



PORT TOWNSEND SCHOOL DISTRICT

LEARNING THROUGH A SENSE OF PLACE

ANNUAL WELLNESS POLICY COMMITTEE REPORT 2019

Stacey Larsen, Food Services Director
Julie Russell, Dean of Students Blue Heron
April 18, 2019

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.
- All schools have a 20 minute lunch period-increased time is being looked into at Salish Coast.
- The School District is Smart Snack Compliant.
- The District is focusing on non-food based rewards.
- A Composting Curriculum and system is being developed.
- New farmer/food producer relationships are being cultivated.

- District Celebrations
 - 5210 Jefferson-the district is focusing on last goal of that. Providing fruit and vegetable infused water during SBAC testing.
 - Focus of non-food based rewards and provided information to district staff.
 - Collaborating with the Whidbey Island School District to create garden curriculum K-12 that meets state standards.
 - Added Vaping to the Wellness Committee education/outreach to the Middle and High School Students.
- High School Celebrations
 - One compost cube will be delivered to the High School the week of April 15th.
 - Farmer Zach is working with the Master Gardeners to build a pollinator garden on the hillside.
 - Zach and Jennifer Kruse are building an outside produce washing sink along with a hand washing sink.
- High School Challenges
 - Expenses required to contract with Farmer Zach and maintain the garden. Ongoing funding needs to ensure sustainability and growth.
- Blue Heron Celebrations
 - Julie Russell is working with Karen Obermeyer from County Health to work on a vaping education program-will add that to our Wellness Policy Strategic Plan-work with the Empowering Teens Coalition.
- Salish Coast Celebrations
 - Built a new school with an amazing playground that the students and community members love.
 - Creating a 15,000 sq. foot garden with community members' help.
 - Almost 60% of the students eat school lunch.
 - Garden classes started on April 8th and are focusing on building healthy soil.
 - Two compost cubes will be delivered the week of April 15th to hold up to 100 pounds of food scraps per day.
- Salish Coast Challenges
 - Support for the functions of a Garden Coordinator is still a challenge.

Physical Fitness: Health and Fitness Programs:

- After working with the PE consultant, recommendations were made and appeared on last year's report. Recommendations are reviewed at Wellness Committee Meetings.
- Moving Forward:
 - Elementary and Middle School Physical Education teachers are researching curriculum.
 - One option, provide time for collaboration.

- Salish Coast Celebrations

- Hired a PE teacher that splits time between the Elementary and High School.
- Preschool-3rd grade swimming program is continuing.
- Blue Heron Celebrations
 - Bike to School day is May 8th.
 - The biking curriculum is starting soon at Blue Heron.
 - The ReCyclery fixed all of the broken bikes at Blue Heron and the Rotary Club paid for the repairs.

Other Health Goals:

- Work with the Jefferson County Public Health Department to implement a substance abuse education plan.
- Collaborate with families and local Community Health Improvement Plan to increase the number of students who are up to date for age for school required vaccines.
 - Spring 2019 inform school communities about immunization rules.
 - Fall 2019 implement exemption process per School Board direction.