



DEPARTMENT OF DEFENSE
DOMESTIC DEPENDENT ELEMENTARY AND SECONDARY SCHOOLS
SOUTH CAROLINA/FORT STEWART DODDS CUBA SCHOOL DISTRICT
376 AVIS AVENUE, FORT STEWART GA 31315

**Domestic Dependent Elementary and Secondary Schools
South Carolina/Fort Stewart DODDs Cuba School District School Wellness
Policy on Physical Activity and Nutrition**

The Domestic Dependent Elementary and Secondary Schools South Carolina/Fort Stewart DODDS Cuba School District (DDESS SC/FS/Cuba) believes 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. DDESS SC/FS/Cuba also believes that healthy staff can more effectively perform their assigned duties and model appropriate wellness behavior for students. This policy encourages a holistic approach to staff and student wellness that is sensitive to individual and community needs. DDESS SC/FS/Cuba is committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the DDESS SC/FS/Cuba School District Policy that the following goals be met:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, reviewing, and reporting effectiveness of the district-wide nutrition and physical activity policy.
- All students in grades K-12 and school staff will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the nutrition recommendations of the U.S. Dietary Guidelines of Americans.
- Qualified child nutrition professionals will: Provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. The professionals will also accommodate the religious, ethnic, and cultural diversity of the student body in meal planning. Schools shall provide clean, safe pleasant settings, and adequate time for students to eat.
- To the maximum extent practicable, all schools in the district will participate in available DoD Student Meal Programs (including the School Breakfast Program, National School Lunch Program, Summer Food Program, and Fresh Fruit and Vegetable Program where applicable).

- Schools will provide nutrition and physical education and other physical activity opportunities to foster lifelong habits of healthy eating and physical activity. Schools will establish connections between health education and the Student Meal Program, along with related community services.
- Schools in the district will be encouraged to join the USDA Healthier US School Challenge (<http://www.fns.usda.gov/tn/healthierus/index.html>) and participate in the Team Nutrition Program (<http://www.fns.usda.gov/tn/>).

To achieve these policy goals:

I. School Health Councils

DDESS SC/FS/Cuba will create, strengthen, or work with existing school health councils to develop, implement, monitor, and revise the school nutrition and physical activity policy as necessary. The council also will serve as resources to school sites for implementing the policy. The District School Health Council will consist of at least one school board representative, parent, school health professional, school food authority, school administrator, teacher, and dietitian. The council shall be chaired by the Education Operations Chief.

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

School Meals. Academic performance and quality of life issues are affected by the choice and availability of good foods in our schools. Healthy foods support student physical growth, brain development, resistance to disease, emotional stability, and ability to learn. Listed below are the nutrition guidelines.

- Our district will ensure qualified child nutrition professionals administer the Student Meal Program and Federal Free and Reduce Meal Program. Our district will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students. Our district will also accommodate the religion, ethnic, and cultural diversity of the student body meal planning.
- Our district will ensure nutrition guidelines that require the use of whole and enriched grain products that are high in fiber, low in added fats, sugar, and sodium; and served in appropriate portion sizes consistent with USDA standards.
- Our district will serve fresh, frozen, canned, or dried fruits and vegetables using healthy food preparation techniques with 100 percent fruit or vegetable juice in 12-ounce servings or less.
- Our district will ensure the use of (1%) fat free plain and/or flavored milk and/or nutritionally- equivalent non- dairy alternatives (as defined by the

USDA) yogurt, and nonfat and/or low-fat real cheese, rather than imitation cheese. We will offer the following serving sizes: Yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, and cheese in 1.5 ounce (two-ounce, if processed cheese) servings or less.

- Our district will use nuts, nut butters, seeds, and trail mix snacks in one ounce portions or less; portions of three ounces or less of cooked lean meat, poultry, or fish using healthy food preparation techniques.

Breakfast. To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn the district will ensure the following:

- To the extent possible, operate the School Breakfast Program;
- To the extent possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation;
- Will notify parents and students of the availability of the School Breakfast Program if served at our schools; and
- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced Priced Meals. Our district nutrition service policy and guidelines for reimbursable meals shall meet or exceed federal and state regulations. The District Food and Nutrition Department will ensure that we eliminate any social stigma attached to the program and prevent the overt identification of students who are eligible for free and reduced price meals. We will provide the exact same reimbursable meals to all students regardless of the income or ability to pay.

Summer Food Service Program. All installations that have at least one school where more than 50% of the students are eligible for free or reduced price meals will sponsor a Summer Food Service Program (Seamless Summer) unless a waiver is granted by the Superintendent. All meals offered under the Seamless Summer Lunch Program will be at no charge to the children 18 years or younger.

Meal Times and Scheduling. Our district will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch. Meal periods should be scheduled at appropriate times, e.g. lunch should be scheduled between 11am and 1pm. Tutoring, clubs, organizational meetings and other school activities should not be scheduled during mealtimes; unless students may eat during such activities. Lunch periods should be scheduled to follow recess periods in elementary schools.

