



## Healthy Youth and Schools Commission

### *June Quarterly Meeting*

June 18, 2020 | Jeff Travers, Chairman of the Commission



**Welcome**

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# Agenda

- Welcome and Introductions
- Recap of the Previous Commission Meeting
  - Approval of Minutes
- Update from OSSE
  - General Announcements
  - Fiscal Year 2021 Budget Overview
  - COVID-19 Response
- DC Nutrition Education Presentation by American University
- Updates from Strategic Plan Working Groups
- Comments from Commissioners on Current Work
- Closeout and Priorities for Next Meeting



## Recap Previous Commission Meeting

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Jeff Travers, Chairman, Healthy Youth and Schools Commission

# Recap Previous Commission Meeting

- February Quarterly Meeting
  - Date: Thursday, Feb. 20, 2020
  - Main topics covered:
    - Behavioral Health
    - Immunizations Enforcement
  - Approval of minutes



# Update from OSSE

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Heidi Schumacher, Assistant Superintendent, OSSE

# Update from OSSE

- General Announcements
- Fiscal Year 2021 Budget
- COVID-19 Response
  - Nutrition Programs
  - School Mental Health



## COVID-19 Response: Nutrition Programs

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# Child Nutrition Programs – Meal Distribution

- Meals have been available at distribution sites throughout the city since schools closed, and will continue to be available until schools re-open
  - *School sites* are routinely updated on [coronavirus.dc.gov](https://coronavirus.dc.gov) including District of Columbia Public Schools (DCPS) and public charter schools.
    - Grocery distribution available at some sites.
  - *Non-school sites* are also offering meals through the Summer Food Service Program (SFSP).
    - Department of Parks and Recreation (DPR)
    - Community based organizations

# Child Nutrition Programs – Nationwide Flexibilities and Waivers

- Ensure student access to meals in the safest way possible. This has allowed for:
  - Meals to be served as “grab and go”
  - Parents to pick up meals for students
  - More than one day’s worth of meals to be served at a time
  - Sponsors to provide bulk items instead of single meals
  - Home delivery of meals
- OSSE has applied for and been granted waivers when nationwide flexibilities are not in place:
  - Allows the Fresh Fruit and Vegetable Program (FFVP) to be served at non-elementary schools and be picked up by parents

## Major USDA Flexibilities

Non-congregate feeding

Meal time restrictions

Meal pattern

Parent pick-up

# Child Nutrition Programs – Pandemic EBT (P-EBT)

- Department of Human Services (DHS) and OSSE partnership
- Provides federally-funded food benefits to eligible children
  - Food benefits are equal to the value of meals at the free rate (\$5.70 per day), provided on an EBT card
  - Benefit coverage: March 16 – June 19
  - Benefits issued for coverage period at one time
- Children who receive P-EBT benefits can still receive meals at open sites or through other programs.

	MARCH 12 Days	APRIL 21 Days	MAY 20 Days	JUNE 15 Days	P-EBT Amount
	12 x \$5.70 = <b>\$68.40</b>	21 x \$5.70 = <b>\$119.70</b>	20 x \$5.70 = <b>\$114.00</b>	15 x \$5.70 = <b>\$85.50</b>	
FARM-eligible/ CEP Enrolled prior to Mar 31					<b>\$387.60</b>
	FARM-eligible in April				<b>\$319.20</b>
	FARM-eligible in May				<b>\$199.50</b>
	FARM-eligible Jun 1 - 19				<b>\$85.50</b>



# Child Nutrition Programs – Guidance

- OSSE provides timely guidance to School Food Authorities (SFAs) and sponsors through the following channels and will continue to do so through the re-opening phases:
  - [Guidance Memos](#)
    - Updated routinely with new information
    - Specific to local education agencies (LEAs), Early Childhood, and Summer Food Service Program (SFSP) sponsors
  - Open calls/webinars
    - Provide up-to-date information
    - Peer to peer sharing
    - Q&A
  - Technical Assistance





## COVID-19 Response: School Mental Health

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# School Mental Health Response to COVID-19

- Guidance on Telemental Health services for DC school mental health providers
- Supported the DC CoP with planning live webinars focused on telemental health and staff wellness
- DME Mental Health Response Group: developed School Mental Health and Wellbeing Q&A
- Bi-weekly consultation sessions with Project AWARE LEA staff

# Reentry and Recovery

- Division of Health and Wellness has outlined mental health recovery efforts that are aligned with Project AWARE goals, OSSE's strategic pillars, and to the priorities of our DBH and DC CoP partners.
- OSSE is committed to offering guidance, actionable resources, and promising practices to help LEAs and CBOs address mental health needs and strengthen trauma-informed practices.

# School Mental Health Recovery Efforts

## Priority Area: Training

Deliverable	Description
Youth Mental Health First Aid	This training introduces common mental health challenges for youth and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.
SBH Expansion CoP Training Calendar	Support DBH and GW Center for Health and Health Care in Schools to develop and promote the SY20-21 training calendar.



# School Mental Health Recovery Efforts

## Priority Area: Guidance

Deliverable	Description
Mental Health Referral Pathways and Crisis Prevention and Intervention	Guidance to support schools with ensuring mental health referral pathways during on-site and distance learning are established and communicated to staff, students, and parents. And, to develop clearly defined protocols and procedures for school- and individual-crisis intervention.
Provision of Telemental Health Services (post public health emergency)	Guidance includes DC Health and interstate licensure requirements, ethical and practice considerations (such as consent templates), online social-emotional and mental health curricula.

