

Healthy Youth and Schools Commission FY14 Performance Oversight Questions

Q1. Describe the FY14 goals of the Healthy Youth and Schools Commission. Was the Commission successful in meeting its FY14 goals? If not, please describe the barriers to meeting the goals.

Response 1: The charge of the Commission is to serve as an advisory body to District leaders. The Commission's annual "Report on the Health, Wellness and Nutrition of Youth and Schools in the District of Columbia" (HYSC Report) underscores actions needed to meet city-wide student wellness goals. The FY 13 HYSC Report emphasized the need for city leaders to mobilize pertinent stakeholders from District agencies, schools, and community partners, to take action in the following five priority areas:

- Ensuring Schools are Able to Meet the Physical and Health Education Requirements of the Healthy Schools Act
- Assessing Opportunities to Better Evaluate the Health, Nutrition, Wellness and Academic Impact of the Healthy Schools Act
- Promoting the Healthy Schools Act to Students, Principals, Teachers and Other School Staff and Families
- Addressing the Low Collection Rates for the DC Universal Health Certificate
- Improving the Capacity to Identify Children and Youth with Mental Health Needs and Provide Services

While DC has made good progress in promotion of the Act and improving capacity to identify children and youth with mental health needs, the other three areas of concern need continued attention. The FY14 Healthy Youth and Schools (Attachment A) provides details on the obstacles the city faced in meeting these three areas as well as opportunities moving forward.

The primary barrier facing the Commission was that several of its seats became or remained vacant during FY 14 including the designee representative from the Department of Health, the Member appointed by the Chairperson with oversight over education, and two general member seats. The Commission would benefit from the appointment of an expert in physical education and activity and health education. A continuing challenge has been that its members are volunteers who have limited hours to devote to the Commission. Several of its D.C. agency members, while having work responsibilities related to student health and wellness, have a much broader scope of work. As a consequence the Commission focuses its efforts on where—given these constraints—it can add the most value to the City. As such the Commission focuses its energies on playing a key advisory role.

Q2. Provide an update on the work of the Commission in FY14 and to date in FY15. In your response, describe each of the Commission's actions to the following charges from the Healthy Schools Act:

- Advising on the operations of all District health, wellness, and nutrition programs;
- Reviewing and advising on the best practices in health, wellness, and nutrition programs across the United States;
- Recommending standards, or revisions to existing standards, concerning the health, wellness, and nutrition of youth and schools in the District;
- Advising on the development of an ongoing program of public information and outreach programs on health, wellness, and nutrition;

*FY2014 Performance Oversight Questions
Healthy Youth and Schools Commission*

- Making recommendations on enhancing the collaborative relationship between the District government, the federal government, the University of the District of Columbia, local nonprofit organizations, colleges and universities, and the private sector in connection with health, wellness, and nutrition;
- Identifying gaps in funding and services, or methods of expanding services to District residents; and,
- Engaging students in improving health, wellness, and nutrition in schools.

Response 2: The Commission worked hard towards fulfilling all of the functions designated under the Healthy Schools Act. See below for a list of specific functions and activities conducted.

- Advising on the operations of all District health, wellness, and nutrition programs;

The Commission's annual report on the health, wellness and nutrition of youth and schools in the District is the primary method for the Commission to communicate its activities to the Mayor and the Council. The Commission's FY 14 "Report on the Health, Wellness and Nutrition of Youth and Schools in the District of Columbia" highlights DC's work to improve the health, wellness and nutrition of students by examining achievements and areas to prioritize for the primary subchapters of the Act:

- A. School Nutrition (Subchapter II)
- B. Farm to School Programs (Subchapter III)
- C. Physical and Health Education (Subchapter IV)
- D. Environment (Subchapter V)
- E. Health and Wellness (Subchapter VI)

- Reviewing and advising on the best practices in health, wellness, and nutrition programs across the United States;

Where applicable, for each of the subchapter topic areas, the FY14 Commission Report also references mandatory reports required pursuant to Act, helpful research or information, and best practices in the field.

- Recommending standards, or revisions to existing standards, concerning the health, wellness, and nutrition of youth and schools in the District;

For each of the subchapter topic areas, the FY14 Commission Report provides a section on areas to prioritize that include where applicable recommending standards or revisions to existing standards.

- Advising on the development of an ongoing program of public information and outreach programs on health, wellness, and nutrition.

OSSE's Healthy Schools Act Initiatives Team has made great strides in implementing some of the Commission's recommendations regarding offering programming related to health and wellness. The Commission works with OSSE to support wellness events such as Growing Healthy Schools Week, the Healthy Schools Act Art and Essay Competition, and School Breakfast Week event.

During FY 2014, OSSE conducted the following trainings:

- Two sexual health curricula training for community based organizations;
 - Building Our Kids Success (BOKS) Physical Activity Training for schools and early child care centers;
 - Health and Physical Education Standards Mapping for Non-Profit Organizations; and
 - Teacher Wellness Symposium (two days, in partnership with Action for Healthy Kids).
- Making recommendations on enhancing the collaborative relationship between the District government, the federal government, the University of the District of Columbia, local nonprofit organizations, colleges and universities, and the private sector in connection with health, wellness, and nutrition;

Commission meetings are open to the public and numerous stakeholders have been engaged through attendance at these meetings. The meetings have therefore served as an excellent means to develop collaborative relationships between all stakeholders. The Commission subcommittee meetings draw in stakeholders from a range of sectors. The Commission has encouraged collaborative efforts between the DC Department of Health (DOH) and OSSE which have been fruitful in regards to paving the way for an improved collection process for universal student health forms.

- Identifying gaps in funding and services, or methods of expanding services to District residents;

The FY14 Commission Report identified the following funding priorities:

- School breakfast alternative serving models
- Charter School Support to Meet Environmental Goals of the Act (Title V)
- More Schools Nurses in DC Public and Public Charter Schools
- Electronic Submission of Universal Health Certificates
- Comprehensive Plan to Address the Needs of Homeless Children

Like the FY13 Report, the FY14 Report focused attention towards the lack of money, resources, and time in the school day available schools to implement the Healthy Schools Act physical education and health education requirements.

- Engaging students in improving health, wellness, and nutrition in schools.

The student commission position remained vacant for FY14. In October, the Commission partnered with OSSE and D.C. Hunger Solutions to hold its second annual Healthy Schools Act Art and Essay Contest to engage students and over 200 entries were received.

- Q3. Was the work of the Commission split or divided amongst any subcommittees in FY14 or to date in FY15? If so, please provide the goal of each subcommittee for FY14 and what each subcommittee accomplished.

In FY 14, the Commission is divided into subcommittees, each with a particular focus on one function or one issue of concern for the health of youth and schools in the District. The subcommittees are

Communications, Evaluation, Physical Education (PE) and Physical Activity (PA), the Environment, and School Health. Commissioners self-selected which subcommittee(s) to serve upon based upon their areas of interest and expertise. The role and activities of each subcommittee are described below.

- The role of the Communications Subcommittee is to promote the Healthy Schools Act to all school stakeholders. To this end the Subcommittee:
 - Continued to disseminate a Healthy Schools Act infographic;
 - Began developing a Healthy Schools Act infographic for families; and
 - Conducted a Healthy Schools Act Art and Essay Contest.
- The role of the Evaluation Subcommittee is to evaluate the success of the Healthy Schools Act. To this end the Subcommittee:
 - Supported OSSE's efforts to conduct an evaluation of the Act and its impact on the health, nutrition and wellness of children. OSSE secured funding for such an evaluation and in the fall of 2014 issued a Request for Applications (RFA) for the Healthy Schools Act Evaluation and Research Grant and received seven applications. However, upon further consideration, OSSE decided to rescind the RFA and plan how to better conduct a comprehensive policy and program evaluation of the Act. The Commission seeks more information on OSSE plans for the re-tooled evaluation.
- The role of the Environmental -Subcommittee was to assess how the city has fared in implementing the environmental provisions of the Act and next steps. To this end, the SubCommittee:
 - Convened a group of environmental stakeholders including representatives from OSSE, DGS, DDOE, DC Hunger Solutions, DC Greens and DC Appleseed; and
 - Made recommendations that were included in the FY14 Commission Report.
- The role of the PA and PE Subcommittee is to investigate what schools will need in order to meet the SY 2014-2015 physical education and health education guidelines and assist schools in promoting 60 minutes/day of physical activity. To this end the Subcommittee:
 - Researched PE and health education (HE) requirements in other states across the nation; and
 - Recommended the Mayor and/or Council convene a Task Force to further investigate this issue.
- The role of the School Health Subcommittee is to investigate ways to increase completion of the Universal Health Certificate and address other issues related to the health of students. To this end the Subcommittee:
 - Met with DOH and Councilmember staff to discuss the issue of low return rates on the Universal Health Certificates;
 - Asked DOH for budgetary information on the re-tooled vision for the improved collection system; and
 - Made recommendations that were included in the FY15 Commission Report.

