Department of Defense Education Activity
North Carolina District/DDESS

School Wellness Policy
Revised January 2011

The North Carolina District (DDESS) Schools (NCDS) believe that children and youth who begin each day as healthy individuals can learn and achieve more readily and are more likely to complete their formal education. NCDS also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behaviors for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs.

It is the policy of NCDS that the following goals be met:

- NCDS will engage students, parents, school principals, administrators, school board members, child nutrition services, health professionals and other interested community members in developing, monitoring, reviewing, and reporting the effectiveness of district-wide nutrition and physical activity policies.

- All students in grades PK-12 and school staff will have opportunities, support, and encouragement to be physically active on a regular basis.

- Foods and beverages served or sold at school will meet the nutrition recommendations of the *U.S. Dietary Guidelines for Americans.*

- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and child-pleasing foods that meet their health and nutritional needs. Schools shall provide clean, safe, and pleasant settings and adequate time for students to eat.

- All NCDS will participate in the National School Breakfast and Lunch Programs and the Summer Food Service Program. (Fresh Fruit and Vegetable Program upon eligibility and USDA selection). Schools will provide nutrition awareness activities and physical education to all students.

- All NCDS will be registered as USDA Team Nutrition Schools (http://www.fns.usda.gov/tn/) , and are encouraged to join the USDA Healthier US School Challenge. (http://www.fns.usda.gov/tn/healthierus/index.html) '

TO ACHIEVE THESE POLICY GOALS:

I. School Wellness Council

NCDS Wellness Council, chaired by the District Superintendent, or appointed designee, will develop, implement, monitor, review, revise if necessary, school nutrition and physical activity policies. The council will meet annually to set goals and assess NCDS policy. Subsequent meetings may be held to address monitoring, reviews, or any local issues pertinent to the health and well-being of students and staff.

II. Nutritional Quality of Foods and Beverages Served and Sold on Campus

School Meals. All meals served in NCDS Child Nutrition Programs will:

- Be nutritious and child-friendly.
- Be served in a clean and pleasant setting.
- Meet at a minimum, the nutritional requirements established by local, state and federal statutes, and regulations.
- Offer a variety of fruits and vegetables.[1]
- Serve only fat-free milk[2], and nutritionally-equivalent non-dairy alternatives (as defined by USDA).
- Ensure that a minimum of half of the served grains are whole grains.[2,3]

To assist in identifying new, healthful and appealing menu choices and a la carte items, NCDS will engage students in taste-tests of proposed new menu items. In addition, the Child Nutrition office will share information about the nutritional content of meals with parents, students, and staff.

Breakfast. To meet the children's nutritional needs and enhance their ability to learn, NCDS encourages that all children have breakfast, either at home or at school. The following goals will be met:

- NCDS will offer the school breakfast program, and notify parents and students of its availability during the school year and during the summer months.
- NCDS will, to the extent possible, arrange bus schedules to facilitate participation in the breakfast program.
- NCDS will encourage parents to provide a healthy breakfast for their children at home or at school through the distribution of various promotional and marketing materials throughout the year.

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(1) To the extent possible, NCDS will offer at least 3 vegetable and fruit options each school day and will offer at least 10 different fruits and vegetables over a five day period. To encourage the inclusion of fresh fruits and vegetables in school meal programs, NCDS will participate in the NC Dept. of Agriculture's Farm-to-School Program, the DOD fresh produce program utilizing USDA entitlement dollars, and will actively purchase locally grown produce from GAP certified growers.

(2) As recommended by the Dietary Guidelines for Americans 2010.

(3) A whole grain is one labeled as a whole grain or with a whole grain listed as the primary grain ingredient in the ingredient statement. Examples include whole wheat flour, cracked wheat, brown rice, and oatmeal.

Free and Reduced-Price Meals. NCDS will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students eligible for free and reduced price meals[4]. NCDS will use USDA approved software for all school meal services and accountability.
The availability of school meals to students at a reduced cost or at no charge to families who meet income eligibility guidelines will be promoted on a year round basis. Guidelines for reimbursable school meals will correspond with regulations and guidance issued by USDA.

