



**STATE OF HAWAII  
Kualapu'u School  
Public Conversion Charter**

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## **Wellness Policy**

### **Preamble**

Kualapu'u School recognizes that as part of the larger community it is important to model and to actively participate in the promotion of family health, physical activity, good nutrition, and sustainable gardening.

### **Nutrition Education and Health Education Goals**

All students will develop awareness of a set of core health concepts and develop skills to apply that knowledge to their own personal behavior and environment. These concepts will be imbedded in our Ike Hawai'i program and physical education classes.

### **Physical Activity Goals**

- Every student will be provided the opportunity to participate in weekly physical education classes for 45 minutes. Students will also have the opportunity for “free play” during morning recess, and lunch recess.
- Physical Education Hawaii Content and Performance Standards will be basis for Kualapu'u School physical education program. Opportunities will be provided for every student to:
  - Develop the knowledge and skills for specific physical activities;
  - Maintain health-related physical fitness;
  - Participate regularly in physical activity; and
  - Understand the short and long-term benefits of a physically active and healthy lifestyle.

### **School Meals**

Meals served from the Kualapu'u School cafeteria will meet or exceed the nutrition standards established by the federal and state law and regulation for school meals.

### **Nutrition Standards—Others**

At school functions or class celebrations, healthy food options will be available to students. Snacks served during the day for class parties, birthdays, incentives, etc. will promote a positive nutritional message. Parent organizations, parents, and school staff will be encouraged to have at least one fresh fruit or vegetable offering as part of the snacks. The school will disseminate information on a list of healthy food items as suggestions to parents.

### **Other School-Based Activities**

Kualapu'u School encourages parents to provide healthy lunches and snacks and refrain from including beverages and foods that do not meet good nutrition standards for foods and beverages.

The school will use produce from its school gardens when available and feasible.

The Staff will be encouraged to bring fresh fruits and vegetables to staff workshops and events. Staff will be discouraged from only bringing donuts, butter rolls, turnovers, cream puffs, and other foods that have a high percentage of salts, sugars, and fats.

A voluntary staff wellness and nutrition program will be proposed. Incentives may be offered to encourage participation.

### **Measurement and Evaluation**

An assessment of the school's existing nutrition and physical activity environment and policy will be completed bi-annually to help review policy compliance, assess progress, and determine areas in need of improvement. In addition, the wellness committee will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.