# School Mental Health Recovery Efforts

## Priority Area: School Climate and Student Support Planning Documents

Deliverable	Description
Tiered Mental Health Systems/Supports Planning Template	<p>In partnership with the Implementation Committee of the Coordinating Council, the School Strengthening Work Plan template will be revised to include considerations and resources for reentry and recovery.</p> <p>Develop a Tier 1 planning matrix to support schools with phased planning and implementation of policies, practices, and engagement activities that support positive school climate, safe and supportive environments, and social-emotional learning.</p>
Health Education Standards Supplemental Resource	<p>This resource provides information to support schools with planning comprehensive health education programs (during the recovery phase and beyond).</p>



# DC Nutrition Education

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# The Healthy Schoolhouse 2.0

Healthy Youth & Schools Commission

June 18, 2020



# Agenda

- Welcome & Introductions
- Background of Healthy Schoolhouse 2.0
- Program Overview: Education-Extension-Research
- Progress of Years 1,2 and 3
- Dissemination
- Your feedback & ideas

# Introductions

Dr. Stacey Snelling, Co-PI

Dr. Sarah Irvine Belson, Co-PI

Dr. Melissa Hawkins, Research Director

Robin McClave, Program Director

Caitlin Lavigne, Program Coordinator

Adrian Bertrand, Research Assistant

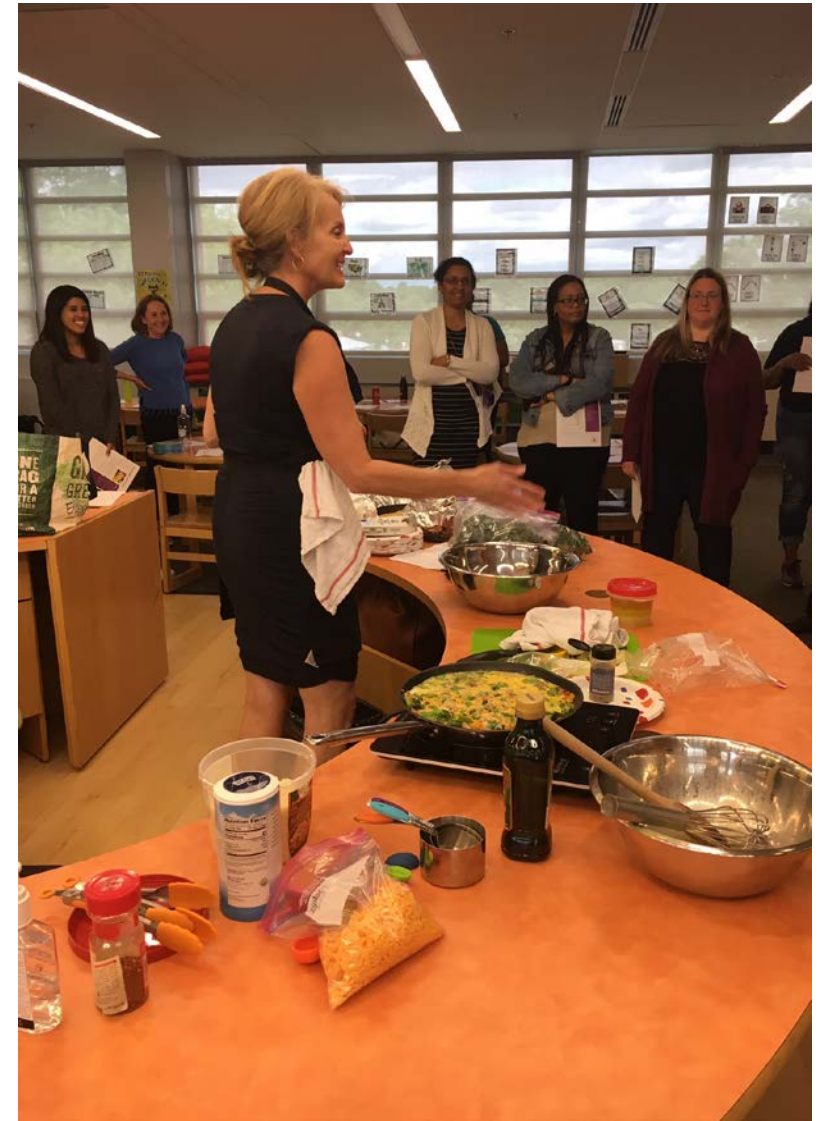


# Background

Healthy Schoolhouse 2.0 is funded by the US Department of Agriculture's National Institute of Food and Agriculture (NIFA)

5-year study following a pre/posttest intervention design

The goal of this project is to improve health literacy and prevent childhood obesity in elementary school students in Washington, DC in Wards 7 & 8



# Healthy Schoolhouse 2.0 Overview



## Education

Improve elementary school teachers' nutrition knowledge, health literacy, and personal health behaviors.

Improve students' nutrition knowledge, health literacy, attitudes, and nutrition-related behaviors.



## Extension

Extend the formal classroom instructions to families through school-wide events with local partners focused on food access and nutrition education.



## Research





Measure the effects of the implementation of the PD series to increase nutrition lessons.

Measure the effects of targeted nutrition lessons in school classrooms on knowledge, attitudes, and behaviors.

Evaluate the sustainability of the Healthy Schoolhouse 2.0.



