



DOMESTIC DEPENDENT ELEMENTARY AND SECONDARY SCHOOLS

School Wellness Guidance **Domestic Dependent Elementary and Secondary Schools**

1. Wellness

1. Philosophy. The Domestic Dependent Elementary and Secondary Schools (DDESS) 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 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.

2. Nutrition. 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.

- a.** 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 shall be established for all foods offered by the district's Nutrition Services Department or contracted vendors. Menu and product selection shall utilize student, parent, staff and community advisory groups whenever possible.
- b.** Fresh, frozen, canned or dried fruits and vegetables using healthy food preparation techniques, and 100 percent fruit or vegetable juice in 12-ounce servings or less.
- c.** Non-fat, low-fat, plain and/or flavored milk and yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: yogurt in eight-ounce servings or less, milk in 16-ounce servings or less, cheese in 1.5 ounce (two-ounce, if processed cheese) servings or less.

- d. 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.
 - e. Nutrition service policies and guidelines for reimbursable meals shall meet or exceed federal and state regulations.
 - f. A la carte offerings to students shall be nutritious and meet federal, state and local recommended guidelines and shall be selected with input from students, parents and staff.
 - g. All snack vending machines shall provide only single serving snacks (except nuts, seeds, and cheese) that have no more than 6 grams of fat and meet at least two of the following three criteria:
 - 1) Contain 300 or fewer calories
 - 2) One or more grams of fiber, or
 - 3) At least 10% of calcium, iron, vitamin A or vitamin C
 - i. Vending machines where student meals are served or eaten shall not include carbonated beverages.
 - ii. All beverage vending machines in secondary school public areas and all faculty/staff areas at school and district sites shall include:
 - 1. water
 - 2. 100% fruit juice
 - 3. non-carbonated drinks with less than 150 calories per container
 - 4. no more than 1/3rd of the choices will be carbonated drinks
 - iii. The beverage vending machines may also include:
 - 1. non-fat, low-fat, plain or flavored milk or yogurt in 16 ounces or less servings
 - 2. other non-carbonated drinks
- 3. Health Education and Life Skills.** Healthy living skills shall be taught as part of the regular instructional program and provides the opportunity for all students to understand and practice concepts and skills related to health promotion and disease prevention.

- a. Each school shall provide for an interdisciplinary, sequential skill-based health education program based upon DoDEA health standards and benchmarks.
 - b. Students shall have access to valid and useful health information and health promotion products and services.
 - c. 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 applicable.
 - d. Students shall be taught communication, goal setting and decision making skills that enhance personal, mental, family and community health.
- 4. Physical Education and Activity.** 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.
- a. Physical Education Program. The physical education program shall be designed to stress physical fitness and encourage healthy, active lifestyles. The physical education program 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.
 - i. Participation in such physical activity shall be required for all students in kindergarten through twelfth grade.
 - ii. Such instruction may be provided through formal physical education courses, integration into other courses, regularly scheduled intramural activities, or/or regularly scheduled school-wide activities.
 - iii. High schools shall require one (1) credit for graduation, to include one semester of Personal Fitness (.5 credit) and one semester of an approved Physical Education course (.5 credit).

- iv. Beginning in 2008, students graduating from a DoDEA high school will need 1.5 credits in physical education required courses in order to fulfill their graduation requirements. The three (3) required courses are as follows:

- Personal Fitness (.5 credit)

- Lifetime Sports (.5 credit)

- Physical Activity and Nutrition (.5 credit)

- b. 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.
- c. Students shall be provided varied opportunities for enjoyment, challenge, self-expression and social interaction that will lead to a physically active lifestyle.

5. 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.

- a. 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.
- b. Schools and district offices shall maintain an environment that is free of tobacco, alcohol and any illicit drugs.
- c. Safety procedures and appropriate training for students and staff shall support personal safety and a violence and harassment free environment.
- d. Each work site, school and classroom shall strive to create an environment where students, parents/guardians and staff are respected, valued and accepted with high expectations for personal behavior and accomplishments.

6. 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.

- a. 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.
 - b. Students will develop the skills necessary to express thoughts and feelings in a responsible manner and to give and receive support from others.
 - c. Students shall be instructed to understand and respect the differences in others and how to build positive interpersonal relations.
 - d. Students and staff shall be encouraged to balance work and recreation while becoming aware of stressors which may interfere with health development.
- 7. 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.
- a. 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.
 - b. The local school district shall collaborate with community health liaisons and resources to promote health and wellness for students, families, staff and community.
 - c. 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.
- 8. 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.
- a. Family, student and community partners shall be included as part of an ongoing basis in school and district wellness planning processes.
 - b. The equality and diversity of the school and district community shall be valued in planning and implementing wellness activities.

- c. Community partnerships shall be developed and maintained as a resource for school and district programs, projects, activities and events.
 - d. 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.
- 9. Staff Wellness.** The 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.
- a. Each school and district site shall be in compliance with drug, alcohol and tobacco free policies.
 - b. 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.
 - c. 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.

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