Q4. Describe the Commission's efforts to engage with the appropriate government agencies on HSA during FY14 and to date in FY15. Please include specifically the following:

- OSSE
- DC Public Schools

- Public Charter School Board
- State Board of Education
- Office of the Deputy Mayor for Education
- Office of the Deputy Mayor for Health and Human Services
- Department of Health
- Department of Behavioral Health
- Department of Parks and Recreation

Response 4: The Commission's meetings are open to the public and OSSE ensures that notice is provided in the D.C. Register as well as on the recently launched Commission Website (<http://osse.dc.gov/service/healthy-youth-and-schools-commission-hysc>). Additionally, the Commission promotes the meetings to a list of interested stakeholders through email notices. The Commission primarily relies on the D.C. government representatives from the OSSE, the D.C. Public Charter School Board, the D.C. Public Schools, Department of Behavioral Health, and the DOH (Commission seat is still vacant) to communicate relevant information to interested stakeholders.

Q5. As required by Section 402 of the HSA, the PE and HE requirements beginning in SY2014-2015 are as follows:

Physical Education:

- a. 150 minutes/week (Grades K-5)
- b. 225 minutes/week (Grades 6-8)
- c. 50% of PE class time to be moderate-to-vigorous physical activity (PA)

Health Education:

- a. 75 minutes/week (Grades K-8)

According to the data collected and available to the Commission, what is the current compliance rate among the LEAs in the District? What was the average amount of time LEAs dedicated to physical education and health education during SY2013-2014 and SY2014-2015 to date? Of the schools that are meeting the HSA requirements, indicate whether or not the school as an extended school day.

Response 5: OSSE has not yet published its required annual Physical Education and Health Education Report. However, OSSE shared the report with the Commission and based on the 2014 SHP data, only two schools (both PCS) reported meeting or being close to meeting the SY 14-2015 HE and PE requirements. In SY 2014-15, grades K-5 must average at least 150 minutes per week and grades 6-8 must average 225 minutes per week. In SY 2013-14, schools reported providing an average of 59 minutes per week, a decrease of seven minutes per week in grades K-5, and 89 minutes per week, a decrease of 11 minutes per week in grades 6-8 since SY 2012-13. The picture is equally discouraging in terms of schools' ability to offer the required HE minutes of 75 minutes per week for all elementary and middle school students in SY 2014-15. Based on the 2014 SHP data, the 31 minutes per week reported in grades K-5 and the 48 minutes of health education minutes reported in grades 6-8 fall short of the 75

minutes per week now required in SY 2014-15.¹ DCPS took an exciting step forward with proposing an increase of PE and HE in middle school from two to three quarters each year, it is uncertain whether DCPS will be able to implement this increase.

In an effort to better understand the barriers and challenges that schools face in the implementation of effective HE and PE including the SY 2014-15 PE and HE minutes, OSSE's Healthy Schools Act Initiatives Team and Health Education Team conducted informal needs assessment interviews at 38 schools during SY 2013-14. The barriers identified include limited scheduling, staffing, funding, and facilities and equipment.

Despite the Commission's attempts to alert city leaders to address this issue in the 2012 and 2013 Annual Reports to Council and the Mayor, there has been insufficient attention and a lack of funding for the PE and HE requirements at the highest levels. Therefore, we recommend the Mayor, Council, and the State Board of Education work together to support schools in improving efforts to increase opportunities for students to engage in PE and HE through:

- a. Convening a group of experts in physical education, physical activity, and health education to advise the city how to meet the goals of fostering student health and wellness,
- b. Engaging school families to offer opinions on whether they support increased PE and HE,
- c. Looking at ways to fund the implementation of the Healthy Schools Act provisions relating the PE and HE which will not only require the hiring of additional staff and in some cases, the securing of space for PE and HE activities, but also a possible extension of the school day, and
- d. Considering amending the Act to develop a reasonable timeline to better incorporate more PE and HE minutes and also look at opportunities to promote additional physical activity minutes that may occur outside of PE such as active recess and activity breaks, or through the establishment of local school wellness councils if those activities reached all students on a consistent basis.

Without citywide attention to this lack of compliance to the PE and HE provisions Act, the goals of the Healthy Schools Act will be undermined as stakeholders will be able to ignore the PE and HE provisions of the Act with impunity.

Q6. Under the Healthy Schools Act, schools in the District were required to implement nutrition improvements. Was this target fully met in FY14? If not, please describe challenges to meeting the nutrition requirements.

Response 6: Schools continue to meet the nutritional standards for school meals required by the Healthy Schools Act. These school meal standards are based on the federal HealthierUS School Challenge Gold Level standards, thus adjusting automatically when these federal standards change.

The DC Healthy Schools Act competitive foods standards need to be updated slightly to reflect the new federal Smart Snack in Schools standards.

Q7. Provide an update on the collection rates for the DC Universal Health Certificate.

Response 7: OSSE and the DC Public Charter School Board do not collect this data. The following

represents data provided by the Department of Health in a February 9th email from Charliissa Quick, School Health Division Chief.

HEALTH CERTIFICATES SURVEY - School Year 2013-2014

Ward	Total Number	Compliance
PCS*	3,599	16%
Ward 1	1,356	23%
Ward 2	732	24%
Ward 3	1,583	26%
Ward 4	1,298	22%
Ward 5	922	20%
Ward 6	1,220	19%
Ward 7	1,076	19%
Ward 8	1,726	22%
Overall	13,512	20%

***Schools with a DOH-Supported Nurse**

Q8. Provide any policy or legislative recommendations that the Commission believes would support LEAs in meeting the goals of the Healthy Schools Act, and generally improve the health and wellness of students in the District.

Response 8: The FY14 Commission Report highlights these recommendations, with particular emphasis on the need to develop recommendations related to the physical education and health education provisions of the Act and the collection of the universal health certificates.

Q9. Describe any outreach and/or education efforts that the Commission has made to engage the public in its work in FY14 and to date in FY15?

Response 9: To promote awareness of the Healthy Schools Act, the HYSC continued its efforts to:

- Distribute a Healthy Schools Act infographic which provides a simple description of the components of the Act.
- Continued its Healthy Schools Act Tips that share information on the Healthy Schools Act and highlight schools employing best practices. The tips are available at <http://dchealthyschools.org/healthy-schools-act-tips> and are distributed via email to a variety of stakeholders.

Hosted the second annual Healthy Schools Act Art & Essay Contest to recognize schools and students who are promoting health and wellness. More than 200 students submitted entries. The winners, their families, and school representatives attended an awards ceremony at the Wilson Building where CM Mary Cheh and CM

Tommy Wells gave out the awards.

Q10. Describe the role of youth in the work of the Commission in FY14 and to date in FY15. How does the Commission encourage and solicit the direct involvement of District youth in its efforts?

Response 10: Unfortunately, the role of youth has been limited due to the vacancy of our youth representative seat and the challenge of finding meaningful ways to engage youth in a Commission setting.

Q11. Please describe the goals and work plan for the Commission for the remainder of FY15 and beyond. In your response, please include the specific programs, policies, initiatives, or efforts that the Commission will focus on.

Response 11: The FY2014 Commission Report's section "areas to prioritize" will guide our work in FY2105.

*FY2014 Performance Oversight Questions
Healthy Youth and Schools Commission*

Q12. Provide a list of the current membership of the Commission including each individual's name, affiliated organization, and ward of residence. Please list any current vacancies on the Commission.

