

Creating Healthier Schools with Local and Federal Initiatives

Office of the State Superintendent of Education
Wellness and Nutrition Services Division



Office of the State Superintendent of Education

- Oversees education in the District of Columbia
 - Assessment and Testing, Teacher Licensing, Childcare Licensing, Student Transportation, Special Education, Data Collection and Management
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Wellness and Nutrition Services

- Promotes positive healthy behaviors and access to healthy food
 - Administers federal child nutrition programs
 - Distributes federal and local funding
 - Provides technical assistance and grant dissemination
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Wellness and Nutrition Services

- Healthy Schools Act Initiatives
 - School Gardens, Farm to School, Physical Activity and Physical Education, Nutrition and Wellness, Assessment and Evaluation, School Programs
 - USDA Programs (NSLP, NSBP, FFVP, others)
 - Healthy, Hunger Free Kids Act of 2010
 - HealthierUS School Challenge
 - Smart Snacks in Schools
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Wellness and Nutrition Services

- CACFP and Summer Feeding
 - Health Education
 - HIV/STD prevention, anti-tobacco education, anti-bullying education, curriculum review, YRBS, CDC Health Profiles, youth involvement
 - DCSAA
 - City-wide competitive sports
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Why Wellness and Nutrition at OSSE?

- School meals feed hungry children
 - School environment should promote a healthy lifestyle to ensure positive future for our children
 - Expose children to healthy food and physical activity
 - Education them about they about the benefits of healthy foods, physical activity and other positive health behaviors
 - Healthy kids do better (in school and in life)
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Healthy Schools Act

- Passed by DC City Council in May 2010
- Comprehensive school-based wellness legislation
- Provides local funding to enable schools to comply
- Funded by beverage tax

Healthy Schools Act

- **Improves nutrition** by ensuring students are served meals with adequate fruits, vegetables, and whole-grains and healthier foods are sold outside the cafeteria (such as in school stores and vending machines) and used for parties and fundraisers.
- **Expands access to school meals** by providing free breakfast for all students, incorporating breakfast into the school day, and making lunch free for students for all low-income students.

