



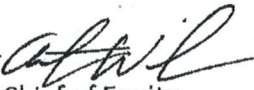
DISTRICT OF COLUMBIA  
PUBLIC SCHOOLS

September 2017

# DCPS Local Wellness Policy

Chancellor's Directive #302

Version 1.0

Approved by: Antwan Wilson, Chancellor   
Jason Kamras, Transitional Chief of Equity  
Scott Barash, General Counsel

## I. Executive Summary

Originating Office: Office of Equity	Number: 302
Subject: DCPS Local Wellness Policy	Date: September 2017
Authority: 42 U.S.C. § 1758b; 7 CFR Part 210; DC Law 18-209.	Rescinds: Directive 642.1 (August 1, 1977); Directive 642.2 (March 21, 1978); Directive 642.3 (July 10, 1978); Directive 642.4 (September 1, 1978); Directive 642.5 (August 27, 1979); Directive 642.7 (August 1, 1984); Directive 642.9 (April 14, 1992).

### A. Introduction

The District of Columbia Public Schools (DCPS) plays a critical role in promoting student health. Studies have shown that school health programs can positively affect educational and health outcomes<sup>1</sup>. A school environment that encourages the overall health of students and provides tools that lead to lifelong patterns of healthy behaviors is integral to a student's ability to learn and focus. The Centers for Disease Control and Prevention (CDC) and the Association for Supervision and Curriculum Development (ASCD) developed the Whole School, Whole Community, Whole Child (WSCC) model, in Appendix I, which provides a framework for integrating health-promoting practices. The model focuses on a school-wide approach to supporting the whole child, through a collaborative approach to health and learning to improve cognitive, physical, social and emotional development, and maximize success. With the 2017 revision of the Local Wellness Policy (LWP), DCPS has embraced and adapted this model to frame efforts to support DCPS students. Questions about this policy shall be directed to [dcps.policy@dc.gov](mailto:dcps.policy@dc.gov). Contact information for specific topic areas discussed in this policy can be found in Appendix III.

<sup>1</sup> Centers for Disease Control and Prevention (2015), The Case for Coordinated School Health. Retrieved from <http://www.cdc.gov/healthyyouth/cshp/case.htm>.

## II. Legal Provisions

Through the 2004 Child Nutrition and Women, Infants, and Children (WIC) Reauthorization Act, U.S. Congress established a requirement that all school districts with a federally funded school meal program develop and implement a local school wellness policy (LWP). This legislation was reauthorized through the Healthy, Hunger-Free Kids Act of 2010. In July 2016, the United States Department of Agriculture (USDA) finalized regulations that further expanded the requirements to strengthen and increase the transparency of LWPs.

### A. Federal Guidance

Federal law require that LWPs must, at a minimum:<sup>2</sup>

- Include goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness;
- Establish nutrition guidelines for all foods available on each campus during the school day;
- Include policies for the marketing and advertising of food and beverages that meet Smart Snacks Standards, a federal requirement for all foods sold outside the National School Breakfast and Lunch Program;
- Require that local education agencies (LEAs) involve parents, students, representatives of the school food authority, school staff and administrators, and the public in the development, implementation and review of the school wellness policy;
- Require that LEAs inform and update parents, students, school food authority representatives, school staff and administrators, and the public about the content and implementation of the local school wellness policy;
- Require that LEAs assess the LWP, at least every three years, to measure the implementation of the LWP, and make the assessment available to the public; and
- Require that guidelines for reimbursable school meals are not less restrictive than regulations and guidance applicable to school meals issued by the Secretary of Agriculture.

