

Fueling Student Wellness and Achievement: Why School Meals and Student Wellness is Critical and How to Support your Programs

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Agenda

- Commissioner Riley's Goals for SY22-23
- Latest & Greatest in School Meals
- School Wellness

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Commissioner Riley's Goal #3 for SY22-23

- Cultivate **Safe** and **Healthy** Learning Environments.
- Sort out "Basics" for our students – mental health, food, housing.
- Basics need to be taken care of so that we can get to learning and instruction.

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Fueling Student Wellness and Achievement

Can **students** perform well on an empty stomach?

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2019 MA Youth Risk Behavior Surveys

YRBS Data Shows:

- **28%** of high school and **25%** of middle school students went to bed hungry at least once because there was not enough food at home.

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2019 MA Youth Risk Behavior Surveys

YRBS Data Shows:

- Fewer high school students (31%) are eating breakfast every day (a decrease from 38% in 2018).

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Why School Meals?

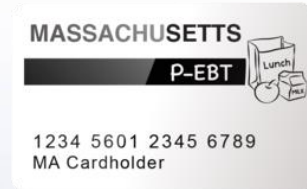
- 16.6% of all households and 21.5% of Households with Children in Massachusetts are food insecure.
- Food insecurity in MA **doubled** during the Pandemic.
- "*...if a parent cannot feed a child, there's nothing else that matters for that parent.*"
 - President Joe Biden, White House Conference on Hunger, Nutrition and Health

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Why School Meals?

Pandemic-EBT (P-EBT)



With your help, approximately 500,000 households have received more than \$2 billion for food since the start of school closures.

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State Supported Universal Free Meals

- MA is now **1 of 5** states continuing to offer school meals free of charge to all students
- SY 21-22: **42%** increase in participation
- **53,000** more students eating lunch every day
- **566,000** lunches per day (average **65%** participation)
- **FY23 State Budget funds to continue universal free school meals**

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THANK YOU FOR FUNDING UNIVERSAL SCHOOL MEALS

Project Bread and the Feed Kids Coalition are grateful to the entire legislature for ensuring 400,000 kids continue to have robust access to school meals.

FEED KIDS.
SOLVE HUNGER.

FEEDKIDSMMA.ORG

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MASSACHUSETTS
Department of Elementary
and Secondary Education



Project Bread

@ProjectBread

Ready to be a part of the conversation?

1. Help us thank the legislature for extending School Meals for All this year by posting on social media!
2. Share this post!
3. Join our Action Team to stay up-to-date and help us ensure school meals for all!

FEED KIDS.
SOLVE HUNGER.

SCHOOL MEALS FOR ALL.

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Culturally Relevant School Meals

- Food is tied to culture, traditions and celebrations.
- School meals should aim to incorporate various tastes and flavors that students will recognize and enjoy.

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Culturally Relevant School Meals

- Jessica Lander: History and Civics Teacher, Advocate, and Author, Lowell Public High School
- Works with Students to Create “Tasting History” a cookbook filled with recipes and stories from 18 countries
- Students worked with Lowell Food Services to get recipes part of the School Lunch Menu



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Safe and Healthy Learning Environments

Collaboration is needed to support this goal.



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Support your School Lunch Heroes



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Your Support is Needed

Ensuring students have enough time to eat school meals.

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Your Support is Needed

Advocating/promoting your school meal program

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Your Support is Needed

Offering lunch on half days/early dismissals.

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Town Hall For School Meal Programs

Supporting Operations Series

USDA Foods

SWITCH
What's Up with Wellness

NUTS & BOLTS
OF SCHOOL NUTRITION PROGRAMS

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www.makingitcount.info

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dese

School Wellness: Setting the Stage with a Mindful Minute

School Wellness: Setting the Stage

Do you perform well when you are:

- Tired?
- Hungry?
- Stressed?
- Sedentary for long periods of time?

