



Healthy Youth and Schools Commission

May Quarterly Meeting

Quarterly Commission Meeting
May 22, 2019

Jeff Travers
Chairman of the Commission



Welcome



Agenda

- **Welcome and Introductions**
- **Recap of the Previous Commission Meeting**
 - Approval of Minutes
- **Update from OSSE**
 - General Announcements
 - Health and Wellness Personnel Update
- **DC School Breakfast Scorecard**
- **DC Green School Program**
- **Healthy Youth and Schools Commission Strategic Plan**
- **Comments from Commissioners on Current Work**
- **Closeout and Priorities for Next Meeting**



Recap Previous Commission Meeting

Jeff Travers, Chairman

Healthy Youth and Schools Commission



Recap Previous Commission Meeting

- February Quarterly Meeting
 - Date: Wednesday, Feb. 27, 2019
 - Main topics covered:
 - Legislative Update
 - Healthy Students Amendment Act of 2018
 - LGBTQ Health Data Collection Amendment Act of 2018
 - School Safety Omnibus Amendment Act of 2018
 - Sustainable DC Omnibus Amendment Act of 2014
 - School Sunscreen Safety Amendment Act of 2019
 - OSSE Strategic Plan
 - DC School Report Card Presentation
 - Approval of minutes



Update from OSSE

Caitlin Shauck, Policy Analyst

Office of the State Superintendent of Education



Update from OSSE

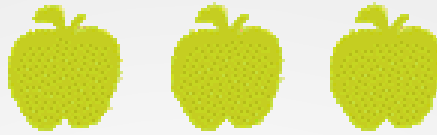
- General Announcements
 - Legislative Update
 - Youth Risk Behavior Survey (YRBS) Update
 - Strawberries & Salad Greens Day - June 5
 - Annual School Garden Bicycle Tour - June 9
 - Spring 2019 Health and Wellness Summit - June 11
- Health and Wellness Personnel Update
 - David Esquith, director of Health and Wellness



DC School Breakfast Scorecard

Beverley Wheeler, Director

DC Hunger Solutions



D.C. Hunger Solutions

Ending hunger in the nation's capital

The District of Columbia's School Breakfast Scorecard for School Year 2017-2018

Wednesday, May 22, 2019

Beverley R. Wheeler, Ed.D.

Director

D.C. Hunger Solutions

- Help local LEAs, school administrators, principals and teachers identify opportunities to connect low-income students with breakfast
- Analyze the School Breakfast reach during the SY17-18 among 61 of the 66 LEAs in DC
- Compare lunch participation of low-income students who are eligible for free & reduced meals to breakfast participation
- The goal is 70 FRE students eating breakfast for every 100 FRE students eating lunch



- Participation varied significantly across LEAs.
- The top five LEAs in the District reached 99 or more low income children with school breakfast for every 100 who participated in school lunch.
- Three LEAs had higher breakfast participation among low income children than school lunch participation.
- Twenty-three LEAs failed to serve school breakfast to even half of the low-income students who participated in school lunch
- The size of the LEA was not a predictor of school breakfast participation



- Bridges Public Charter School 115.2
- Eagle Academy Public Charter School 107.0
- Sustainable Futures Public Charter School 102.3
- The Children’s Guild Public Charter School 99.4
- Mary McLeod Bethune Public Charter School 99.1
- Perry Prep Public Charter School 97.5
- Democracy Prep Public Charter School 96.9
- Breakthrough Montessori Public Charter School 95.9
- Monument Academy Public Charter School 92.0
- Roots Public Charter School 91.2

- If every LEA had met the 70 students per 100 students goal in the 2017-2018 school year there would have been additional funding and additional students fed

| • LEA | Additional Funding | Additional Students Served |
|--------------------------|--------------------|----------------------------|
| • D.C. Public Schools | \$193,442 | 615 |
| • Public Charter Schools | \$469,650 | 1506 |
| • Total | \$663,092 | 2121 |



- NSLP participation rates were significantly higher in elementary schools and among boys, Hispanic and non-Hispanic Black students, students from lower income households, and the students who were certified for free or reduced-price meals. Similar differences in SBP participation were observed, but were more pronounced.
- Among students who did not participate in the SBP, more than 1 in 10 elementary and middle school students and more than 25 percent of high school students did not consume any type of breakfast.
- Participating students and their parents were generally satisfied with school meals, with opinions about school breakfast somewhat more positive.



Recommendations

- Increase accountability for schools required to offer Breakfast After the Bell
- Breakfast After the Bell time should count as instructional time.
- Fund and implement revised Breakfast in the Classroom Subsidy



Thank you!



