

KAISERSLAUTERN DISTRICT SUPERINTENDENTS OFFICE POLICY

SUBJECT: Local Wellness Policy Requirement for Kaiserslautern District Schools Participating in the Student Meal Program

References: DoDEA Regulation 4200.1, "Local Wellness Policy Requirement for DoDEA Schools Participating in the Student Meal Program," August 22, 2007

1. PURPOSE

This policy establishes a local wellness policy requirement for the Kaiserslautern School District under the authority of the above reference.

The Kaiserslautern School District is standards based, student-focused, and data-driven. In keeping with this vision, the District has gathered data from the Landstuhl Regional Medical Center (LRMC) which indicates a large number of our students are overweight or at-risk for being overweight. The 2003-2004 National Health and Nutrition Examination survey (NHANES) indicated 13.9% of children aged 2-5, 18.8% of children aged 6-11, and 17.4% of children aged 12-19 are overweight. Approximately one-third of children attending Department of Defense Dependent Schools (DoDDS) in the Kaiserslautern Military Community (KMC) have been found to be overweight (BMI>85%) based on school health screenings conducted during the past four years. With this data, the District has established the following policy to assist all stakeholders in preventing our students from experiencing immediate health consequences and weight-related health problems in adulthood.

2. APPLICABILITY

This regulation applies to the Office of the Superintendent, Kaiserslautern District, and all School Administrators, Teachers, and Support Staff in the Kaiserslautern District.

3. DEFINITIONS

Local Wellness Policy. A policy created by the school district that promotes the health of students and addresses the growing problem of childhood obesity. It is required of each school district participating in the National School Lunch Program and/or School Breakfast Program.

4. POLICY

It is Kaiserslautern District Policy that:

4.1. At a minimum, all schools in the Kaiserslautern District will implement the following:

4.1.1. The Kaiserslautern District Webmaster will maintain a link on the district website that will offer and promote wellness and nutritional resources for educators, parents, and

students. It is recommended that schools also create and maintain a link to a site on BlackBoard dedicated as a resource for educators.

4.1.2. The selling of soda and/or candy on school property during school hours is prohibited. Water, dried fruits, 50% fruit juices, and other healthy items are encouraged. To support children's health and school nutrition-education efforts, school fundraising activities will use only foods that meet the nutrition and portion size standards for foods and beverages sold individually as stated in 4.1.3 of this policy. Schools will also encourage fundraising activities that promote physical activity.

4.1.3. The guidelines applicable to reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture. AAFES implements the school lunch program in the Kaiserslautern District as well as the Free and Reduced-Price meals for students who qualify under Federal Guidelines. The AAFES school meal program is approved by the U.S. Department of Agriculture (USDA). This means that the AAFES school meal program follows the same regulations and guidelines as schools throughout the United States. Our school menus follow USDA nutritional requirements.

4.1.4. It is recommended that when schools revisit their mission statement they are encouraged to include the words “wellness” and/or “healthy” to support the mission of student wellness in order to be consistent and supportive of the district mission and policy.

4.1.5. It is recommended that school principals develop partnerships that will provide information for educators from military and community organizations that promote proper eating choices using USDA dietary guidelines.

4.1.6. It is recommended that school principals encourage ways for schools to promote partnerships that will enable recess and free time to be utilized in a manner that promotes appropriate physical activity, and when possible, more physical activity time for students.

4.1.7. Develop partnerships that will provide communications for educators from military and local organizations that promote physical fitness and the maintenance of a healthy lifestyle.

4.1.8. The Kaiserslautern District Business Manager shall be responsible for ensuring that the schools meet the local wellness policy. Implementation will be measured from input provided by school principals at the end of each school year.

4.1.8.1 Possible measurement tools to gather student data include but are not limited to the BMI and One Mile Run.

4.2. In order to establish the most effective wellness policy for the Kaiserslautern District, the district wellness committee will include representatives from the community and school to provide varying perspectives. The committee should include:

4.2.1. Parents,

4.2.2. Students,

4.2.3. School food authority representatives,

4.2.4. Health care personnel (e.g., the school nurse or local dietitian, and

4.2.5. Teachers.

4.3. The Kaiserslautern District will coordinate this plan with those that provide food and physical activity support in the community to ensure success. This will include AAFES, vending services, school stores, fundraising events at schools, and nutrition/fitness education.

5. RESPONSIBILITIES

5.1. The District Superintendent, shall, within their respective area of responsibility:

5.1.1. Ensure that each school follows established guidelines, especially with respect to the local wellness policy.

5.2. The School Principals, shall ensure their schools apply and implement the local wellness policy in their school.

6. EFFECTIVE DATE

This Policy is effective immediately.

DR. DELL MCMULLEN
Superintendent
DoDDS-Kaiserslautern District