Commissioner Name	Start Date of Appointment	End Date of Appointment	Appointment	Affiliation	Ward of Residence
Alexandra M. Ashbrook	05/03/2012	05/01/2015	Chairperson/General Member	DC Hunger Solutions	3
Cara Larson Biddle	05/03/2012	05/01/2015	Member Appointed by the Chairperson of the Council	Children's National Medical Center	4
Lauren Shweder Biel	12/23/2014	05/01/2017	General Member	DC Greens	Lives in MD
Diana Bruce	04/30/2013	05/01/5015	Designee Representative of District of Columbia Public Schools	District of Columbia Public Schools -Office of Youth Engagement	6
Shannon Foster	11/21/2014	05/01/2016	General Member	Payne Elementary School	
Rebecca Levin	12/19/2014	09/25/2017	Member Appointed by the Chairperson with Oversight over Education	Community Member	6
Kellye McKenzie	10/27/2014	05/01/2015	General Member	Peer Health Exchange	Lives in VA
Charneta Scott	12/16/2014	05/01/2016	Designee Representative of Department of	Department of Behavioral Health	4

*FY2014 Performance Oversight Questions
Healthy Youth and Schools Commission*

			Behavioral Health		
Jeffrey Travers	12/19/2014	05/01/2016	General Member	Fight for Children	3
Audrey Williams	10/23/2013		Designee Representative of Public Charter School Board	Public Charter School Board	Lives in MD
VACANT			Designee Representative of Department of Health	Department of Health	
VACANT (Nomination of Nancy Brenowitz Katz sent to OBC 12/05/2014)			Designee Representative of the Office of the State Superintendent of Education	Office of the State Superintendent of Education	
VACANT			Student Member	Student	

*FY2014 Performance Oversight Questions
Healthy Youth and Schools Commission*

Q13. Provide the dates, times, and locations of all meetings held by the Commission in FY 14 and to date in FY 15. Where possible, please provide the approved minutes from each meeting.

Date	Time	Location
01/15/2014	4:00-6:00 PM	OSSE, 810 1 st Street, NE, Washington, DC 20002
04/02/2014	4:00-6:00 PM	OSSE, 810 1 st Street, NE, Washington, DC 20002
06/04/2014	3:00-5:00 PM	OSSE, 810 1 st Street, NE, Washington, DC 20002
09/09/2014	3:00-5:00 PM	OSSE, 810 1 st Street, NE, Washington, DC 20002
11/05/2014	3:00-5:00 PM	OSSE, 810 1 st Street, NE, Washington, DC 20002
01/27/2015*	3:00-5:00 PM	OSSE, 810 1 st Street, NE, Washington, DC 20002

* Minutes not yet approved.

See Attachments B-F for minutes.



Annual Report to the Mayor and the Council

November 30, 2014

Introduction

Pursuant to the D.C. Healthy Schools Act (the Act), the Healthy Youth and Schools Commission (the Commission) is charged with advising the Mayor and the Council on health, wellness and nutrition issues concerning youth and schools in DC. As required by the Act, the Commission is pleased to submit to the Mayor and the Council its Annual Report on the health, wellness and nutrition of youth and schools in DC.

In last year's report, the Commission identified five priority areas:

1. Ensuring schools are able to meet the physical and health education components of the Act;
2. Assessing opportunities to better evaluate the health, nutrition, wellness and academic impact of this legislation;
3. Promoting the Act to students, school principals, teachers, administrators, staff and families;
4. Addressing the Abysmal Collection Rates for Universal Student Health Certificates; and
5. Improving Capacity to Identify Children and Youth with Mental Health Needs.

While DC has made good progress in promotion of the Act and improving capacity to identify children and youth with mental health needs, the other three areas need focused attention and are discussed in greater detail below.

This report highlights DC's work to improve the health, wellness and nutrition of students by examining achievements and areas to prioritize for the primary subchapters of the Act:

- A. School Nutrition (Subchapter II)
- B. Farm to School Programs (Subchapter III)
- C. Physical and Health Education (Subchapter IV)
- D. Environment (Subchapter V)
- E. Health and Wellness (Subchapter VI)

Where applicable, for each of these topic areas, the Commission report also references mandatory reports required pursuant to the Act, helpful research or information, and best practices in the field. Appendix A provides an overview chart of the main reports required by the Act and their status as of November 30, 2014.

Other Observations of the Commission:

OSSE Restructuring

The Commission would like to express its concern about recent organizational changes that occurred in the Office of the State Superintendent of Education (OSSE). As the evidence for the connection between health and academic outcomes is stronger than ever, it is important that OSSE ensure that the more than 30 member staff working on the USDA's food assistance programs, as well as the Healthy Schools and Healthy Tots Acts, have a Director to whom to

report. It is essential that the division have a central figure that can guide the administration of federal and local programs and interface with other Divisions within OSSE.

Healthy Schools Act Evaluation

Additionally, the Commission has been supporting OSSE's efforts to conduct an evaluation of the Act and its impact on the health, nutrition and wellness of children. OSSE secured funding for such an evaluation and in the fall of 2014 issued a Request for Applications (RFA) for the Healthy Schools Act Evaluation and Research Grant and received seven applications. However, upon further consideration, OSSE decided to rescind the RFA and plan how to better conduct a comprehensive policy and program evaluation of the Act. The Commission seeks more information on OSSE plans for the re-tooled evaluation.

A. School Nutrition, Subchapter II. §§ 38–822.01 - 38–822.07

Highlights

1) Adherence to High Nutrition Standards (Sec 202):

Essentially all District of Columbia Public Schools (DCPS) and DC Public Charter Schools (DCPCS) met or exceeded all of the nutritional requirements of the Act in SY 2013-14.¹ Of note, DCPS has added several dozen new menu items based on the taste testes that have been conducted with DCPS students.

2) Increased School Breakfast Participation (Sec 203): DC had the highest breakfast participation in the U.S. among low-income students for SY 2012-13 with 70 low-income students eating breakfast for every 100 who ate lunch.² DCPS serves 70.4 low-income students for every 100 who eat lunch, ranking 11th among large urban school districts.³ Breakfast participation means that our students have access to healthy breakfast foods and are starting the day ready to learn. While national rankings are not yet available for SY 2013-14, DC schools served 6,068,412 breakfasts in SY 2013-14, a nearly 10 percent increase over SY 2012-13 (5,825,421).

3) Increased School Lunch Participation (Sec. 701): School lunch participation among DC schools increased. There were 8,600,452 lunches served in SY 2013-14, compared to 8,423,509 in SY 2012-2013, an increase of two percent.⁴

Areas to Prioritize

1) Competitive Foods (Sec 206): More assistance is needed to support schools in meeting the requirements of the Act and the federal Healthy Hunger Free Kids Act for fundraisers. While the competitive food served in the cafeteria complies with the standards, schools are struggling to consistently ensure that students are not selling unhealthy foods (e.g., donuts) to raise private funds. Addressing this issue will require a culture shift and a citywide promotion of the benefits of healthy eating. OSSE could provide support in a number of ways, such as creating and sharing consistent nutrition messages for all schools, designing incentives for schools to meet the requirements, as well as executing a comprehensive communications strategy to promote the importance of these requirements among school staff in keeping students healthy, increasing opportunities for students to try nutritious foods, promoting healthy eating behaviors, and eliminating the use of food as a reward or a punishment.

¹ OSSE Physical and Health Education Report, 2014. Available at <http://osse.dc.gov/service/healthy-schools-act-yearly-reports>.

² Food Research and Action Center *School Breakfast Scorecard*: School Year 2012-2013, at http://frac.org/pdf/School_Breakfast_Scorecard_SY_2012_2013.pdf

³ Food Research and Action Center *School Breakfast: Making It Work In Large Urban School Districts*, School Year, January 2014 at http://frac.org/pdf/School_Breakfast_Large_School_Districts_SY2012_2013.pdf

⁴ Data received November 2014 from OSSE Wellness and Nutrition Services.

- 2) **Funding for Breakfast in the Classroom and Alternative Breakfast Models (Sec. 102):** Additional funding for Breakfast in the Classroom and alternative service models is needed according to DCPS Office of Food and Nutrition Services and DCPCS food service directors. The HSA provided one-time funding of \$7 per student to school to assist with the implementation of Breakfast in the Classroom programs. This funding was essential to purchasing operating supplies, including hot/cold bags, extra trash bags, desk wipes and hand sanitizer, but does not sustain the ongoing costs of maintaining the program in schools. Funds should be appropriated each year to support the ongoing operational costs of offering Breakfast in the Classroom and alternative breakfast models.
- 3) **Maximization of federal funding for meals served afterschool, on weekends and during school breaks and summer vacation (Sec. 701):** DCPS and DCPCS schools run the gamut in terms of utilizing at-Risk Meal and Summer Food Service Program federal funding, which is available to feed children at schools outside of the official school day. Schools in which 50 percent or more of their students are eligible for free- or reduced- priced meals can readily serve a snack and/or a supper during afterschool enrichment programs. Federal funds are also available to serve meals at these schools during weekends and winter and spring break. In partnership with anti-hunger and out-of-school time organizations, OSSE should track which schools host enrichment programs during the school year and ensure that children in these programs are accessing nutritious meals through the federal nutrition programs. Additionally, schools need support (e.g., stipends for staff/security officers) to participate in the summer food service program, which can serve the broader community, not just the students enrolled in school-based summer programs.

