

Wellness Policy Assessment Report

Palouse Prairie School of Expeditionary Learning
1500 Levick St.
Moscow, ID 83843

Report Prepared by Colette DePhelps, PPSEL Wellness Committee Chair

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Wellness Committee Members Present: Colette DePhelps, Davina Pastrama, Rachel Caudill, Lenea Pierzchanowski, Lahde Forbes, Andrika Kuhle, Daniella Monk, Dennis DeHart, Carol Bogden

Staff Present: Summer Clayton, PPSEL Director

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

Below are activities the committee identified as having taken place in the 2009-2010 and 2010-2011 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 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.
 - 2009-2010 – Food Fight Expedition (nutrition, perspectives and food systems) 3/4 CREW (Ms. Bonzo)
 - 2009-2010, 2010-2011 – Habitat and Plant Expeditions K CREW (Ms. Branen) included the building and use of a greenhouse and four raised garden beds in the south play area. Service Learning component – growing vegetable starts and donating them to Backyard Harvest, a local non-profit organization who provides fresh fruits and vegetables to low-income individuals and families www.backyardharvest.org. Education and outreach included garden and greenhouse tour and educational posters for entire school student body and their families on Spring 2011 Expedition night.
 - 2010-2011 – Eat Smart, Play Hard Expeditions (nutrition and physical activity/health education) 1/2 CREWs (Ms. Dahlin, Ms. Bromley-Vogel) Educational component included presentations (live play performed by the students and a movie made by and featuring the students) to entire school student body and their families on Spring 2011 Expedition night. Service Learning component was hosting of the May 2001 5K for Play bike ride/run for PPSEL students, families, and friends. The 1/2 CREWs also provided healthy

- snacks for racers/riders and displayed posters explaining how the snacks were healthy.
- 2010-2011 – Community Led Learning Session (6-week 2.5 hour program per week) where all modules focused on movement and physical activity (i.e. dance, yoga, gymnastics, climbing).
- 2010-2011 – Community Led Learning modules: Guerilla Gardening (planting gardens downtown and on University of Idaho campus), From Grain to Loaf (exploring the science and art of bread making including learning about yeast, grains, recipes, various cooking methods and gluten-free baking).
- 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.
 - 2009-2010 – Development of two outdoor play spaces.
 - 2010-2011 – Expansion of play area equipment including climbing wall.
 - 2009-2010, 2010-2011 School-wide 5 K for Play bike/walk/run
 - 2009-2010, 2010-2011 Participated in Safe Routes for School which focuses on student safety and encouraging students to walk and/or bike to school.
 - 2010-2011 PPSEL organized 5 walking buses for International Walk to School Day, 40% of PPSEL students participated (40 participated /100 total enrollment).
- 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.
 - 2009-2010, 2010-2011 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.
 - 2009-2010, 2010-2011 Teachers worked 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.
 - 2009-2010, 2010-2011 PPSEL contracted with the Moscow School District to provide a culturally appropriate daily lunch and milk service.
- 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
 - 2009-2010, 2010-2011 PPSEL contracted with the Moscow School District to provide daily lunch and milk service that meets the state and Federal nutrition standards for Free and Reduced Lunch.
 - 2009-2010, 2010-2011 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.
 - 2009-2010, 2010-2011 Families encouraged during student registration and via email newsletter 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
 - 2009-2010, 2010-2011 Primary school fundraisers (5 K for Play, Gr8t Night) emphasized physical activity (5 K) and healthy food (encouraged families to bring healthy potluck items for 2010 5 K; healthy snacks provided by 1/2 CREWs for 2011 5K). Families were asked to donate healthy dinner dishes for Gr8 Night and minimal desserts were offered; healthy main dish was donated by the Moscow Food Co-op Deli).
- 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.
 - 2009-2010, 2010-2011 Per PPSEL Student Handbook, healthy snacks and lunch items are encouraged; candy is not to be brought to school as snacks or lunch items.
 - 2009-2010, 2010-2011 There are no vending machines on PPSEL school grounds.
 - 2009-2010, 2010-2011 Per PPSEL Student Handbook, candy and sugar-laden snacks will not be given out by PPSEL faculty/staff as rewards.
 - 2009-2010, 2010-2011 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.
 - 2009-2010, 2010-2011 Per PPSEL Student Handbook, parents are encouraged to provide cakes, cupcakes and cookies in moderation for class celebrations.
 - 2009-2010, 2010-2011 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.
 - 2009-2010, 2010-2011 School Wellness Policy is posted on the PPSEL Website.
 - 2010-2011 *Tuesday Times* school newsletter featured articles on food safety tips for home packed lunches and advertised packing a healthy lunch tours at the Moscow Food Co-op.

- 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.
 - 2009-2010, 2010-2011 Only 1% plain milk is served at lunch (no flavored milks). Soft drinks are not allowed at school.
 - 2009-2010, 2010-2011 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.
 - 2009-2010 Wellness Committee established. Drafted PPSEL Wellness Policy which was revised by the PPSEL Director and adopted by the PPSEL Board of Directors.
 - 2010-2011 Wellness Committee expanded to include more parent members.
 - 2010-2011 Wellness Committee decided to meet 3x per year (October, January, April/May) as a full committee and to schedule additional subcommittee and working meetings as needed.
 - 2010-2011 Wellness Committee began developing relationship with University of Idaho Movement Science faculty whose foci are physical education and health.
 - 2010-2011 Wellness Committee chair participated in the Palouse Food Action Coalition (akin to a Latah County 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.
 - 2009-2010 Wellness Committee interfaced with Board of Directors, Facilities and Play Committee in developing and refining its goals.
 - 2010-2011 Wellness Committee merged with Play Committee and developed two sub-committees: *Food and Nutrition Education* and *Play and Physical Education*.
- The Wellness Committee should establish a plan for measuring the impact and implementation of the Wellness Policy and for garnering feedback from all stakeholders.
 - 2010-2011 Wellness Committee conducted a qualitative assessment of PPSEL's progress toward Wellness Policy Goals at its Spring meeting.

2011-2012 Potential Wellness Policy Areas of Improvement and Actions:

- Pursue Farm-to-School lunch program that meets the nutritional requirements for Federal Free and Reduced Lunch
- Invite members of the community at large to serve on the PPSEL Wellness Committee
- Increase food, nutrition and physical activity-related CLL modules offerings

- Develop quantitative measures for goals i.e. % participation in activities
- Incorporate a staff wellness component into the PPSEL Wellness Policy
- Reference Wellness Policy in Student Handbook and add hyperlink
- Develop Wellness Webpage on the PPSEL Website
- Increase number of educational articles included in the PPSEL newsletter *Tuesday Times*

For more information, please contact:

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