# School Demographics

School	Ward	Enrollment	Race/ Ethnicity	% Economically Disadvantaged	DC School Report Card STAR Rating	Joined Program
<b>E1</b>	7	370	92% Black, 7% Hispanic/Latino, 1% multiple races	100%		SY 2017-18
<b>C1</b>	7	277	96% Black, 3% Hispanic/Latino, 1% White	100%		SY 2017-18
<b>E2</b>	8	323	99% Black, 1% Hispanic/Latino	100%		SY 2018-19
<b>C2</b>	8	497	97% Black, 2% Hispanic/Latino, 1% multiple races	100%		SY 2019-20

Education:

Professional  
Development  
Program

## Schools E1 & E2

In person Professional Development Series  
(Years 1 and 2)

- 5 session series
- Delivery of kits and supplies
- \$75 in classroom supplies once 3 lessons are taught!

3 Online PD Trainings (Year 3)

- Orientation session with kit delivery
- 3 Sessions: MyPlate, Nutrients, and Sometimes Foods
- \$75 in classroom supplies once 3 lessons are taught!

1 CEU for each training viewed and lesson  
taught (Year 3)

# Education: Serving up MyPlate: A Yummy Curriculum

**LEVEL 1**  
Grades 1 & 2

**SERVING UP**  
**MyPlate**  
A Yummy Curriculum

USDA Standards-Based Nutrition Education

Lesson Title	Standards Met*
<b>First Course: We Are What We Eat</b>	<p><b>English Language Arts:</b> Language Standards: Conventions of Standard English (3.2, 4.2): <i>Demonstrate command of the conventions of standard English grammar and usage when writing or speaking; Vocabulary Acquisition and Use (3.5, 4.5): Demonstrate understanding of word relationships and nuances in word meanings; Conventions of Standard English (3.2, 4.2): Demonstrate reading standards for informational text (3.2, 4.2): Determine the main idea of a text and explain how it is supported by key details; summarizing the text; Writing Standards (3.1, 4.1): Write opinion pieces on topics or texts, supporting a point of view with reasons; Speaking and Listening Standards (3.1, 4.1): Engage effectively in a range of collaborative discussions with diverse partners, building on others' ideas and expressing their own clearly.</i></p> <p><b>Science:</b> Standard (A): <i>Understandings about Scientific Inquiry: Classifying Objects.</i></p> <p><b>Health:</b> Standard (8.5.1): <i>Encourage others to make positive health choices; Standard (6.2.1): Identify a short-term personal health goal and take action toward achieving the goal.</i></p>
<b>Second Course: You Be the Chef</b>	<p><b>English Language Arts:</b> Speaking and Listening Standards (3.1, 4.1): <i>Participate in collaborative conversations with diverse partners; Writing Standards (3.2, 4.2): Write informative/explanatory texts to examine a topic and convey ideas and information clearly.</i></p> <p><b>Health:</b> Standard (1.5.1): <i>Describe the relationship between healthy behaviors and personal health; Standard (5.5.5): Choose a healthy option when making a decision; Standard (6.2.1): Identify a short-term personal health goal and take action toward achieving the goal.</i></p> <p><b>Science:</b> Standard (F): <i>Personal Health: Nutrition is essential to health. Students should understand how various foods contribute to health.</i></p> <p><b>Math:</b> Numbers and Operations (3, 4): <i>Fractions: Develop understanding of fractions as numbers.</i></p>
<b>Third Course: The Science of "Sometimes" Foods</b>	<p><b>English Language Arts:</b> Reading Standards for Information Text (4.7): <i>Interpret information presented visually, orally, or quantitatively (Meal 2); Writing Standards (4.2): Write informative/explanatory texts to examine a topic and convey ideas and information clearly.</i></p> <p><b>Science:</b> Standard (A): <i>Understandings about Scientific Inquiry: Communicate investigations and explanations. Use data to construct a reasonable explanation. Use simple equipment and tools to gather data and extend the senses; Standard (F): Students should understand how the body uses food and how various foods contribute to health.</i></p> <p><b>Health:</b> Standard (1.5.1): <i>Describe the relationship between healthy behaviors and personal health.</i></p> <p><b>Math:</b> Numbers and Operations (4): <i>Use place value understanding and properties of operations to perform multi-digit arithmetic; Measurement and Data (4): Represent and interpret data.</i></p>

# Education:

## 5 Session In-person PD Series

The PD program was developed with feedback from teachers and included the following topics:

- **Session 1: Healthy Schoolhouse 2.0 Overview**
  - introduction to the socio-ecological approach to nutrition education
  - training on the *Serving up MyPlate: A Yummy Curriculum* and *Discover MyPlate: Nutrition Education for Kindergarten*
- **Session 2: MyPlate Curriculum & Teacher Kits**
  - model lessons
- **Session 3: Nutrition Lessons from the MyPlate Curriculum**
  - preliminary school data
  - fidelity training on the curriculum
- **Session 4: Food Myths and Facts**
  - an introduction to portion sizes
- **Session 5: Feedback & Wrap-up**
  - planning for next year's activities



# Education:

## 3 Session Online PD Trainings

- In person Orientation
- **Session 1: MyPlate**
  - Nutrition Myths vs Facts
  - Be Healthy and Eat Healthy
  - Introduction to dietary guidelines through MyPlate
- **Session 2: Nutrients**
  - Food as Fuel
  - Types of Exercise
  - Essential Nutrients
- **Session 3: Sometimes Foods**
  - Eat this, Not that
  - How we decide what to eat
  - Reading a nutrition label
- In person Wrap Up



# Education: 3 Session Online PD Trainings

Health Studies  
Department

Healthy Schools,  
Healthy Communities

Publications,  
Presentations &  
Reports

Project Team

Professional  
Development

## Healthy Schoolhouse 2.0 Professional Development

American University's Department of Health Studies is sharing nutrition education concepts that you can easily implement in your kindergarten through grade 5 classrooms in 15-20 minutes.

