

DoDEA Guam District Health & Wellness Policy

District Philosophy:

A healthy lifestyle is essential for the academic success and lifelong well-being of all students. To this end, the DoDEA Guam School District has developed a health and wellness committee that will engage all district stakeholders in programs that establish a link between nutrition, health education, the food served in the schools, physical activity, and safety and environmental education, healthy lifestyle, and drug-free awareness. *This policy meets the requirements of DoDEA Regulation 4200.1, dated August 22, 2007; Section 204 of Public Law 108-265, "Child Nutrition and WIC Reauthorization Act of 2004," June 30, 2004; and Title 7, Code of Federal Regulation, Part 210, "National School Lunch Program," current edition.*

Goals

- Based on adopted Curriculum Content Standards, all students in grades PreK-12 will have education, opportunities, support, and encouragement to be physically active on a regular basis. The following are the stated DoDEA Health Education Curriculum Content Strands (HESK) PreK-12:
 - Health Literacy Skills
 - Personal and Community Health
 - Safety and Injury Prevention
 - Nutrition and Physical Activity
 - Mental Health
 - Alcohol, Tobacco, and Other Drugs
 - Family Life and Human Sexuality
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines for Americans.
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education, physical education, school meal programs, and related community services/opportunities.

Education

Physical education: In cooperation with the Child Nutrition and WIC Reauthorization Act of 2004, Congress passed legislation (P.L. 108–265) requiring every school in the United States that participates in the National School Lunch Act to implement a wellness plan. The components of the plan, which include nutrition education, physical activity, and other activities related to wellness, fit well with goals emphasized in the subject matter of physical education.

In light of the implementation of our Physical Education curriculum and the professional training that physical education teachers are well positioned to assume leadership within the school and community in the development of a health and wellness policy.

The DoDEA vision for Physical Education is: "DoDEA envisions students moving competently, enjoying physical activity, developing physical fitness, and pursuing wellness as part of lifelong learning."

The DoDEA Physical Education Standards can be found on the DoDEA web page: <http://www.dodea.edu/curriculum/physicalEd.cfm> DoDEA Physical Education Standards are aligned with the National PE Standards.

The National Association for Sport and Physical Education (NASPE) states, “Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.”

It is the Guam District intention that physical activity and education should be maximized within the schools according to the recommendations stated in this policy.

Integrating Physical Activity into the Classroom Setting

Students should receive the nationally-recommended amount of daily physical activity, as stated by the Centers for Disease Control and Prevention, which is at least 60 minutes or more per day of physical activity. Students, teachers, and other stakeholders may engage in other physical activity, beyond physical education class. Toward this end:

- physical activity should include regular instructional physical education, co-curricular activities, and recess;
- classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities;
- opportunities for physical activity will be incorporated into other subject lessons, such as movement into groups, activity to activity, changing classes, moving to tasks, walking to the lunchroom;
- classroom teachers may provide short physical activity breaks between lessons or classes, as appropriate;
- the district may consider providing family activity program opportunities.

Health

The adopted Health Curriculum includes a wealth of information on health and good nutrition. The DoDEA Health Education Content Standards focus on achievement of health literacy for all students and are aligned to the National Health Education Standards, and can be found on the DoDEA web site: <http://www.dodea.edu/curriculum/health.cfm>

The Guam District aims to teach, encourage, and support healthy eating by students. Our schools will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also integrated into classroom instruction in other curricular areas such as math, science, language arts, social sciences, and elective subjects;
- includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;

- promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise);
- links with school meal programs, other school foods, and nutrition-related community services;
- teaches media literacy with an emphasis on food marketing
- includes training for teachers and other staff.

Guam District Food Service Management Contractor Responsibilities

The Guam District contracts a food service vendor to provide nutritious food under the National School Lunch Program (NSLP). The District ensures that the school lunch program adheres to USDA guidelines. The Food Service Contract COR/Program Analyst mediates between the contracted vendor and the District Superintendent's Office (DSO) to implement the school lunch program contract and all aspects of the student meal program. Vendor activities include implementation of USDA nutritional guidelines for school lunches, nutrition awareness, and marketing. Contract meal cost and other ancillary or related items are under COR purview and are guided by this policy for evaluation, recommendations, and for all improvement and implementation. The COR/Program Analyst conducts formal annual reviews and frequent inspections for contractor adherence to contract and USDA standards.

