

Pullman Public Schools

Wellness Update

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Healthy, Hunger-Free Kids Act of 2010

- Sets nutrition standards for foods served in schools
- Requires a wellness survey every three years

What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy food, or a protein food; or
- Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable (for example, $\frac{1}{4}$ cup of raisins with enriched pretzels); and
- The food must meet the nutrient standards for calories, sodium, fats, and total sugars.

Nutrient	Snack
Calories	200 calories or less
Sodium	200 mg or less
Total Fat	35% of calories or less
Saturated Fat	Less than 10% of calories
Trans Fat	0 g
Total Sugars	35% by weight or less

Updated Snack Lists

- PSD Peanut and Tree Nut Free
Smart Snack List (2 pages)
- PSD Gluten Free
Smart Snack List (1 + page)

Pullman Public Schools

Wellness Policy Triennial Assessment





Updates

You!

What can we improve?

Comparison

WellSAT & SHI

What and where are the weaknesses?

Implementation

WellSAT-I

How is policy being implemented?

Written Policy

WellSAT 3.0

What is in the policy?

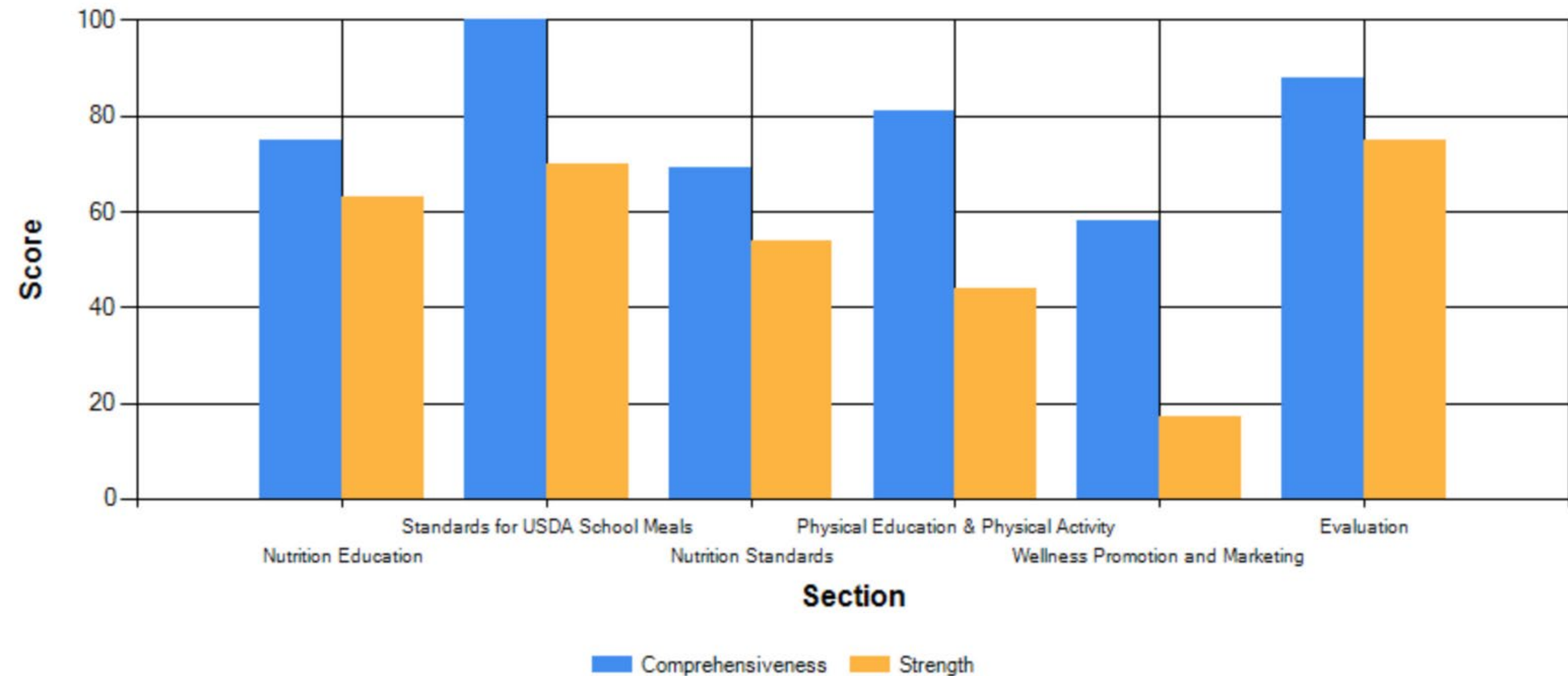
WellSAT 3.0

WellSAT 3.0 is used to assess the written wellness policy.

Score 0: Missing from policy

Score 1: Policy is present

Score 2: Policy is strong



WellSAT-I



Surveys sent out to:

Principals

Health and Fitness Teachers

Teachers

(n = 9)

