

Japan District Wellness Policy

Developing a comprehensive school district wellness policy establishes a link between nutrition education, the food served in the schools, physical activity, and environmental education. A healthy diet is essential for the academic success and lifelong well-being of students in the Japan District. This policy meets the requirements of DoDEA Regulation 4200.1, dated August 22, 2007; Section 204 of Public Law 08-265, “Child Nutrition and WIC Reauthorization Act of 2004,” June 30, 2004; and Title 7, Code of Federal Regulation, Part 210, “National School Lunch Program,” current edition.

Goals:

- All students in grades K-12 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.
- 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 students to receive the nationally-recommended amount of daily physical activity (*i.e.*, at least 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:

- 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 districts should consider providing a family activity program opportunity.
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

FOOD SERVICE SUPPORT

NEX Nutrition: Navy schools meals must meet nutritional guidelines set by the U.S. Department of Agriculture (USDA). NEX Student Meal Coordinators have created a series of bullets that address their focus for nutritious/ healthy, and good tasting school meals.

There objectives are:

- Will offer 1% milk, and chocolate milk instead of the current 2% milk having less saturated fat contents and cholesterol contents from total calories.
 - Will offer carefully planned menu with low in trans fat, cholesterol and sugar.
 - No additional sodium on regular menu.
 - Will utilize bread products high in fiber contents on sandwiches menu.
 - A la carte' for Middle School will include daily healthy choice option of servings of fresh fruits and vegetable salads and now to include a side of vegetable on rice bowls and similar items.
 - Will have Visual re-create a poster by USDA, Food and Nutrition Service., to be posted in the Cafeteria area. "EAT SMART. PLAY HARD", as a reminder to all students to make good food choices and participate in active lifestyle.
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- · Increasing whole grains,
 - · Increasing menus with both fruits and vegetables,
 - · Offering only low-fat and fat-free milk/milk products,
 - · Reducing sodium,
 - · Increasing fiber,
 - · Controlling cholesterol through carefully planned meals (for breakfast and/or lunch) and
 - · Minimizing trans fats.

For resource sites and information that helps define the NEX School Lunch Program's philosophy and expectations for nutritional and great tasting meals please visit:

http://healthymeals.nal.usda.gov/nal_display/index and
<http://www.nutritiondata.com/>

AAFES Nutrition: AAFES school meals must meet nutritional guidelines set by the U.S. Department of Agriculture (USDA). The USDA school lunch consists of five meal components: meat/meat alternate, two different fruits and/or vegetables, grain and milk. Additionally, menus are analyzed to ensure they meet average weekly nutrient requirements. The school meals when analyzed must be less than 30% fat with less than 10% saturated fat. Additionally, AAFES menus are analyzed to ensure they also meet nutritional requirements for calories, protein, calcium, Vitamin A, Vitamin C, and Iron. School meals encourage fruit, vegetable and milk consumption for the nutrients that are often deficient in our diets.

Elementary	USDA Minimum	AAFES Average
Calories	664	735
Fat	<30%	29%
Saturated Fat	<10%	9%
Protein	10 g	31 g
Calcium	286 mg	520 mg
Vitamin A	224 RE	590 RE
Vitamin C	15 mg	23 mg
Iron	3.5 mg	4.7 mg

Secondary	USDA Minimum	AAFES Average
Calories	825	910
Fat	<30%	28%
Saturated Fat	<10%	8%
Protein	16 g	36 g
Calcium	400 mg	570 mg
Vitamin A	300 RE	730 RE
Vitamin C	18 mg	31 mg
Iron	4.5 mg	5.8 mg

In addition to the regular AAFES school meal service, some AAFES school cafeterias offer a variety of food items and beverages for sale to students and school staff. Ala carte items can be purchased to supplement bag lunches from home or the regular school meal, and by secondary students who do not want to purchase the pattern school lunch meal. For additional information please visit the AAFES School Meal Program Website at:

<http://odin.aafes.com/nutrition/Default.asp>

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. Convenient access to hand-washing facilities before meals will be available. Students will wash their hands before eating.

Free and Reduced price meals: To be added

À la Carte, Vending Machines, School Stores, and other Food Sales:

Elementary Schools: Vending machines will not be available to students. À 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 store. No more than 40% of the total calories in a food product sold should be from fat. This does not apply to the sale 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 the prior approval of the principal or designee.

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

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 (to be developed.)

Staff Wellness: Opportunities for school staff to improve their health through activities such as health assessments, health education, and health-related fitness 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 transfers 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.

WELLNESS 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.

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/Preschool: 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.