

WELLNESS POLICY

Mediterranean District, DoDDS-Europe

In compliance with federal law 108-265, Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act of 2004, and DoDEA Regulation 4200.1, the Mediterranean District of DoDDS-Europe establishes a wellness policy that promotes student health and contributes to the reduction of childhood obesity. The components of the local wellness policy include nutrition education, physical education, nutrition guidelines for all foods available during the school day, and other activities that promote student wellness.

Setting Nutrition Education Goals

The primary goal of nutrition education is to influence students' eating behaviors. The following statements provide policy guidance for the nutrition education efforts of the district:

1. Students in grades pre-K-12 receive nutrition education that provides the knowledge they need to adopt a healthful lifestyle through a balanced diet and regular exercise.
2. Nutrition education will be offered in the cafeterias as well as in the classrooms, with coordination between the Child Nutrition staff and teachers.
3. Students will receive consistent nutrition messages throughout schools, classrooms, and cafeterias.
4. District health education curriculum standards and guidelines will include both nutrition and physical education.
5. Nutrition will be integrated into the health education and core curricula.
6. Schools will link nutrition education activities with the coordinated school health program.
7. Schools will conduct nutrition education activities and promotions that involve parents, students, and community.

Setting Physical Activity Goals

The primary goals for schools' physical activity components are to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short- and long-term benefits of a physically active and healthful lifestyle. Accordingly, the following guidelines are established:

1. Students will be given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the school day.
2. Students will be given opportunities for physical activity through a range of before- and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.
3. Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.
4. Schools will provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

Student's lifelong eating habits are greatly influenced by the types of foods and beverages available in their daily environment. In addition to ensuring that reimbursable school meals meet program requirements and nutrition standards, schools must also establish standards or guidelines to address all foods and beverages sold or served to students, including those available outside of the school meal programs. Guidelines addressing these activities include:

1. All foods and beverages available during the school day, including vending
2. and a la carte, reflect the current Dietary Guidelines for Americans.
3. Nutrient and ingredient information for all products served during the school
4. day are available to school communities.
5. Classroom snacks, rewards, and celebrations encourage healthful choices,
6. and families receive guidance from schools on appropriate food choices.
7. All foods made available during the school day comply with local food safety
8. and sanitation regulations.
9. Fundraising activities that include food items will adhere to a standard that encourages healthful choices.

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

The goal is to create a total school environment that is conducive to healthy eating and being physically active. Guidelines for the district include:

Dining Environment

- The school district will provide a clean, safe, enjoyable meal environment for students.
- The school district will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.
- Student access to water throughout the school day will be facilitated through drinking fountains and the use of other available options.
- The school district will encourage all students to participate in the school meals program and protect the identity of students who eat free and reduced price meals.

Consistent School Activities and Environment

- The school district will make efforts to keep school or district-owned physical activity facilities open for use by students outside school hours.
- The school district will encourage parents, teachers, school administrators, students, foodservice professionals, and community members to serve as role models in practicing healthy eating and being physically active, both in school and at home.
- The school district will provide information and outreach materials about other FNS programs such as Food Stamps, and Women, Infants, and Children (WIC) to students and parents.
- The school district will encourage all students to participate in a school meals program, i.e. the National School Lunch, including snacks for After School programs and School Breakfast programs.

Staff Wellness

- Schools will establish partnerships with community wellness centers that encourages staff wellness and good modeling for their students, through the use of health fairs, free health

screenings and risk assessments, and promotional activities such as exercise classes, walking clubs, and access to fitness centers.

- School staff will be presented information on an integrated approach to wellness that includes nutrition and physical activity.
- Schools will identify resources within the school setting to coordinate the promotion of student and staff wellness, to include the nurse, PE teachers, psychologist, health educator, and counselor. These resources make make up the core of a School Wellness Committee.
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Implementation of the Wellness Policy, Measurement and Evaluation

The DSO designates building principals at each school with the operational responsibility for ensuring that each school fulfills this policy. Evaluation of the policy's implementation will occur on an annual basis, using a compliance review tool.

Wellness Policy Compliance Review

School Name _____

Date _____

Each building will conduct an annual review of the wellness policies and procedures utilized at the individual school to measure building consistency with the wellness policy of the district. This review will be completed by a team that includes representation from parents, students, and staff. This form will serve as the basic compliance assessment. Additional information may be provided. The completed assessment will be filed with the Assistant Superintendent's Office.

Part 1 - Please rate your building's level of implementation of each of these statements found in the district wellness policy, Policy 6175.

Setting Nutrition Education Goals

Fully Partially None

Students in grades pre-K-12 will receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.

Comments: _____

Nutrition education will be offered in the cafeterias as well as in the classrooms, with coordination between the foodservice staff and teachers.

Comments: _____

Students will receive consistent nutrition messages throughout schools, classrooms, and cafeterias.

Comments: _____

District health education curriculum standards and guidelines will include both nutrition and physical education.

Comments: _____

Nutrition will be integrated into the health education and core curricula.

Comments: _____

Schools will link nutrition education activities with the coordinated school health program.

Comments: _____

Schools will conduct nutrition education activities and promotions that involve parents, students, and community.

Comments: _____

Fully Partially None

Setting Physical Activities Goals

Students will be given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the school day.

Comments: _____

Students will be given opportunities for physical activity through a range of before-and/or after-school programs including, but not limited to, intramurals, interscholastic athletics, and physical activity clubs.

Comments: _____

Schools will encourage parents and guardians to support their children's participation in physical activity, to be physically active role models, and to include physical activity in family events.

Comments: _____

Schools will provide training to enable teachers, and other school staff to promote enjoyable, lifelong physical activity among students.

Comments: _____

Setting Nutrition Guidelines for All Foods and Beverages Available on School Campuses During the School Day

The school district will set guidelines for foods and beverages in a la carte sales in the food service program on school campuses.

Comments: _____

The school district will set guidelines for foods and beverages sold in vending machines, snack bars, and school stores on school campuses.

Comments: _____

The school district will set guidelines for foods and beverages sold as part of school-sponsored fundraising activities.

Comments: _____

Fully Partially None

The school district will set guidelines for refreshments served at parties, celebrations, and meetings during the school day.

Comments: _____

Setting Goals for Other School-Based Activities Designed to Promote Student Wellness

The school district will provide a clean, safe, enjoyable meal environment for students.

Comments: _____

The school district will provide enough space and serving areas to ensure all students have access to school meals with minimum wait time.

Comments: _____

Student access to water throughout the school day will be facilitated through drinking fountains and the use of other available options.

Comments: _____

The school district will encourage all students to participate in the school meals program and protect the identity of students who eat free and reduced price meals.

Comments: _____

The school district will ensure an adequate time for students to enjoy eating healthy foods.

Comments: _____

The school district will schedule lunch time as near the middle of the school day as possible.

Comments: _____

The school district will ensure that all schools' fundraising efforts are supportive of healthy eating.

Comments: _____