B. Farm-To-School Program, Subchapter III §§ 38-823.01 - 38-823.03

Highlights

- 1) **Funding for Farm Field Trips (Sec. 301):** OSSE created a Farm Field Trip grant for SY 2014-15 to address the transportation barrier many schools face in getting their students to farms and will continue to offer these grants yearly. Grants were awarded to 24 teachers at 23 schools to take a class of students on a farm field trip and conduct follow-up activities in the classroom.
- 2) **Improved Data Collection for Locally Grown and Unprocessed Foods (Sec 303):** In order to better collect data on the use of locally grown and unprocessed foods by schools, OSSE developed a more robust data collection system to track local procurement (amount, types, and variation in local products served). This process was piloted towards the end of SY 2013-14 and is in full effect for the current school year.
- 3) **Connecting School Celebrations to Food in the Cafeteria (Sec. 302):** The annual Strawberries and Salad Greens Day celebration featured an increase in school and food service vendor participation, helping more students access and celebrate healthy foods.

Areas to Prioritize

- 1) **Central Facility (Sec. 204):** A Comprehensive School Foodservice Report was released in March 2013. According to this report, to date, no forward movement has been made on building a central facility that would be a hub for meal production, food storage, and food service in the city. The report concluded that the project would carry a price tag of more than \$20 million and there was no consensus among agencies on moving forward with building the facility. While there does not appear to be political will nor funding capacity for a comprehensive facility at this point, the City should look at opportunities to support school food services by identifying a facility that could be used to store USDA commodities, flash freeze and store locally grown and unprocessed foods, and perhaps, serve other common functions for DCPS and PCS.
- 2) **Continued Tracking of Local Foods (sec. 303):** Continue to work on a comprehensive tracking system for collecting data on local foods served in schools, so DC has a full school year (SY 2014-15) of data from which to evaluate citywide local procurement. This will require the attention of OSSE, DCPS, and the food service vendors that provide meals to DCPS and PCS schools.

C. Physical and Health Education, Subchapter IV §§ 38-824.01 - 38-824.05

Highlights

- 1) **Adherence to Curricular Standards (Sec. 405):** SY 2013-14 marked the highest adherence to curricular standards since the collection of School Health Profiles (SHP) began in SY 2010-11. Ninety-seven percent of schools reported using OSSE's Physical Education Standards as the foundation of physical education (PE), and 92% of schools reported using OSSE's Health Education Standards as the foundation for health education (HE).⁵
- 2) **Improved DC Comprehensive Assessment System (DC CAS) Health Scores (Sec. 405):** The third year results of the DC CAS Health showed an increase in the overall score for the first time. Eighth graders showed the greatest gain with a four percentage point increase over 2013 from 64% to 68% overall correct answers.⁶
- 3) **Promotion of Physical Activity (PA) (Sec. 401):** Based upon data reported in the 2014 SHP, schools continue to use a variety of strategies to promote PA, including active recess, movement in the classroom, and athletic programs. From SY 2012-13 to SY 2013-14, there was an increase in the number of PA strategies that schools reported using, with the largest gains in active recess (five percentage point increase) and walk or bike to school (four percentage point increase).

Areas to Prioritize

⁵ Healthy Schools Act of 2010 Report, Reporting Period October 1, 2013-September 30, 2014, at p. 9.

⁶ Healthy Schools Act of 2010 Report, Reporting Period October 1, 2013-September 30, 2014, at pp. 12-13.

- 1) **Citywide Non-Compliance with the Required Physical Education Minutes (Sec. 402) and Health Education Minutes (Sec. 402) for SY 2014-15:** Based on the 2014 SHP data, only two schools (both PCS) reported meeting or being close to meeting the SY 14-2015 HE and PE requirements. In SY 2014-15, grades K-5 must average at least 150 minutes per week and grades 6-8 must average 225 minutes per week. In SY 2013-14, schools reported providing an average of 59 minutes per week, a decrease of seven minutes per week in grades K-5, and 89 minutes per week, a decrease of 11 minutes per week in grades 6-8 since SY 2012-13.⁷ The picture is equally discouraging in terms of schools' ability to offer the required HE minutes of 75 minutes per week for all elementary and middle school students in SY 2014-15. Based on the 2014 SHP data, the 31 minutes per week reported in grades K-5 and the 48 minutes of health education minutes reported in grades 6-8 fall short of the 75 minutes per week now required in SY 2014-15.⁸ DCPS took an exciting step forward with proposing an increase of PE and HE in middle school from two to three quarters each year, it is uncertain whether DCPS will be able to implement this increase.

In an effort to better understand the barriers and challenges that schools face in the implementation of effective HE and PE including the SY 2014-15 PE and HE minutes, OSSE's Healthy Schools Act Initiatives Team and Health Education Team conducted informal needs assessment interviews at 38 schools during SY 2013-14. The barriers identified include limited scheduling, staffing, funding, and facilities and equipment.

Despite the Commission's attempts to alert city leaders to this issue in the 2012 and 2013 Annual Reports to Council and the Mayor, there has been insufficient attention and a lack of funding for the PE and HE requirements at the highest levels. Therefore, we recommend the Mayor, Council, and the State Board of Education work together to support schools in improving efforts to increase opportunities for students to engage in PE and HE through:

- a. Convening a group of experts in physical education, physical activity, and health education to advise the city how to meet the goals of fostering student health and wellness,
- b. Engaging school families to offer opinions on whether they support increased PE and HE,
- c. Looking at ways to fund the implementation of the Healthy Schools Act provisions relating the PE and HE which will not only require the hiring of additional staff and in some cases, the securing of space for PE and HE activities, but also a possible extension of the school day, and
- d. Considering amending the Act to develop a reasonable timeline to better incorporate more PE and HE minutes and also look at opportunities to promote additional physical activity minutes that may occur outside of PE such as active recess and activity breaks, or through the establishment of local school wellness councils if those activities reached all students on a consistent basis.

⁷ Healthy Schools Act of 2010 Report, Reporting Period October 1, 2013-September 30, 2014, at pp. 4-5.

⁸ Healthy Schools Act of 2010 Report, Reporting Period October 1, 2013-September 30, 2014, at pp. 6-7.

Without citywide attention to this lack of compliance to the PE and HE provisions Act, the goals of the Healthy Schools Act will be undermined as stakeholders will be able to ignore the PE and HE provisions of the Act with impunity.

- 2) **Adapted Physical Education (Sec. 403):** To date, OSSE has not collected any data on the ability of DCPS and DCPCS to provide adapted physical education to students with disabilities. Collecting this data and addressing the needs of Local Education Agencies (LEA) in this area should be a priority for OSSE in the coming year to ensure that PE is available to all students in DC.
- 3) **Requiring or Withholding Physical Activity (Sec. 403):** Informal school needs assessments conducted by OSSE indicate that recess is being withheld as a punishment at a number of DCPS and DCPCS Schools. It is necessary to educate teachers and administrators on Section 403 of the Act, which prohibits the act of requiring or withholding physical activity as a punishment. The Healthy Schools Act Initiatives team at OSSE will lead this education initiative in SY 2014-15.

D. Environment, Subchapter V. §§ 38–825.01 - 38–825.03

Highlights

- 1) **Environmental Literacy Plan (Sec. 502):** Due to Sustainable DC and the Sustainable DC Omnibus Act of 2013, there has been strong movement towards implementation of the Environmental Literacy Plan, with development of the Environmental Literacy Framework, the designation of a Model School in each Ward, and the creation of an Environmental Literacy Specialist position within OSSE funded with funds from the Act.
- 2) **Master Recycling Plan (Sec. 501):** A DCPS-wide recycling program was launched, with funding for five coordinators. Progress has been stalled due to a contracting/procurement dispute.
- 3) **School Garden Impacts (Sec. 503):** There has been an increase in the number of school gardens over the past year, with 107 schools currently having active gardens (up from 91 in SY 2012-13.) In addition, 86% of school garden grantees report that their garden program had an overall positive impact on teachers and students.⁹

⁹ OSSE Farm to School and School Gardens Report, 2014. Available at <http://osse.dc.gov/service/healthy-schools-act-yearly-reports>.