Sharing of Foods and Beverage. Given concerns about allergies and other restrictions on some children's diets, all schools in our district will discourage

students from sharing their foods or beverages with one another during meal or snack times.

Food and Beverage Sold Individually. (i.e., foods sold outside of the reimbursable school meals, such as through vending machines, cafeteria a la carte (snack) lines fundraisers, school stores, etc.)

- **A la Carte Sales.** A la carte offerings to students in our district shall be nutritious and meet federal, state, and local recommended guidelines. A choice of a least two fruits and/or non fried vegetable will be offered for sale at any district cafeteria where foods are sold. Such items should include but are not limited to, fresh or frozen fruits and vegetables; 100% fruit or vegetable juice; fruit based drinks that are a least 50% fruit juice and that do not contain additional caloric sweeteners; cooked, dried, or canned fruits; and cooked, dried, or canned vegetables.
- **Elementary Schools.** The district Food and Nutrition Department will approve and provide all food and beverage sales to students in elementary schools. Given young children's limited nutrition skills, food in elementary schools will be sold as balanced meals.
- **Middle/ Junior and High Schools.** In middle schools, junior high schools and high schools all food and beverages sold individually outside the reimbursable school meal program will meet the following nutrition and portion size standards:
- **Snacks.** All snacks sold shall provide only single servings (except nuts, seeds, and cheese) that have no more than 6 grams of fat and meet at least two of the following criteria:
 - Contain 300 or fewer calories
 - Contain one or more grams of fiber
 - Have at least 10% of calcium, iron, vitamin A or vitamin C
 - Have no more than 35% of its weight from added sugar
 - Have no more than 230 mg of sodium per serving for cookies, crackers, cereal, baked goods, and other snack items
 - Have no more than 600 mg sodium for pizza, sandwiches, and main dishes
 - Have no more than 480 mg of sodium per serving for pasta, meats, and soups

All snacks served during the school day, in afterschool care, and the enrichment programs will make a positive contribution to children's diet and health, with an emphasis on serving fruits and vegetables as the primary snacks.

Vending Machines

- Vending machines where student meals are served or eaten shall not include carbonated beverages.
- All beverage vending machines in secondary school public areas and all faculty/staff areas at school and district sites shall include:
 - Water
 - 100% fruit juice
 - Non-carbonated drinks with less than 250 calories per container
 - No more than 1/3rd of the choices may be carbonated drinks
 - The beverage vending machines may also include:
 - non-fat, low-fat, plain or flavored milk or yogurt in 16 ounces or less servings
 - other non-carbonated drinks

Fundraising Activities. To support child health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for food and beverages sold individually. Schools will encourage fundraising activities that promote physical activity.

Rewards. Our district schools will not use food or beverages, especially those that do not meet the nutrition standard for food and beverages sold individually as reward for academic performance or good behavior, and will not withhold food or beverages (including food served through school meal programs) as a punishment.

Celebrations. Our district schools should limit celebrations that involve food during the school day to no more than one party per class per quarter. Each party should include no more than one food or beverage that does not meet the nutrition standards for food and beverages sold individually.

III. Nutrition and Physical Activity Promotion and Food Marketing Nutrition Education and Promotion

The district aims to teach, encourage, and support healthy eating by students and staff. Schools should include nutrition education and engage in nutrition promotion that meets 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;

- is part of not only health education classes, but is also 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; and
- includes informational dissemination for students, teachers, other staff, and parents.

Integrating Physical Activity into the Classroom Setting. For students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day) and embrace regular physical activity as a personal behavior, students need opportunities for physical activity in and out of school. School shall implement the following goals:

- 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, such as watching television;
- opportunities for physical activity will be integrated into other curriculum subject lessons; and
- classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents. Our district will provide information on healthy diets, physical activities/education, snack standards, and ideas for healthy celebrations/parties. This information will be disseminated via web sites, school newsletters, take home materials, special event notices, or homework. Information on menu's and nutrition will also be posted in the cafeteria for parents to review. The schools can include families in fun and fitness days, field trip days, and the use of school facilities for physical activity after school or weekends.

Staff Wellness. Our district and each work site shall provide information about wellness resources and services and establish a staff committee to assist in identifying and supporting the health, safety, and well-being of site staff.

- Each school and district site shall be in compliance with drug, alcohol, and tobacco free policies.
- Each school and district shall provide an accessible and productive work environment, free from physical dangers or emotional threat, and that is as safe as possible and consistent with applicable occupation and health laws, policies, and rules.
- Employees shall be encouraged to engage in daily physical activity during the workday as part of work breaks and/or lunch periods, before or after work hours in site sponsored programs, or as part of discounted membership in local fitness facilities.