D.C. Hunger Solutions

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DC Green School Program

Healthy, Green, Sustainable Schools Stakeholder
Group

DESIGNING A RECOGNITION PROGRAM FOR HEALTHY, GREEN, & SUSTAINABLE SCHOOLS

A proposal for the Healthy Youth and Schools Commission



District Commitments

HEALTHY SCHOOLS ACT

Recognize schools' efforts to improve their environmental portfolio



CHESAPEAKE BAY AGREEMENT

Increase number of sustainable schools that reduce impact on the watershed, environment, and human health



Implement program to encourage District schools to adopt healthy, green, and sustainable practices
SUSTAINABLE DC 2.0 PLAN

Real world applications of science that bridge content knowledge across disciplines

NEXT GENERATION SCIENCE STANDARDS



Programs Across the Country

MARYLAND GREEN SCHOOLS

State-level program, fee-based.
Recertification after 4 years, special
recognition after 12 years.



FAIRFAX COUNTY PUBLIC SCHOOLS GET2GREEN

Environmental stewardship program,
hosts dashboards and encourages
schools to apply for EcoSchools.

U.S. DEPARTMENT OF EDUCATION

GreenRibbonSchools



Register to receive curriculum.
No recognition or certification.

PROJECT LEARNING TREE



International program, aligned with
other state programs. Includes
curriculum and tiered award levels.

NATIONAL WILDLIFE FEDERATION

PROGRAM COMPONENTS

Recognition for healthy, green, sustainable school efforts



RECOGNITION TIERS

Proposed Format

| | Participant | LEVEL 1 | LEVEL 2 | LEVEL 3 |
|-------------------|-------------|-----------|-----------|-----------|
| Student Practices | ● ● ● ● ● | ● ● ● ● ● | ● ● ● ● ● | ● ● ● ● ● |
| School Practices | ● ● ● ● ● | ● ● ● ● ● | ● ● ● ● ● | ● ● ● ● ● |
| Bonus Points | | | | |

Tiers of engagement options for schools to progressively integrate sustainability in the classroom culture. Once receiving the highest recognition, schools will have the ability to apply for renewal after three years.

RECOMMENDATIONS



Decision on whether to recommend the establishment of recognition program



Suggestion of an entity to complete program development and begin implementation



Recommend whether the District should designate funding for a recognition program



Suggest a yearly reporting requirement to the Healthy Youth and Schools Commission



THANK YOU





Healthy Youth and Schools Commission Strategic Plan

Jeff Travers, Chairman

Healthy Youth and Schools Commission



Nutrition Education Working Group

Kristy McCarron, Commissioner

Healthy Youth and Schools Commission



Goal

By Dec. 31, 2021, the Healthy Youth and Schools Commission will advise District government and partner organizations on the status of nutrition education in District schools and strategies for sustaining or improving these programs.



Nutrition Education Working Group

Action Step 1: By Dec. 31, 2019, the Healthy Youth and Schools Commission will research national best practices and review existing reports on the state of nutrition education in the District.

- Review report from the Nutrition Educators Summit in July 2019
- Research national nutrition education best practices





Nutrition Education Working Group

Action Step 2: By Dec. 31, 2020, the Healthy Youth and Schools Commission will engage with stakeholders to form an understanding of current nutrition education programs in schools in the District.

- Identify nutrition education successes and barriers via stakeholders
- Engage with the Food Policy Council's nutrition education subcommittee
- Learn about the Nutrition Education Plan implementation and data collection
- Determine if there is a correlation between nutrition education and meal participation





Nutrition Education Working Group

Action Step 3: By Dec. 31, 2021, the Healthy Youth and Schools Commission will make recommendations to District government and partner organizations to improve or sustain the nutrition education that students receive in schools.

- Make recommendation as to whether or not the District needs a nutrition education needs assessment



Data Working Group

William Dietz, Commissioner

Healthy Youth and Schools Commission



Goal

By Dec. 31, 2021, the Healthy Youth and Schools Commission will advise District government and partner organizations on necessary quantitative and qualitative data improvements in order to better address and support students' health, wellness, and nutrition needs.



Action Step 1: By Dec. 31, 2019, the Healthy Youth and Schools Commission will review existing District quantitative and qualitative data sets and identify key areas of focus.

- Identifying gaps in existing District surveys
- Determining the number of key areas of focus that are reasonable to address more closely



Data Working Group

Action Step 2: By Dec. 31, 2020, the Healthy Youth and Schools Commission will advise District government and partners on enhancements to quantitative and qualitative data collection and analysis, including through process improvements within the identified key areas of focus.

- Suggesting and requesting comparison points, as needed
- Recommending processes to improve data collection procedures
- Researching best practices from other states



Data Working Group

Action Step 3: By Dec. 31, 2021, the Healthy Youth and Schools Commission will advise District government and partners on improvements needed to the quantitative and qualitative data-sharing systems across agencies and partner organizations as well as mechanisms to leverage identified data to inform action.