Summer Food Service Program for Children. Schools in which more than 50% of the students are eligible for free or reduced price meals will sponsor the Summer Food Service Program for Children for at least six weeks between the last day of the academic school year and the first day of the following school year.

Qualifications of Child Nutrition Staff. Qualified nutrition professionals will administer NCDS Child Nutrition Programs. DoDEA will provide resources for key NCDS administrative staff to attend training and development programs. These individuals will then work with all child nutrition professionals in NCDS to provide onsite training. Staff development programs may include appropriate certification and/or training programs for Child Nutrition Directors, School Nutrition Managers, and Child Nutrition Assistants according to their levels of responsibility.[5]

Sharing of Foods and Beverages. NCDS discourages students from sharing their foods or beverages with one another during meal or snack times due to allergy concerns or other food restrictions prescribed by a child's medical authority.

Food and Beverages Sold Individually. (*i.e.,* foods sold to students outside of reimbursable school meals, such as through vending machines, child nutrition a la carte, PTA and club fundraisers, school stores, etc) To preserve the nutritional, programmatic, and financial integrity of Child Nutrition Programs, all revenues from the sale of *all* foods and beverages to students until after the last child is served lunch must accrue to NCDS non-profit Child Nutrition Program.[6] A la Carte sales are limited to foods contributing to the nutritional well being of the child and aiding in the establishment of good food habits. Foods of minimal nutritional value shall not be sold to students, soda, water ices, chewing gum, candy, candy coated popcorn, confections.[7]

> **Primary/Elementary Schools.** NCDS Child Nutrition Programs will approve and provide all food and beverage sales in elementary schools. All primary/elementary students must have a lunch from school or from home before purchasing foods a la carte. A la carte items sold in the primary/elementary schools shall include extras of menu items, non-fat milk, bottled water, and a limited number of healthy snacks that include whole grains, contain no trans fats, and contain low dietary amounts of total fat, sodium, and sugar. Parents may limit their child's daily snack purchases by contacting the Child Nutrition Manager.

(4) It is against the law for those limited persons to whom disclosure or use of application information is granted, to make others aware of the eligibility status of children for free, reduced price, or "paid " meals. See Child Nutrition and WIC Reauthorization Act of 2004, 42 U.S.C. 1758 (b)(6)(C).

(5) School nutrition staff development programs are available through USDA, School Nutrition Association, and the National Food Service Management Institute.

(6) 16 NCAC 6H.0104(a)(1)(A)(2005)

(7) 7 CFR 210.11(b)

Foods: A food item sold individually:

- Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated fat.

- Will contain no more than 230 mg of sodium per serving for baked chips, cereals, crackers, baked goods, and other snack items; will contain no more than 480 mg sodium per serving for pastas, meats and soups; and will contain no more than 600 mg sodium for pizza, sandwiches and other entrees.8

- (A choice of at least 2 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 and/or 100% fruit.

- Fruit-based drinks that are at least 50% 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).8

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

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, or dried fruit.
- One-two ounces 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 low-fat or fat-free yogurt.
- Twelve ounces for all beverages, excluding water.
- 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 other non-fried vegetables are exempt from portion size limits.

Fundraising Activities: To support children's health and school nutrition education efforts, school fund-raising activities that involve food are discouraged. Schools should encourage fund-raising activities that promote physical activity, and supplement educational endeavors.

Rewards: Schools will not use foods or beverages, especially those that do not meet the nutrition standards for food and beverages sold individually, as rewards for academic performance or good behavior9, and will not withhold food or beverage (including food served through school meals) as a punishment. Parents are highly discouraged from bringing in fast foods from local restaurants for their child(ren) during scheduled Child Nutrition meal periods.

Celebrations: Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Parties involving food should not take place during scheduled Child Nutrition meal services. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually. Child Nutrition Services will provide a list of healthy party ideas to schools.

