

Wellness Policy Advisory Group
Notes 5.19.2016

Members present: Analisa Ficklin, Gail Knops, Anne Welsh, Jessica Sankey, Steve Wiley, Jaren Tilley, Brooke Larrabee, Mary Anderson, Erica Lamson, Sarah Simpson, Nikki Lockhart, Tanya Peckler, Heidi Rodriguez, Maria Tyas, Tanya Rowe

Members absent: Alison Merz, Mark Dalton, Caroline Greer, Kathy Thompson

Welcome & Plan

Jobs for our group:

1. Draft the Nutrition Education section
2. Revise the Nutrition section based on our group conversation
3. Revise the Physical Activity section based on our group conversation
4. Look at all four sections together & assess how close we are to representing our shared understandings
5. Invite a wordsmithing team to revise & make sure language is consistent & not repetitive
6. Review final draft before submitting recommended Wellness Policy to Dr. Baker

Activity: 4 Stations. 20 minutes each

- At 4:35, groups asked to summarize findings/notes of their final station
- Individuals picked the station where they most wanted to work; stayed for as long as they liked
- Stations: Nutrition, Nutrition Education, Physical Activity, or The Whole Enchilada

Instructions: Review common elements of Nutrition Education section

- What do you like, dislike, find missing?
- Compare Nutrition Education section with the 3 other sections we have drafted. Where are the redundancies?
 - If you find redundancies, note the section where you think the important element *should* be articulated.

Instructions: Read the revised nutrition section. Discuss as a group and offer revisions.

Please note: One big change from our conversation in the last meeting. We did not land on standards or measurable definitions for food served in snacks, celebrations, or fundraisers. In this draft, I have included the priorities the Farm-to-School advisory group uses to assess food, with the addition of "safe".

What do you think about judging our food according to these categories, in order of importance?

1. Safe
2. Whole/minimally processed

3. Fresh
4. Local
5. Sustainably grown

Instructions: Review our draft & comment

Instructions: Look at all four sections together (recognize that the group has not yet reviewed Nutrition Education or our revisions of Nutrition or Physical Activity)

- Observe & note the TENSION POINTS
What portions of the wellness policy as written don't ring true/don't represent our thinking/seem unlikely or not feasible?

Next Steps & Adjourn

Call for wordsmithing small group

Next all-group meeting: **June 8, 3-5 pm**

Review draft of complete recommended Wellness Policy

Nutrition Education

Bellingham Public Schools recognizes a link between nutrition education, the food served in schools, and academic achievement.

BPS recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school.

BPS recognizes its role in modeling and actively practicing through policy and procedures the promotion of health and nutrition.

Sharing and enjoying food is a fundamental experience for all people and a primary way to nurture and celebrate our cultural diversity. These fundamental human experiences are vital bridges for building friendships, forming inter-generational bonds, strengthening core values, and promoting the general wellness of our community.

Students are exposed to quality evidence-based nutrition education allowing them to develop lifelong healthy behaviors; meeting or exceeding the WA State Health Education standards

Students learn where food comes from and how it is grown, as well as how to make healthy choices and how nutrition impacts their bodies and growth and development.

Farm-to-School *Participating in 4 of 5 Farm to School activities allows for HSP Gold level:*

- Local and/or regional products are incorporated into the school meal program;
- Messages about agriculture and nutrition are reinforced throughout the learning environment;
- School hosts a school garden;
- School hosts field trips to local farms;
- School utilized promotions or special events, such as tastings, that highlight the local/regional products

Nutrition

We encourage a lifetime of healthy eating by serving students nourishing, delicious, whole foods in a welcoming environment. *Bellingham Food Service Vision Statement*

When we offer food to students, we foster a healthy relationship with food.

We respect the human need to eat, to share meals, and to include food in our celebrations.

