



# PORT TOWNSEND SCHOOL DISTRICT

## LEARNING THROUGH A SENSE OF PLACE

### ANNUAL WELLNESS POLICY COMMITTEE REPORT 2018

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#### Nutrition: Standards and Food Service Operations

- The District serves fresh, whole and locally grown foods and avoids processed and sugary foods to a significant degree of 10% of the foods served. The goal is to increase the percentage by 3-5% each year.
- The minimum 20 minutes eating time is being met at the secondary level and will be met at the primary level starting with the 2018-19 school year.
- According to principals, although classroom practice may still include some food and beverage rewards, the occurrences have diminished.
- Food waste composting practices have been inconsistent, but procedures are being worked on in collaboration with Students for Sustainability.
  
- District Celebrations
  - Wellness Committee completed a Strategic Plan for 2018-2021.
  - 2017-18 district theme of Wellness and Health that started with the teacher back to school day in August.
- High School Celebrations
  - Concessions are aligned with the Smart Snack guidelines for at least 50% of the items sold.
  - Redhawk Java stand is aligned with the Smart Snack nutritional guidelines to make drinks lower in fat and calories.
  - Increase in numbers of students eating lunch on campus with students reporting they enjoy the variety of freshly prepared foods.
  - Garden has tripled in size and is worked by Jen Kruse's freshman health class throughout the year. Produce is used by our culinary arts class, district food service, and the food bank.
  - Garden coordinator Farmer Zach is a great partner to Jen Kruse and the students enjoy working with him.
- High School Challenges
  - Expenses required to contract with Farmer Zach and maintain the garden. Ongoing funding needs to ensure sustainability and growth.
  - Due to expectations around fundraising practices, more fundraisers are run through parent groups, which eliminates the school's ability to supervise and oversee the financial practices of such projects.
- Blue Heron Celebrations
  - After School Tutoring and Enrichment Program includes a healthy snack prepared by the high school culinary class.
  - 100% of beverages sold in the vending machine are sugar free.
  - The Food Co-op sponsored a Healthy Cooking Club for 4<sup>th</sup>-8<sup>th</sup> graders.
- Grant Street Celebrations
  - Large number of students regularly eat "highly nutritious food offered at school" both during breakfast and lunch.
  - Garden program engages every student in the school with gardening, science, and nutrition lessons, including preschool.
- Grant Street Challenges
  - Without a cafeteria, Grant Street does not always have a pleasant eating environment for students and complicated serves sometimes take a very long time in this environment which results in longer lunch serving times. Relief is expected with the construction of the Salish Coast Elementary Commons.
  - The ongoing costs of the Garden Coordinator position take a significant portion of the discretionary funds in the school budget. With the addition of 4<sup>th</sup> and 5<sup>th</sup> graders and the

expansion of the garden with the production garden, additional funds will be needed to support this program.

#### Physical Fitness: Health and Fitness Programs:

- Strengthened the PTSD's K-12 Physical Education Program by increasing educator's competence and confidence in teaching to State and National Physical Education Standards to guide student learning.
- Strengthened PTSD's Physical Education Program by providing a planned, sequential, K-12 standard-based program of instruction through a progressive scope and sequence designed to develop motor skills, knowledge, fitness, and self-efficacy (to become physically literate individuals).
- Integrated curriculum planning and mapping utilizing the National Standards and Grade Level Outcomes for K-12 Physical Education as the basis for content as well as the importance of planning within the grade level (horizontal mapping) and across the grade levels (vertical mapping).
- Strengthened the Physical Education learning environment by modeling and encouraging positive learning cultures that are physically and emotionally safe, and conducive to teaching and learning (by demonstrating and developing routines and procedures necessary to create and manage an effective learning community), as well as, integrating differentiated instruction to ensure inclusion; meeting the needs, interests, and abilities of each student.
  
- High School Celebrations
  - PE teacher has received two (2) years of professional development to support the PE program focus on wellness activities that support lifelong exercise habits.
- High School Challenges
  - PE program requires additional transitioning to wellness activities.
  - Ongoing expenses for PE consultant.
- Blue Heron Celebrations
  - PE Program partners with The Recyclery to provide a bicycling unit.
  - PE teacher also receiving professional development from PE consultant to align with standards and improve overall programming for students.
  - Enrichment class offerings have included fitness, yoga, and biking
- Grant Street Celebrations
  - All students have PE twice a week and two recesses a day.
  - Students, including preschool, engage in a set of 6-8 swimming lessons at Mountain View Pool.
  - PE Teacher has worked hard with our PE Consultant to improve program to align to national standards. Many families and staff engage in active transportation by walking or biking to school at least occasionally.
  - Most classrooms regularly take field trips to the Fort Worden Classroom and engage with this place-based learning sites; additionally other opportunities such as the Salmon Release happen periodically throughout the year.
  - Grant Street has several partnerships with community organizations and vendors who promote lifelong health and well-being. One celebration of this was the first annual Wellness Fair, which included a number of partners, including SBG Martial Arts, County Recreation, Twisters, The Health Department, and many others.
  - Grant Street works actively with the Health Department to increase immunization rates of students.
  - Grant Street's strong connection with Jumping Mouse supports the social and emotional wellness of our students. Additionally our school counselor's work with the Second Step curriculum across the school has also benefited our students in this area of wellness.
- Grant Street Challenges
  - If the swimming program adds fourth and fifth graders, there will be increased bus costs, as well as scheduling complications, as we are currently using all of the time the Mountain View Pool has allotted to our lessons.
  - Grant Street has worked very hard this year with reduced areas to play to support a fun, active, and safe recess. We are very much looking forward to our playground and outdoor learning courtyard next year.
  - Scheduling is going to involve a number of challenges as Grant Street changes from a Birth to Grade 3 School to a Birth to Grade 5 School. It's important to have a schedule that allows for students to receive core instruction and support services. Recess and lunch schedules will have to be balanced with these scheduling goals