

DDESS Guam District Health & Wellness Policy

District Philosophy:

A healthy lifestyle is essential for the academic success and lifelong well-being of all students in the DDESS Guam School District.

To this end, the DDESS Guam School District has developed a health and wellness committee/council 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.

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

Goals

The following are suggested implementations:

- 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.
- 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.

Integrating Physical Activity into the Classroom Setting

Students should receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 60 minutes per day, three times per week). 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 cut** may be incorporated into other subject lessons.
 - The districts may consider providing family activity programs.
 - Classroom teachers may provide short physical activity breaks between lessons or classes, as appropriate.

Food Service Support / Responsibilities

The District SFA ensures that the school lunch program adheres to the USDA Federal Guidelines and mediates between the contracted vendor and the District Superintendent's Office (DSO) to implement the school lunch program contract. The District SFA also facilitates all activities related to equipment maintenance, facility problems, and proper training for vendor personnel. The SFA works closely with the District's Logistics Manager to resolve issues on equipment and facilities that the vendor utilizes. The SFA conducts annual onsite reviews for adherence to USDA Guidelines by the vendor.

In addition to the above stated support and responsibilities, the SFA and the Health and Wellness Council will ensure 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.

DDESS Contract

The DoDEA Guam School District engages in a vendor contract to provide nutritious food for the school lunch program. The SFA is the POC for all vendor activities including the evaluation of nutrition, federal USDA nutritional guidelines for school lunch programs, awareness and education programs and advertisement of menus and changes. Cost and other ancillary or related items are under the SFA purview in the contract and are guided by this policy for evaluation, recommendations and for all improvement and implementation.

Eating Environment

In order to foster good nutritional habits DoDEA Schools of Guam will present or make available:

- 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 15 minutes allocated for lunch from the time the student is seated;
- lunch periods scheduled as near to the middle of the day as possible
- scheduled recess before lunch (elementary school principals to encourage to);
- 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.

Free and Reduced Price Meals

DoDEA Guam School District offers its students free and reduced price meals for qualified students aligned with the USDA requirements and standards.

À la Carte, Vending Machines, School Stores, and other Food Sale

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

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 insure that:

- Vending machines will not be available to students.
- À la carte meals are limited to milk, juice, and water.
- Milk, juice, and water will be available for purchase to any student who brings a sack 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 insure that:

- Healthy food and beverages may be sold during the school day in an authorized school store.
- No more than 40% of the total calories in a food product sold should be from fat. This does not apply to the sale of nuts, seeds, or real cheese snacks.
- No more than 10% of the total calories in a food product sold at the school should be from saturated fat.
- All food and beverages must meet federal and local guidelines for safety and sanitation.
- Vending sales of candies 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.

School Stores

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

- No candy, sodas, or caffeinated beverages.

Teacher-to-Student Incentives

- 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.

Staff Wellness

DoDEA Guam Schools may 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.

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, mesh well with goals emphasized in the subject matter of physical education.

In light of the implementation of the new Physical Education curriculum and as a result of the training that all PE teachers attended in SY 2006-07, the physical education teacher is now 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 view of DoDDS-Pacific/DDESS-Guam Area schools that physical activity and education should be maximized within the schools. Some recommendations as listed in an attachment.

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>

DoDEA Guam School District aims to teach, encourage, and support healthy eating by students. Our schools should 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.

School Nurses

All DoDDS-Pacific/DDESS-Guam school nurses received a “Guide to Local Action,” a packet of information on school nutrition in February 2006. The packet was titled

“Changing the Scene.” The information was published by the USDA to assist schools in improving their school nutrition environment.

The program highlights six components of a healthy school nutrition environment:

1. A commitment to nutrition and physical activity.
2. Quality school meals.
3. Other healthy food options.
4. Pleasant eating experiences.
5. Nutrition education.
6. Marketing.

The intent of this policy is to begin the process of evaluating the school nutrition environment and to look for opportunities to lead in the direction of the promotion of a health and wellness policy.