

Wellness Policy Assessment Report

Palouse Prairie School of Expeditionary Learning Wellness Policy

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PPSEL Wellness Policy Assessment: The following is a qualitative assessment of the school's progress in meeting the goals laid out in the PPSEL Wellness Policy.

Below are activities PPSEL undertook in the 2012-2013 and 2013-2014 school years in accordance with the PPSEL Wellness Policy goals.

Wellness Policy 1: The school will strive to comprehensively promote student wellness through nutrition education, physical activity, and other school activities.

- Food-related education will be incorporated into a learning experiences at each grade level as is directed by the Idaho Achievement Standards for Health, which may include hands-on experiences in gardens and kitchen classrooms, and enriched activities such as farm field studies, farmers' markets tours, and visits to community gardens.
 - 2012-2013, 2013-2014 – Habitat and Plant Expeditions K CREW
 - 2012-2013, 2013-2014- Nutrition Expeditions in collaboration with University of Idaho's Registered Dietitians
 - 2013-2014 – 7/8 CREW Wellness Module developed and led by Jamie Bowman M.D.
 - 2013-2014 – conducted school-wide tastings of: local leafy greens and home-made low-fat dressings; three pulse hummuses (lentil, white bean and garbanzo bean); and three apple varieties. Handouts with low-fat dressings and hummus recipes provided to students.
- Daily physical activity will be encouraged to help develop students' physical, mental, emotional, and social well-being. Additionally, physical education activities should teach students how to cooperate in the achievement of common goals.
 - 2012-2013, 2013-2014 – School-wide 5 K for Play bike/walk/run advertised and open to all community members
 - 2012-2013, 2013-2014 – Participated in Safe Routes for School which focuses on student safety and encouraging students to walk and/or bike to school.
 - 2012-2013, 2013-2014 – PPSEL organized three walking buses for International Walk to School Day, Polar Walk and Bike to School Day. Over 50% of PPSEL students participated

- 2013-2014 – instituted “Walking Wednesdays” promoting walking / biking to school the first Wednesday of each month including two parent-led walking school buses.
- PPS staff will strive to promote a dining experience that includes an aesthetic conducive to enjoying both one’s food and the company of others.
 - 2012-2013, 2013-2014 – continued Café style dining experience – includes round tables, parent volunteers serving food, emphasizing taking time to eat, enjoy the meal and engage in conversation with table mates.
 - 2012-2013, 2013-2014 – Teachers continue to work with students to encourage courteous lunch table conversations and personal responsibility for clean-up.
- PPS staff will make efforts to acknowledge the religious, ethnic, and cultural diversity of students in meal planning.
 - 2012-2013, 2013-2014 – PPSEL contracted with the Gladish Commercial Kitchen to provide a culturally appropriate daily lunch service and with Meadowgold Dairy for milk service. Lunch service included daily gluten free and peanut free options.
 - 2012-2013-Community Led Learning (community members led lessons related to specific topics) taught a unit of study on preparing and cooking healthy foods with an integration of foods from different cultures. Students created a cookbook of healthy foods.
- The school will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals
 - 2012-2013, 2013-2014 – PPSEL contracted with the Gladish Commercial Kitchen to provide daily lunch and milk service that meets the state and Federal nutrition standards for Free and Reduced Lunch.
 - 2012-2013, 2013-2014 – Complete confidentiality is ensured in the current system of accounting and documenting eligibility for and participation in the Federal Free and Reduced Lunch program.

Wellness Policy 2: The school will establish nutrition guidelines for all foods available on campus during the school day.

- PPS staff will work to ensure that no student in the school goes hungry during school and that a nutritious lunch will be available so that students are equipped to learn to their fullest potential.
 - 2012-2013, 2013-2014 – Families encouraged during student registration, school email newsletter and notices sent home to families in student folders to complete applications for Federal Free and Reduced Lunch eligibility resulting in increased numbers of students eligible for the program.

