

## **Amelia Earhart Intermediate School (AEIS) Wellness Policy**

### **Amelia Earhart Intermediate School's Wellness Policies on Physical Activity and Nutrition**

AEIS 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 AEIS that these goals be met:

- All students in grades 3-5 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.
- AEIS school nurse will collaborate with cafeteria staff to make them aware of student allergies so that the necessary dietary modifications can be made.
- AEIS will participate in available DoD Student Meal Program, which is provided by The Exchange.
- AEIS will provide nutrition education and physical education and other physical activity opportunities to foster lifelong habits of healthy eating and physical activity.
- AEIS will encourage participation in the USDA Healthier US School Challenge (<http://www.fns.usda.gov/tn/healthierus/index.html>) and the Team Nutrition Program (<http://www.fns.usda.gov/tn>).

#### **TO ACHIEVE THESE POLICY GOALS:**

##### **1. School Wellness Committee**

AEIS will 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 and the AEIS Wellness Policy..

##### **2. 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 grains.

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

**Meal Times and Scheduling:** AEIS will:

- 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.
- Not schedule activities or meetings like tutoring, club or organizational meetings during meal times, unless students may eat during such activities.
- Provide students access to hand washing or hand sanitizing before they eat meals or snacks.
- 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 not be permitted to share 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. Ala carte 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).

#### **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

**Snacks:** AEIS will promote healthy snacking (limit candy, ice cream, etc). In addition, parents are encouraged to send in healthy snacks for in-class consumption.

**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 celebrations that involve food during the school day be limited. AEIS should establish frequency criteria and guidelines for nutritious food and beverages choices for celebrations.

### 3. Nutrition and Physical Activity Promotion

**Nutrition Education and Promotion:** AEIS 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 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. Some suggestions, incorporated by AEIS staff members, are:

- Walking outside when transitioning between buildings whenever weather permits
- Singing animated songs
- Stretching
- Holding different sporting games, such as soccer, basketball, and tug-of-war. A class vs. class activity with the emphasis on being active and on having fun.
- Daily classroom exercise program for 30 minutes each morning.
- P.A.C.E. Trek with students logging team mileage around their school gymnasiums and playgrounds .
- PE homework three times a week.
- Daily reminders to remain active, especially on weekends and breaks.
- Weather and time permitting to get out and get some fresh air and exercise mid-way through the afternoon.
- Fun Friday and the kids go out and play.
- Taking the students out walking at least twice a week (depending on weather). Some of the time the walking is on campus however we try to at least once a week walk to the BX/Commissary and back. The walks not only provided good exercise and personal mobility training, it also allows the class to work on various life skills at the same time. Students identify various community and safety signs, demonstrate safety skills, practice language skills, and the walk gets us to a location for community based education dealing with shopping and use of public areas.

**Communications with Parents:** AEIS will support parents' efforts to provide a healthy diet and daily physical activity for their children. AEIS 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.

AEIS 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. AEIS will encourage families in fun and fitness nights, field days, and other fitness-related school events.

**Staff Wellness:** AEIS 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.) 3-5:**

- Students in grades 3-5, 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 will not substitute for meeting the DoDEA physical education course requirements.

**Physical Activity Opportunities Before and After School:**

- AEIS will provide information as it is available to students and parents about physical activity programs available through community agencies.
- AEIS will encourage to on-campus, after school intramural programs.
- AEIS 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 is 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

**4. 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 determine areas in need of improvement.