



DEPARTMENT OF DEFENSE
DEPENDENTS SCHOOLS
OFFICE OF THE SUPERINTENDENT, BAVARIA
Unit 28614
APO AE 09177

October 7, 2008

MEMORANDUM FOR DISTRICT EMPLOYEES, DODDS-E, BAVARIA

SUBJECT: DoDDS-E, Bavaria, Local Wellness Policy

A. PURPOSE: This is to establish the DoDDS-Bavaria District policy regarding health and wellness.

B. APPLICABILITY: This policy applies to all employees and students in the DoDDS-Bavaria School District.

C. POLICY: On August 22, 2007, DoDEA Regulation 4200.1, "Local Wellness Policy Requirement for DoDEA Schools Participating in the Student Meal Program," was published. The Local Wellness Policy requirement was established by Section 204 of Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004. It requires each school district participating in the United States Department of Agriculture's National School Lunch Program and/or School Breakfast Program to develop a Local Wellness Policy that addresses the growing problem of Childhood obesity. Districts must set goals for nutrition education, physical activity, campus food provision and other school-based activities designed to promote student wellness. There must be a plan for measuring the implementation of the local wellness policy. The plan should involve parents, students, teachers, administrators, representatives of the school food authority, and health care personnel.

1. Each school shall establish a Wellness Committee: Recommended participants: school nurse, physical education teacher, school counselor, school principal, AAFES representative, parent representative and classroom teacher(s), and any other appropriate representative. Committees will conduct needs assessments to determine the level of physical activity and healthful eating habits at each school.

2. Committees will review food services, food choices from AAFES, and selections from outside sources. They will examine the manner in which foods are prepared and suggest that desserts are offered at the completion of the meal. Fruit is the recommended dessert offering. Additional portions of the main course could be added instead of desserts.
3. Educators will replace the use of food(s) as rewards for good behavior and academic success with physical activity
4. Administrators and counselors will examine school wide lunch schedule which allows recess before lunch. (Weather is a consideration)
5. School Communities will build partnerships with military and other community health professionals to possibly host school/complex Health Fairs and other related activities.
6. All personnel will integrate and observe school-wide healthy nutrition practices and physical activity. (See DoDDS Health and P.E. Standards)
7. The district will fence Extra Duty Compensation (EDC) positions for wellness clubs designed for students.
8. Administrators will provide staff in-service to improve knowledge and understanding of healthy nutrition and the importance of daily physical activity.
9. Physical activity will be infused into all curricular areas and incorporated throughout the day. 30 minutes of physical activity, in addition to recess and Physical Education per day will be required.
10. "Fitness Five" will be infused in every class along with a fitness fact. Each teacher will incorporate 5 minutes of movement/physical activity per class period (40 minutes, MS/HS) and provide a fact related to nutrition or fitness. At the elementary level the "seat" time will be shortened to 30 minutes.

D. EFFECTIVE DATE: This policy is effective October 10, 2008



Michael J. Thompson

SUPERINTENDENT
Bavaria District