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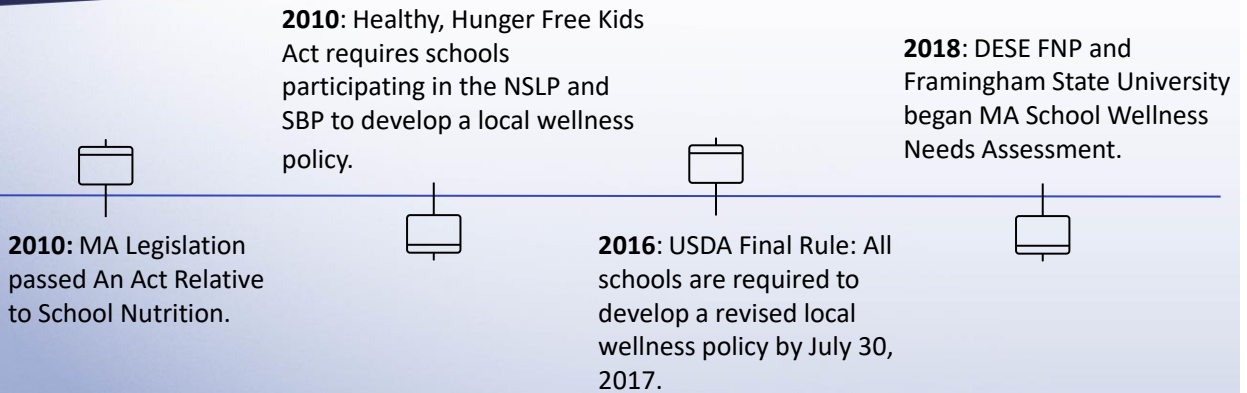
Commissioner Riley's Goal: Safe and Healthy Learning Environment



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Local Wellness Policy



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Local Wellness Policy: Why

To establish a school environment that promotes students' health, well-being, and ability to learn.

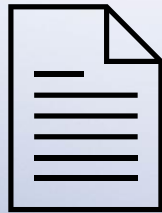


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Local Wellness Policy: Who

Every Local Educational Agency (LEA) participating in the National School Lunch Program and/or School Breakfast Program is required to have a written wellness policy.



Local Wellness Policy: What



Nutrition Standards for Foods and Beverages:

- Sold in Schools
- Provided in Schools



Food/Beverage Marketing



Physical Activity and Education



Public Involvement



Nutrition Education



Assess Policy Every 3 Years

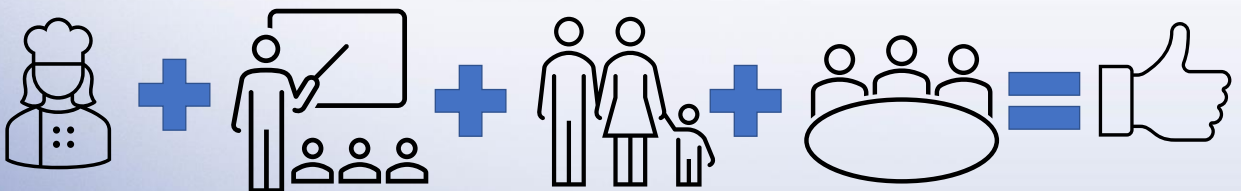
Local Wellness Policy: How

- School Wellness Advisory Committees
 - Responsible for updating and implementing the Local Wellness Policy
- Parents, Caregivers Teachers, Nurses, School Nutrition Professionals, Administrators, Students, Community Members
- In Massachusetts: Must meet at least 4x per year (Quarterly)

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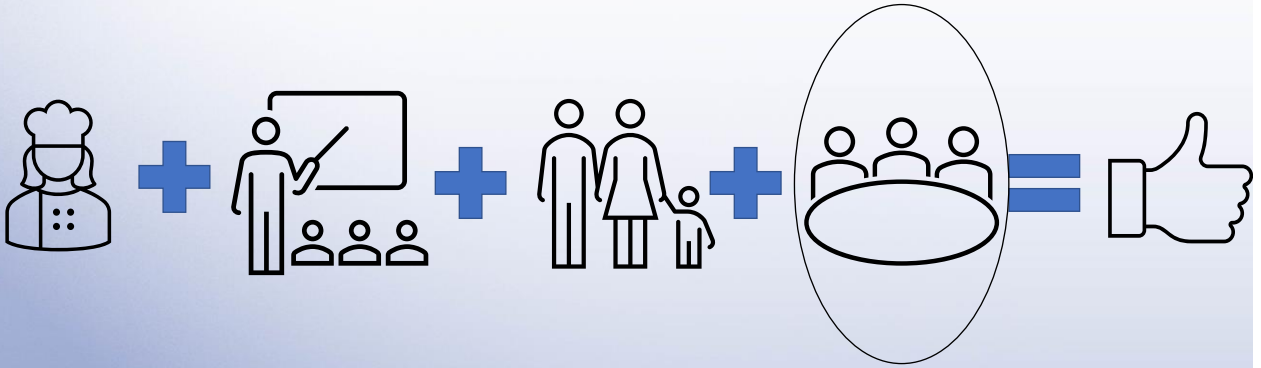
School Wellness: It's Everyone's Job!