Areas to Prioritize

- 1) **Data Collection and Reporting (Sec. 501):** There is a gap in baseline information connected to environmental issues at schools.
 - a. The Commission recommends closer attention to the DCPCS landscape in relation to lead in the water, lead in the building, and indoor air quality (IAQ) (Sections 501(a)(5), 501(a)(6), and 501(a)(8), respectively). We suggest further fact-finding around current practices by adding questions related to these areas to OSSE's SHP (e.g., Do you test annually for lead in the drinking water, and have you remediated? How frequently do you change the air filters? Have lead risk assessments been performed in your building?).
 - b. Since the Act was written, DCPS has changed its procurement policies for cleaning supplies, and there is no longer a centralized process, putting the onus on schools to purchase cleaning supplies. This makes it difficult to assess compliance with 501(b)(1), the use of environmentally-friendly cleaning supplies. We suggest adding a fact-finding question to the SHP.
 - c. According to DGS, all schools, regardless of age or LEED certification, have some Indoor Air Quality (IAQ) issues. More work needs to be done, especially at PCS schools where DGS has not been conducting testing or remediation, to get baseline information on specific contributors to poor IAQ in each building, maintenance practices, and remediation efforts, all of which should have been assessed within the 2012 Comprehensive Report per 501(c).
 - d. Several reports required under this section of the Act cannot be located. For instance, there is no record of a comprehensive report describing the implementation of recycling, composting, energy-reduction, pest management, air quality, and environmentally friendly cleaning supplies programs in public schools due December 31, 2012.
- 2) **Charter School Support to Meet Environmental Goals of the Act (Title V):** Overall, more support needs to be given to DCPCS to ensure that they are able to meet the goals of the Healthy Schools Act.
 - a. DGS currently supports water testing and remediation for all DCPS schools, and speculates that they could provide water testing and remediation to all DCPCS for \$150,000 annually. Considering that lead in the water poses serious health hazards, and that maintenance is required on the school-level to protect students, we consider this to be central concern.
 - b. Section 501(a)(1) calls on DGS to offer "technical assistance" to DCPCS in relation to recycling. This technical assistance is currently in the form of advice, but DCPCS have indicated that they need materials and particular support around collection contracts. We suggest that technical assistance be expanded to provide more resources to DCPCS, including recycling bins, and some support in contracts for hauling to help reduce the costs to individual DCPCS.

- 3) **Sustainability of Successful School Garden Programs:** Approximately 25 schools per year are awarded OSSE School Garden Grants (SGG) in the amount of \$15,000 (\$10,000 in prior years). However, schools may only receive a SGG for three out of any five years. Therefore, we must assist School Garden Coordinators in developing sustainability plans for their school gardens and developing the long-term sustainability of programs beyond OSSE grant funding. This will require the attention of OSSE, DCPS, the Public Charter School Board, and individual school administrators.

E. Health and Wellness, Subchapter VI. §§ 38–826.01 - 38–826.05

Highlights

- 1) **Emotional, Social and Mental Health Services (Sec. 701):** Progress has been made in the following areas:
- a. The *South Capitol Street Tragedy Memorial Act of 2011* required training for teachers and principals in DCPS and DCPCS and staff in child development facilities in identifying children and youth with unmet mental and behavioral health needs. The DC Department of Behavioral Health developed an interactive learning module to train all K-12 school personnel in how to identify, approach and refer students showing signs of psychological distress to appropriate support services. While the elementary version is still in development, the middle and high school module has been rolled out to all DCPCS personnel at 61 schools on 112 campuses. DCPS also rolled the training out to its middle and high schools. DCPCS leaders were notified in the weekly Tuesday Bulletin and provided the online link to the training. DCPS principals were notified via email by the Chief of Schools.
 - b. Improved Mental Health Screening Tools for Pediatric Primary Care Providers: The DC Collaborative for Mental Health in Pediatric Primary Care developed a comprehensive pediatric mental health resource guide and completed a nine month, web-enabled quality improvement learning collaborative with pediatric practices to improve screening for mental and behavioral health issues. As a result, practices around the city are now using standardized screening tools to identify mental health issues during routine well child visits.
- 2) **More Schools Nurses in DCPS and DCPCS (Sec. 604):** Not long ago, no school nurse was the rule, not the exception, for students in DCPCS. The DC Council designated \$3 million in FY2014 to increase the number of nurses in DCPCS. This year, 70 of 112 DCPCS campuses have a full- or part-time nurse, and every school has staff trained to administer medication to students. For DCPCS campuses without a nurse, the reason is often that schools may not have the required facilities for a nurse's suite. The percentage of DCPS schools with nursing coverage continues to be higher than DCPCS; however coverage has reduced in recent years. Currently three DCPS schools have no school nurse, and the percentage of DCPS schools with full-time coverage has decreased each year in recent years, including in SY 2014-15.

Areas to Prioritize

- 1) **The Passage and Funding for the Mental Health - Behavioral Health System of Care Act of 2014 (B20-676) (Sec. 701):** This legislation, introduced by Councilmember Alexander and endorsed by the DC Collaborative for Mental Health in Pediatric Primary Care, would require the Department of Behavioral Health to establish a behavioral health access project. This Act would fund a behavioral health access line to allow primary care providers to obtain real-time consultation from a mental health professional when seeing a patient with mental health concerns that the primary care provider is not comfortable managing independently.
- 2) **Funding for More Schools Nurses in DC Public Schools:** Additional funding is needed to move toward, and ultimately reach, the goal of full-time nursing coverage at all DCPS and DCPCS locations. Recruitment and retention of school nurses is apparently a significant issue; the Mayor and Council should provide adequate funding to support full-time nursing coverage in all schools and encourage schools to focus on recruitment and retention of school nurses as a priority.
- 3) **Electronic Submission of Universal Health Certificates (Sec. 605):** The Commission continues to stress the need for the City to develop improved systems and to press for compliance with the law requiring submission of universal health certificates for all students in DCPS and DCPCS. Councilmembers Alexander and Barry have submitted legislation related to health certificates. To address the low collection of these certificates by DC schools, OSSE is in the process of working with DOH and the primary care practices to develop a system by which UHC data can be shared electronically with schools through OSSE's Statewide Longitudinal Education Data System (SLED) This will also make essential health data available to OSSE and DOH, including BMI data that the Commission has long been seeking. The BMI data will be a critical component of the Healthy Schools Act evaluation.
- 4) **Comprehensive Strategy to Address Needs of Homeless Children:** There were 1,326 homeless students in DCPCS and 2,816 in DCPS in SY 2013-2014. The Mayor's office has articulated the goal of closing DC General Family Shelter through the "500 Families. 100 Days. Quality DC Housing Now" campaign¹⁰ in conjunction with the Departments of Human Services and General Services. The plan relies on moving families from DC General to permanent housing or smaller, scattered sites in the community for emergency shelter. As of November 2014, the Virginia Williams Family Resource Center is not placing any new families who are homeless in emergency shelter. While housing during the winter hypothermia season is crucial, housing year-round is also critical for the health and well-being of DC's children. The Mayor's office in the new administration must ensure a comprehensive strategy is in place to provide safe emergency shelter and long-term permanent housing for homeless children and families year-round.

¹⁰ Oct 2014: <http://dc.gov/release/deputy-mayor-health-and-human-services-releases-plan-close-dc-general-family-shelter> in

ACKNOWLEDGEMENTS

The Commission extends its gratitude to the following members of the Commission and Commission sub-committees who contributed to this report:

Nutrition Sub-Committee: Alex Ashbrook (Commissioner, DC Hunger Solutions), Diana Bruce (Commissioner, DCPS), Elizabeth Leach (DCPS), Melissa Roark (DC Hunger Solutions)

Farm to School Sub-Committee: Lauren Shweder Biel (Commissioner, DC Greens), Karissa McCarthy (DC Greens)

Environmental Sub-Committee: Lauren Shweder Biel (Commissioner, DC Greens), Audrey Williams (Commissioner, PCSB), Judy Berman (DC Appleseed), Cody Gillians (Mayer Brown) Beth Gingold (DGS), Brian Killian (DGS), Grace Manubay (DDOE), Kathleen Walsh (DGS)

Physical and Health Education Sub-Committee: Alex Ashbrook (Commissioner, DC Hunger Solutions), Kellye McKenzie (Commissioner, Peer Health Exchange), Joni Eisenberg (DOH), Heather Holaday (DCPS), Nancy Brenowitz Katz (OSSE), Katie Lantuh (OSSE)

