



## Healthy Youth and Schools Commission

### *November Quarterly Meeting*

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Nov. 20, 2019 | Jeff Travers, Chairman of the Commission



**Welcome**

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# Agenda

- Welcome and Introductions
- Recap of the Previous Commission Meeting
  - Approval of Minutes
- Legislative Update
- Update from OSSE
  - General Announcements
  - Capital LEAF Program
  - Healthy Schools Act Grants
- Diet and Mental Health
- Healthy Tots Programs
- Updates from Strategic Plan Working Groups
- Comments from Commissioners on Current Work
- Closeout and Priorities for 2020



## Recap Previous Commission Meeting

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Jeff Travers, Chairman, Healthy Youth and Schools Commission

# Recap Previous Commission Meeting

- September Quarterly Meeting
  - Date: Wednesday, Sept. 11, 2019
  - Main topics covered:
    - DC School Breakfast Scorecard
    - DC Green School Program
  - Approval of minutes



# Legislative Update

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Caitlin Shauck, Policy Analyst, OSSE

# Legislative Update

- Sunscreen in Schools
  - School Sunscreen Safety Emergency Amendment Act of 2019
  - School Sunscreen Safety Temporary Amendment Act of 2019
  - School Sunscreen Safety Amendment Act of 2019
    - Referred to Committee on Education and Committee of the Whole
- Medical Marijuana in Schools
  - Student Medical Marijuana Patient Fairness Emergency Amendment Act of 2019
  - Student Medical Marijuana Patient Fairness Temporary Amendment Act of 2019
  - Student Medical Marijuana Patient Fairness Amendment Act of 2019
    - Referred to Committee on Health and Committee on Education



# Update from OSSE

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Heidi Schumacher, Assistant Superintendent, OSSE



# Update from OSSE

- General Announcements
- Capital LEAF Program
- Healthy Schools Act (HSA) Grants and Contract
  - Environmental Literacy Grant
  - Nutrition Education and Physical Activity (NEPA) Grant
  - School Garden Grant
  - National School Lunch Program (NSLP) Equipment Assistance Grant
  - Cafeteria Staff Training Grant
  - Farm Field Trip Contract

# Green/Healthy/Sustainable School Recognition Program

- Program name: Capital LEAF (Leaders in Environmental Actions for our Future)
- Stakeholder group meeting regularly to develop application forms (targeted completion by end of November)
- Scope of work developed and market research conducted to find a vendor to assist with a program field test for this school year
- Teacher resources will be drafted with the current Environmental Literacy Leadership Cadre (cohort 3) (targeted completion by end of June)

# Environmental Literacy Advancement Grant

- **Purpose:** To increase the capacity of nonprofit and community-based organizations to provide environmental education programs to District elementary schools represented in the 2019-21 Environmental Literacy Leadership Cadre and alumni schools.
- **Timeline:** Two-year grant beginning October 2019 and ending September 2021.
- **Funding:** For fiscal year (FY) 20 and FY 21- \$540,000 available, \$429,963.40 was awarded.

# NEPA Grant

- **Purpose:** Two-year grant that focuses on building capacity of schools to provide quality nutrition education and physical activity programming.
  - Each grantee is required to partner with five schools.
    - Three of the five schools must be one or two star schools on the STAR Framework.
- **Timeline:** The Request for Applications (RFA) for the FY21 competition will be available in Fall 2020.
- **Funding:** \$30,000 per year to 10 community-based organizations.

# School Garden Grant

- **Purpose:** Provides school garden programs with staffing
- **Timeline:** Award Period: Oct. 1- Sept. 30 (two years)
  - Application opens: June
  - Applications due: September
- **Funding:** \$299,943 awarded this grant cycle

# National School Lunch Program (NSLP) Equipment Assistance Grant

- **Purpose:** To make a significant investment by allowing the purchase of capital equipment used to serve healthier meals, meet the nutritional standards with emphasis on more fresh fruits and vegetables in school meals, improve food safety, and expand accessibility to food services.
- **Timeline:**
  - Grant opened: Oct. 9, 2019
  - Grant closes: Nov. 22, 2019
- **Funding:** \$100,000 grant split-funded between USDA and HSA funds.
  - FY 2020: USDA: \$70,451.00, HSA: \$29,549

