

Department of Defense Education Activity
Mediterranean District Local Wellness Policy

In compliance with federal law 108-265, Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004, and DoDEA Regulation 4200.1, the Mediterranean District of DoDDS-Europe establishes a wellness policy that promotes student health and contributes to the reduction of childhood obesity. The components of the local wellness policy include nutrition education, physical education, nutrition guidelines for all foods available during the school day, and other activities that promote student wellness.

Setting Nutrition Education Goals

The primary goal of nutrition education is to enhance healthy eating behaviors of students. The following statements provide policy guidance for the nutrition education efforts of the district:

1. Students in grades pre-K-12 receive nutrition education that provides the knowledge they need to adopt a healthful lifestyle through a balanced diet and regular exercise.
2. Nutrition education will be offered in the cafeterias as well as in the classrooms, with coordination between the teachers and the Health Resources staff (School Nurse, Health Ed. Teachers, P. E. Teachers .)
3. Students will receive consistent nutrition messages throughout schools, classrooms, and cafeterias.
4. District health education curriculum standards and guidelines will include both nutrition and physical education at elementary and secondary levels.
5. At elementary levels, core curricula will be enriched by references to nutrition and health issues.
6. Schools will link nutrition education activities with the coordinated school health program.
7. Schools will conduct nutrition education activities and promotions that involve parents, students, and community.

Setting Physical Activity Goals

The primary goals for schools' physical activity components are to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short-and long-term benefits of a physically active and healthful lifestyle. Accordingly, the following guidelines are established:

1. Students will be given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the school day.
2. Students will be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
3. Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
4. Schools will provide training to enable teachers and other school staff to promote and model enjoyable, lifelong physical activity among students.
5. Schools plan for short stretch breaks during long periods of instruction.
6. Schools plan for school-wide physical activity events.

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Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

Student's lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. In addition to ensuring that reimbursable school meals meet program requirements and nutrition standards, schools must also establish standards or guidelines to address all foods and beverages sold or served to students, including those available outside of the school meal programs. Guidelines addressing these activities include:

1. All foods and beverages available during the school day, including vending and a la carte, reflect the current Dietary Guidelines for Americans published by USDA.
2. Nutrient and ingredient information for all products served during the school day are made available to school communities by the food servers.
3. Classroom snacks, rewards, and celebrations encourage healthful choices, and families receive guidance from schools on appropriate food choices. School nurses and supporting resource documents provide guidance about these choices.
4. All foods made available during the school day comply with local food safety and sanitation regulations.
5. All efforts made for dietary alternatives to accommodate medical and cultural needs.

Fundraising activities that include food items will adhere to a standard that encourages healthful choices, reflecting the Dietary Guidelines for Americans published by USDA. When local conditions exist to make full use of the cafeteria service difficult, alternative food choices may be offered. For example, the cafeteria might be too small to accommodate all students, the lunch lines might move too slowly to accommodate all students, or the facility cannot add another line, limiting the full availability of the lunch program.

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

The goal is to create a total school environment that is conducive to healthy eating and being physically active. Guidelines for the district include:

Dining Environment

- The school district will provide a clean, safe, enjoyable meal environment for students.
- The school district will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- Student access to water throughout the school day will be facilitated through drinking fountains and the use of other available options. Civil Engineering is consulted about this requirement.
- The school district will encourage all students to participate in the school meals program and protect the identity of students who eat free and reduced price meals.

Consistent School Activities and Environment

- The school district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.
- The school district will encourage parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- The school district will provide information and outreach materials about other programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents.

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Staff Wellness

- Schools will establish partnerships with community wellness centers that encourage staff wellness and good modeling for their students, through the use of health fairs, free health screenings and risk assessments, and promotional activities such as exercise classes, walking clubs, and access to fitness centers.
- School staff will be presented information on an integrated approach to wellness that includes nutrition and physical activity.
- Schools will identify resources within the school setting to coordinate the promotion of student and staff wellness, to include the nurse, PE teachers, psychologist, health educator, and counselor. These resources make up the core of a School Wellness Committee.

Implementation of the Wellness Policy, Measurement and Evaluation

The DSO designates building principals at each school with the operational responsibility for ensuring that each school fulfills this policy. Evaluation of the policy's implementation will occur on an annual basis, using a compliance review tool that will be made available.