



**DEPARTMENT OF DEFENSE DEPENDENTS SCHOOLS
OFFICE OF THE DISTRICT SUPERINTENDENT
KOREA DISTRICT
UNIT 15549
APO AP 96205-5549**

March 21, 2008

Korea District Superintendents Office

KDSO-001
Expires March 2010

Policy for a Comprehensive District Wellness Policy

Reference: (1) DoDEA Regulation 4200.1 August 22, 2007
(2) Section 204 of Public Law 08-265, "Child Nutrition and WIC Reauthorization Act of 2004." June 30, 2004
(3) Title 7, Code of Federal Regulations, Part 210, "National School Lunch Program," current edition.

Enclosure: (1) Educational guidance from Pacific Director's Office

A. PURPOSE AND APPLICABILITY:

To establish a comprehensive district wellness policy establishing a link between nutrition education, the food served in schools, physical activity, and environmental education. A healthy diet is essential for the academic success and lifelong well-being of students in the Korea District. This policy meets the requirements of cited reference materials. This policy applies to all DoDDS Korea organizational elements.

B. CANCELLATION:

This policy does not supersede or cancel any other current regulations or instructions.

C. GENERAL:

The goals of this policy are:

- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Food 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 and school meal programs, and related community services. Enclosure (1) provides educational guidance.

Integrating Physical Activity into the Classroom Setting: For student to receive the nationally-recommended amount of daily physical activity (i.e. 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:



**DEPARTMENT OF DEFENSE DEPENDENTS SCHOOLS
OFFICE OF THE DISTRICT SUPERINTENDENT
KOREA DISTRICT
UNIT 15549
APO AP 96205-5549**

- 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, such as watching television.
- Opportunities for physical activity will be incorporated into other subject lessons; and schools should consider providing a family activity program opportunity.
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

D: FOOD SERVICES

AAFES Nutrition: All cafeteria support is tasked to the Army Air Force Exchange System (AAFES). The school administration and District Leadership will coordinate with AAFES to ensure that the most nutritious meals possible are provided to our students that are aligned with cited references and in keeping with the philosophy of this policy.

Eating Environment: meals are scheduled at appropriate times, with adequate time and space to eat and socialize in a pleasant environment which has attractive serving and eating areas. It is recommended that at least 15 minutes be allocated for lunch from the time the student is seated. Lunch periods are scheduled as near to the middle of the day as possible. Elementary school principals are encouraged to schedule recess before lunch when possible. Convenient access to hand washing facilities before meals will be available. Students will wash their hands before eating.

Free and Reduced price meals: Schools should promote the usage of Free and Reduced lunch when appropriate. These programs provide the essential nutrition that many students would not receive otherwise. Guidance for each specific community is available through the community Family Support Services.

Elementary Schools: Vending machines will not be available to students. A la Carte meals are limited to milk. Milk will be available for purchase to students who bring a sack lunch from home.

Secondary Schools: Healthy food and beverages may be sold during the school day from vending machines or authorized school stores. No more than 40% of the total calories in a food product sold should be from fat. This does not apply to the sales 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 prior approval of the principal or designee.

School Stores: No candy or non-nutritional beverages will be sold in school stores.



**DEPARTMENT OF DEFENSE DEPENDENTS SCHOOLS
OFFICE OF THE DISTRICT SUPERINTENDENT
KOREA DISTRICT
UNIT 15549
APO AP 96205-5549**

Teacher-to-Student incentives: Strong consideration should be given to nonfood items as part of any teacher-to-student incentive programs. Teachers who feel compelled to use food items as an incentive shall adhere to the district nutritional standards of no more than 40% of the total calories in a food product sold should be from fat. This does not apply to the sales 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.

Staff Wellness: opportunities for school staff to improve their health through activities such as health assessments, health education, and health-related activities will encourage staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall comprehensive health program. This personal commitment often translates into greater commitment to the health of students and creates positive role modeling. Health promotion activities can help to improve productivity, decrease absenteeism, and reduce health insurance costs.

E: WELNESS POLICY EVALUATION

The District Wellness Committee will be incorporated into the District Advisory Council. The council may be expanded to include a school food authority representative (AAFES or contract representative) and health care personnel (nurse or dietitian.)

School Advisory Councils should discuss school wellness issues and include evaluations and comments in their annual reports.

Superintendents will include a wellness report on the implementation and progress of this policy and provide recommendations in the annual advisory council report to the Pacific Director's Office.

F: EFFECTIVE DATE AND IMPLEMENTATION:

This policy is effective immediately.

Samuel D. Menniti
Superintendent-DoDDS-Korea District

Enclosure 1. Education

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 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 according to the following recommendations:

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>

Each school district in the Pacific Area aims to teach, encourage, and support healthy eating by students. 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 was 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 wellness policy.

Sure Start: The adopted DoDEA preschool program provides health and nutrition, social and parent involvement services. Collaboration among families, schools and community is a required part of the program. The following components of the Sure Start program are an integral part of the wellness policy of all schools in DoDDS-Pacific/DDESS-Guam.

Health Component: There are **six program standards** governing the health component of the Sure Start program:

Standard 1: A written plan for achieving the program’s health goals and nutrition standards will be developed.

Standard 2: Each child enrolled in the Sure Start program will undergo a complete medical exam.

Standard 3: Each child enrolled in the Sure Start program will undergo a complete dental examination.

Standard 4: Each child enrolled in the Sure Start program will undergo a complete vision exam.

Standard 5: Each child enrolled in the Sure Start program will undergo a complete hearing exam.

Standard 6: A mental health professional who is familiar with installation resources will be available to the Sure Start program on a consultation basis.

Nutrition Component: Six program standards govern the nutrition component.

Standard 1: A written plan for achieving the program's health and nutrition standards will be developed.

Standard 2: As a part of the Sure Start curriculum, the Sure Start program will provide (at no cost to the student) two snacks and lunch for every child enrolled in the program. Together, lunch and snacks will provide one half of the child's daily nutritional needs.

Standard 3: The program will serve lunch in the classroom, family style.

Standard 4: The curriculum will include nutrition education for children.

Standard 5: The curriculum will involve parents in the nutrition services.

Standard 6: Staff will comply with applicable service regulations, sanitation laws, and regulations for food service operations.