# Cafeteria Staff Training Grant

- **Purpose:** To provide school foodservice/nutrition employees with knowledge, training, and tools they need to plan, prepare, and purchase healthy products to create nutritious, safe, and enjoyable school meals. To achieve this, the focus of the grant is to fund training sessions for school foodservice/nutrition employees at schools participating in the NSLP and HSA.
- **Timeline:**
  - Grant opened: Oct. 15, 2019
  - Grant closes: Dec. 6, 2019
- **Funding:** FY 2020: \$100,000

# Farm Field Trip Contract

- **Purpose:** Farm field trips provide an opportunity for District students to understand how a variety of foods are cultivated, learn about the importance of consuming locally grown food, and explore the landscape within and around the District as a space for growing and raising food.
  - The Farm Field Trip Program Contract provides:
    - Farm field trips for students at District schools and child development facilities.
    - At least one pre-trip learning activity and at least one post-trip learning activity.
    - Transportation, if required.
  - FY20 Farm Field Trip Program Scope of Work:
    - Minimum of 2,000 students from DC schools and child development facilities with at least 40 percent of participating students from priority list of schools/child development facilities provided by OSSE.
- **Funding:** \$30,852 in the 2018-19 school year.





# Diet and Mental Health

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Michele Mietus-Snyder, MD, Children's National Hospital



# Healthy Tots Wellness Grant

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Patrilie Hernandez, Management Analyst, OSSE

# DC Healthy Tots Act

In July 2014, DC Council passed the **Healthy Tots Act**, a comprehensive child development facility health and wellness legislation that is aimed at supporting child care facilities' ability to serve nutritious meals and to offer high-quality health and wellness programming.



# What does the Healthy Tots Act do?

- Provides pathways to expand CACFP participation
- Enhanced Meal Reimbursement
  - Add10
  - Local5
  - FullDay4
- Competitive grants to fund activities in five different program areas.