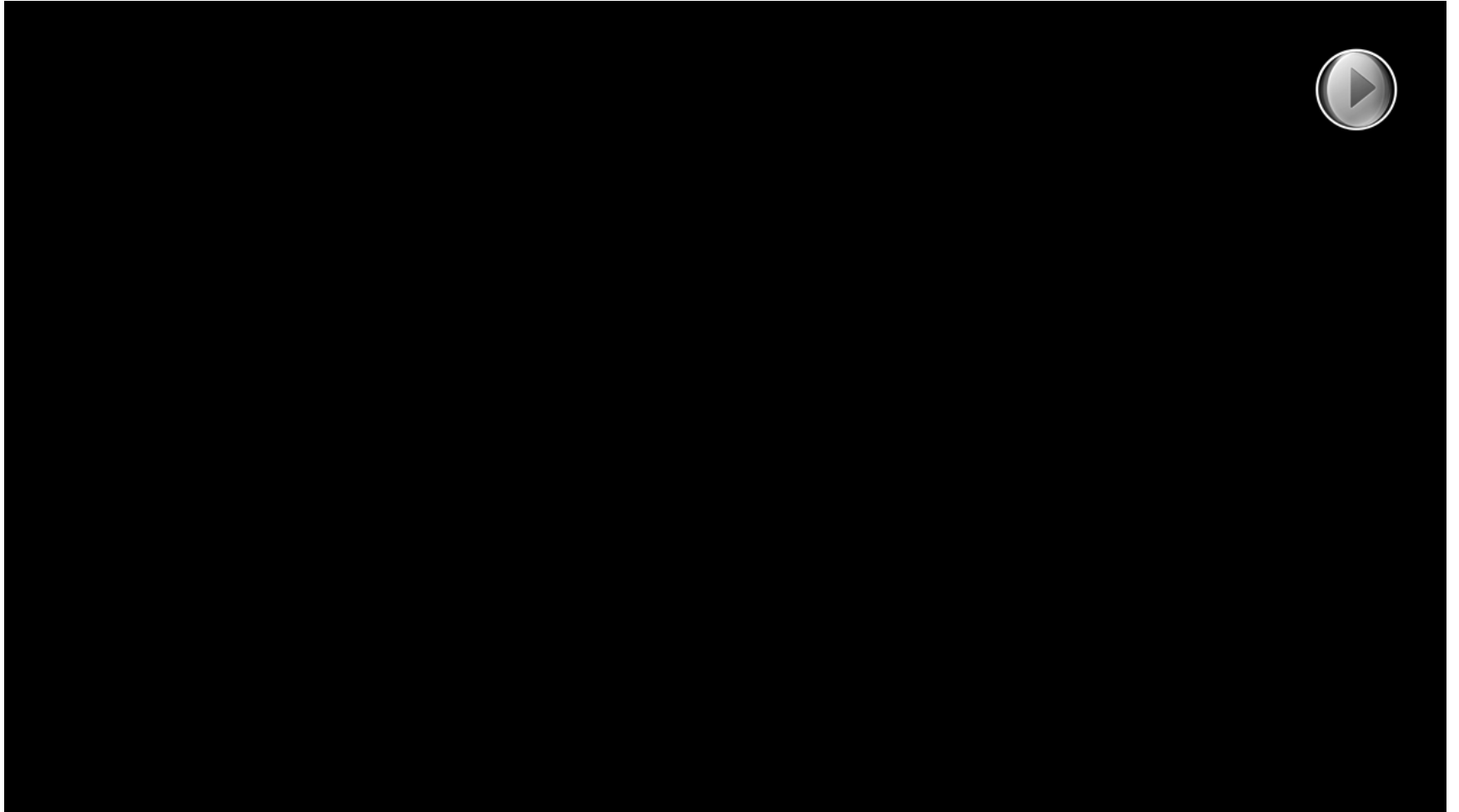
Healthy Schools Act

- **Encourages Farm to School programs** to help students learn about and experience fresh, locally-grown foods in their classrooms and in their school meals.
- **Supports school gardens** to connect students to their foods and provide learning opportunities in many subject areas.
- **Provides more physical activity opportunities** to help students get moving throughout the school day and develop lifelong healthy habits.

Healthy Schools Act

- **Provides more health education** to help students learn about nutrition, safety, and overall personal health.
- **Monitors the nutrition knowledge of children** through DC CAS for Health.
- **Creates greener schools** by encouraging recycling programs, and energy-reduction initiatives, and testing for safe water/building materials.

