SNAPH Advisory Council

Student Nutritional and Physical Health Advisory Council

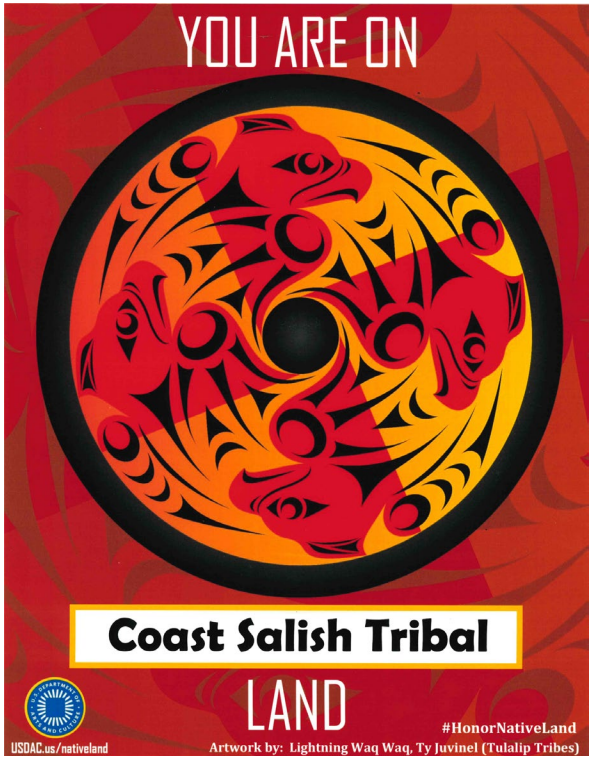
2024 – 2025

Meeting 1

Welcome, Purpose, Goals

EVERETT PUBLIC SCHOOLS®

FLAG SALUTE & LAND ACKNOWLEDGMENT



Activity #1 – Introductions & Table Talk

At your tables, discuss with your neighbors:

- Who you are and what brought you to the Advisory Council?

- How do you hope to share your passion with the group?

Objectives & Outcomes:

- Review the purpose of SNAPH & the role of our Advisors
- Highlight Year 1 take-aways and chart a course for Year 2
- Key Focus Area – Physical Wellness
- Discuss a Continuous Quality Improvement (CQI) Approach

Our Purpose:

Help shape and guide Everett Public Schools' Student Wellness Policy & Initiatives

To foster and promote a lifelong love of wellness - supporting foods, activities and learning.

Role of the Advisors:

Strategic Level
High Level Guidance

Mission
Vision
Prioritization

Advisory Council

Operational Level
Adoption/Integration

Resource Allocation
Infrastructure
Delegation

District Superintendent

Tactical Level
Day-to-Day Tasks

Implementation
Actions/Practice
Outcomes

Schools & Departments

Year 1 – In Review

- Lessons learned
- Expressed priorities
- Action items

Desired Outcomes – Year 2

Solidify Goals for Years 2 & 3
Present Recommendations based on Year 1 work

Review & Identify Triennial Assessment Tool

Elevate Student, Family, & Community Voice
Comprehensive CQI/ADIME processes

Activity #2 – Table Talk & Report Out

Thinking at that ‘Strategic Level’, discuss with your table:

- Review the “Future Items” identified from the May 2024 minutes

- What are the Top 2 areas of interest and how might they be incorporated into future meetings?

Program Updates:

- Recent Changes to NSLP
- “Keep it Fresh”
- Supper Program Updates
- Composting (All Sites)

Special Guest:

Anthony Anderson

Director of Choice Programs & STEM Partnerships and CTE Health & Fitness

Academic Cabinet Member

Physical Health

RCW 28A.230.295
Daily recess.

(1)(a) Beginning with the 2024-25 school year, public schools, for each school day that exceeds five hours in duration, must provide a minimum of 30 minutes of daily recess within the school day for all students in grades kindergarten through five and students in grade six that attend an elementary school.

