

# Hawaii State Department of Education

## Wellness Guidelines

Implements the Hawaii State Board of Education Policy 103-1 and the United States Department of Agriculture Healthy, Hunger-Free Kids Act of 2010

<b>Wellness Committee</b>
WC1: The school has a designated wellness coordinator.
WC2: The school has a wellness committee that includes members of the school community <sup>1</sup> and/or the general public (e.g., representatives of community organizations, public agencies, or local elected officials).
WC3: The school wellness committee meets at least three times per school year.
WC4: The wellness committee uses the School Health Index or other data sources (e.g. Youth Risk Behavior Survey data) to identify priority areas and to monitor improvements in those areas annually.
WC5: Priority areas for wellness are included in the school's Academic and/or Financial Plan.
WC6: The school community <sup>1</sup> is notified about the wellness policy and provided contact information for the wellness coordinator at the beginning of each school year.
WC7: The school encourages students' families to support wellness at school and at home through a variety of culturally and linguistically appropriate formats (e.g., online, flier, presentations).
WC8: The principal or the school wellness coordinator completes the Safety and Wellness Survey annually.
<b>Nutrition Guidelines</b>
NG1: All reimbursable meals and snacks meet the USDA nutrient standards.
NG2: All <u>foods</u> sold or provided (e.g., a la carte sales, fundraisers, student stores, vending machines, and parties) on school campus <sup>2</sup> during the school day <sup>3</sup> meet the USDA meal pattern requirements or Smart Snacks standards.
NG3: All <u>beverages</u> sold or provided (e.g., a la carte sales, fundraisers, student stores, vending machines, and parties) on school campus <sup>2</sup> meet the following criteria during the school day <sup>3</sup> : <ul style="list-style-type: none"> <li>• No caffeine, no artificial colors, and no artificial flavors</li> <li>• Maximum 8 oz. serving, except water, which has no portion size limit               <ul style="list-style-type: none"> <li>○ Water – Plain (with or without carbonation)</li> <li>○ Milk – Unflavored 1% or fat free; flavored fat free; milk alternatives as permitted by the National School Lunch/Breakfast Program; with ≤ 22 grams of sugar per 8 oz. serving</li> <li>○ 100% Fruit or vegetable juice with no added sweeteners</li> <li>○ 100% Fruit or vegetable juice diluted with water and no added sweeteners</li> </ul> </li> </ul>
NG4: Fundraising activities that promote physical activity, non-food items, or healthy foods based on Smart Snacks standards are encouraged.
NG5: Meals and snacks include fresh and locally grown fruits and vegetables when possible.
NG6: Students are allowed to have at least 20 minutes to eat their lunch after being served.
NG7: Students have access to free drinking water during meal times and throughout the school day at multiple locations on campus.
NG8: Food is not used as a reward or punishment for students.

<b>Health Education and Nutrition Promotion</b>
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<sup>1</sup> The school community includes administrators, teachers of PE and other teachers, health professionals, cafeteria staff, and students and their families.

<sup>2</sup> The school campus is defined as all areas of the property under jurisdiction of the school that are accessible to students during the school day.

<sup>3</sup> The school day is defined as the period from midnight to 30 minutes after the end of the school day or the USDA afterschool snack program, if participating.

HE1: Instructional content of health education classes includes a focus on knowledge and skills that support healthy eating and is aligned with the Hawaii DOE Standards for health education.
HE2: Health education is provided to students in elementary grades at least 45 minutes per week and secondary grades at least 200 minutes per week as measured by time spent in a course, integrated into multiple content areas, or through interdisciplinary units.
HE3: Nutrition education includes culturally relevant activities that are 'aina-based and hands-on, such as food preparation, taste-testing, farm visits and school gardens.
HE4: All school-based marketing of foods and beverages must meet the Nutrition Guidelines. This includes, but is not limited to, school publications, the exterior of vending machines, posters, banners, in-school television, and scoreboards.
<b>Physical Education</b>
PE1: Instructional content of physical education classes is aligned with the Hawaii DOE Standards for physical education.
PE2: Physical education is provided to students in elementary grades at least 45 minutes per week and secondary grades at least 200 minutes per week.
PE3: At least 50% of physical education class time is dedicated to moderate to vigorous physical activity.
PE4: Physical education classes are taught by State-certified physical education instructors.
PE5: Physical education classes have a student/teacher ratio similar to other classes.
PE6: Physical education in grades 5, 7, and 9 includes a health-related student fitness assessment (e.g. FitnessGram).
<b>Physical Activity</b>
PA1: Students are provided at least 20 minutes a day of recess that include opportunities to engage in moderate to vigorous physical activity.
PA2: Students are provided with physical activity breaks at least every 60 minutes.
PA3: The school does not use or withhold physical activity (e.g. recess or PE) as a negative consequence.
PA4: The school supports active transport by encouraging students and staff to walk and/or bike to school if reasonably safe to do so.
PA5: The school supplies bike racks for students and staff.
PA6: The school staff, students, families and community members have access to school grounds and facilities to be physically active during non-instructional time (e.g. before and after school, on weekends, and holidays).
<b>Professional Development</b>
PD1: The school staff receive annual professional development on the wellness guidelines.
PD2: The school staff are encouraged to be role models for wellness (e.g. healthy eating, physical activity, tobacco-free, and stress management).

## Resources

Department of Education

Wellness Guidelines Online – <http://bit.ly/HIDOEWellness>

School Food Services Branch – Shirley Robinson, at 733-8400 or [shirley\\_robinson@notes.k12.hi.us](mailto:shirley_robinson@notes.k12.hi.us)

Health Education – Nadine Marchessault, at 305-9712 or [nadine\\_marchessault@notes.k12.hi.us](mailto:nadine_marchessault@notes.k12.hi.us)

Physical Education – George Centeio at 305-9712 of [george\\_centeio@notes.k12.hi.us](mailto:george_centeio@notes.k12.hi.us)

Department of Health

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