In Bellingham:

- 1. The food we serve students—in our school meal programs, in classroom celebrations, sold in school or during fundraisers—reflects our values.**
 - Every student has access to a healthy and nutritious breakfast and lunch.
 - All foods and beverages served in the school meal program meet or exceed the requirements of the National School Lunch Program and the School Breakfast Program.
 - Food is neither a punishment nor a reward
 - We model healthy celebrations and fundraising by being intentional when including food.
 - We prioritize serving, selling, and marketing food that is *safe, whole, fresh, local, and sustainably grown*, in that order. These priorities govern:
 1. Snacks that are not part of a federally reimbursed child nutrition program, during the school day and extended school day
 2. Food and beverages served during celebrations, during the school day and extended school day
 3. Food and beverages sold to students during the extended school day (including but not limited to vending machines, school stores, snack or food carts)
 4. Fundraising efforts. Fundraising during and outside school hours sell only non-food items or only foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards.

- 2. The environment where we serve food reflects our values. In order to foster a healthy relationship with food, we recognize the cafeteria as a classroom, and we respect opportunities for best learning.**

- 3. Our staff is trained and prepared to help students foster healthy relationships with food.**

School nutrition services staff meet or exceed the annual continuing education/training hours required by the USDA Professional Standards requirements.

Implementation goals:

1. Our goal is that food served in school meals, school-provided snacks during the extended school day, celebrations during the school day, or school-related fundraisers will be *safe, whole/minimally processed, fresh, local and sustainably grown*.
2. Students need enough time to eat (*Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated*).
3. Recess is before lunch.
4. Breakfast may be eaten in the classroom.

Physical Activity

The Bellingham Promise commits to developing students who are “healthy and active individuals.”

Physically active children are healthier children. The US Department of Health & Human Services recommends that youth engage in a minimum of 60 minutes of physical activity every day.

Bellingham Public Schools has a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities.

In Bellingham:

Physical activity is an essential part of the school day. Students are encouraged and enabled to be active as much as possible.

Physical activity includes: active time before school, during recess, physical activity opportunities in the classroom, and after school activities.

Physical activity complements and does not replace physical education.

Physical activity is essential for every student and is neither a reward nor a punishment.

We meet or exceed Washington State standards for adequate recess minutes.

Recess before lunch is a best practice encouraged in Bellingham Public Schools.

Active transport to schools is encouraged. A district Safe Routes to Schools committee will examine the preferred routes to walk or bike to school safely.

Teachers model behavior in our schools. Our district supports teachers in being physically active, encouraging physical activity during class time, and participating in physical activities alongside students.

Bellingham invites community use of school physical activity facilities outside of school hours. Shared use agreements are available for community partners to be able to access Bellingham Public Schools facilities.

Implementation goal: Students are physically active 60 minutes daily

Physical Education

The Bellingham Promise commits to developing students who are “healthy and active individuals”.

The [Every Student Succeeds Act of 2015](#) recognizes physical education in the definition of a well-rounded education.

[The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.](#) (National Standards for K-12 Physical Education)

In Bellingham:

1. We foster a culture of health and wellness
2. Physical education is an essential academic subject. Physical education in Bellingham Public Schools is developmentally appropriate and meets or exceeds [Washington State Physical Education K-12 Learning Standards](#).
3. All students have equal opportunity to participate in physical education classes. We make appropriate accommodations to allow for equitable participation for all students and adapt physical education classes and equipment as necessary.
4. A key strategy of the Bellingham Promise is “great teaching with strong support”. The expectations for excellence are consistent for all educators in the system.
 - a. Physical education teachers have the professional development, classroom time, space and equipment they need to excel in their jobs.

Implementation goals:

1. Students in grades 1-8 participate in a [minimum of 100 minutes](#) of physical education each week. **WAC 392-410-135**
2. Students in grades 6-12 participate in physical education classes rather than waiving physical education class.
3. Assessment for learning in physical education involves students in assessing fitness, sportsmanship, and developing skills, with a focus on growth over time.
4. Physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.