- School fundraising activities involving food or beverages will be encouraged to be healthy alternatives to candy and high fructose corn syrup-based carbonated beverages.
 - 2012-2013, 2013-2014 – Primary school fundraiser (5 K for Play) emphasized physical activity.
 - 2012-2013, 2013-2014 – no school fundraising activities involved selling food or beverages.
- Snacks served during the school day or in after-school enrichment programs will emphasize the use of fruits, vegetables, or whole grains as the primary snack and water as the primary beverage.
 - 2012-2013, 2013-2014 – Per PPSEL Student Handbook, healthy snacks and lunch items are encouraged; candy is not to be brought to school as snacks or lunch items.
 - 2012-2013, 2013-2014 – There are no vending machines on PPSEL school grounds.
 - 2012-2013, 2013-2014 – Per PPSEL Student Handbook, candy and sugar-laden snacks will not be given out by PPSEL faculty/staff as rewards.
 - 2012-2013, 2013-2014 – Fresh water is available at all times. Students are encouraged to bring water bottles to school and for off-campus fieldwork. Re-usable plastic water cups are available to students without water bottles at all times.
 - 2012-2013, 2013-2014 – Per PPSEL Student Handbook, parents are encouraged to provide cakes, cupcakes and cookies in moderation for class celebrations.
 - 2012-2013, 2013-2014 – Per PPSEL Student Handbook, birthdays and holidays are not celebrated by the school (school focuses on celebrations of learning).

Wellness Policy 3: Involve parents, students, community members, PPS school board and staff, and members of other PPS committees (i.e. the Waste Stream Committee) in the development of whole-school wellness procedures.

- The school will work to support parents’ efforts to provide a healthy diet and daily physical activity for their children and will offer send home wellness information and tips in school newsletters and on the school website.
 - 2012-2013, 2013-2014 – School Wellness Policy and Wellness Policy assessment reports are posted on the PPSEL Website.
 - 2012-2013, 2013-2014 – Wellness @ PPSEL page was added to PPSEL website and features handouts on packing a healthy lunch, healthy snack options and food safety tips for home packed lunches.
- PPS will encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the school’s nutrition standards for foods and beverages.
 - 2012-2013, 2013-2014 – Only 1% plain milk is served at lunch (no flavored milks). Soft drinks are not allowed at school.

- 2012-2013, 2013-2014 – Students are discouraged from bringing sugared drinks or sports drinks in their lunches.
- The Wellness Committee should be a diverse and inclusive working group, representative of the demographics of the school district as a whole and is should meet at least six times a year at hours convenient for public participation, and for sufficient time to conduct the Committee’s business.
 - 2012-2013, 2013-2014 – PPSEL Wellness Committee chair made presentation at PPSEL Back-to-School night and encouraged parent participation in the committee.
 - 2012-2013, 2013-2014 –PPSEL Wellness Committee met between a minimum of 6 times per year; additional meetings were scheduled as needed.
 - 2012-2013, 2013-2014 – Wellness Committee chair participated in the Palouse -Clearwater Food Coalition (akin to a regional food policy council) and reports to the committee on PPSEL food systems related education and activities.
- The Wellness Committee is encouraged to work with other committees, as their visions intertwine, to propose procedures and logistical solutions to the school’s Director. This work would include procedures for the school’s modeling of environmentally sound practices and the involving of students, teachers, parents and volunteers in reducing waste, composting, recycling, and purchasing recycled material.
 - 2013-2014 – PPSEL Strategic Planning process, led by an eight-member steering committee, hosted two-school wide meetings and an on-line survey that included discussion and prioritization of Wellness-related issues including physical education, play facilities, lunch facilities, and farm-to-school activities.
 - 2013-2014 – Two Wellness Committee parent members participated in the PPSEL Strategic Planning Committee
- The Wellness Committee should establish a plan for measuring the impact and implementation of the Wellness Policy and for garnering feedback from all stakeholders.
 - 2012-2013 – PPSEL Wellness Committee partnered with University of Idaho Movement Sciences faculty and student to conduct a school lunch waste assessment. Assessment outcomes indicated higher than average consumption of school lunch components with the exception of milk. In response, the Wellness Committee Developed a “Drink it up!” milk campaign which was implemented school wide during lunch.
 - 2013-2014 – PPSEL Wellness Committee hosted two parent meetings to outline a vision for Wellness at Palouse Prairie School.
 - 2013-2014 – New PPSEL Wellness Policy was developed and adopted by PPSEL Board of Directors.

For more information, please contact:

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