Health Education and Life Skills. Healthy living skills shall be taught as part of the regular instructional program and provide the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon DoDEA health standards and benchmarks.
- Students shall have access to valid and useful health information and health promotion products and services.
- Students shall have the opportunity to practice behaviors that enhance health and/or reduce health risks during the school day and as part of before- or after-school programs, if available.
- Students shall be taught communication, goal setting, and decision making skills that enhance personal, mental, family, and community health.

IV. Physical Activity Opportunities and Physical Education

Physical education shall be taught by a certified specialist. Physical activity shall be provided by a qualified staff member. Physical education and physical activity shall be an essential element of each school's instructional program. The program shall provide the opportunity for all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of healthful physical activity.

Physical Education Programs. The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education programs shall consist of physical activities that provide significant health benefits to students, differing in intensity and duration while meeting the health and activity needs of each child. The following goals will be met:

- Participation in such physical activity shall be required for all students in kindergarten through twelfth grade. Such instruction may be provided through formal physical education courses, integration into other courses, regularly scheduled intramural activities, and/or regularly scheduled school-wide activities. High schools shall require a (.5) credit for graduation in Health.
- Students graduating from a DoDEA high school will need 1.5 credits in physical education courses in order to fulfill their graduation requirements. The three (3) required courses are as follows:
 - Personal Fitness (.5 credit)
 - Lifetime Sports (.5 credits)
 - Physical Activity and Nutrition (.5 credit)
- Students shall be supported in setting and meeting personal fitness goals that result in the achievement and maintenance of a health enhancing level of physical fitness.
- Students shall be provided varied opportunities for enjoyment, challenge, self-expression, and social interaction that will lead to a physically active lifestyle.

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

- All elementary, middle, and high schools 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.
- All high schools will offer interscholastic athletic programs.
- Schools will offer a range of physical activities that meet the needs, interests, and abilities of all students, including boys, girls, students with disabilities, and students with special health-care needs.
- Recess: All elementary 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 (i.e., 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. Teachers and school will not use physical activity (e.g., running laps, pushups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

Safe Routes to School. Our district will assess 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, the district will work together with local Commands.

Healthy and Safe Environment. A healthy and safe environment before, during, and after school supports academic success for all. Safer communities promote healthier students. Healthier students do better in school and make greater contributions within their community.

- School buildings and grounds, structures, buses, and equipment shall meet all current health and safety standards, including environmental air quality, and be kept inviting, clean, safe, and in good repair.
- Schools and district offices shall maintain an environment that is free of tobacco, alcohol, and any illicit drugs.
- Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- Each work site, school, and classroom shall strive to create an environment where students, parents and staff are respected, valued, and accepted with high expectations for personal behavior and accomplishments.

Social and Emotional Well-Being. Programs and services that support and value the social and emotional well being of students, families, and staff build a healthy school environment.

- Each school shall provide a supportive environment that includes guidance, counseling, and school social work services that encourages students, families, and staff to request assistance when needed and serves to link them to school or community resources.
- Students will develop the skills necessary to express thoughts and feelings in a responsible manner and to give and receive support from others.
- Students shall be instructed to understand and respect the differences in others and how to build positive interpersonal relations.
- Students and staff shall be encouraged to balance work and recreation while becoming aware of stressors which may interfere with health development.

Health Services. An effective health care delivery system that promotes academic achievement by providing a broad scope of services from qualified health care providers will improve the mental and physical health of students and staff.

- Primary coordination of health services shall be through a trained school health care practitioner with the support and direction of the local county school district and the local health department.
- The local school district shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff, and community.
- A coordinated program of accessible health services shall be provided to students and staff and shall include violence prevention, school safety, communicable disease prevention, health screening, including Body Mass Index (BMI), and community health referrals.

Family, School, and Community Partnership. Long term effective partnerships improve the planning and implementation of health promotion projects and events within each school and throughout the community.

- Family, student, and community partners shall be included as part of an ongoing basis in school and district wellness planning processes.
- The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.
- Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities, and events.
- Schools and the district shall actively develop and support the engagement of students, families, and staff in health enhancing activities and events at the school or throughout the community.

Use of School Facilities Outside of School Hours. 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 also will be available to community agencies and organizations offering physical activity and nutrition programs. School policies concerning safety will apply at all times and activities must be coordinated through the school principal and Base Commander.

Use of Community Facilities During School Hours. The district and schools will work closely with Commands, Morale Welfare and Recreation, Army Community Services, etc., to provide available community recreation and sport

spaces and facilities for physical activity use by students and staff during the school day.

V. Monitoring and Policy Review

Wellness Policy Evaluation. The Food Service Managers will provide the Superintendent and Education Operations Chief with a quarterly wellness report on the implementation, compliance, and progress of this policy. The Education Operations Chief and Food Service Managers, along with members of the wellness committee will conduct a mid-year review with a report on all compliances and assessment. An annual summary report on district-wide compliance will be reviewed by the Superintendent and forwarded to the Area Superintendent and the Headquarters Chief within two weeks of the end of the school year.