(b) The office of the superintendent of public instruction may waive the requirement in (a) of this subsection during the 2024-25 school year for public schools demonstrating that they are unable to comply with the requirement.

(c) Public schools may provide additional recess before or after the school day, but that time may not be used to meet the requirements of this subsection (1).

(d) Time spent changing to and from clothes for outdoor play should not be used to meet the requirements of this subsection (1).

(2)(a) Recess must be supervised and student directed and must aim to be safe, inclusive, and high quality as described in the model policy and procedure referenced in RCW 28A.210.368. It may include organized games, but public schools should avoid including, or permitting the student use of, computers, tablets, or phones during recess.

(b) Recess should be held outside whenever possible. If recess is held indoors, public schools should use an appropriate space that promotes physical activity.

(3) The daily recess required under this section may not be used to meet the physical education requirements under RCW 28A.230.040.

(4) For the purposes of this section, "public schools" has the same meaning as in RCW 28A.150.010.

Physical Health

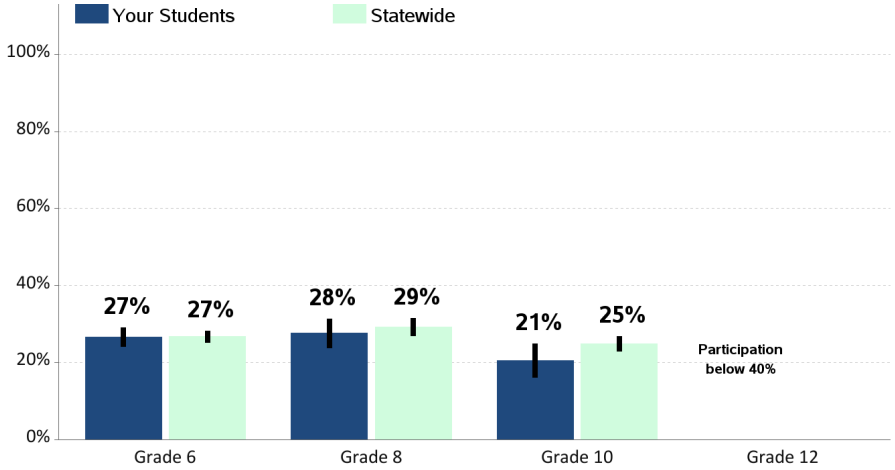
Comprehensive School Physical Activity Program (CSPAP) is a framework for planning and organizing activities.

The goals of a CSPAP are:

- To provide a variety of school-based physical activities to enable all students to participate in 60 minutes of moderate-to-vigorous physical activity each day.
- To provide coordination among the CSPAP components to maximize understanding, application, and practice of the knowledge and skills learned in physical education.

60 Minutes of Physical Activity Per Day

Percent of students who report being physically active 60 minutes per day, 7 days a week



Activity #3 – Table Talk – Physical Health

1. What was one thing that you learned? Or what was one thing that surprised you?

2. What wonderings do you have? What would you like to explore more deeply?

3. What other voices or partners might we want to hear from, to support our shared work?

Continuous Quality Improvement & ADIME

Plan – Do – Check – Act

ADIME – A Different Model for CQI

District focus

- **Assessment –** *What does the data say?*
- **Diagnosis –** *Root cause analysis!*
- **Intervention –** *What's the fix?*

SNAPH focus

- **Monitoring –** *Track it over time!*
- **Evaluation –** *Have we moved the needle?*

Activity #4 – Table Talk - Assessment

1. What questions or data would you want to collect or understand?

2. How would you recommend collecting that data?

Homework & Next Steps

Next Meeting:

Wellness Assessment Tools

What questions do the Advisory Council members have in preparation for our next meeting?

THANK YOU!

Save the Date:

Monday, May 5, 2025, 5:00pm

SNAPH Meeting 2