

Okinawa District Wellness Policy

Okinawa School District's Wellness Policies on Physical Activity and Nutrition

The Okinawa School District is committed to providing school environments that promote and protect children's health and well-being and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of the Okinawa School District that these goals be met:

- The school district will engage students, 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 K-12 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 for Americans*.
- The Exchange School Meal Program will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and 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.
- Schools in the district will participate in available DoD Student Meal Program, which is provided by The Exchange.
- Schools will provide nutrition education and physical education and other physical activity opportunities to foster lifelong habits of healthy eating and physical activity.
- The Okinawa District will provide each school Wellness Council point of contact with training and resources to support the District Wellness Policy.
- Schools in the district will be encouraged to join the USDA Healthier US School Challenge (<http://www.fns.usda.gov/tn/healthierus/index.html>) and participate in the Team Nutrition Program (<http://www.fns.usda.gov/tn>).

TO ACHIEVE THESE POLICY GOALS:

1. District Wellness Committee

The District Health Council is established by the District Superintendent following DoDEA recommendations. The Council serves as a resource to schools for implementing school nutrition and physical activity policies. Membership to the Health Council is by appointment. The committee will meet bi-annually.

2. School Wellness Committee

The Okinawa District individual schools should have a school wellness committee comprised of representatives of stakeholder groups. The committee will make recommendations to the principal for implementing the District Wellness Policy.

3. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meals: Meals served through the DoD Student Meal Program, provided by The Exchange, will meet the following goals:

- Be served in clean and pleasant settings and be attractively presented.

- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations.
- Offer a variety of fruits and vegetables.
- Serve low-fat (2%), chocolate or strawberry milk (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (as defined by USDA). The new USDA changes will require low-fat white milk (1%) and Fat Free Flavored milk effective 2012-2013 SY.
- Ensure that half of the served grains are whole grain.

Schools will assist The Exchange in engaging students and parents, through surveys or other venues, in selecting foods sold through the Exchange Reimbursable School Meal Program in order to identify new, healthful, and appealing food choices.

Breakfast: To promote a healthy breakfast for students, schools will:

- Encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

Free and Reduced-Priced Meals: Schools will make every effort to eliminate any social stigma attached to students who are eligible for free and reduced-price school meals. Schools will assist The Exchange in promoting the Free and Reduced-Priced Meal Program.

Meal Times and Scheduling: Schools –

- Should schedule meal periods at appropriate times and accommodate local conditions, *e.g.* scheduling lunch between 10:30 a.m. and 12:30 p.m. as the school schedule allows, and will have adequate time for students to eat after sitting down for lunch.
- Should not schedule activities or meetings like tutoring, club or organizational meetings during meal times, unless students may eat during such activities.
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- May take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (*e.g.*, orthodontia or high tooth decay risk).

Sharing of Foods and Beverages: Given concerns about allergies and other restrictions on some children's diets, students will be discouraged from sharing their foods or beverages with others during meal or snack times.

Foods and Beverages Sold Individually: Foods and beverages sold individually outside the reimbursable school meal program (including those sold through a la carte lines, school stores/snack shacks, vending machines provided by The Exchange) during the school day will meet the following guidelines:

Elementary Schools: Given young children's limited nutrition skills, food in elementary schools should be sold as balanced meals through the School Reimbursable Meal Program. A la cart foods and beverages sold individually, if available, should be limited to low-fat and non-fat milk/milk products, fruits, and non-fried vegetables. Low-fat or non-fat milk will be available for purchase to students who bring a sack lunch from home. Substitutions are limited to soy milk, fruit juice, and water or based on the individual health requirements of students (i.e.: lactose intolerance).

Middle and High Schools: In middle and high schools, foods and beverages sold during the school day individually outside the reimbursable School Meal Program should meet the following nutrition standards:

Beverages

- Water or seltzer water without added caloric sweeteners; fruit and vegetable juices and fruit-based drinks that contain at least 50% fruit juice and that do not contain additional caloric sweeteners; unflavored or flavored low-fat or fat-free fluid milk and nutritionally-equivalent nondairy beverages (as defined by the USDA).