### B. DC Healthy Schools Act

In 2010, DC enacted the Healthy Schools Act (HSA), placing additional requirements on the LWPs adopted by DCPS and public charter schools. The HSA states that LWPs should include goals for improving the environmental sustainability of schools, increasing usage of locally grown, locally processed and unprocessed foods from growers engaged in sustainable agricultural practices, increasing physical activity, and developing and implementing an Environmental Literacy program.<sup>3</sup> LWPs are to be revised at least once every three years. A copy shall be posted on each school's website if it has one, distributed to food service staff members, the school's parent/teacher organization if it has one, and made available in each school's office. The Office of the State Superintendent of Education (OSSE) shall review each LWP to ensure that it complies with federal requirements and shall examine whether schools comply with their policies.

<sup>2</sup> 42 U.S.C. § 1758b, 7 CFR 210.

<sup>3</sup> DC Law 18-209; (D.C. Code § 38-826.01).

## B. National School Lunch Program

Schools that collect Free and Reduced Meal (FARM)<sup>11</sup> applications will strive for 100% household submission of applications to ensure every student that may qualify for free or reduced price meals receives this benefit. Students that qualify for free or reduced price meals will receive free meals. DCPS will make every effort to eliminate any social stigma attached to, and prevent the overt identification of students who are eligible for free and reduced price meals. Toward this end, schools will utilize electronic identification systems (to include pinpads and card scanners) at the point of sale.

## C. Family Style Meals

Family Style Meals is a requirement for all Title I PK3 and PK4 classrooms and is founded on developmentally appropriate best practices for early childhood students. Through Family Style Meals students begin to build critical healthy and nutritious habits that set a precedent for their overall health and development. During this time, the classroom teacher and paraprofessional shall engage with students to create a positive and encouraging eating environment that continues important skill development. At a minimum, 30 minutes shall be scheduled for Family Style Meals, and it is required to occur in the classroom unless other arrangements have been approved by the Early Childhood Education Division (ECED). After lunch, and using materials provided by the ECED, all teachers are to support students with tooth brushing to assist student development of proper oral hygiene skills.

## D. Fresh Fruit & Vegetable Program

The Fresh Fruit and Vegetable Program (FFVP) provides students in participating schools with a taste of fresh fruits and vegetables outside of the meal programs. It is an effective and creative way of expanding the variety of fruits and vegetables that students experience. Schools participating in the FFVP will serve free fresh fruits and vegetables outside of the National School Breakfast Program (NSBP) and National School Lunch Program meal periods but within the school day, and widely publicize the availability of the program within the school. School staff operating the program will encourage students to try the new fruits and vegetables and incorporate the program into educational content when possible.

## E. After School Snacks and Suppers

After school snacks and suppers, when offered, will contribute to student diet and health by providing a well-balanced snack or supper during afterschool activities. Food Service vendors will implement the afterschool snack and supper programs with guidance and oversight from FNS.

## F. DC Free Summer Meals Program

DCPS sponsors the DC Free Summer Meals Program (FSMP), serving free breakfast and lunch to all DC students under the age of 18. Meals are available to all students at operating sites, regardless of whether they are participating in school activities.

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<sup>11</sup> <https://dcps.dc.gov/farm>.

## G. Meal Times and Scheduling

- Students will have sufficient time to eat breakfast, and all DCPS students will have access to breakfast until at least 9:15am every day;
- School lunch must be served between 10am – 2pm, and schools will ensure that enough time is scheduled in-between breakfast and lunch;
- Schools will ensure students have at least 30 minutes to eat lunch and sufficient time during the lunch period for every student to pass through the food service line. (Recommendation: no more than 60 students per serving line/point of sale machine for each 30-minute lunch period);
- Elementary schools will schedule lunch after recess periods whenever possible; and
- There must be two hours in-between the end of the last lunch period and the beginning of afterschool snack/supper service (or 4pm).

## H. Competitive Foods Standards

All beverages and snack foods provided by or sold in DCPS, including those served outside of the school meals program (i.e. “competitive” foods and beverages), or provided by organizations partnering in our schools, whether through vending machines, a la carte lines, snack bars, school stores, or fundraisers must meet the USDA Smart Snacks in Schools and the HSA (to include Healthier US Schools Challenge Gold Award Level) nutritional standards.