Health and Wellness Sub-Committee: Cara Biddle (Commissioner, Children's National Medical Center), Charneta Scott (Commissioner, DBH), Audrey Williams (Commissioner, PCSB), Valentine Breitbarth (DCPS), Tanisha Douglas (DCPS), Michele Mietus-Snyder (Children's National Medical Center)

APPENDIX A
Compliance with the Healthy Schools Act Reporting and
Public Discourse Requirements, SY 2013-2014

Report Title	Agency Responsible	Yearly Due Date (unless otherwise noted)	Section of the Act	Current Status
School Health Profiles	Submitted by each DCPS and DCPCS & posted on OSSE website	Schools must submit profile by Feb. 15 th of each year and post on their website or in the office, OSSE shall post on its website within 14 days of receipt	Title VI: Health and Wellness (Sec.602)	98 percent completion rate
Environmental Literacy Plan	DDOE	June 30 th , 2012	Title V: School Environment (Sec. 502)	Submitted June 30 th , 2012
Farm to School and School Gardens Report	OSSE	June 30 th	Title V: School Environment (Sec. 503)	Submitted September 26 th , 2014
Physical Education and Health Education Report	OSSE	September 30 th	Title IV: Physical Education/ Health Education (Sec. 405)	Pending
Health, Wellness, and Nutrition Report	Healthy Youth and Schools Commission	November 30 th	Title VI: Health and Wellness (Sec. 701)	Pending
Comprehensive Food Service Report	DCPS and Department of General Services	December 31 st (every year until completion)	Title II: School Nutrition (sec. 204)	March 15 th , 2013
School Health Center Plan	DOH, Office of Healthcare Finance, DCPS, OPEFM and the Public Charter School Board	December 31 st , 2011	Title VI: Health and Wellness (Sec.603)	Not submitted
Sustainable Meal Serving Products Plan	DCPS	December 31 st , 2011	Title V: School Environment (Sec. 501)	Submitted but cannot confirm date

Report Title	Agency Responsible	Yearly Due Date (unless otherwise noted)	Section of the Act	Current Status
Environmental Programs Report	Mayor	December 31 st , 2011	Title V: School Environment (Sec. 501)	DGS has developed a recycling plan for DCPS (http://dgs.dc.gov/page/healthy-schools)
Wellness Policy	Submitted by DCPS and each DCPCS	Each local educational agency develop, adopt, and update a comprehensive local wellness policy at least every 3 years, OSSE shall review each policy	Title VI: Health and Wellness (Sec.601)	OSSE has received a local wellness policy from each LEA
Daily Menu, Nutritional Content and Ingredients of Each Menu Item, and Origin of Produce	Posted by DCPS and each DCPCS in each school office and online if schools have websites	Daily	Title II: School Nutrition (Sec. 205)	100% of schools report posting menus on their school website. DCPS posts menu on the central DCPS website. Ingredients and origin are required to be available upon request.

APPENDIX B

Current Healthy Youth and Schools Commissioners

Name	Appointment	Affiliation
Alexandra Ashbrook	Chairperson	DC Hunger Solutions
Cara Larson Biddle	Member Appointed by the Chairman of the Council	Children's National Medical Center
Lauren Biel (in process of renewal)	General member	DC Greens
Diana Bruce	Designee Representative of DCPS	DCPS
Shannon Foster	General Member	Payne Elementary School
Rebecca Levin	Member appointed by the Chairperson of the Council Committee with oversight over education	
Kellye McKenzie	General Member	Peer Health Exchange
Charneta Scott	Designee Representative of DBH	DBH
Jeff Travers	General Member	Fight for Children
Audrey Williams	Member appointed by DCPCSB	DCPCSB
Open (Nomination of Robin Diggs in process at DOH)	Designee representative of DOH	DOH
Open (Nomination of Nancy Katz Submitted to OBC on 12/5)	Designee representative of OSSE	OSSE
Open	Student Member	

Attachment B

Healthy Youth and Schools Commission Meeting
Wednesday, January 15th, 2014
4:00 pm – 6:00 pm
Minutes

FINAL

Commissioners in attendance: Lauren Shweder Biel, Sandy Schlicker, Cara Biddle, Alex Ashbrook, Charneta Scott, Diana Bruce, Audrey Williams

Commissioners not in attendance: Alex Lewin-Zwerdling, Jenny Backus, Amy Nakamoto, Simone Banks-Mackey

Others in attendance: Alyia Smith-Parker (DC Hunger Solutions), Nancy Katz (OSSE), Joni Eisenberg (DOH), Heather Holaday (DCPS), Ivy Ken (GWU), Michael Posey (DCPS), Chaquita Darby (PlayWorks), Erica Steinhart (OSSE), Grace Friedberger (OSSE), Chidimma Acholonu (Alliance for HG), Melissa Roark (DC Hunger Solutions), Miles Sandler (DC Promise Neighborhood), Kafui Doe (OSSE), Jason Brown (DOH), Honor Williams (GWU), Georgette Blake (DCPS), Emmy Stup (Metro Teen Aids), Michael Musante (FOCUS), Katie Lantuh (OSSE), Erin Watts (AU), Carly Braxton (Shape America)

- I. Update on Annual Report
 1. The Annual Report was successfully completed and sets forth goals for the year. It is available on the OSSE website at <http://osse.dc.gov/service/healthy-youth-and-schools-commission-hysc>.
- II. Subcommittee Recap 2013/ Plans for 2014
 1. Physical Education
 - a. Recap:
 - i. The Commission suggests that the Mayor convene a Task Force of decision makers and recommends a public hearing by June 15th.
 - b. Plans for 2014:
 - i. Research what other jurisdictions are doing in regards to PE minutes.
 - ii. Improve communication to administrators on the importance of PE on academic performance.
 - Feature PE as a HSA tip and develop a separate communication piece that highlights PE separate from the HSA tips.
 2. Evaluation of the Act
 - a. Recap:
 - i. American University (supported by Kaiser) has been evaluating the Act for the past 2 years and will hold conference on Monday, February 24th.
 - b. Plans for 2014:
 - i. Collect baseline data from schools that are not meeting the components of the Healthy Schools Act.
 - ii. OSSE currently researching successful healthy schools programs across the country in similar school districts/states to develop model program.
 - iii. DOH is working on obtaining BMI and other chronic disease data from Primary Care Physicians.
 - iv. Fact sheets of the HSA are being developed to report out data.
 - v. SHPs currently being collected, deadline 2/15.
 3. Communications and Promotions
 - a. Recap:
 - i. HSA Infographic developed and used for outreach materials including fliers, posters, and banners; was on bus stops in August.

- ii. Commission held HSA Art and Essay Contest.
 - iii. HSA Materials given out at DC Education Festival.
 - iv. Healthy Schools Act Tips ongoing.
 - v. Two trainings held for community partners.
 - b. Plans for 2014:
 - i. Plan to have infographic on bus stops again.
 - ii. Opening each meeting with some data on the HSA.
 - iii. Share HSA Tips with parents.
4. Other Matters
- a. The Commission is looking for additional Commissioners, send resumes to Alex Ashbrook (aashbrook@frac.org) or Nancy Katz (<mailto:nancy.katz@dc.gov>).
 - b. DCPS is running a Bullying Prevention Art Contest through 2/21, winning slogan and artwork to be used in all bullying prevention materials. Winner gets \$200 for art supplies! Go to www.dcps.dc.gov.
 - c. 2nd annual Leading with Pride GSA Conference, March 11th, 11:00 am – 6:30 pm at School Without Walls. To register go to <http://leadingwithpride.wordpress.com/attend/>.
 - d. DC PAY grant goes online on 2/7.
 - e. CDC Grant to DOH/OSSE-- 30 schools have been identified; PA curricular review is nearly complete.
 - f. Meeting mental health needs is gaining some traction! A full time mental health professional has been hired to support pediatricians, who can call into to get support.

Meeting Concluded at 5:45pm

Next Meeting: Wednesday, April 2nd, 4:00-6:00 pm, 810 1st Street, NE, Room 806 A/B

Healthy Youth and Schools Commission Meeting
Wednesday, April 2, 2014
4:00 pm – 6:00 pm
Minutes

FINAL DRAFT

Commissioners in attendance: Sandra Schlicker, Alexandra Ashbrook, Charneta Scott (via phone), Cara Larson Biddle (via phone), Diana Bruce, Audrey Williams, Alexandra C Lewin-Zwerdling (via phone).

