

Safety and Wellness Survey (SAWS)

Data Report for School Year 2020-21

The Safety and Wellness Survey (SAWS) measures school level implementation of the Hawaii Department of Education (HIDOE) Wellness Guidelines across the state. Survey results from the 2020-21 school year are provided in this report, in accordance with the USDA's final rule for Local School Wellness Policy Implementation under the Healthy, Hunger Free Kids Act of 2010, as well as the Hawaii Board of Education policy 103-1.

Due to the exceptional circumstances caused by the novel coronavirus (COVID-19) pandemic; Hawaii's schools, keiki, families, educators, and communities endured many challenges of the past year. The continued collective effort to champion wellness and the critical role it plays in supporting a child's connections between health and academic achievement is paramount to success moving forward.

In the 2020-21 school year, 254 of 257 eligible schools completed the survey. Overall, 83% of the Wellness Guidelines were met. School scores ranged from 39% to 100% implementation of the Wellness Guidelines. Due to the COVID-19 pandemic, questions and/or response options included in the 2021 SAWS were modified or dropped to accommodate school design changes. Thus, 2021 SAWS data cannot be compared to previous SAWS report data. Scoring for SY 20-21 is meant to highlight a school's progress towards meeting the Wellness Guidelines and to provide a tool to assist schools in determining areas of improvement and/or strengths to celebrate.

Compliance with individual guidelines varied, with some guidelines being achieved by 100% of schools and others being achieved by only a minority of schools. The guidelines that relate to the school meals program (NG1 and NG5) are the responsibility of the HIDOE School Food Services Branch and were fully implemented by 100% of schools. On the other end of the spectrum, guidelines NG2 and NG3, which relate to the nutritional quality of foods and beverages sold or provided to students outside of the meals program (e.g., school parties, athletic concessions, and fundraisers) have consistently been the most difficult for schools to fulfill. Due to COVID-19, SY 20-21 saw an increase to NG2 and NG3 with 84% of schools meeting the guideline for foods and 87% meeting the guideline for beverages.

The Hawaii Department of Health will annually award banners for "Excellence in Wellness" recognizing schools that receive a score of 90% or higher, however, distribution of banners will be postponed for SY 20-21 and will resume in SY 2021-22.

We pause to appreciate the courage, creativity, resiliency, and determination educators, students, and community have shown in reaching for and helping one another through this difficult time. Thank you for your continued commitment to wellness and doing your part to create healthy and thriving communities. For that and much more, we are grateful.

The SAWS is an online survey administered annually to principals at public (non-charter) schools and uses the following scoring criteria: one (1) point for a guideline that is fully met and zero (0) for a guideline not met. In school year 2020-21, there were 33 instead of 34 points possible for schools. Due to COVID-19, PA6 was removed from this year's survey and not included in this year's score. The overall score is calculated by dividing the number of points achieved by the total points possible.

Please see the attachments for a summary of the Wellness Guidelines and state average scores for the 2020-21 school year.

Also note that the HIDOE revised its wellness policy in March 2017. As of June 30, 2017, schools should be fully implementing the updated Wellness Guidelines.

More information about the SAWS and the HIDOE Wellness Guidelines may be found online at hawaiipublicschools.org.

Questions?

For questions about the Wellness Guidelines, please contact:

Hawaii State Department of Education, School Food Services Branch Administrator,
Lindsay Rodrigues, 784-5530 or
lindsay.rodrigues@k12.hi.us

For questions about the SAWS, please contact:

Hawaii State Department of Health, School Health Coordinator
Katie Matsushima, 586-5492 or
katie.matsushima@doh.hawaii.gov

Summary of Wellness Guidelines Scores for School Year 2020-21

WELLNESS GUIDELINE	AVERAGE SCORE	WELLNESS COMMITTEE (WC)
WC1	70%	The school has a designated wellness coordinator.
WC2	76%	The school has a wellness committee that includes members of the school community and/or members of the general public (e.g., representatives of community organizations, public agencies, or locally elected officials)
WC3	51%	The school wellness committee meets at least three times per school year.
WC4	69%	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	96%	Priority areas for wellness are included in the school's Academic and/or Financial Plan.
WC6	48%	The school community is notified about the wellness policy and provided contact information for the wellness coordinator at the beginning of each school year.
WC7	94%	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	100%	The principal or the school wellness coordinator completes the Safety and Wellness Survey annually.

NUTRITIONAL GUIDELINES (NG)

NG1	100%	All reimbursable meals and snacks meet the USDA nutrient standards.
NG2	83%	All foods sold or provided (e.g., a la carte sales, fundraisers, student stores, vending machines, and parties) on school campus during the school day meet the USDA meal pattern requirements or Smart Snacks standards.
NG3	87%	All beverages sold or provided (e.g., a la carte sales, fundraisers, student stores, vending machines, and parties) on school campus during the school day meet the following criteria during the school day: <ul style="list-style-type: none"> • No caffeine, no artificial colors, and no artificial flavors • Maximum 8 oz. serving, except water which has no portion size limit <ul style="list-style-type: none"> ○ Water – Plain (with or without carbonation) ○ Milk – Unflavored 1% of fat free; flavored fat free milk; milk alternatives as permitted by the National School Lunch/Breakfast Program; with ≤ 22 grams of sugar per 8 oz. serving ○ 100% Fruit or vegetable juice with no added sweeteners ○ 100% Fruit or vegetable juice diluted with water and no added sweeteners
NG4	98%	Fundraising activities that promote physical activity, non-food items, or healthy foods based on Smart Snacks standards are encouraged.
NG5	100%	Meals and snacks include fresh and locally grown fruits and vegetables when possible
NG6	98%	Students are allowed to have at least 20 minutes to eat their lunch after being served.
NG7	91%	Students have access to free drinking water during meal times and throughout the school day at multiple locations on campus.
NG8	86%	Food is not used as a reward or punishment for students.

HEALTH EDUCATION AND NUTRITION PROMOTION (HE)

HE1	91%	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	76%	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	56%	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	89%	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.

PHYSICAL EDUCATION (PE)

PE1	96%	Instructional content of physical education classes is aligned with the Hawaii DOE Standards for physical education.
PE2	85%	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	87%	At least 50% of physical education class time is dedicated to moderate to vigorous physical activity.
PE4	85%	Physical education classes are taught by State-certified physical education instructors.
PE5	93%	Physical education classes have a student/teacher ratio similar to other classes.
PE6	60%	Physical education in grades 5, 7, and 9 includes a health-related student fitness assessment (e.g. FitnessGram).

PHYSICAL ACTIVITY (PA)

PA1	85%	Students are provided at least 20 minutes a day of recess that include opportunities to engage in moderate to vigorous physical activity.
PA2	87%	Students are provided with physical activity breaks at least every 60 minutes.
PA3	91%	The school does not use or withhold physical activity (e.g. recess or PE) as a negative consequence.
PA4	84%	The school supports active transport by encouraging students and staff to walk and/or bike to school if reasonably safe to do so.
PA5	80%	The school supplies bike racks for students and staff.
PA6	N/A	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).

PROFESSIONAL DEVELOPMENT (PD)

PD1	57%	The school staff receive annual professional development on the wellness guidelines.
PD2	95%	The school staff are encouraged to be role models for wellness (e.g. healthy eating, physical activity, tobacco-free, and stress management).

83%

AVERAGE WELLNESS GUIDELINES SCORE