- Schools will prohibit third parties other than school related organizations and school meal service providers from selling food or beverages of any type to students on school property from 90 minutes before the school day begins until 90 minutes after the school day ends.
- Schools will not use food and beverages that do not meet the nutritional standards for any school-sponsored classroom celebrations.
- Schools will not use or withhold any food or beverage as reward or punishment or as incentives, prizes, or awards. See the LWP Implementation Toolkit for alternative ways to reward students.
- Schools will only market and promote foods and beverages that meet the nutritional standards.
- Schools will limit celebrations that involve food or beverages during the school day to no more than one party per class per month. See the LWP Implementation Toolkit for a list of healthy party ideas, including non-food celebrations. Schools will encourage teachers and families to only bring food and beverages that meet the nutritional standards, listed below, on school grounds, including in student lunches from home.
- The requirements of this section do not apply to food and drinks available only to faculty and staff members, food provided at no cost by parents, food sold or provided at official after-school events and adult education programs, and food not consumed or marketed to students.

## I. Nutritional Standards

The below table outlines the nutritional standards for all foods provided by or sold in DCPS as defined by the cafeteria and vending machine food vendor contracts.<sup>12</sup>

<b>Portion Size</b>	<ul style="list-style-type: none"> <li>▪ Snacks ≤200 calories</li> <li>▪ Entrees ≤350 calories</li> </ul>						
<b>Grains</b>	Must be whole grain rich (at least 51% whole grain)						
<b>Fruit/Vegetables</b>	<ul style="list-style-type: none"> <li>▪ Dried fruit must have no added sweetener</li> <li>▪ Canned fruit must be packed in water or natural fruit juice</li> </ul>						
<b>Beverages</b>	<table border="1"> <tr> <td><b>Milk</b></td> <td> <ul style="list-style-type: none"> <li>▪ Limited to low fat or skim, non-flavored</li> <li>▪ ≤8oz. serving size</li> </ul> </td> </tr> <tr> <td><b>Juice</b></td> <td> <ul style="list-style-type: none"> <li>▪ Must be 100% fruit/vegetable juice</li> <li>▪ Serving size: ≤6oz. Elementary and Middle Schools</li> <li>▪ Serving Size: ≤8oz. High Schools</li> </ul> </td> </tr> <tr> <td><b>Water</b></td> <td>Must be non-flavored, non-sweetened, non-carbonated, non-caffeinated</td> </tr> </table>	<b>Milk</b>	<ul style="list-style-type: none"> <li>▪ Limited to low fat or skim, non-flavored</li> <li>▪ ≤8oz. serving size</li> </ul>	<b>Juice</b>	<ul style="list-style-type: none"> <li>▪ Must be 100% fruit/vegetable juice</li> <li>▪ Serving size: ≤6oz. Elementary and Middle Schools</li> <li>▪ Serving Size: ≤8oz. High Schools</li> </ul>	<b>Water</b>	Must be non-flavored, non-sweetened, non-carbonated, non-caffeinated
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<b>Water</b>	Must be non-flavored, non-sweetened, non-carbonated, non-caffeinated						
<b>Fat</b>	<ul style="list-style-type: none"> <li>▪ Trans-fat free</li> <li>▪ ≤ 35% calories from total fat (excludes reduced fat cheese, seeds, and seed butters)</li> <li>▪ ≤ 10% calories from saturated fat (excludes reduced fat cheese, seeds, and seed butters)</li> </ul>						
<b>Sugar</b>	≤ 35% sugar by weight						
<b>Sodium</b>	<ul style="list-style-type: none"> <li>▪ ≤ 200mg per side dish</li> <li>▪ ≤ 480mg per side dish</li> </ul>						
<b>Misc.</b>	<ul style="list-style-type: none"> <li>▪ No tree nuts or peanuts</li> <li>▪ Vegetarian meals available daily</li> </ul>						

## J. Vending Machines

Only FNS may install and operate vending machines that students are able to use. FNS will ensure all beverages and snacks offered in vending machines meet or exceed nutritional standards. Additionally, FNS will remove any vending machines, on school grounds, that have not been approved and supplied by them.