1

### LESSON ONE: MYPLATE

2

#### Sample Lesson Plans

Download sample lesson plans (pdf) for the MyPlate lesson:

Pre-Kindergarten

Kindergarten

1st & 2nd Grades

3rd & 4th Grades

5th Grade

Art

Music

Physical Education & Health

Spanish



19:15 | This session from American University's Department of Health Studies covers MyPlate and the five food groups.

#### Get Credit for Your Lesson

Tell us about your MyPlate lesson, and earn Continuing Education Credit:

3

I TAUGHT A LESSON!



## Extension Activities:

# Nutrition Education at Joyful Food Markets

Jumping rope

Hula hooping

Ants on a log

Find the missing food group

## Research:

## Student and Teacher Surveys and Consumption

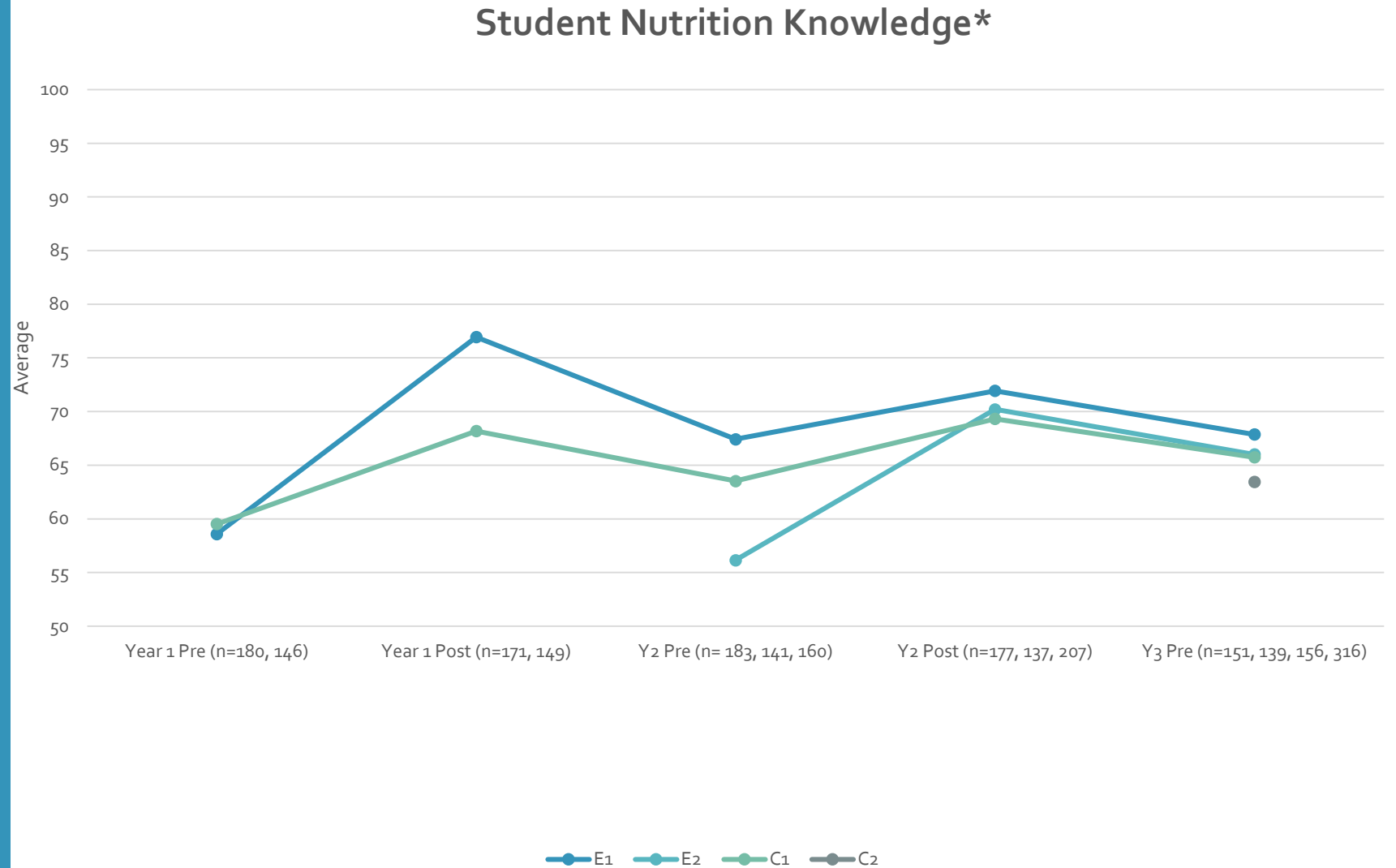
School	Year 1 pre Fall 2017	Year 1 post Spring 2018	Year 2 pre Fall 2018	Year 2 post Spring 2019	Year 3 pre Fall 2019	Year 3 post Spring 2020
E1	X	X	X	X	X	
C1	X	X	X	X	X	
E2			X	X	X	
C2					X	