Special Dietary Needs

The District ensures that USDA requirements are met for students identified with dietary disabilities as adapted from Accommodating Children with Special Dietary Needs in the School Nutrition Programs, Guidance for School Food Services Staff, p. 7, §III, Item A.

Eating Environment

In order to foster good nutritional habits, the Guam District will consider the following:

- meals scheduled at appropriate times.
- adequate time and space to eat and socialize in a pleasant environment.
- clean and attractive serving and eating areas.
- at least 20 minutes allocated for lunch from the time the student is seated.
- Should not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat during such activities.
- lunch periods scheduled as near to the middle of the day as possible.
- schedule recess before lunch (elementary schools).
- convenient access to hand-washing facilities stocked with soap and/or hand sanitizer before meals will be available; and for students to wash their hands before eating.
- schools will be sensitive to students who have food allergies, so that they are not isolated from their peers.

Sharing of Foods and Beverages

Schools will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Free and Reduced Price Meals

The Guam District offers its students free and reduced price meals for qualified students aligned with USDA Free and Reduced lunch requirements and standards. Overt identification of students who are eligible for free and reduced-price school meals are prevented through use of electronic identification and payment systems.

À la Carte, School Stores, and other Food Sales

All foods served will conform to this policy for nutrition and meet the set standards in all other areas.

Portion Sizes

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to, low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Twelve fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

Elementary Schools

The students understand how healthful nutrition and physical activity contribute to growth and energy and help prevent chronic diseases such as heart disease, cancer, and diabetes. To support healthful nutrition, DoDEA schools will ensure that:

- Vending machines will not be available to students.
- À la carte items are limited to 1%, nonfat milk, soymilk, rice milk, at least 50% fruit or vegetable juice with no added sweetener, water, fruit and non-fried vegetables. All nondairy milks shall contain Vitamin A, D, and at least 25% of the daily value for calcium per 8 ounces and contain no added sweeteners exceeding 28 grams per 8 ounces. Soy milk, rice milk and other nondairy milk must contain no more than 5 grams of fat per 8 ounces serving.
- Milk, juice, and water will be available for purchase to any elementary student who brings a lunch from home.

Secondary Schools

The students understand how healthful nutrition and physical activity contribute to growth and energy and help prevent chronic diseases such as heart disease, cancer, and diabetes. To support healthful nutrition, schools will ensure that:

- Healthy food and beverages may be sold during the school day in an authorized school store in accordance with DoDEA policy.

- No more than 35% by weight of the total calories in a food product sold/served should be from sugar.
- No more than 35% of the total calories in a food product sold/served should be from fat. This does not apply to the sale of nuts, seeds, nut butters, eggs, cheeses, fruits, vegetables or real cheese snacks with no added sugars or fats.
- No more than 10% of the total calories in a food product sold/served at the school should be from saturated fat.
- No artificial *trans* fats shall be served/sold (margarine, shortening, or any partially hydrogenated fats).
- Foods contain no more than 230 mg of sodium per serving for chips, cereals, crackers, fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.
- A choice of at least two fruits and/or non-fried vegetables will be offered for sale at any location on the school site where foods are sold. Such items could include, but are not limited to, fresh fruits and vegetables; at least 50% fruit or vegetable juice with no added sweetener; fruit-based drinks that are at least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits (canned in fruit juice or light syrup); and cooked, dried, or canned vegetables (that meet the above fat and sodium guidelines).
- All food and beverages must meet federal and local guidelines for safety and sanitation.
- Vending machine sales of candies, soda, and chewing gum will not be permitted on the school grounds.
- Foods sold as fundraisers that deviate from the nutritional standards must have the prior approval of the principal or designee and not conflict with USDA school lunch competitive foods policy.

School Stores and Other Food Sales

To support healthful nutrition, schools will ensure that authorized school stores will sell:

- No candy, sodas, or caffeinated beverages
- Items at the school store must comply with the USDA sugar and fat ratios, as seen above.