(8) If a food manufacturer fails to provide the *added* sugars content of a food item, use the percentage of weight from total sugars (in place of the percentage of weight from added sugars), and exempt fruits, vegetables, and dairy foods from this total sugars limit.
(9) Unless this practice is allowed by a student's individual education plan (IEP)

Meal Charges/Unpaid School Meal Accounts

The parent(s)/guardian(s) of enrolled students are responsible for paying all school meal charges. Free and reduced price meals are available for families that meet income eligibility guidelines. No child will be denied or served an alternate meal because their school meal account is in arrears. Parents will be notified by letter and/or phone when their child has charged school meals. If parent/guardian has been contacted three documented times, and the charges have not been paid, Child Nutrition Program retains the right to contact the child's sponsor's Command for assistance in obtaining payment. However, should the sponsor fail to pay the charges in a timely manner, the child will still receive food during lunch time and the charges will continue to accrue.

III. Nutrition and Physical Activity Promotion and Food Marketing

Nutrition Education and Promotion. NCDS strives to teach, encourage, and support healthy eating by students. Schools should include nutrition education and engage in nutrition related promotions that meet the following goals:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based health education program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Nutrition education is integrated into classroom instruction in subjects such as math, science, language arts, social sciences, physical education, 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 health literacy with an emphasis on accessing valid nutrition information, analyzing influences such as food marketing, as well as, setting goals and making responsible decisions related to food choices.
- Includes the dissemination of information to students, teachers, staff, and parents.

Integrating Physical Activity into the Classroom Setting. For students to receive and embrace regular physical activity as a personal behavior, students need opportunities for physical activity in and out of school. To encourage physical activity:

- 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 the time spent on sedentary activities, such as watching television.
- Opportunities for physical education will be integrated into other subject lessons.
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. NCDS will support parents' efforts to provide a healthy diet and daily physical activity for their children. NCDS Child Nutrition Services will offer healthy-eating information for parents, send home nutrition information, and post nutrition tips on the school system's website. Students are encouraged to participate in the Child Nutrition Programs, or bring a healthy meal from

home. NCDS Child Nutrition Programs will provide parents a list of foods that meet the district's snack standards and ideas for healthy celebrations/parties, rewards, and fundraising activities. In addition, schools may provide opportunities for parents to share their healthy food practices with others in the school community.

NCDS will provide information about the importance of physical education and student involvement in other school-based physical activity opportunities before, during, and after the school day; and support parents' efforts to provide their children with opportunities to be physically active outside of school. Such supports will include sharing information about physical activity and physical education through newsletters, other take home materials, special events, or physical education homework. Schools may include families in fun and fitness nights, field days, and use school facilities for family physical activity after school and on weekends.

Staff Wellness. NCDS highly values the health and well being of every staff member and will plan and implement activities and policies that support personal efforts by staff members to maintain healthy lifestyles. Schools may establish a staff wellness committee composed of at least one staff member, school health nurse, school dietitian/cafeteria manager, and union representative as deemed appropriate for the school. The committee will plan, develop, promote and oversee a multifaceted plan to promote staff health and wellness. The plan should be based on input solicited from school staff and should outline ways to encourage healthy eating, physical activity, and other elements of a healthy lifestyle among school staff.

IV. Physical Activity Opportunities and Physical Education

Physical Activity Opportunities Before and After School. The follow goals will be met:

- NCDS primary, intermediate, middle, and high school will work collaboratively with the local community to ensure after-school physical activity programs are provided for students.
- All middle and high school students will be encouraged to take part in the school intramural program.
- Lejeune High will offer interscholastic athletic programs. Schools will offer a range of physical activities that meet the needs, interests, and abilities if all students, including boys, girls, students with disabilities, and students with special health care needs.
- All primary/elementary/intermediate school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools will encourage moderate to vigorous physical activity verbally and through the provision of space and equipment.
- Schools will discourage extended periods (periods of two or more hours) of inactivity.
- When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools will give students periodic breaks during which they are encouraged to stand and be moderately active.

Physical Activity and Punishment. NCDS will not use physical activity (running laps, pushups, etc.) or withhold opportunities for physical activity (recess, physical education) as punishment.

Safe Routes to School. NCDS will access and, if necessary and to the extent possible, make needed improvements to make it safer and easier for students to walk and bike to school. When appropriate, NCDS will work with local Commands in these efforts.