### Data collected at these time points:

- **Student Survey:** knowledge of nutrition concepts
- **Teacher Survey:** personal health, self efficacy around teaching health, beliefs about the intersection of health and education
- **Consumption:** fruit and vegetable

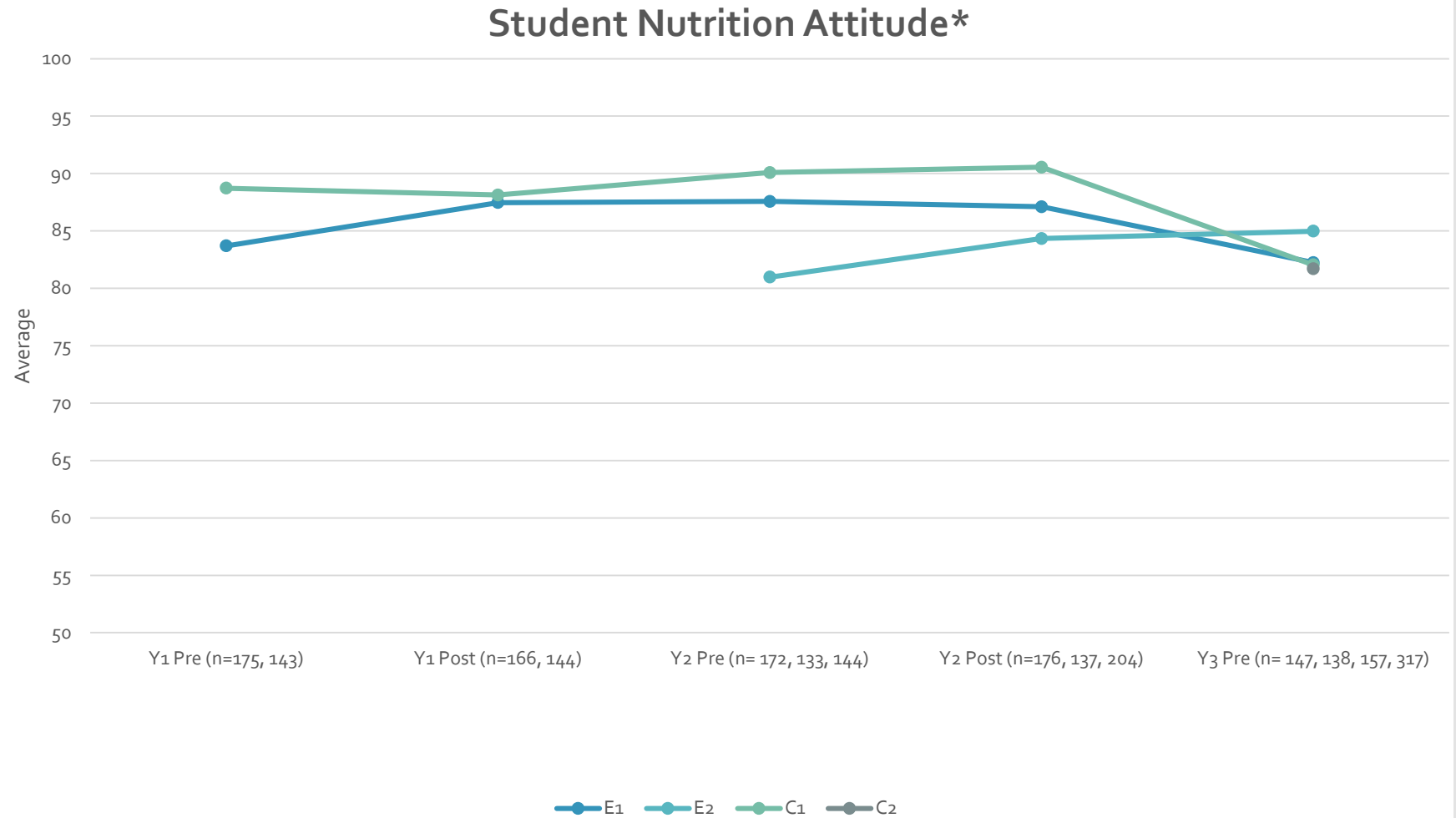