- Making recommendations for data sharing based on best practices in other states
- Making recommendations for improving data sharing with schools and organizations working directly with schools, students, and families



ACEs Working Group

Healthy Youth and Schools Commission



Goal

By Dec. 31, 2021, the Healthy Youth and Schools Commission will make recommendations to the mayor and DC Council, informed by educators, students, and families, to improve students' access to key mental health resources.



ACEs Working Group

Action Step 1: By Dec. 31, 2019, the Healthy Youth and Schools Commission will review data to determine the scope of need across the District.

- Analyzing Department of Behavioral Health (DBH) compliance data on behavioral health trainings to identify areas of highest need
- Reviewing mental health data from the Youth Risk Behavior Survey (YRBS) and the Behavioral Risk Factor Surveillance System (BRFSS)
- Reviewing school-level data from the School Health Profiles
- Layering data from the School Health Profiles with absenteeism and expulsion data
- Reviewing data from the Preschool Development Grant (PDG) needs assessment for students in early childhood
- Identifying resource needs for schools that are not in the cohort receiving support from the Coordinating Council on School Mental Health



ACEs Working Group

Action Step 2: By Dec. 31, 2020, the Healthy Youth and Schools Commission will identify the resource gaps that exist in high-need areas of the District (as identified during Action Step 1) related to students' access to quality mental health resources and include information about these gaps in the Commission's annual report to the mayor and DC Council.

- Identifying best practices from across the country, including funding information
- Reviewing the DC Healthy Communities Collaborative's Needs Assessment (to be published in June 2019)
- Reviewing the Coordinating Council on School Mental Health's resource mapping (forthcoming)
- Engaging directly with the Coordinating Council on School Mental Health's leadership
- Hearing directly from school staff, students, and families
- Determining if other applicable needs assessments have been completed in DC
- Leveraging and elevating existing resources



ACEs Working Group

Action Step 3: By Dec. 31, 2021, the Healthy Youth and Schools Commission will examine the effectiveness of training of school-based staff members to respond to students' adverse childhood experiences (ACEs) and make recommendations for improvement.

- Learning how schools know to identify and refer a student who needs to be connected with a mental health resource
- Evaluating data on kids identified, referred to, and engaged in appropriate services
- Hearing directly from school staff, students, and families
- Determining whether additional training is needed
- Researching best practices from across the country to evaluate the District's trauma responsive trainings
- Recommending appropriate terminology to use (e.g., ACEs, trauma, etc.)
- Working with the Coordinating Council on School Mental Health and Project AWARE



Meals Working Group

Healthy Youth and Schools Commission



Goal

By Dec. 31, 2021, the Healthy Youth and Schools Commission will advise District government and partner organizations on strategies to sustain or increase access to and participation in and improve the quality of school meals, with particular focus on breakfast, afterschool, and summer meals.



Meals Working Group

Action Step 1: By Dec. 31, 2019, the Healthy Youth and Schools Commission will review existing data, research best practices, and engage with key stakeholders to identify gaps and barriers to access to and participation in meal programs.

- Receiving participation data from government agencies and partner organizations and reviewing this data at the different grade bands (elementary school, middle school, high school)
- Engaging with key stakeholders, including coaches, students, school administration, and community-based organizations
- Researching strategies that have been effective in other parts of the country
- Identifying afterschool programs that are not participating in the meals program
- Engaging with the Office of Out of School Time Grants and Youth Outcomes (OST Office)
- Surveying students and families to learn about their experiences with the meal programs, including reasons why students do not participate
- Engaging with schools, students, and families to learn about the meals process in schools, including timing of school meals



Meals Working Group

Action Step 2: By Dec. 31, 2020, the Healthy Youth and Schools Commission will analyze the recommendations from the research and engagement phase and review additional reports in order to make recommendations to the District government and partner organizations to increase or sustain access to and participation in school meals.

- Reviewing information gathered throughout Action Step 1
- Determining whether the need is being met and actions need to be sustained or the need is not being met and participation needs to be increased
- Reviewing the OSSE/Department of Parks and Recreation (DPR) summer meals report



Meals Working Group

Action Step 3: By Dec. 31, 2021, the Healthy Youth and Schools Commission will advise District government and partners on strategies to improve the quality of the meals programs.

- Reviewing DCPS's Good Food Purchasing Program assessment
- Researching best practices from around the country
- Engaging with students and school staff to learn more about the quality of meals served, including desirability of school meals
- Engaging with the Food Policy Council subcommittee for an update on the Good Food Purchasing Program
- Learning about the menu review and nutrition review process(es) for school meals
- Receiving and reviewing data about the consumption of healthy food items in school meals
- Recommending strategies to reduce food waste



Commissioners' Current Work

Commissioners

Healthy Youth and Schools Commission



Closeout and Priorities for Next Meeting

Jeff Travers, Chairman

Healthy Youth and Schools Commission