Celebrations/Events

Schools should limit celebrations that involve food during the school day to rare occasions that are standards-based with prior approval of school administration. The celebration should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (see above). In general, celebrations should not represent personal or religious events. Schools must give the cafeteria 24 hours' notice of a class or grade not attending the contracted school food service. The district will disseminate a list of healthy party ideas to parents and teachers.

School-sponsored Events (such as, but not limited to, athletic events, dances, or performances).

The majority of foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually (above). All items sold must have prior approval of school administration.

Food-based Incentives

- Food-based incentives must be approved by school administration.

- Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs.
- Teachers who use food items as an incentive should adhere to the district nutritional standards.
- Teachers should encourage healthy choices when school snacks are utilized.

Staff Wellness

DoDEA Guam Schools will present opportunities for school staff to improve their health through volunteer activities such as:

- health assessments;
- health education; and
- health-related fitness activities.

Natural Outcomes Anticipated:

DoDEA Guam Schools can expect:

- greater commitment to the health of students through positive role modeling.
- encouragement for the staff to pursue a healthy lifestyle.
- improved health status.
- decreased injury/illness.
- improved morale and attitude.
- greater personal commitment.
- improved sense of being a team/community.
- improved productivity.
- decreased absenteeism.
- reduced health insurance costs.

Wellness Policy Evaluation

The DoDEA Guam District Superintendent will include a health and wellness report on the implementation and progress of this policy and provide recommendations to the School Board. The superintendent may receive input from teachers, nurse, counselors and other appropriate individuals in preparing this report.

Monitoring

Monitoring allows a system and school to determine what is working so the policy can be revised or improved as needed. A checklist for Administrator, AO's and COR/Program Analyst are included. These checklists will be turned into the Guam District Superintendent's Office.

For: Local School Administrator

Monitor Checklist for Guam District Health and Wellness Policy

This monitoring checklist is to be done quarterly by the school's Administrator to determine if the Guam Health and Wellness Policy is being implemented.

School Name: _____

Guideline or procedure to be looked at:	Q 1 Date:	Q 2 Date:	Q 3 Date:	Q 4 Date:
Students are encouraged to receive at least 60 minutes of physical activity a day; regular instructional physical education, co-curricular activities and recess				
Adequate Health Education is given through use of the DoDEA Health Standards				
Adequate Physical Education is given through use of the DoDEA Physical Education Standards				
Teachers who use food incentives are adhering to the district nutritional standards				
Nutrition and physical activity is promoted in newsletters distributed by the school				
Family and/or student physical activity programs are available				
School nurse promotes health and wellness throughout the school				
There are opportunities for staff wellness; i.e. health assessments, education or fitness activities				

For: Local School AO

Monitor Checklist for Guam District Health and Wellness Policy

This monitoring checklist is to be done quarterly by the school's SMSS to determine if the Guam Health and Wellness Policy is being implemented.

School Name: _____

Guideline or procedure to be looked at:	Q 1 Date:	Q 2 Date:	Q 3 Date:	Q 4 Date:
ES: vending machines are NOT available to students				
MS/HS: vending machines do not have candy or gum				
Meals are scheduled close to the middle of the day				
Adequate space is provided for eating				
At least 20 minutes is allotted for lunch from the time the students are seated				
ES: recess is before lunch, when possible				
Convenient hand washing facilities are available before meals are offered				
Hand sanitizer is available in eating areas				
Noise level in eating areas is moderate to low				
Food served appears attractive and healthy				
Milk, juice and water are available for purchase by students				
School store is not selling candy, soda or caffeinated beverages				
Participation in the Lunch Program has increased				
Menus and menu changes are advertised				

For: Guam District COR/Program Analyst

Monitor Checklist for Guam District Health and Wellness Policy

This monitoring checklist is to be done bi-yearly by the District Program Analyst to determine if the Guam Health and Wellness Policy is being implemented.

Guideline or procedure to be looked at:	Beginning of year Date:	End of the year Date:
School Lunch Program adheres to the USDA Federal Guidelines		
Vender personnel has received proper training		
Facility problems have been addressed		
Equipment maintenance has been addressed		
All dietary disabilities have been recognized and standards met		