Healthy Schools Act Video



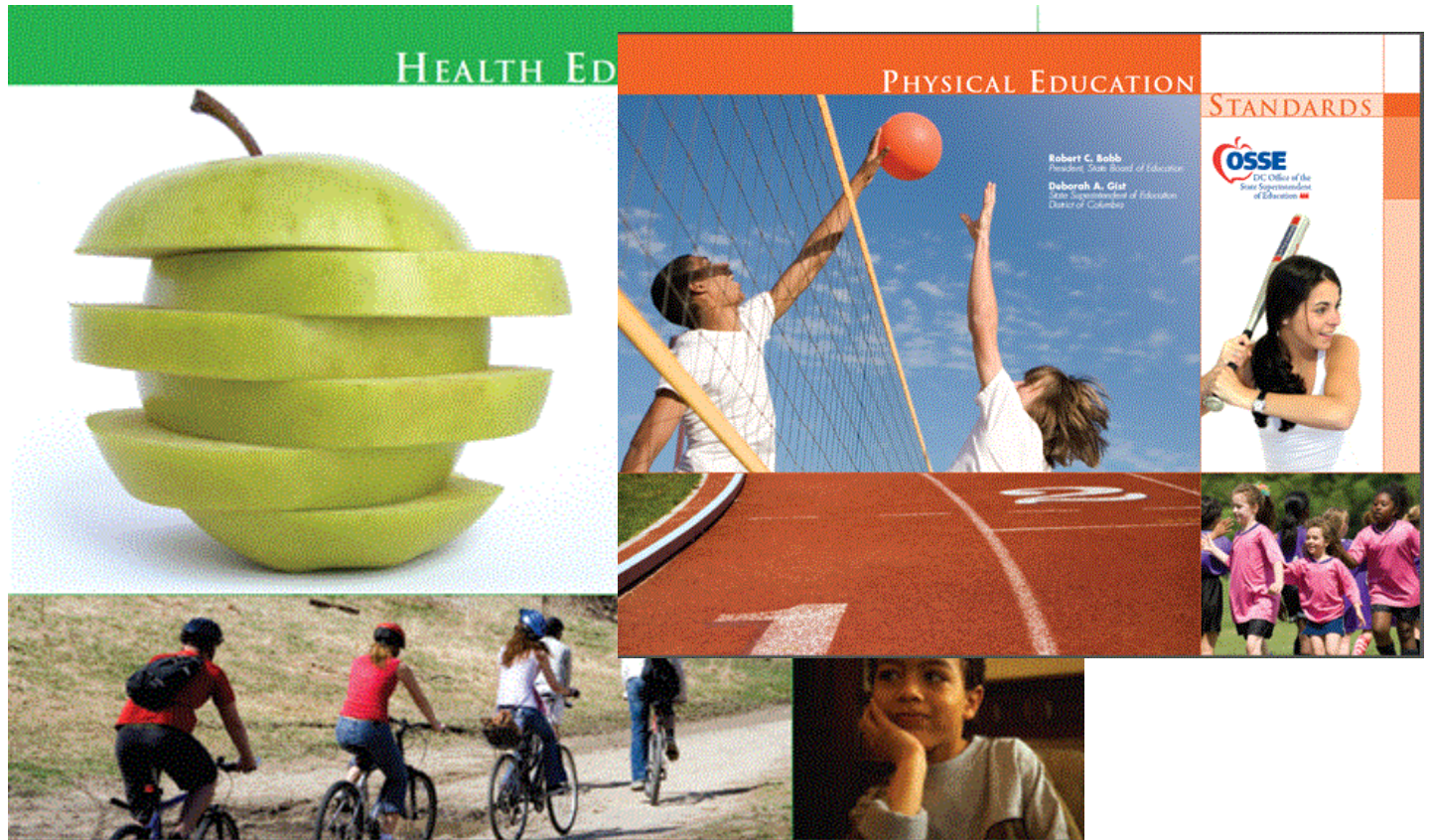
Healthy Schools Act Initiatives

- School Gardens and Farm to School
 - School Garden Grants, USDA Farm to School Grant, District-Wide Events, Local Procurement, Classroom and Experiential Education, Teacher Training
- Physical Activity/Education
 - DC PAY Grants, PA/PE Technical Assistance, School Health Profiles, DC CAS for Health

Healthy Schools Act Initiatives

- School Nutrition and Wellness
 - HSA Monitoring, Local Wellness Policy TA, Nutrition Education, Technical Assistance, Healthy Vending, Fundraising and Prizes
- Assessment and Evaluation
 - School Health Profiles, DC CAS Health and Physical Education, HSA Evaluation

OSSE's Health and PE Standards



<http://osse.dc.gov/service/dc-educational-standards>

DC CAS Health and Physical Education

- Measures academic proficiency
- Aligned to English Language Arts, Mathematics, Science, and Health Standards
- Administered in Spring of each year in DCPS and charter schools

DC CAS Health and Physical Education

Percentage of High School Students Who Answered Questions Correctly, 2013

Reporting Category	Percent (%)
Human Growth and Development	67
Sexuality and Reproduction	73
Disease Prevention and Treatment	60
Nutrition	61
Alcohol, Tobacco and Other Drugs	72
Locate Health Information and Assistance	49*
Safety Skills	76*
Physical Education	53

Local Wellness Policies

- LEA level (all LEAs in DC have OSSE-approved LWPs)
 - Required by federal and local law
 - May be more stringent than federal and local law
 - Implementation/enforcement rests with LEA
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Healthy, Hunger Free Kids Act, 2010

- Allowed USDA, for the first time in over 30 years, to make changes to the nutritional content of school meals.
- HHFKA and HSA guidelines closely aligned
- Allowed USDA, for the first time ever, to set nutritional standards for all foods sold in schools (Smart Snacks in School)

Smart Snacks in Schools Standards

- Any food sold in schools must:
 - Be a “whole grain rich” grain product; or
 - Have as the first ingredient a fruit, a vegetable, a dairy product or a protein food; or
 - Be a combination of food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable; or
 - Contain 10% of the Daily Value (DV) of one of the nutrients of public concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, Vitamin D, or dietary fiber)

Smart Snacks in Schools

- Applies to:
 - A la carte foods sold during school breakfast and lunch
 - Vending machines
 - School stores
 - Fundraisers
 - From midnight the night before to 90 minutes after the school day
 - School Wellness Policies may make more stringent requirements
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Smart Snacks in Schools

- Does not apply to:
 - Treats for birthday parties (foods brought in from home)
 - Holiday and other celebrations (foods given to students)
 - After-school bake sales and fundraisers
 - Lunch boxes (brown bagging from home)
 - Foods sold to teachers and staff

HealthierUS School Challenge (HUSSC)

- A voluntary certification initiative recognizing those schools enrolled in Team Nutrition that have created healthier school environments through promotion of nutrition and physical activity.
- School may qualify at bronze, silver, gold or gold with distinction levels
- HUSSC gold with distinction level criteria used for meals, and other foods sold in schools under Healthy Schools Act (HSA)

How Can Teachers Promote Health and Wellness?

- Integrate nutrition into the curriculum
- Use cafeteria and garden as educational tools
- Be a positive role model (eat with the kids, promote school meals)
- Assist with the drafting of your school's local wellness policy (LWP)
- Participate on your school's Local Wellness Committee (LWC)
- Participate in District-wide events
- Apply for OSSE grants
- Be a **Wellness Champion**.
- Let us know what else you need!!!

How Can OSSE Help You?

- DC PAY, DC Garden, DC Farm Field Trip Grants
- Participating in federal programs
- Training and technical assistance
 - using the HE and PE standards
 - identifying curriculum
 - utilizing the cafeteria and gardens as educational tools
 - utilizing FFVP and other federal programs educational tools
 - developing and implementing strong LWP/LWCs
 - Integrating nutrition into the curriculum

Contact Information

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Questions?