Commissioners not in attendance: Lauren S. Biel, Simone Banks-Mackey.

Others in attendance: Alyia Smith-Parker (DC Hunger Solutions), Melissa Roark (DC Hunger Solutions), Georgette Blake (Horace Mann ES), Jeff Travers (Fight for Children), Ava Young (Alliance for a Healthier Generation), Casey Hazlett (Alliance for a Healthier Generation), Chidimma Acholonu (Alliance for a Healthier Generation), Mary Romanello (Trinity Washington University), Lindsey Palmer (OSSE), Grace Friedberger (OSSE), Elizabeth Leach (DCPS), Erica Steinhart (OSSE), Michael Musante (FOCUS), Samuel Stebbins (Arlington Public Health), Sarah Aleem (DOH), Amelia Peterson-Kosecki (DOH), Ife Oluwafemi (OSSE), Joni Eisenberg (DOH), Tanisha Douglas (DOH), Miles Sandler (DC PNI), Kanya Shabazz (Playworks), Erin Watts (AU, via phone).

I. OSSE Update

1. School Programs Update – Lindsey Palmer

- i. Trends in breakfast and lunch meal counts in October from 2010-2013 and review of meals/month for fall 2013 presented.

2. Healthy Schools Act Initiatives Update– Nancy Katz

1. Farm to School

- a. Distributed list of local farms that provide food to schools.
- b. Farm Field Trip RFA being released April 11. Grants will be up to \$1,500 and awarded to approximately 25 schools.
- c. Beginning administration of the USDA Farm to School Grant that will focus on a “Harvest of the Month” program in 15 schools.
- d. Strawberries and Salad Greens Day is on May 21st.

2. School Gardens

- a. 2014-2015 grantees were selected. \$300,000 in funding was awarded to 21 schools.
- b. OSSE was awarded a Sustainable DC Challenge Grant to build an outdoor classroom.
- c. OSSE will be a FoodCorps host site (pending funding) beginning with the 2014-2015 school year.

3. School Nutrition and Wellness

- a. Monitoring of HSA Compliance ongoing in DCPS with assistance from the DCPS OFNS. 50 charter schools were visited during the 2012-2013 SY.

4. Health and Physical Education and Physical Activity

- a. Physical Activity for Youth (PAY) grant applications are due April 4.
 - b. Looking at PE policies and pilot programs across the country to see what can be done to help schools meet the PE minutes.
- 5. Assessment and Evaluation
 - a. 85% of the HSA School Health Profiles have been received.
 - b. Created a *Progress on the DC Healthy Schools Act* fact sheet with data from the SHP and other sources.
- II. Healthy Youth and Schools Commission Business
 - 1. New Commissioners
 - i. There are presently 4 Commissioner vacancies. Working with OBC to fill vacancies.
 - 2. School Breakfast Week Competition
 - i. Winning school was Mundo Verde PCS.
 - ii. Over 100 texts received and quotes are on the Healthy Schools Act website.
 - iii. School Breakfast Week received coverage by the Washington Post.
 - 3. Universal Health Certificates
 - i. Working with DOH on collecting BMI and other health data in their database.
 - 4. Healthy Tots Act
 - i. Legislation has been introduced by CM Cheh.
- III. Other Matters
 - 1. American University – Erin Watts
 - i. Conference on February 24th shared findings that there may be a positive relationship between school health and school academic achievement.
 - 2. Discussion about conducting qualitative research with students on how they like the new food. Liz Leach discussed taste tests conducted by DCPS.
 - 3. Suggestions:
 - i. Create a visual display in Wilson building about the success of the Healthy Schools Act.
 - ii. Have a table at the DC Educational Festival.
 - 4. Commission report released in January says that PE minutes will not be met next year. Recommended a task force to find out what it would take to meet these requirements.
 - i. Broaden PE requirements to include PA?

Meeting Concluded at 5:50 pm

Next Meeting: Wednesday, June 4th 3:00-5:00 pm, 810 1st Street, NE, Room 4002

Healthy Youth and Schools Commission Meeting

June 4, 2014

3:00 pm – 5:00 pm

Minutes

FINAL DRAFT

Commissioners in attendance: Sandy Schlicker, Alexandra Ashbrook, Charneta Scott, Audrey Williams, Alexandra C. Lewin-Zwerdling (phone), Lauren Biel, Cara Biddle,

Commissioners not in attendance: Simone Banks-Mackey, Diana Bruce

Others in attendance: Alyia Smith-Parker (DC Hunger Solutions), Jeff Travers (Fight for Children), Ava Young (Alliance for a Healthier Generation), Megan Brown (CM Mary Cheh), Heather Holaday, Elizabeth Leach, Michael Posey, and Tanisha Douglas (DCPS), Ivy Ken (GWU), Tanya Shabbaz (Playworks), Beth Gingold (DGS), Judy Berman (DC Appleseed), Sarah Aleem and Amelia Peterson-Kosecki (DOH), Nancy Katz, Lindsey Palmer, Erica Steinhart, Grace Friedberger, Laura Hansen and Katie Lantuh (OSSE)

I. OSSE Update

1. School Meals

- i. Average Daily Participation has increased
- ii. OSSE received \$74,000 in USDA funds for equipment assistance to schools. RFP will go out in early July. Equipment is defined as at least \$5,000.

2. Healthy Schools Act Initiatives

- i. Strawberries & Salad Greens Day: 86% of schools served locally grown strawberries and/or salad greens, 35% of school hosted educational activities, 15 community-based organizations partnered with 42 schools to assist with implementation
- ii. OSSE School Garden Grant will only fund a program for 3 years within a 5 year period. Distribution of gardens across the city was discussed.
- iii. 18 HSA Monitoring Site Visits conducted at DCPS schools during 2013-2014 SY
- iv. Pilot School Wellness Champions Program being developed by OSSE for PCS
- v. PE minutes may be achieved by a few schools, mainly elementary level
- vi. DC PAY Grants awarded
- vii. Farm Field Trip Grants will be awarded shortly
- viii. 98% of School Health Profiles collected
- ix. YRBS Report released

II. Healthy Youth and Schools Commission Business

- 1. Healthy Tots Act Passed and Fully Funded in 1st Council reading
- 2. HSA Budget
 - i. HSA funds are remaining non-lapsing; will be putting an RFA out for evaluation of the HSA
- 3. Health Education and PE Requirements

- i. Superintendent Aguirre is to meet with the Deputy Mayor for Education, Abby Smith, to discuss
 - ii. Need to draw attention to challenges faced by schools in meeting health education and PE minutes
- 4. BMI Data
 - i. Universal Health Certificates Bill Introduced
 - 1. DOH, DC Health Care Finance and DCPS have an MOA so they can share information about students – Early Periodic Diagnostic screening and treating – not just aggregate data.
- 5. School Mental Health Services
 - i. DBH expanding into 19 school (6 PCS, 17 DCPS) so now 71 schools will have a clinician on site
 - ii. All core DC government youth agencies will use the same youth mental health assessment tool.
 - iii. OSSE has applied for a SAMSA grant for mental health training with DCPS, KIPP and Friendship (3 largest LEAs)
 - iv. PCPs will now do screening during required well-visits to determine children that need other mental health and/or social services.

III. Other Matters

- 1. Communication and Publicity:
 - i. Need more publicity to showcase HSA accomplishments to residents and students
 - ii. Must be conscious of the stories we pitch and to whom, how the stories will be geared towards principals versus the public
 - iii. Decision to convene the Communications Subcommittee.

Next Meetings: **Tuesday September 9th, 2014 at 3:00 PM – 5:00 PM**
 Wednesday November 5th, 2014 at 3:00 PM – 5:00 PM

Healthy Youth and Schools Commission Meeting
Tuesday, September 09, 2014
3:00 – 5:00 pm
Minutes

Commissioners in attendance: Alex Ashbrook (Chair), Sandra Schlicker, Lauren Biel, Audrey Williams, Diana Bruce, Alex Lewin (by phone), Cara Biddle (by phone)

Commissioners not in attendance: Simone Banks-Mackey, Charneta Scott

Others in attendance: Nancy Katz (OSSE), Laura Hansen (OSSE), Grace Friedberger (OSSE), Sam Ullery (OSSE), Nichelle Johnson (OSSE), Maddie Morales (OSSE/FoodCorps), Erica Steinhart (OSSE), Kathryn Lantuh (OSSE), Courtney Puidk (OSSE Intern), Ivy Ken (GWU), Heather Holaday (DCPS), Michael Posey (DCPS), Tanisha Douglas (DCPS), Trisha Nakano (DCPS), Elizabeth Leach (DCPS), Emily Fisher (DCPS), Miriam Kenyon (DCPS), Erin Lumpkins (DCPS), Beth Gingold (DGS), Brian Killian (DGS), Susan Comfort (Playworks), Judy Berman (DC Appleseed), Amelia Petersan-Kosecki (DOH), Joni Eisenberg (DOH), Alyia Smith-Parker (DC Hunger Solutions), Melissa Roark (DC Hunger Solutions), Chidimma Acholonu (Alliance for a Healthier Generation)

I. Welcome and Introductions

1. Announcements - Growing Healthy Schools Week organized by OSSE will occur September 27 – October 3, 2014. See <http://osse.dc.gov> for more.