# Research: Student Nutrition Knowledge



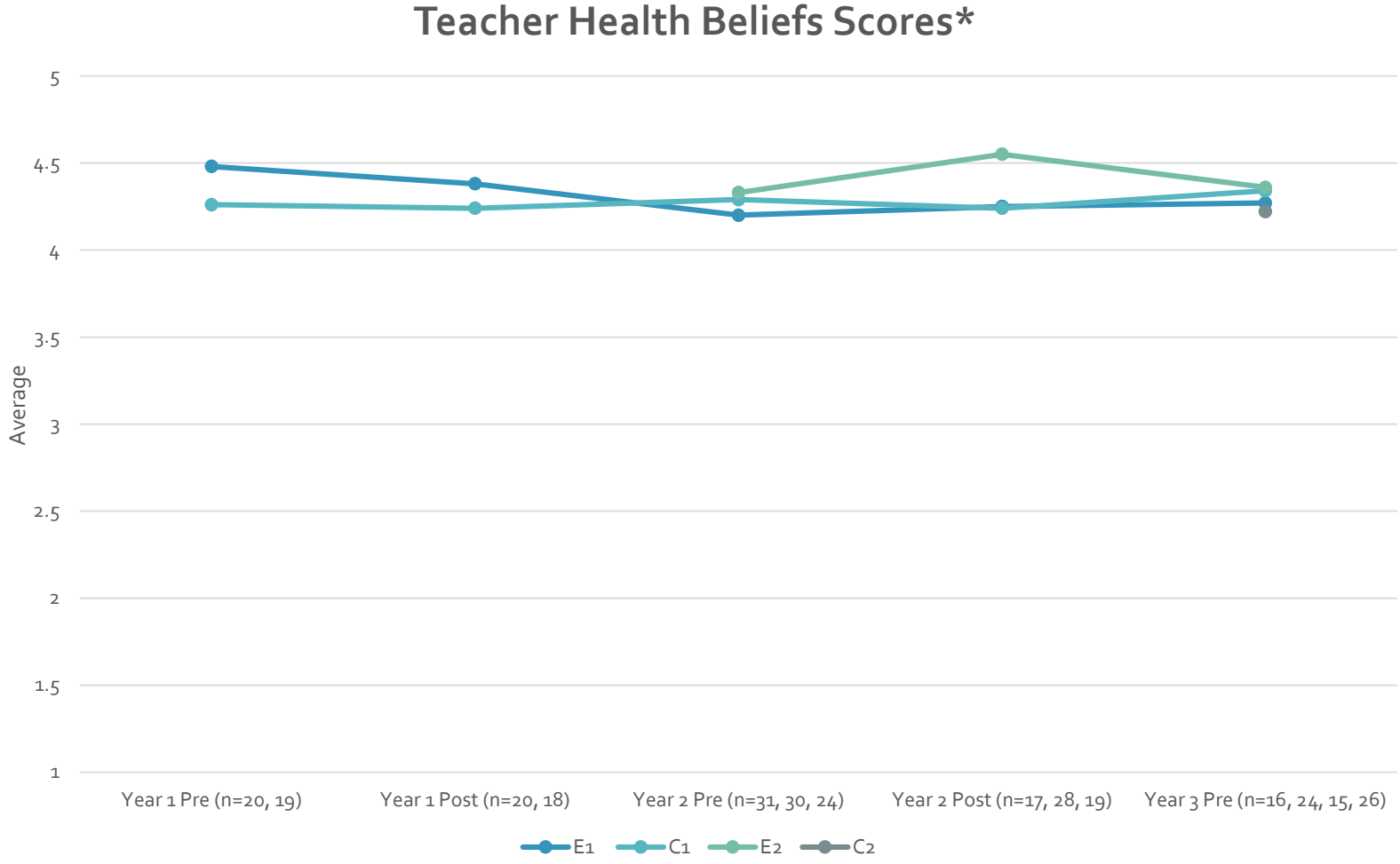
\*Data is NOT Paired

# Research: Student Nutrition Attitude



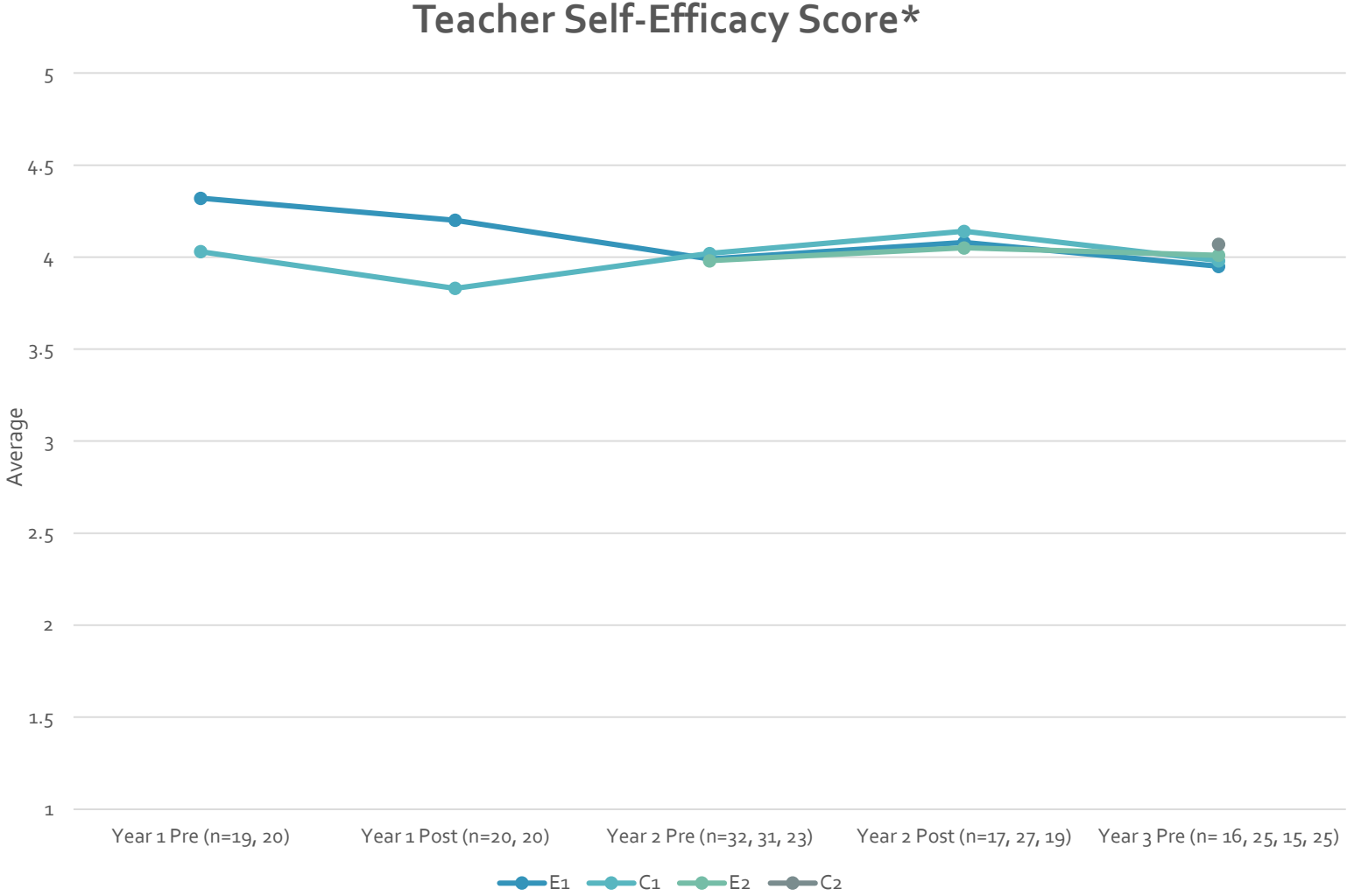
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# Research: Teacher Surveys



