stevens, Garfield, Whitman, and Holmes to adopt RBL during the 2018-2019 school year.
 - SPS wellness committee to support all schools willing to adopt RBL by June 2020.
- Future Goals
 - Create a sample training protocol for preparing staff and students for RBL.
 - Create a sample written process for how to integrate PBIS into the RBL transition process.
- **ACTION ITEM 2- HEALTHY SCHOOL ENVIRONMENT: with a focus on non-food reinforcements (PBIS) and school celebrations:**
 - 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.)
 - A **key recommendation** of the 2015-16 of the wellness committee (formerly health advisory committee or HAC) stated that they support the district's Healthy Food Environment Guidelines, and recommended that continued priority be place on schools complying with the guidelines. Reducing candy, allergens, and non-nutritious food items in the school environment will improve the health of our students and the learning environment.
 - This sub-committee met 3 times, communicated frequently to include all members and reported to the district wellness committee for feedback and approval.
 - Sub-committee members

- Doug Wordell, SPS Nutrition Services Director
 - Raeann Ducar, CD. WSU Extension Food Sense
 - Megan Read, Hutton Elementary School Parent
 - Paula Lutsey, Nutrition Services kitchen team member, Longfellow Elementary
 - Natalie Tauzin, RD, MPH, Spokane Regional Health District
 - Brenda Cashion, Nutrition Services Clerk

- Action Plan
 - Create a district Wellness brochure that can be used for training new hires of SPS during new employee orientation induction and for distribution/communication to all school staff. Work on the brochure in collaboration with teaching and learning.
 - Nutrition Service’s Healthy Food Environment; Party, Snack and Fundraiser Guidelines document should align with the new drafted brochure.
 - All staff needs to receive communication on a regular schedule. Develop a multi-level communication system.
 - Research incorporating key messages into the district PBIS (Positive Behavior Intervention and Support) model to increase the likelihood of procedures being followed and sustainable.

- Accomplishments
 - Final brochure, “Creating Healthy Schools & Classrooms”
 - Met with T & L to get their recommendations on communicating the message. They recommended a multi-level communication system to reach all school staff. They were included in the review of the drafted brochure.
 - HR did review the drafted brochure and made recommendations for using it for new hires at new employee induction and for all school staff.
 - Key partnerships and strategies for on-going training and communication identified: Principals, teachers, school counselors, PBIS coaches, secretaries and parent organizations.
 - Healthy School Environment; Party, Snack & Fundraiser Guidelines updated.
 - A multi- level communication schedule drafted for communication with new staff, all staff and parents through e-mails, SPS weekly, newsletters, websites and mailings.

- Future Goals
 - Lead implementing multi-level communication schedule. Track the number of contacts per year.
 - Track the number of new employees that receive the brochure.
 - Lead community involvement and outreach; Set up meetings/ listening sessions with communities most impacted to engage them

in the process so that the information shared and trained, increasing the likelihood that it will be followed.

- Continue monitoring the progress toward the goal of creating a healthier school food environment.

- **ACTION ITEM 3- FITNESS AND HEALTH:**

- Brain Breaks: Incorporate movement into the school day
 - Good brain research points to the importance of physical activity and the positive impact on testing scores and learning. The Wellness Committee supports the district's implementation of brain break strategies at the elementary level and encourage continued training and support for teachers to build capacity for effective incorporation into the classroom.
- Fitness and Health Requirements:
 - Current law states grades 1-8 shall receive 100 minutes of fitness and health each week. Currently our fitness and health programs offer students 60 minutes of Fitness and Health each week in grades 1st-6th.
- Health and Fitness Staff are considering the purchase of a web and application based software that will help students and staff incorporate physical activity in the classroom.

KEY RECOMMENDATIONS: The key recommendations to the superintendent include:

1. **Fitness and Health Coordinator position expanded to include middle and high schools:** The value of leadership that will maintain and grow the Fitness and Health program is critically important. The Fitness and Health Coordinator position was recently created for the elementary fitness teachers, however the position is not aligned to support the middle and high school fitness program. The Wellness Committee recommends that the Fitness and Health Coordinator position be structured to effectively support all fitness and health teachers and provide effective continuity between all levels of fitness and health. Currently the secondary support staff is part time and the staff member does not have the ability to direct and coordinate curriculum and staff training needs effectively.
2. **Nutrition education for parents:** Giving sound nutrition information for parents is a priority for the Wellness Committee. The resources for parents could include:
 - Annual parent flier for district procedure
 - Nutrition sound bites for school newsletters
 - Information placed on monthly elementary school menus
 - Place calorie and nutrition resources on the District's web page
 - Healthy choices brochure for classroom snacks
3. **Time To Eat:** If recess before lunch is not an option for elementary school, it is recommended that schools implement a set time (10-15 minutes) that students

will stay to eat in the cafeteria to reduce pressures for students to rush through lunch to go and play. : The elementary principals were surveyed in 2014 and five out of the 29 schools said they have recess before lunch (just over 17%).

4. **Health School & Classroom Food Environment:** To help our students develop lifelong healthy eating habits and improve their academic potential it is recommended that the District consider an increased emphasis on not using food as an incentive and not offering candy or sugary treats and drinks in the Spokane Public Schools. Options to consider are:
 - Prohibit the use of district funds for candy and pop offered in the classroom.
 - Formalize the healthy school environment guidelines into a district procedure and require staff to comply
 - Fund a district wide health and nutrition education program for both staff and students.

APPENDIX:

SPOKANE PUBLIC SCHOOLS RECESS BEFORE LUNCH GUIDE

SPS RECESS BEFORE LUNCH- ONE PAGE Q&A

CREATING HEALTHY SCHOOLS & CLASSROOMS – brochure

CREATING HEALTHY SCHOOLS COMMUNICATION TRACKING WORKSHEET