Foods:

- A food item sold individually
 - Will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters) and 10% of its calories from saturated and trans fat combined.
 - Will have no more than 35% of its weight from added sugars.
 - Will contain no more than 230 mg of sodium per serving

School/Student Stores: Secondary schools may choose but are not required to have a Student/School store where school organizations may sell items for fund raising. (See attachment #2 for examples of types of food items meeting nutritional guidelines)

- The school principal, or designee, may approve establishing a school/student store and is responsible for monitoring compliance with guidance in this policy as well as Student Activity Fund regulations and guidance,
- The Superintendent will be notified of the intent to have a school/student store.
- If food items are sold in the School/Student Store during the school day
 - they will follow the nutritional guidance stated in this policy.
 - food choices will be different from and not in competition with those sold in the The Exchange-run reimbursable School Meal Program.
 - full meals will not be sold during serving times of the Exchange-run reimbursable School Meal Program. This does not restrict such sales before or after school.
 - the school administrator and local school EXCHANGE cafeteria/school meal program manager will work together to implement and support the program.

Snacks: Snacks served during the school day (e.g., in PSCD or Sure Start programs) or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on fruits and vegetables as the primary snacks and water as the primary beverage. 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.

Rewards: It is recommended that schools avoid using foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior. Food or beverages will not be withheld (including food served through school meals) as a punishment.

Celebrations: It is recommended that schools limit celebrations that involve food during the school day. Each school should establish frequency criteria and guidelines for nutritious food and beverage choices for celebrations.

4. Nutrition and Physical Activity Promotion

Nutrition Education and Promotion: The Okinawa School District aims to teach, encourage, and support healthy eating by students. Schools should include nutrition education and engage in nutrition promotion that

- Is offered as part of a DoDEA-approved sequential, comprehensive, standards-based health education program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Is integrated, as appropriate, into classroom instruction in other curricular areas.
- Includes, as appropriate, 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).
- Teaches health literacy to include assessing nutrition information, analyzing influences such as food marketing, as well as, setting goals and making responsible decisions related to food choices.

Integrating Physical Activity into the Classroom Setting: For students to receive adequate daily physical activity and embrace regular physical activity as a personal behavior, students need opportunities for physical activity in and out of school. Toward that end,

- Classroom health education should 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 are encouraged to be integrated into other subject lessons and between lessons, as appropriate.

Communications with Parents: The Okinawa District and individual schools will support parents' efforts to provide a healthy diet and daily physical activity for their children. The district and/or individual schools will through various communication outlets (e.g, web-sites, newsletters), offer healthy-eating information for parents, to include suggestions for healthy packed lunches and snacks and ideas for healthy food for celebrations.

Schools will utilize various communication outlets to provide information about the importance of physical education and student involvement in physical activity opportunities before, during, and after the school day. The schools are encouraged to include families in fun and fitness nights, field days, and other fitness-related school events.

Staff Wellness: The Okinawa School District highly values the health and well-being of every staff member and encourages school wellness committees to plan activities and information sharing to promote staff health and wellness.

Physical Activity Opportunities and Physical Education:

Physical Education (P.E.) K-12:

- Students in grades K-12, including students with disabilities and those with special health-care needs, will receive physical education instruction as prescribed by the DoDEA Physical Education Content Standards, course descriptions, and graduation requirements for high school students and consistent with individual education plans for identified students.
- Physical education classes will be taught by a certified physical education teacher.
- Other courses and activities involving physical activity (e.g., interscholastic or intramural sports, cheerleading, JROTC, marching band) will not substitute for meeting the DoDEA physical education course requirements.

Physical Activity Opportunities Before and After School:

- Schools will provide information as it is available to students and parents about physical activity programs available through community agencies
- Schools are encouraged to have on-campus, after school intramural programs.
- High schools will offer interscholastic athletic programs.
- Elementary school students will have supervised recess during which students can engage in moderate to vigorous physical activity.
- Extended periods (*i.e.*, periods of two or more hours) of inactivity for students are discouraged.

When activities, such as mandatory school-wide testing, make it necessary for students to remain sedentary for long periods of time, periodic breaks during which students may stand and be moderately active are encouraged.

Safe Routes to School: The district school bus transportation office will identify school bus routes with student and traffic safety in mind. The district will engage with military commands to examine on-base walking routes to school for safety concerns and solutions

5. Monitoring and Policy Review

Monitoring: The District Superintendent, or designee, is responsible for monitoring compliance across the district with established district Local Wellness Policy. In each school, the principal, or designee, is responsible for compliance with the policy in his/her school and will report such annually to the school District Superintendent, or designee.

