



DEPARTMENT OF DEFENSE  
EDUCATION ACTIVITY  
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AUG 31 2010

MEMORANDUM FOR AREA DIRECTORS  
AREA SUPERINTENDENTS, CIA  
DEPUTY AREA SUPERINTENDENTS  
DISTRICT SUPERINTENDENTS  
DISTRICT ASSISTANT SUPERINTENDENTS  
HIGH SCHOOL PRINCIPALS  
VIRTUAL SCHOOL PRINCIPAL

SUBJECT: Student and Staff Wellness

As we welcome the return of our students and staff to a new school year, I want to emphasize the importance of wellness, regular physical activity, and nutritious diet for both our children and workforce. DoDEA Headquarters staff has been engaged in establishing guidance to promote four initiatives: 1) the DoDEA/DeCA partnership, 2) the "Let's Move!" campaign being showcased by the First Lady Michelle Obama, 3) DoD's "Employee Wellness Awareness Information Campaign", and 4) DoD's "Leap into Fall" program. Energizing DoDEA's participation and support of these programs will ensure our direct engagement and focus on childhood obesity, increased physical activity, nutritious diet, and the establishment of a healthy lifestyle. I envision the partnership we develop in participation and support of these programs will present our teachers, staff, and administrators at every level the opportunity to join America and DoD's initiatives to raise a healthier generation of students and establish a healthier workforce.

DoDEA recently established a partnership with the Defense Commissary Agency (DECA) to showcase nutritious foods for school lunches. DECA has created five back-to-school brown bag lunch recommendations for promotion in commissaries during the month of September. Details are available at: [http://www.commissaries.com/press\\_room/press\\_release/2010/DeCA\\_80\\_10.cfm](http://www.commissaries.com/press_room/press_release/2010/DeCA_80_10.cfm). This site provides information and suggestions regarding weight loss, getting in shape, and maintaining good health. We applaud the commissary and their efforts to support health and wellness within the DoDEA community.

The "Let's Move!" Campaign has an ambitious goal of solving the challenge of childhood obesity within a generation. This nationwide initiative promotes making healthy choices, improving food quality in schools, and increasing access to healthy, affordable food. The "Let's Move!" Website can be located at <http://www.letsmove.gov/> and I encourage all DoDEA schools to partner with us to actively seek ways to model, support, and promote these initiatives throughout the school year.

The Deputy Secretary of Defense announced on January 4, 2010, a Department-wide initiative to improve employee wellness, satisfaction and engagement, and asked for support as it unfolds. The initiative is in response to the President and Office of Management and Budget's

program initiative. Accordingly, the 2010 Department of Defense Employee Wellness Campaign will encompass a multi-pronged approach that addresses the four pillars of a healthy lifestyle: physical activity, nutrition, healthy choices, and prevention. A memorandum to the Department's workforce announcing the campaign is attached for distribution.

The Department of Defense (DoD) has launched its first "Leap Into Fall" fitness challenge. This challenge is part of a DoD-wide campaign to improve employee wellness. The challenge, which runs through October 31, 2010, encourages individuals or groups to complete at least 25 hours of physical activity over the next 10 weeks. Individuals or groups are encouraged to access the President's Challenge website to register and keep track of all of their physical activity over a 10-week period. At the end of 10 weeks, participants will receive a certificate of achievement to acknowledge they met the goal of 25 hours. Additional information is available at the following site: [http://www.presidentschallenge.org/the\\_challenge/index.aspx](http://www.presidentschallenge.org/the_challenge/index.aspx)

Additionally, a DoDEA website will soon be available to highlight activities and ideas for promoting health and wellness within DoDEA schools and communities. I encourage all DoDEA staff to assume a role as a model of healthy eating, engaged activity, and personal fitness. Please be sure to share this information with your parents and your students.

  
Ms. Marilee Fitzgerald  
Acting DoDEA Director