Use of School Facilities Outside of School Hours. As approved by the school principal, school spaces and facilities will be available to students, staff, parent groups, and community members before, during,

and after the school day, on weekends, and during school vacations. These spaces and facilities will also be available to community agencies, and organizations offering physical activity and nutrition programs. School policies concerning safety and security will apply at all times, and activities must be coordinated through the School Principal and Base Commander. Food related functions that utilize NCDS kitchens must be approved by the Child Nutrition Director and require that a Child Nutrition Staff member be present, at a cost to the requester, throughout the scheduled event.

Use of School Facilities During School Hours. NCDS will work closely with Commands to provide available community recreation and sport spaces and facilities for use by NCDS students and staff.

V. Monitoring and Policy Review

Monitoring. The District Superintendent or designee will ensure compliance with the established NCDS Wellness Policy. In each school, the principal or designee will ensure compliance with those policies in his/her school and will report annually on the school's compliance to the NCDS District Superintendent or designee.

Child Nutrition staff, at the schools will ensure compliance with nutrition policies within Child Nutrition areas, and will report annually on this matter to the school principal and Child Nutrition Director. The Child Nutrition Director will report any issues or recommendations to the District Superintendent or designee.

The NCDS Superintendent or designee will develop an annual summary report on district-wide compliance with the local wellness policy, based on input from the schools. This summary report will be provided to the Area Director, and Headquarters Chief, Logistics Division within two weeks after the end of each school year.

Policy Review. NCDS Wellness Policy assessment will be performed annually to review policy compliance, assess progress, and determine areas in need of improvement.

Useful resources:

DoDEA Health Education Content Standards
DoDEA Physical Education Content Standards
DoDEA Administrator's Guide, Curriculum, Section 6, Comprehensive Health Education and Physical Education
DoDEA Health and Wellness Web Site
DoDEA regulation 4200.1, "Local Wellness Policy Requirement for DoDEA Schools Participating in the Student Meal Program, August 22, 2007
DoDEA Memorandum, "Foods Sold in Competition with the Student Meal Program – Department of Defense Dependents Schools, December 8, 2008.

ATTACHMENT 2

Department of Defense Education Activity
Local Wellness Policy
Compliance Checklist

DoDEA Regulation 4200.1, "Local Wellness Policy Requirement for DoDEA Schools Participating in the Student Meal Program," August 22, 2007, states that each District participating in the Student Meal Program shall have an established Local Wellness Policy. The Local Wellness Policy can be reviewed for compliance using the following checklist.

District Name: North Carolina Date: Jan. 28, 2011

Yes	No	Established Requirements
X		1. Did the development of the Local Wellness Policy involve various participants? List the names and positions of those participants. (Examples: parent, student, school food authority [AAFES, NEX, kitchen staff], school administrator, teacher association, school board, school nurse, physical education, health education, physician, other health professionals.)
X		2. Does the policy indicate **goals for nutrition education?**
X		3. Does the policy indicate **goals for physical education?**
X		4. Does the policy indicate **goals for other school-based physical activity for students and staff?**
X		5. Does the policy outline **nutrition guidelines** for **all foods served or sold on** each school campus during the school day?
X		6. Does the policy provide **an assurance** that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA?
X		7. Does the policy **designate 1 or more persons** within the District or at each school charged with operational responsibility for ensuring that the school is meeting the Local Wellness Policy?
X		8. Does the policy outline **the District plan for measuring and evaluating** the implementation of the Local Wellness Policy?
X		9. Does the policy outline a plan for reporting the effectiveness of the wellness policy and recommended revisions, if necessary, to the District Superintendent?

Reviewed by: _____ Date Reviewed: _____
Area Director (Designee)

Approved: ☐ Disapproved: ☐

Action to be taken: _____

Suspense: Response to District Superintendent within 20 days of receipt. If disapproved, response will include actions to be taken.

NCDS Wellness Policy Review Committee Meeting
January 27, 2011
11:00 a.m.

NAME	TITLE
[illegible]	Child Nutrition Director
[illegible]	Principal
[illegible]	School Board Chair
[illegible]	Asst. Supt.
Michael C. Thatcher	Education Operations Chief
Nora Dickman	Child Nutrition Director
[illegible]	School Board Member