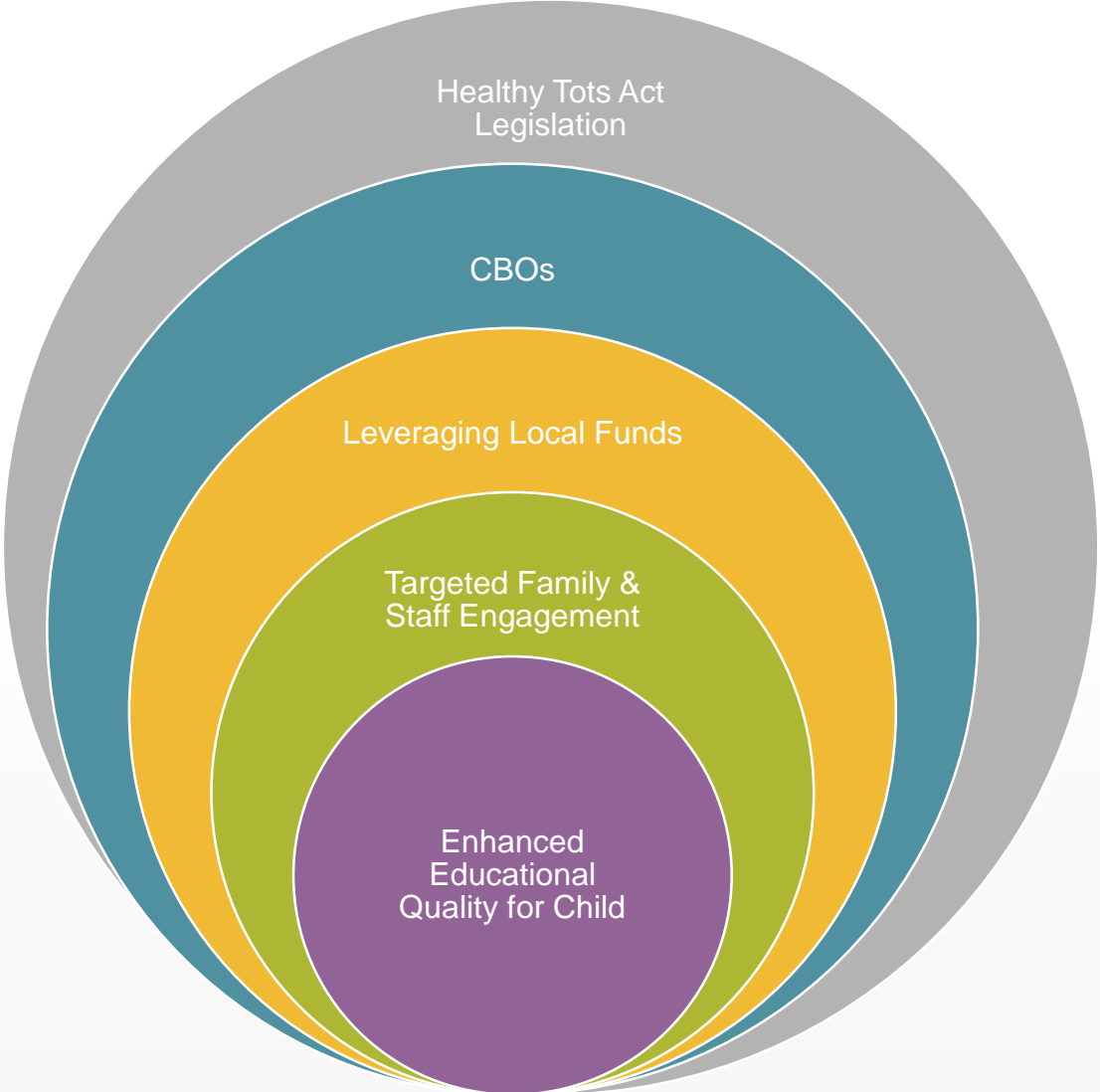


## **The Healthy Tots Wellness Grant**

*Utilizing Systems Approach to Health & Wellness in ECE*

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# Healthy Tots Wellness Grant



# Case Study: Good Karma Enterprises (Center for Social and Emotional Wellness)



# Community Level: The Healthy Teachers Healthy Tots Wellness Program

Seeks to create a culture of wellness by addressing the following:

- Staff stress management and coping skills
- Developing wellness champions to promote wellness within each center
- Exposing the children to yoga as a physical activity.

The Healthy Teachers Healthy Tots Wellness Program provides:

- Workshops
- Monthly wellness challenges,
- An online wellness community (Well Space App)
- An early childhood yoga program (Mocha Yogis)



# Organizational: Leveraging Local Funds

- OSSE is tasked with awarding and managing the Healthy Tots Wellness Grant. They provide the funding and structure for CBOs to implement programming.
- Sample grant activities in the RFA include:
  - Assisting in the implementation of a Wellness Council
  - Developing a Facility Wellness Policy
  - Implementing a staff wellness initiative
  - Coordinating family engagement activities
- Grantees are expected to create training materials and provide targeted technical assistance in order to help centers successfully complete activities.

# Interpersonal Level: Targeted Engagement

## Outcomes

- More than 175 staff members received four trainings in the following areas:
  - Stress Management/Aromatherapy
  - Healthy Movement - Qigong
  - Healthy Eating
  - Incorporating Yoga into Early Childhood Education
- Multiple well attended Parent Wellness Days at various child development centers
- Continued stream of wellness materials and resources provided that were sent home to families

## Program Sustainability

- Ongoing Access to Well Space
- Trained Wellness Advocates
- Facility Wellness Policy
- Materials and resources to independently implement yoga program

# Individual Level: The Impact on the Child

Children benefit from the staff wellness program because:

- Teachers who are in a good state of health and wellness and are more effective in the classroom
- A culture of wellness is actively promoted by staff, administrators, and families in and out of the Early Learning Classroom
- There are increased opportunities to model positive health behaviors
- It results in life-long health and wellness for children, families and teachers

Collaborative targeted interventions at various levels of the system  
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Enhanced Education Quality for the Child

# Down the Pipeline

- Wellness Professional Certificate
- Healthy Tots Wellness Grant Report
- Increased collaborative efforts between interagency divisions



Q&A

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**Thank you**

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## Healthy Youth and Schools Commission Strategic Plan Update

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Jeff Travers, Chairman, Healthy Youth and Schools  
Commission



# ACEs Working Group

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Jeff Travers, Chairman, Healthy Youth and Schools  
Commission





## Nutrition Education and Meals Working Groups

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Kristy McCarron, Commissioner, Healthy Youth and Schools Commission  
Beverley Wheeler, Commissioner, Healthy Youth and Schools Commission



# Data Working Group

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Bill Dietz, Commissioner, Healthy Youth and Schools  
Commission



## Commissioners' Current Work

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Commissioners



## Closeout and Priorities for 2020

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Jeff Travers, Chairman, Healthy Youth and Schools  
Commission

# Closeout and Priorities for 2020

- Annual report planning
- Priorities for 2020
- Proposed 2020 Meeting Dates
  - Feb. 19, 2020
  - May 20, 2020
  - Aug. 19, 2020
  - Nov. 18, 2020



**Thank you!**

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