The District Superintendent, or designee, will develop an annual summary report on district-wide compliance with the district's established Local Wellness Policy, based on input from schools within the district. That report will be provided to the Area Director and the Headquarters Chief, Logistics Division, within two weeks after the end of each school year or on a timeline established by either or both of these individuals.

Policy Review: To support the continued development of the Okinawa District wellness policies, each school in the district will conduct a baseline assessment of the school's compliance with the policy. The results of those school-by-school assessments will be compiled at the district level to identify and prioritize needs.

Assessments will be repeated yearly as a review of policy compliance and progress, and will be analyzed to determine areas in need of improvement.

Department of Defense Education Activity
 Okinawa District Wellness Policy
 Compliance Checklist

DoDEA Regulation 4200.1, "Local Wellness Policy Requirement for DoDEA Schools Participating in the Student Meal Program." August 22, 2007, states that each District participating in the Student Meal Program shall have an established Local Wellness Policy. The Local Wellness Policy can be reviewed for compliance using the following checklist.

District Name: _____ Date: _____

Yes	No	Established Requirements
		1. Did the development of the Local Wellness Policy involve various participants? List the names and positions of those participants. (Examples: parent, student, school food authority [THE EXCHANGE, NEX, kitchen staff], school administrator, teacher association, school board, school nurse, physical education, health education, physician, other health professionals.)
		2. Does the policy indicate goals for nutrition education ?
		3. Does the policy indicate goals for physical education ?
		4. Does the policy indicate goals for other school-based physical activity for students and staff ?
		5. Does the policy provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA?
		6. Does the policy outline nutritious guidelines for all foods served or sold on each campus during the school day?
		7. Does the policy designate 1 or more persons within the District or at each school charged with operational responsibility for ensuring that the school is meeting the Local Wellness Policy?
		8. Does the policy outline the District plan for measuring and evaluating the implementation of the Local Wellness Policy?
		9. Does the policy outline a plan for reporting the effectiveness of the wellness policy and recommended revisions, if necessary, to the District Superintendent?

Reviewed by: _____ Date Reviewed: _____
 Area Director (Designee)

Approved:

Action to be taken: _____

Suspense: Response to District Superintendent within 20 days of receipt. If disapproved, response will include actions to be taken.

Following are examples of food items that meet nutritional guidelines. This list is not all inclusive.

- Fresh fruit
- Fresh vegetables portioned and sold w/small containers of dip
- Fruit cups containing natural juices or water
- Health cereal bars
- Trail mix bars
- 100 Calorie Snack Packs
- Granola bars
- individual Peanut butter bowls
- Cheese/ peanut butter crackers
- cheese sticks or string cheese
- yogurt
- fruit pop (Fruit popsicle)
- Baked chips
- bagels
- popcorn
- Canned lemonade
- decaffeinated teas
- water and seltzer water
- fruit water (Propel or Fruit20)
- Gatorade
- Juices (that meet nutritional guidelines)

Useful resources:

- DoDEA Health Education Content Standards
- DoDEA Physical Education Content Standards
- DoDEA Administrator's Guide, Curriculum, Section 6, Comprehensive Health Education and Physical Education
- DoDEA Health and Wellness Web Site
- DoDEA regulation 4200.1, "Local Wellness Policy Requirements for DoDEA Schools Participating in the Student Meal Program," August 22, 2007
- DoDEA Memorandum, "Foods Sold in Competition with the Student Meal Program – Department of Defense Dependent Schools," December 8, 2008
- [Toolkit: School Wellness Council](http://www.healthiergeneration.org/uploadedFiles/For_Schools/Helpful_Tools/08Toolkit_SWC.pdf)
http://www.healthiergeneration.org/uploadedFiles/For_Schools/Helpful_Tools/08Toolkit_SWC.pdf
- [US Dietary Guidelines for Americans](http://www.health.gov/dietaryguidelines/dga2005/document/pdf/DGA2005.pdf)
<http://www.health.gov/dietaryguidelines/dga2005/document/pdf/DGA2005.pdf>