



**State of Hawaii
Wellness Guidelines**
(Implements Board of Education Policy 1110-6)

The Department of Education (DOE) recognizes that there are links among nutrition education, the food served in schools, and the amount of physical activity. Student wellness is affected by all of these. The DOE also recognizes that when students' wellness needs are met they attain higher achievement levels. To enable the development of life-long healthy habits, each of Hawaii's public schools shall adopt these Wellness Guidelines.

The Wellness Guidelines are based upon the following principles:

- Healthy students are better able to learn;
- Eating habits and active lifestyles that are developed in childhood will affect health throughout life;
- All children deserve nutritious and safely prepared food;
- Standards based Health Education, including a focus on skills and knowledge relating to nutrition;
- Standards based Physical Education as well as daily physical activity.

Assessment and evaluation will be an integral part of ensuring the adoption and implementation of these Wellness Guidelines.

Each school will have a designated school committee or council that regularly addresses school health issues. This committee shall be responsible for ensuring that the Hawaii Wellness Guidelines are implemented at the school.

The purpose of the committee will be to improve and maintain the school health environment to promote the level of healthy students with an emphasis on lifelong physical activity, nutrition, and being tobacco free.

The committee can be an existing body (i.e., School Community Council, Safety Committee, Quality School Support/Comprehensive Student Support Services Committee) or a newly formed group.

The committee shall include representatives from the school administration, staff/faculty, students and community.

The committee shall utilize the School Health Index and other sources of data to identify priority areas and to monitor improvements in those areas.

The committee shall ensure that the school provide families with information about community physical activity resources and is encouraged to work closely with community organizations and programs that help schools implement these Wellness Guidelines.

NUTRITION STANDARDS

Nutrition Guidelines for All Foods on Campus

- All reimbursable meals and snacks shall fulfill Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations.
- All foods and beverages sold at school to students must comply with the current USDA Dietary Guidelines (including vending and ala carte items).
- Nutrition information for products offered in snack bars, ala carte, vending, etc. is readily available near the point of purchase.
- Food/beverage providers must promote positive nutritional logos and trademarks on school grounds.
- Meals feature fresh and minimally processed fruits and vegetables from local sources to the greatest extent possible.
- The following items are not sold anywhere on school property:
 - Foods of minimal nutritional value (FMNV) as defined by U.S. Department of Agriculture regulations;
 - All food and beverage items listing sugar, in any form, as the first ingredient, such as candy.
 - Foods containing trans fats.
- All snack and beverage items sold or served anywhere on school property, including items sold in ala carte lines and fundraisers, provided in classrooms, or served in the reimbursable After School Snack Program, must meet the following standards:
 1. Based on manufacturer's nutritional data or nutrient facts labels:
 - a. No more than eight (8) grams of total fat per serving, with the exception of nuts and seeds.
 - b. No more than two (2) grams of saturated fat per serving.
 2. All beverages do not exceed twelve (12) ounces, with the following exceptions:
 - a. Water
 - b. Milk containing one percent or less fat.
 3. Products containing 2% milk fat or more do not exceed eight ounces.
 4. Limit sugar

NUTRITION & HEALTH EDUCATION

For nutritional guidelines, please refer to current USDA Dietary Guidelines.

All required health education classes include a focus on knowledge and skills that support healthy eating and are aligned with the Hawaii Content and Performance Standards for Health Education. Nutrition education is integrated into other areas of the curriculum such as math, science, language arts, and social studies. Standards-based health and nutrition education information are taught by or done in collaboration with a teacher. Standards-based health and nutrition education curricula information involve sharing information with families and the broader community (i.e., area sports leagues, youth

groups & school clubs) to positively impact students and the health of the community. In recognition of the existing health disparities prevalent among Hawaii's children, nutrition education includes multiple options for achieving optimum nutrition and health, and includes practical, multi-ethnic approaches that reach across all economic strata.

- Instructional periods incorporating quality standards-based health education totals of a minimum of:
 - 45 minutes per week for grades K-3,
 - 55 minutes per week for grades 4-5, 107 minutes per week for elementary grade 6, and
 - 200 minutes per week for secondary grades 6-12.
- Schools will promote the importance of students starting the day with a healthy breakfast, including the School Breakfast Program.
- Schools will promote the importance of students eating a nutritious lunch & healthy snacks, including participation in the National School Lunch Program and After School Snack Program (if applicable).

PHYSICAL ACTIVITY

A systemic approach to physical activity develops and reinforces a physically active lifestyle. Teachers play a large role in increasing physical activity for students. Teachers must attend physical education workshops and conferences for professional development.

All required physical education classes shall be aligned with the Hawaii Content and Performance Standards for Physical Education. Physical education is an integral part of the total education of every child kindergarten through grade 12. Quality physical education programs facilitate the development of physically active lifestyles and are needed to increase the physical competence, health-related fitness, personal responsibility, and enjoyment of physical activity for all students so that they can be physically active for a lifetime.

- Instructional periods providing developmentally appropriate programs total a minimum of:
 - 45 minutes per week grades K-3
 - 55 minutes per week for grades 4-5, 107 minutes per week for elementary grade 6, and
 - 200 minutes per week for secondary grades 6-12.

Physical education courses provide an environment where students can learn, practice, and are assessed on developmentally appropriate motor skills, social skills, and knowledge acquisition.

- Policies ensure that state-certified physical education instructors teach all physical education classes and have a student/teacher ratio similar to other classes.
- Each secondary school's Physical Education department provides continuing support for participation in physical activity outside of physical education class.

- Families have information to help them incorporate physical activity into their students' lives.
- All students will have at least 20 minutes a day of supervised recess, during which schools must encourage moderate to vigorous physical activity.
- Students do not have periods of two or more hours of inactivity.
- When mandatory school-wide testing makes it necessary for students to be inactive for extended periods of time, schools will give students periodic breaks to stand and be moderately active.
- Schools do not use physical activity as punishment.
- Schools do not withhold opportunities for physical activity as punishment.

PROFESSIONAL DEVELOPMENT

Regular professional development shall be provided to enable all applicable role groups including School Food Service Staff to be active participants in providing healthy school meals within a comprehensive nutrition environment.

- Professional development includes nutrition education.
- School faculty and staff will attend professional development in Hawaii's Wellness Guidelines, health and nutrition education, physical education and Coordinated School Health summits.