## K. Creating a Safe Cafeteria Environment

Schools will provide adequate supervision in the cafeteria during all meal periods to provide a safe and comfortable environment for students to eat. School staff will encourage students to taste all the food offered in the child nutrition programs.

<sup>12</sup> These DC created standards are based on the "Guidelines for Federal Concessions and Vending Operation" <https://www.gsa.gov/real-estate/facilities-management/tenant-services/concessions-and-cafeterias-healthy-food-in-the-federal-workplace>.

## L. Allergies/Dietary Restrictions

DCPS recognizes that students may have important and varied dietary needs and ensures that the dietary needs of every student are known and properly accommodated. It is required that parents/guardians fill out either the *Students with Dietary Needs Form* or the *Students with Philosophical or Religious Dietary Needs Form* and submit it to the school nurse every year.<sup>13</sup> The following standards apply to all food served in our child nutrition programs and in vending machines operated by FNS:

- Tree nuts and peanuts will not be served;
- Pork will not be served in elementary schools and education campuses;
- Students will be offered vegetarian meals daily.

## M. Adult Meals

School staff are encouraged to model healthy eating habits for students and to only consume foods in front of students that meet the competitive food nutritional standards. Adults are encouraged to eat breakfast and lunch at DCPS. Adults can sign up for an adult meal account by going to the Food Services section on the DCPS website.

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<sup>13</sup> These forms can be found on the DCPS website at <https://dcps.dc.gov/page/dietary-accommodations>.

## IX. Measuring Policy Impact and Implementation

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### A. School-Based Wellness Councils

In each school, the principal or designee will ensure compliance with the LWP and will monitor implementation annually. To do this, every school will identify wellness champions to spearhead the development and maintenance of a School-Based Wellness Council (SBWC). The SBWC can be a free-standing group, a working group, or a sub-committee of a pre-existing school-based council/committee and shall consist of a diverse group of individuals who are concerned with school health, including school staff, students, families, and community members. On an annual basis, SBWCs will:

- Convene at least 4 times per school year;
- Complete a needs assessment to evaluate the school health environment and identify what is working and what needs to be improved (please see the LWP Implementation Guide for a list of needs assessment tools);
- Create and implement a wellness action plan including goals and school-based activities promoting student and school staff wellness and designed to ensure implementation; and
- Provide feedback to DCPS regarding progress, including recommendations for new activities or policies to support school-level implementation.

Additional guidance to support schools with developing and maintaining their SBWC can be found in the [DCPS School-Based Wellness Council Implementation Guide](#). DCPS will work with existing partners, and other district agencies to provide professional development, toolkits, resources, and technical assistance to support the implementation of the LWP. DCPS will monitor implementation and evaluation of the LWP using existing data collection tools, such as, but not limited to:

- Annual feedback from SBWCs
- FITNESSGRAM data collection and analysis
- OSSE Health and Physical Education student assessments
- Nutritional and Operational Guidelines for Food:
  - Weekly school site visits
  - Student taste tests
  - Bi-annual schools administrator surveys
  - Annual National School Lunch Program Reviews
  - Annual After School Snack and Supper Reviews
  - Annual OSSE Administrative Review
  - OSSE DC Healthy Schools Act Site Visits
- Evaluation forms from staff professional development opportunities
  - DCPS will work to standardize these evaluations to capture what teachers and staff are taking away from the professional development sessions.

DCPS' Student Wellness Division, Health and Wellness Team, Office of Teaching and Learning, Health and Physical Education Team and Food and Nutrition Services will annually review the LWP, and will update the LWP every three years. This process will include engagement of students, families, school staff, and community members to measure success.