Head of Curriculum

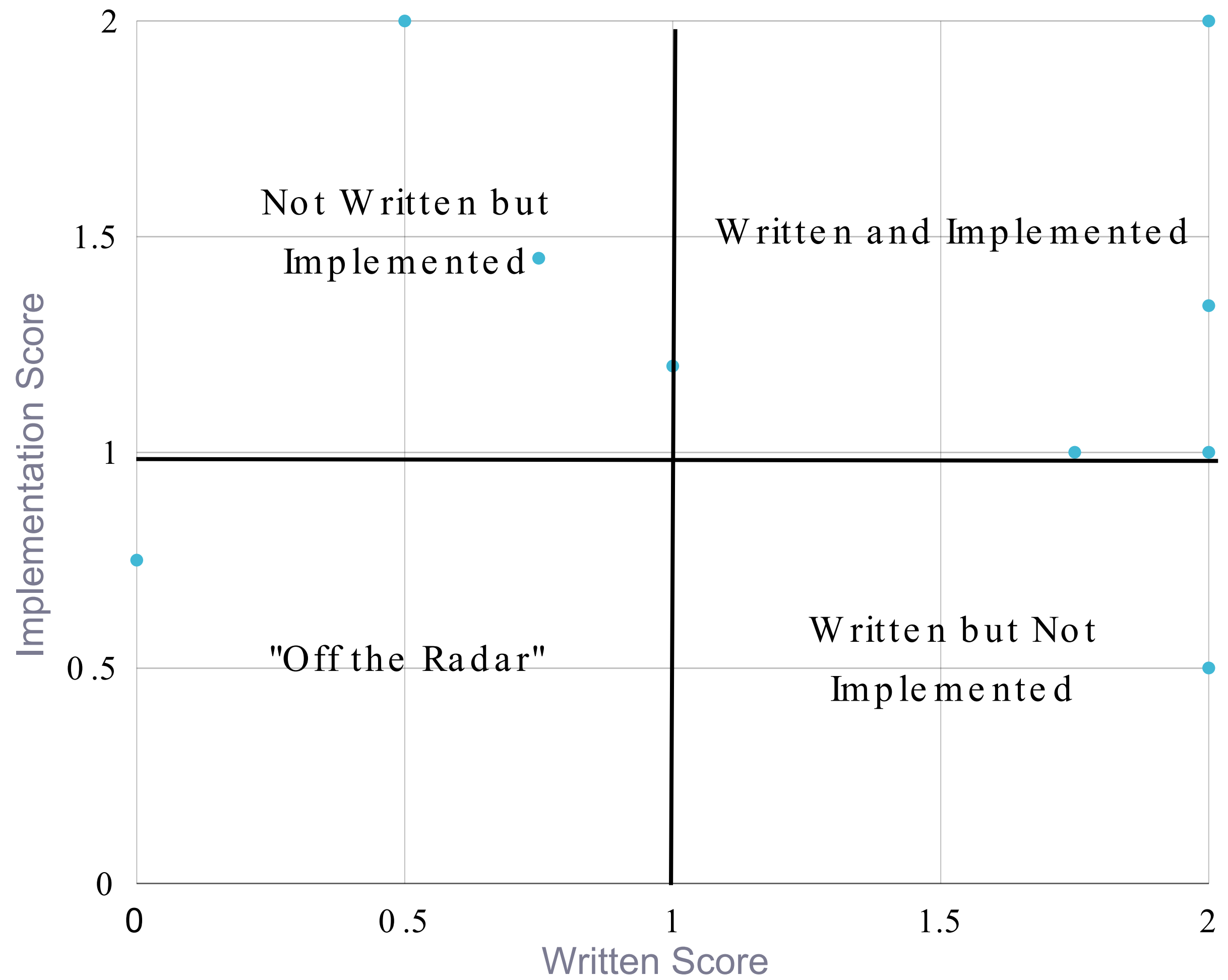
District Level Official

Nutrition Services Director