II. OSSE Update

1. PE/PA Literature Review

- i. Research shows that adding PE to school schedule does not decrease test scores. Scores are either staying the same or increasing.
- ii. HE/PE Report due to Mayor and Council on September 30th.

2. FoodCorp/School Gardens/Farm to School/Environmental Literacy

- i. FoodCorps Fellow is on board at OSSE.
 1. Service members to begin work at their schools shortly, will assist with implementation of the USDA Farm to School Grant.
- ii. Environmental Literacy Specialist to be hired by OSSE.

3. Physical and Health Education

- i. A small number of schools are meeting PE/HE requirements.
- ii. OSSE PE/PA specialist gathering information about barriers or best practices to schools meeting minutes.

4. Evaluation

- i. 2015 School Health Profiles in process, available to schools in November.
- ii. Team has been meeting to develop evaluation plan for Healthy Tots Act.
- iii. HSA Evaluation Grant applications due September 12th.
- iv. Grantee will work with OSSE to choose schools and design intervention and will provide quarterly and yearly reports to OSSE.

5. Health and Wellness

- i. Pilot School Wellness Champion Program SY 2014-2015 (21 charter schools).

- ii. OSSE developing youth Healthy Schools Act Ambassadors program.
- III. Environmental Aspects of Healthy Schools Act
 - 1. Presentation by Brian Killian, DGS – Environmental Health and Safety(EHS) Services
 - i. Houses Environmental Programs aspects of HSA.
 - 1. Most activity focused on DCPS.
 - 2. Emergency preparedness, radon testing, air quality, lead based paint risk assessment, testing lead in drinking water, integrated pest management, mold removal.
 - ii. Concern from HYSC about lack of access of EHS into charter schools and how environmental aspects of charter buildings are monitored.
 - 1. HYSC Environmental Subgroup to meet to discuss necessary actions and how this might interface with Environmental Literacy Framework implementation and Environmental Literacy Specialist being added at OSSE.
 - 2. Presentation by Beth Gingold, DGS
 - i. Recycling, composting, waste audits.
 - ii. Energy conservation contest to start in DCPS.
 - iii. Primarily helping DCPS, can offer TA to charter schools if time allows.
- IV. Healthy Youth and Schools Sub-committee Actions and Identification of Report Priorities
 - 1. Sub-Committee Reports:
 - i. Communications
 - 1. Continue to build support for promoting HSA in schools and community.
 - 2. Working on Infographic – proof reviewed, Distribution plan discussed.
 - 3. Goal of this sub-committee is to help disseminate this message.
 - a. Messaging put in cafeteria (posters).
 - b. Talking points for parents, community members, etc.
 - ii. Health
 - 1. Council Member Alexander listed legislation that it intends to implement a more efficient system to organize electronic health certificate.
 - 2. Conflicting numbers surround how many DC students are getting annual well child preventive care visits.
 - iii. PE/PA
 - 1. HYSC board members request that OSSE report on Schools meeting SY 2014-2015 PE/PA requirements, barriers/best practices.
 - 2. HYSC does not have a commissioner who is an expert in PE/PA but working to nominate one.
 - 3. Majority of schools are not going to meet 2014-2015 PE/PA requirements. Legislation has not yet been changed.

Meeting Concluded at 4:50 pm

Next Meeting: November 5th 3:00-5:00 pm, 810 1st Street, NE, 8th Floor Room TBA

Healthy Youth and Schools Commission (HYSC) Meeting
Wednesday, November 5, 2014
3:00 – 5:00 pm
Minutes

Commissioners in attendance: Alex Ashbrook (Chair), Audrey Williams, Diana Bruce, Cara Biddle, Kellye McKenzie, Charneta Scott, Lauren Biel

Commissioners not in attendance: Simone Banks-Mackey

Others in attendance: Beth Gingold (DGS), Melissa Roark (DCHS), Nancy Katz (OSSE), Grace Friedberger (OSSE), Micahel Musante (FOCUS), Katie Lantuh (OSSE), Valentine Breitbarth (DCPS), Laura Hansen (OSSE), Joni Eisenberg (DOH/CHA), Michele Mietus-Snyder (Children's National)

- I. Welcome and Introductions.
 1. Announcements.
 - i. A new Commissioner has been appointed- welcome, Kelly McKenzie!
 - ii. Additional Commissioners will be appointed in the coming months.
 - iii. There is space for a student representative on the Commission.
 2. Review of Commission Role and Mission.
 - i. Do we have the right people in the room?
 - ii. Report due November 30, 2014.
 1. Is the Healthy Youth and Schools Report being read? By whom?
 2. Would it be more effective to highlight the other monitoring tools currently being used than to write a lengthy report?
 - a. Highlight successes
 - b. Flag opportunities
 - c. Make points succinctly more in an executive summary format
 3. How can communication about the report be improved?
 - a. Discuss communication plan with Office of Boards and Commissions
 - b. Brown bag with Council
 - c. Talking points to Council and Mayor
 4. General report feedback.
 - a. The report helps with redefining the purpose of the Commission and developing future goals.
 - b. It may be helpful to create a questionnaire to distribute with report to gather report feedback.
 3. Overview of Compliance with the Healthy Schools Act Reporting and Public Discourse Requirements, SY 2013-2014.
 - i. School Health Profiles—98% compliance.
 - ii. Environmental Literacy Plan-Grant supported the creation of an Environmental Literacy Framework (ELF) and the creation of a Model School in each ward that

is implementing the ELF. OSSE is hiring an Environmental Literacy Specialist to help with expanding the framework. The funding is from Sustainable DC.

- iii. Farm to School and School Gardens Report – submitted.
- iv. PE and Health- pending approval at OSSE.
- v. Healthy Youth and Schools Commission Report—due November 30th.
- vi. Comprehensive Food Service Report (required every year) – DCPS submitted the first report but hasn't submitted another report. The last report suggests that more research is required. DCPS will read the DGS report and think about next steps.
- vii. School Health Center Plan- DOH is still working on it. A mobile clinic is being considered.
 - 1. HYSC needs a DOH Commissioner
- viii. Sustainable Meal Serving Products Plan – Liz Leach will send DCPS language to Alex. DGS focuses mainly on DCPS schools. It may be helpful to start the conversations with the vendors (RevFoods) about environmentally friendly practices in PCS. It may also be helpful to look at school contracts.
- ix. Environmental Programs Report – An environment sub group of the HYSC is meeting on 11/6/14 to discuss HSA requirements. The recycling plan was put into practice, however, the report was not written.
- x. Wellness Policy – OSSE has all the local wellness policies.
- xi. Daily Menu, Nutritional Content and Ingredients of Each Menu Item, and Origin of Produce – 100% of schools make this information available.

II. PE Minutes Report.

- 1. Summary of findings from Katie Lantuh (OSSE) on PE best practices and barriers to meeting PE requirements from 10 DCPS and PCS schools.
 - i. Recess is being taken away from students. It may be more manageable to focus on increasing awareness about recess than enforcing PE minutes.
- 2. Alex is going to look into having a forum with Mary Cheh about the PE minutes.
- 3. Ongoing conversation about PE vs. PA – may be helpful to pull together a panel of experts for a discussion.

III. Discussion of Proposed Structure of Commission Report led by Commissioners.

- 1. Send drafts to Nancy by 11/14.
- 2. Reports may include appendices or websites.
- 3. Vote on report by email.
- 4. 5 sections:
 - i. Nutrition – Diana
 - ii. Farm to School – Lauren
 - iii. Physical and Health Education – Alex, Kellye, Katie
 - iv. Environment – Lauren
 - v. Health and Wellness – Cara, Charnetta, Valentine

Meeting Concluded at 4:59pm.