



dodea americas

**SOUTHEAST DISTRICT
FORT STEWART COMMUNITY SCHOOLS**
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Fort Stewart (FS) School District School Wellness Policies on Physical Activity and Nutrition.

Fort Stewart School District 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. FS 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. FS 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 policy of FS School District that these goals be met:

- The school district will engage student, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, reviewing, and reporting effectiveness of district-wide nutrition and physical activity policies.
- All students in grades PK-6 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 professional will also accommodate the religious, ethnic, and cultural diversity of the student body in meal planning. Schools shall provide clean, safe, and 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 education and physical education and other physical activity opportunities to foster lifelong habits of healthy eating and physical activity. Schools will establish linkages 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 and participate in the Team Nutrition Program @ <http://www.fns.usda.gov/t.>

TO ACHIEVE THESE POLICY GOALS:

I. School Health Councils

FS will create, strengthen, or work within existing school health councils to develop, implement, monitor, revise and, as necessary, revise school nutrition and physical activity policies. The council also will serve as resources to school sites for implementing those policies. A 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 Manager.

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. School campus means, for the purpose of competitive food standards implementation, all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

- Our district will ensure qualified child nutrition professionals administer the Student Meal Program, 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 ensure, half of the weekly grains in the NSLP and SBP will be whole grain and the remaining weekly grain will be enriched.
 - Our district will promote more fresh fruit and vegetables, serve frozen, canned or dried fruits and vegetables using healthy food preparation techniques with 100 percent fruit or vegetable juice in 6-ounce servings or less.
 - Our district will ensure the use of low fat (1%) or non-fat unflavored or flavored. Our district will ensure unflavored milk is available at each meal service. (As defined by the USDA) yogurt, nonfat and/or low-fat real cheese, rather than imitation cheese. Offer the following serving sizes: Yogurt in four ounce servings, milk in 8-ounce servings.
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- Our district on a rare occasion 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.
- Our district prohibits foods brought in to our schools, from outside sources during the meals service and in the cafeteria in bags or containers which advertise the product (i.e. Subway, McDonalds, Burger King and Pizza places)
- To the extent possible, operate the School Breakfast Program
- To the extent fullest possible, arrange bus schedules and utilize methods to serve school breakfasts that encourage participation,
- Our schools that serve breakfast to students will notify parents and students of the availability of the School Breakfast Program.

Free and Reduce Priced Meals.

Our district nutrition service policies 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, 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 charge.

Summer Food Service Program 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 10:30 am and 1:00 p.m. each school has a two hour lunch schedule. Tutoring, clubs, or organizational meetings or activities should not be scheduled during meal times, unless students may eat during such activities.

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 an al carte (snack) lines, PTO school clubs, fundraisers, and school stores) This also includes the sales of any food or beverage sold between the periods from the midnight before, to 30 minutes after the end of the official school day.

- **Beverages Allowed Elementary Schools:** plain water (carbonated or un-carbonated), low-fat milk (unflavored) and nonfat (skim) milk (including flavored), nutritionally equivalent milk alternatives (as permitted by the school meal requirements), and full strength fruit or vegetable juices and full strength fruit and vegetable juice diluted with water or carbonated water. All beverages must be no more than eight ounces with the exception of water, which is unlimited.



Elementary school foods and beverages must be caffeine free with the exception of naturally occurring trace amounts.

- Foods

A food/snack item:

- Will have no more than 35% of its calories from fat per item as packaged or served. Exemptions to the total fat standard are granted for reduced fat cheese and part-skim mozzarella cheese, nuts, nut or seed butters, products consisting of only dried fruit with nuts and/or seeds with or added nutritive sweeteners, etc.
- Will have no more than 10% of total calories from saturated fat per item as packaged or served. Exemptions to the total fat standard are granted for reduced fat cheese and part-skim mozzarella cheese, nuts, nut or seed butters, products consisting of only dried fruit with nuts and/or seeds with or added nutritive sweeteners.
- Will have no more than zero grams of trans. fat per item packaged or served.
- Will have no more than 35% of its weight from total sugars in foods
- Will contain no more than 200 mg of sodium per serving. Entree items must have no more than 480 mg of sodium per item as packaged or served.
- Snack items and side dishes served a la carte must have no more than 200 calories per item as packaged or served including accompaniments such as butter, cream cheese, salad dressing, etc. Entree items sold as a la carte must be no more than 350 calories including accompaniments, unless they meet the exemption for NSLP/SBP entree items.
- Fresh, canned, and frozen fruits or vegetables with no added ingredients except water, or in the case of fruit, packed in 100 percent juice, extra light, or light syrup are exempt from the interim final rule's nutrient standards. Canned vegetables that contain a small amount of sugar for processing purposes are also exempt

Fund Raising Activities. To support child health and school nutrition-education effort, 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.

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

- If eligible, schools that provide snacks through after-school programs will pursue receiving reimbursements through the DoD Student Meal Program

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. Parties that involve food should not take place in 'the cafeteria during the scheduled meal service or before the last child has had the opportunity to have a school meal. Each party should include no more than one food or beverage that does not meet the nutrition standards for food and beverages sold individually in our cafeteria and the USDA guidelines.

School-sponsored events (such as, but not limited to, athletic events, dances, or performances). Foods and beverages offered or sold at school-sponsored events outside the school day will meet the nutrition standards for meals or for foods and beverages sold individually.

The sale of food and beverages in competition with the schools Food and Nutrition Program as set forth in 7 CFR 210.11 and 220.12 . requires that all revenues for food and beverage sold to students from midnight before, to 30 minutes after the end of the official school day, accrue to the non-profit Food & Nutrition Program. The Fort Stewart District in its annual USDA agreement to administer federally funded Child Nutrition Programs, acknowledges that violations of the Complete Food Regulation 7 CFR 210.11 and 220.12 will result in repayment of funds to the Fort Stewart District Food and Nutrition Program from the operating account of the school found to be in violation of the regulation

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. 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.
- Includes informational dissemination for students, teachers, other staff and parents.
- Quarterly change out Food Nutrition Poster information through-out the schools.
- Promote sample tasting of new ideas, that will be served.
- Promote special events for parents (breakfast with students doing National Breakfast Week and special holiday meals).

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. Toward that end the following goals will be met.

- 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 subject lessons.
- Classroom teachers will provide some 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 days and the use of school facilities for physical activity after school.

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.

- Our district site shall be in compliance with drug, alcohol and tobacco free policies.
- Our 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 (P.E.) K-6. 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.

- 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, or/or regularly scheduled school-wide activities.
- Student 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.
- FS schools will work collaboratively with the local community to ensure after-school physical activity programs are provided for students.
- FS will be encouraged to take part in the school intramural program.
- FS 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 (ie., 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, push-ups) 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 in those areas.

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/guardians 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 provider will improve the mental and physical health of students and staff.

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. 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 schools Superintendent, 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 wellness Committee will provide the Superintendent and Education Operations Manager with Quarterly wellness report on the implementation, change and progress of this policy. The Education Operations Manager, Food Service Directors will conduct a mid-year review with a report on all compliance will be reviewed by the Superintendent and forwarded to the Area Superintendent and Headquarters Chief within two weeks of the end of the school year.

Useful resources:

www.fns.usda.gov/school-meals/nutrition-standards-school-meals.

www.smarterlunchrooms.org/scorecard-tools/smarter-lunchroom.strategies.

www.healthiergeneration.org/take-action/school/wellness-topics/smart-snacks/celebration.

www.fns.usda.gov/tn/local-school-wellness-policy