\*Data is NOT Paired

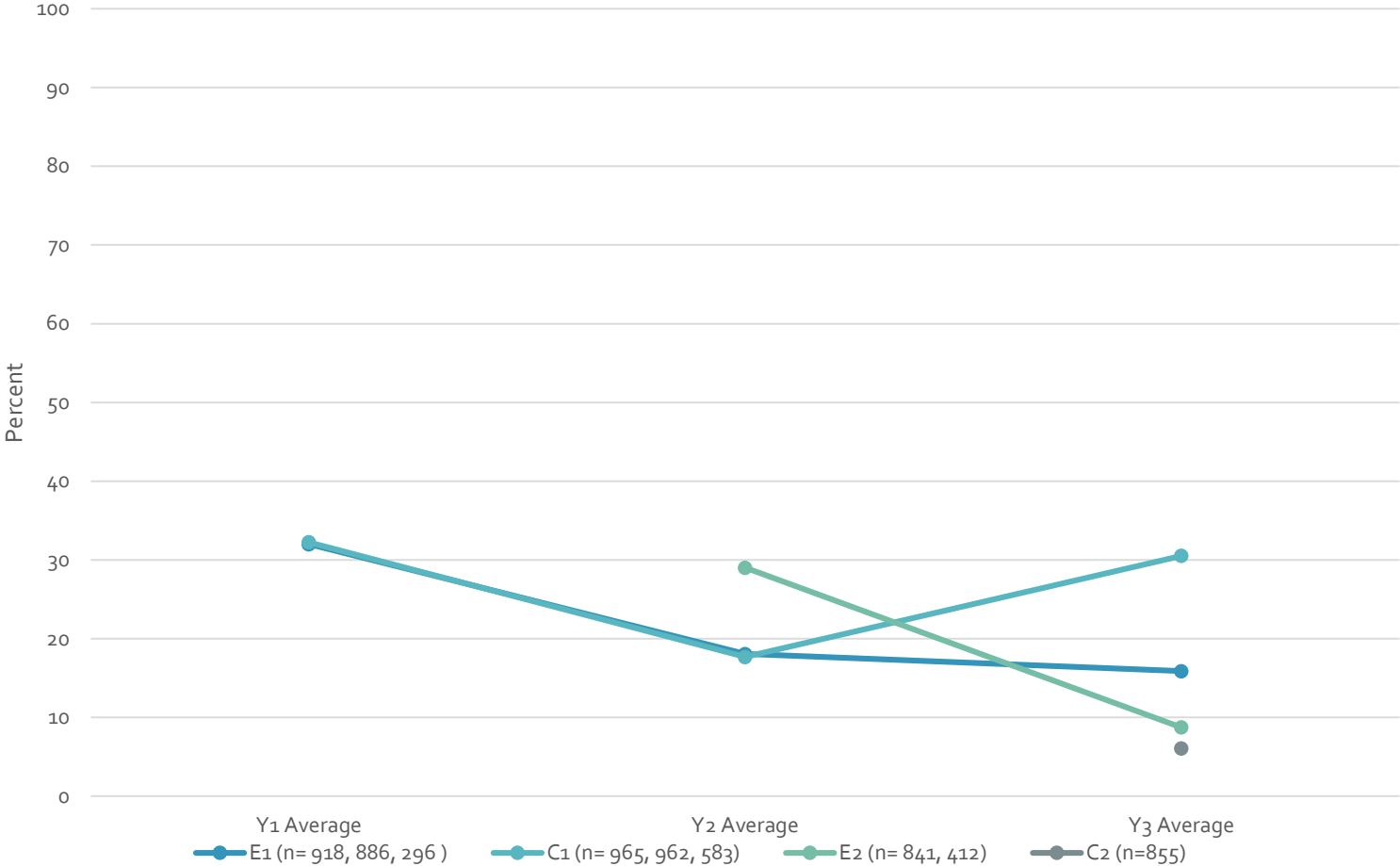
# Research: Teacher Surveys



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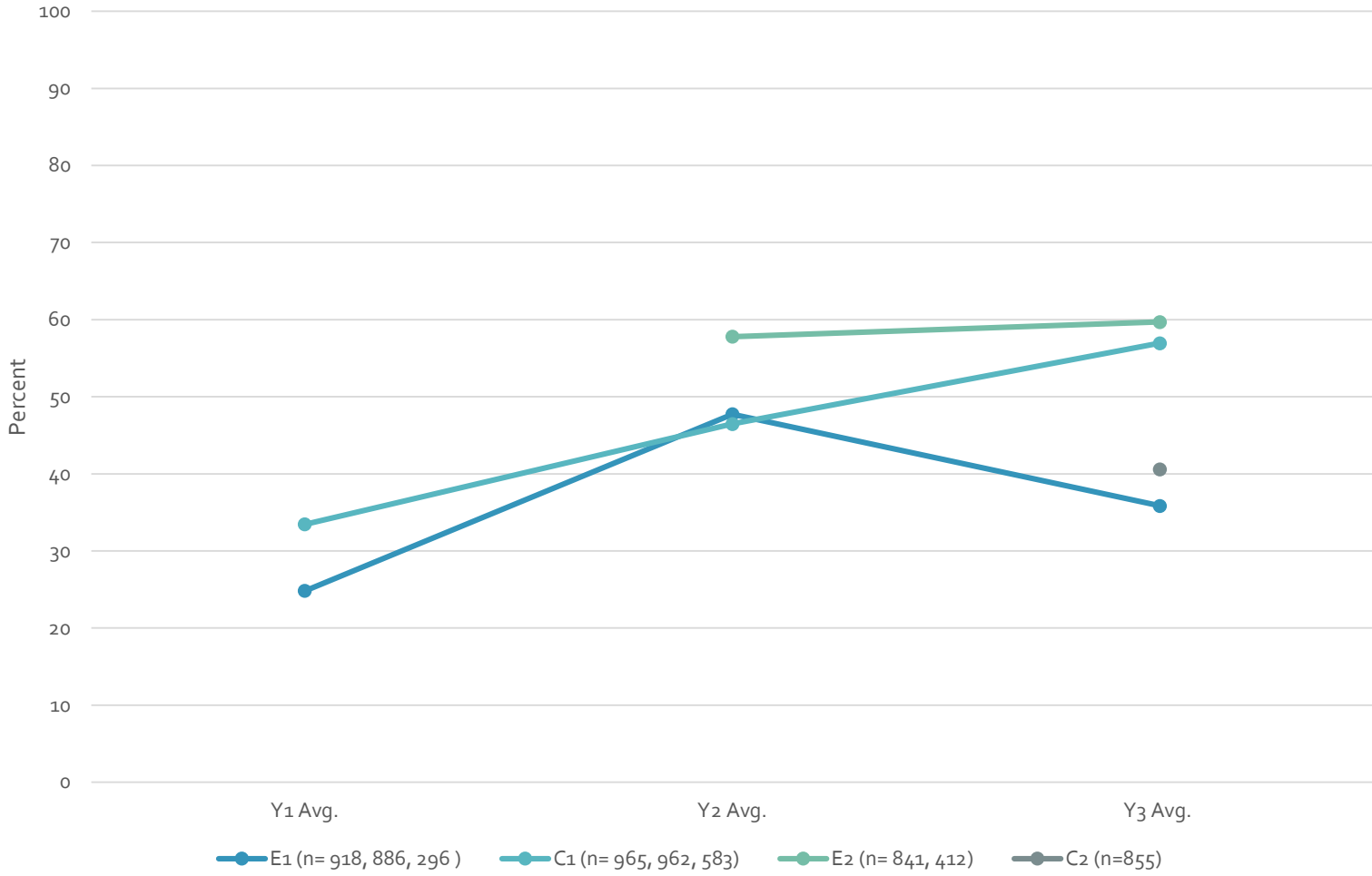
# Research: Vegetable Consumption

### 100% Vegetable Consumption Average



# Research: Fruit Consumption

### 100% Fruit Consumption Average



# Board of Advisors

- Two meetings each year in the Fall and Spring to review progress, share data, discuss school recruitment/participation, and other topics
- Twice yearly newsletters to keep Board informed and engaged in activities
- **Members:**
  - Alliance for a Healthier Generation
  - DCPS
  - Martha's Table
  - Share Our Strength
  - OSSE
  - DCCK
  - Ward 7 Health Alliance
  - DC Greens

# Dissemination & Lessons Learned

## Papers & Posters

- **July 2018 & 2019:** Society for Nutrition Education and Behavior (SNEB) – poster session
- **December 2019:** Methods Paper published by Journal of Nutrition Education and Behavior <https://doi.org/10.1016/j.jneb.2019.12.005>
- **May 2020:** Year 1 Results submitted to Public Health Nutrition
- **June 2020:** Validation of student nutrition literacy survey (SNLS) instrument

## Year 3 Learnings:

- On demand professional development
- Competing priorities for school leadership
- Staff turnover and engagement
- Incorporating distance learning



# Discussion

- Connecting Healthy Schoolhouse 2.0. with your agency's work and priorities
- Supporting teachers in continuing to integrate nutrition education during distance learning?
- How can we elevate our work in DC?

**Thank you!**



## 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  
Beverly 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 Next Meeting

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Jeff Travers, Chairman, Healthy Youth and Schools Commission