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School Wellness: It's Everyone's Job!



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School Wellness Challenges



Funding is our largest barrier because we have a lot of policies that require health curriculum programming and some of that stuff doesn't get done at times because we lack the funds

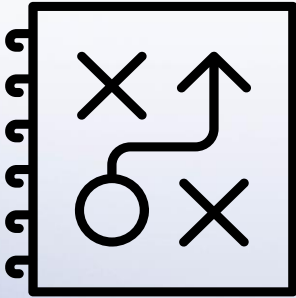


I think that there are a lot of competing demands for our attention and time. And so it's just sometimes hard to fit it all

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Massachusetts School Wellness Needs Assessment



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School Wellness Solution: SWITCH



School Wellness Initiative for Thriving Community Health

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School Wellness Solution: SWITCH



Mission

The School Wellness Initiative for Thriving Community Health, SWITCH, is a movement dedicated to **supporting and advancing wellness efforts for Massachusetts students, schools and communities.**

Vision

To create a school wellness environment that supports **the whole child.**

SWITCH Coalition

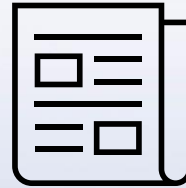


SWITCH Initiatives

MassSchoolWellness.org



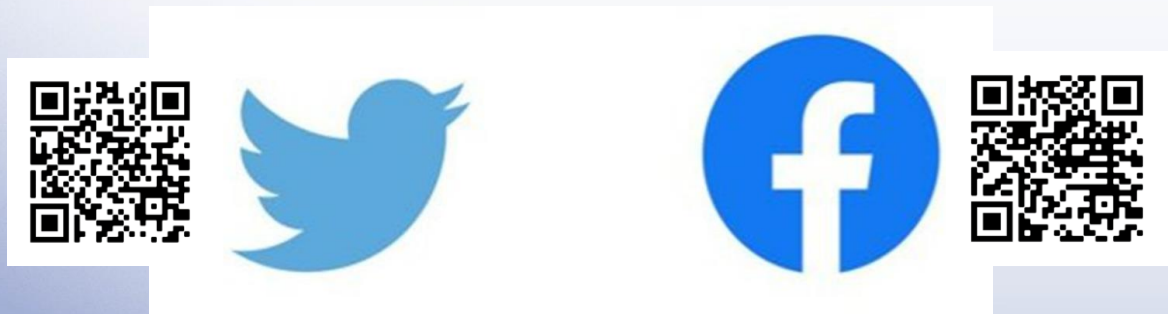
What's Up with Wellness E-Newsletter



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SWITCH Initiatives

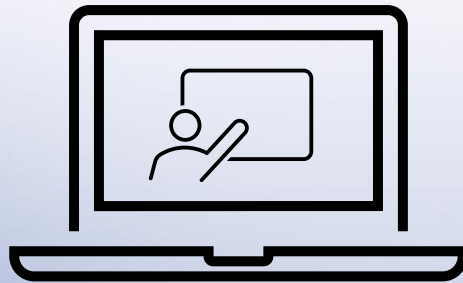


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SWITCH Initiatives

Winter & Spring 2023: Framingham State 4 - Week Online Graduate Courses

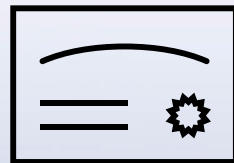


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SWITCH Initiatives

Applications open Spring 2023:
Massachusetts School Wellness
Coaching Program



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Future SWITCH Initiative: Teacher and Staff Wellness

Two Minutes: What can we do to support teachers and staff?



1. Do you think there is value in providing time for teacher/staff wellness?
2. What wellness resources or opportunities would be valuable for teachers and staff?
3. How important do you think school wellness is for your teachers and staff?

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Action Steps



Find your Local Wellness Policy: Is it outdated?



Join or Start Wellness Committee Meetings



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Sign up for DESE Monthly School Meals Newsletter!



Sign up for DESE School Wellness Newsletter!



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THANK YOU!

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