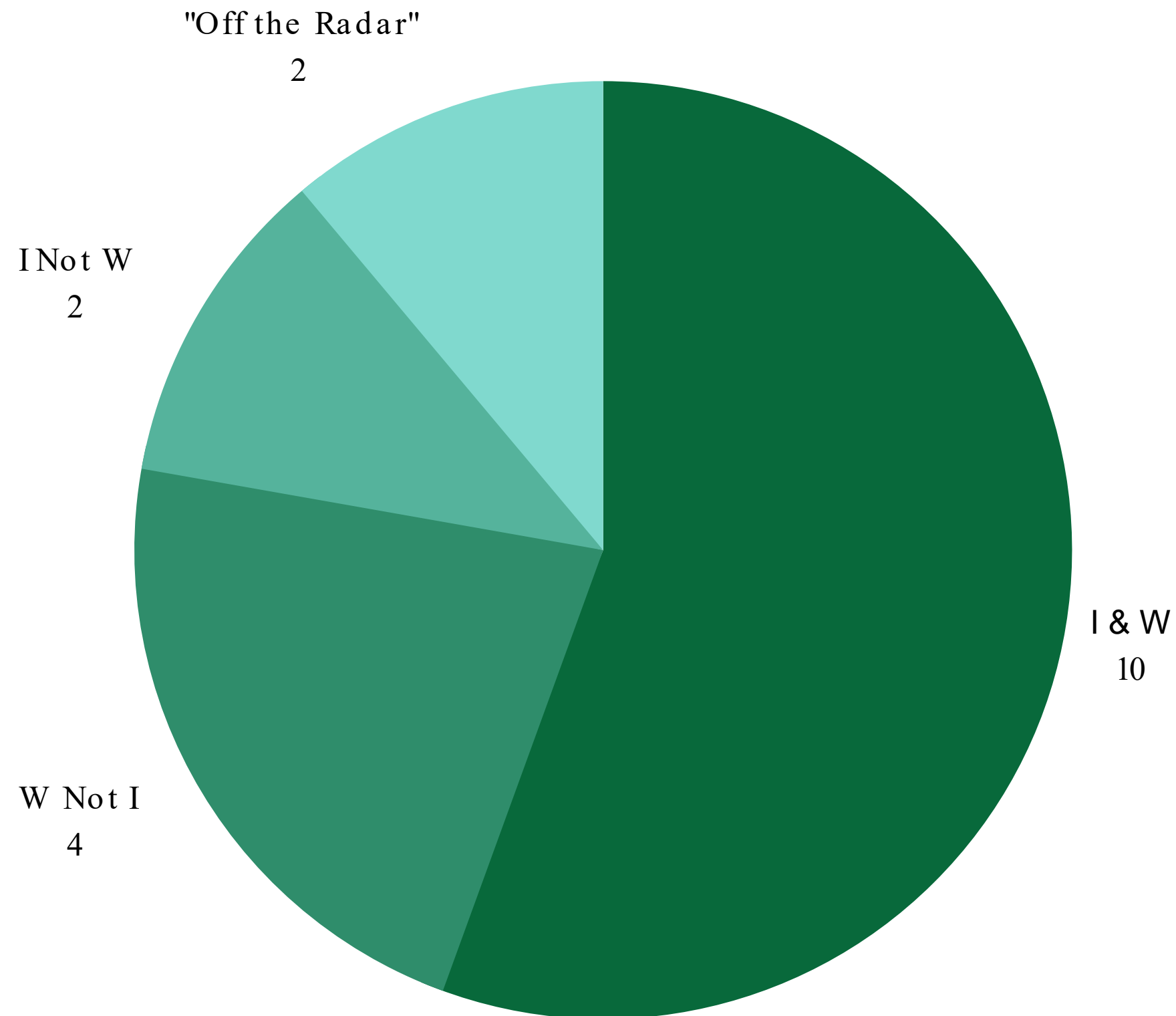
WellSAT-I is used to assess
implementation of the
wellness policy at schools!



Comparing the Results



Federal Requirements



10 / 18

Strong Policy and Practice!

17 / 18

Present in Policy!

2 / 18

"Off the Radar"

We are Killing It!

Strong Policy and Implementation

- Every child in the district has breakfast available to them!
- Families are given information on FRM eligibility and application process!
- All middle schoolers are receiving Nutrition Education!
- Students with unpaid balances are not identified!
- There are specific strategies to increase School meal participation!
- Physical education is aligned with state standards and promotes/teaches lifelong behaviors!
- School facilities are made available for community members after school and when school is not in session!
- Kids have opportunities to be active before and after school!
- There is a district wellness committee!
- All Health and Fitness teachers are endorsed to teach health and fitness!





We Need Implementation!

Strong policy is not implemented

- School staff do not feel like they are encouraged or supported to model “healthy” behavior.
- Nutrition education is not being taught in all grade levels. Only 6-9th grade students are receiving nutrition education.
- Some teachers might be using food as rewards.
- Some teachers may be using or withholding physical exercise as a punishment/ behavior management.
- A small portion of students ride their bikes/walk to school.

We Need Policy Work!

Strong implementation is not in policy

- Items marketed to students on property i.e., Vending machines, scoreboards, curriculum, educational materials, fundraisers, and school publications meet smart snack standards, but this is not stated in the policy.
- Nutrition education is being integrated, but there are no specific examples in the wellness policy.
- Kids are given enough time to eat breakfast and lunch, but there are no methods in the wellness policy.
- Farm to school foods are being used, but there are no specific examples of methods in the wellness policy.
- Only Smart Snacks approved foods are being served, but the guidelines are not easily accessible in the policy.



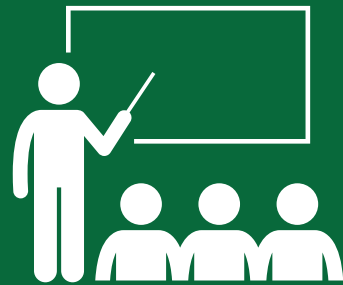
We Can Grow!

Weak policy and implementation

- Nutrition education policy does not address agriculture or the food system.
- There are no regulations on foods or beverages that are served or sold after school hours on property.
- Caffeinated drinks are served at the high school.
- Employees do not feel supported in their personal wellness by the district.



Areas of Improvement



Nutrition Education

- K-12 participation
- More integration to other subjects
- Agriculture and food systems



Staff Wellness

- Resources for classroom
- Support
- Modeling health



On Campus Marketing

- On property
- On educational materials
- In publications
- Through fundraising

Suggested Policy Updates

- Add working links for USDA meal pattern guidelines and Smart Snacks guidelines.
- Assign “building level compliance” role (principals).
- Nutrition marketing section— Smart Snack Compliant.
- Include “methods” for integrated nutrition education, farm to school, and mealtime compliance.
- Health and Fitness exemption and substitution rules.
- Smart Snacks standards after school.

Suggested Implementation Updates

- Increase the number of grades that receive nutrition education/integration
- Strengthen methods to prevent Free and Reduced-price meal participants from being identified.
- Staff health and wellness —Support modeling behavior
- Create a list of other reward options besides providing food or beverages
- Increase biking and walking to school participation





Thank you!