

Putaan Sukun non Hawaii Nongonongun Apochokuna Inis

Poputan Annuk 103-1 an ewe State Board of Education non Hawaii me ewe Annuk ren Free Kids Act forun non 2010 an ewe putaan Atake non Merika.

Mweicheichen Pekin Apochokunen Inis
WC1: Ewe sukun mei wor emon neur mi kefinita ren pekin akota me osukuna pekin apechokunen inis.
WC2: Ewe sukun mi or ar mwichen pekin apochokunen inis mi pachenong chochon angangen ewe school community ¹ me/ika aramas ese nifinifin. (e.g., Ekewe chon tupuni ewe community organizations, public agencies, ika ekewe chon angangen muun mi kefinita).
WC3: Ewe mwichen apechokunen inis seni ewe sukun rekan mwich fan unungat no ew school year.
WC4: Ewe mwichen apechokunen inis ekan aa ewe School Health Index ika ekoch data minen on computer (e.g. Youth Risk Behavior Survey data) an epwe pwarata kinikinin met mei euehea an epwe katon aechnonon non ekena kinikinin iteiten year.
WC5: Euehean kinikinin pekin apochokunen inis mi pachenong ren pekin kaen sukun me/ika pekin akoten money.
WC6: Ewe sukun community ¹ mi angei esinesin faniten enukun ewe pekin epochokunen inis me contact information(nampan neun emon phone ika an address) ren ewe chon akota pekin taiso nepoputan ewe school year.
WC7: Ewe sukun mei pesei an ekewe chon sukun families ar repwe pesei pekin epochokunen inis non sukun me non imw epwe fetan non met mi murine ngeni pekin ereni me tetenin kapas. (e.g., online, flier, presentations).
WC8: Ewe principal ika ewe chon osukunen apochokunen inis ir me awesi ewe survey ika kapaseis faniten pekin safety me epochokunen inis iteiten year.
Enukun Mwongon Epechokunen Inis
NG1: Meinsin mwongo mi kame me snack epwe fiti ngeni pungun enukun ewe USDA nutrients.
NG2: Meinsin mwongo mi ameme ika kaor (e.g., sokkun mwongo en mi tongeni meni mi imwu seni en meal, fundraisers, an chon sukun sitoa, vending machines, and parties) ren ewe school campus ¹ otun ranin sukun ² epwe aponuetai enukun pekin mwongo mi kaor seni USDA.
NG3: Meinsin minen un mi ameme ika kaor (e.g., met en mi tongeni pacheta me meni, fundraisers, student stores, vending machines, and parties) on sukun campus ² epwe aponuetai ekei enuk otun ranin sukun ³ : <ul style="list-style-type: none"> • Esapw wor caffeine, esapw wor eoch sokkun enuan, me eoch sokkun nenan. • Napenon keukun 8 oz. serving, me nukun konik, ese pwan wor keukun ukukun. <ul style="list-style-type: none"> ○ Konik – Wenewen (mi fiti ika ese fiti carbonation) ○ Milik – Esapw nofit 1% or fat free; flavored fat free; ekoch siwinin milik mi mumuta seni ewe National School Lunch/Breakfast Program; mi ≤ 22 grams ren suke per 8 oz. serving ○ 100% Feun ira ika chenun vegetables esapw nofit ngeni met mi ngar. ○ 100% Feun ira ika chenun vegetable juice mi nofit ngeni konik esapw nofit ngeni mi ngar.
NG4: Mwekutukutun fundraising mi pesei pekin epechokunen inis, ekoch kinikin esapw mwongo, mwongo mi apochokuna inis e anongonong won met mi eoch ngeni Smart snacks mi ketiw.

¹ Ewe sukun community mi pachenong ekewe administrators, sensen PE me ekoch sense, mi sinenap me sine pekin apochokunen inis, angangen non kafeteria, chon sukun me ar families.

² Ewe sukun campus mi awehe ngeni meinsin kinikin mi nomw fan tumunuen ewe sukun mi suk ngeni chon sukun otun ranin sukun.

³ Ranin sukun wewen ewe otun kae anea seni nukenipwin ngeni 30 minich murin sarin sukun non ew ran ika ewe USDA snack program murin sukun, ika mi pachenong.

NG5: Mwongo me snack mi pachenong met mi fresh(minafe) met mi pusin puk on fenuach ren feun ira me vegetable ika mi tongeni.
NG6: Chon sukun mi mumuta ngenir ar repwe neuni 20 minich ar repwe mwong ener nupwen an katou.
NG7: Chon sukun mei wor anen ar repwe ka konik ese kame otun kunokun mwongo me unusen otun sukun non ew ran ren ekewe fitu kinikinin neni me won campus.
NG8: Mwongo ese kaor faniten minen niwin ika minen chapen tipis ngeni chon sukun.

Health Education and Nutrition Promotion
HE1: Masowen asukun fan iten kaeo ngeni tumunun inis a pachenong anapaano pekin kaeo me sineenap ren an epwe aninnis ne affata auchean an ewe inis epwe mwongo minne epwe pochokun ren, iwe mi mas ngeni an ewe Putaen Sukun non Hawaii oukuuk fan iten sukunnen tumwunun inis.
HE2: Sukunen apechokunen inis mi kaor ngeni chon sukun non kinikinin elementary ukukun 45 minich non ew week nge ren kinikinin secondary ukukun 200 minich ew week mi keuk ren fansoun neuneun non ew pekin kae, mi kinikinitiw non fitu pekin ika non chomongun kinikinin kae.
HE3: Sukunen mwongo ren apochokunen inis mi pachenong ekoch mwokutukut mi nenne ngeni pekin ereni ren ' angangen fenu' me angangen pau, ren amwonotan mwongo, nenni mwongo, nno non atake ika an ewe sukun nenien fot irra.
HE4: Meininis pekin mwongo me minen uun ren ewe sukun epwe fiti ngeni enukun pekin mwongo ren apochokunen inisi. Ei mi pachenong, nge ese pwan keuk ngeni ngeni taropwe mi katou seni sukun, nukun ika chungan on en vending machine, waten taropwe mi chungu, banners, tv minen non sukun, me scoreboards.
Sukunen Pekin Taiso
PE1: Masowen asukun ren classes fan itan sukunen taiso mi nenne ngeni annukun ewe Hawaii DOE ren sukunen taiso.
PE2: Sukunen taiso mi kaor ngeni chon sukun non kinikinin Elementary epwe tori 45 minich ew week me kinikinin secondary epwe keukun 200 minich ew week.
PE3: Keukun 50% an ewe classin sukunen taiso fansoun mi awenewen ngeni mwokutukutun taiso mi wate angangan ika pochokun.
PE4: Sukunen taiso ee osukun seni ekewe sensen taiso mi certified seni State.
PE5: Classes ren sukunen taiso mei wor keukun ika nampun chon sukun/sense mi nenne ngeni ekewe ekoch classes.
PE6: Sukunen taiso non kinnikin 5, 7, 9 mi pachenong angangen nenengeni pekin epochokunen inis mi wenengeni chon sukun. (e.g. FitnessGram).
Angangen Taiso
PA1: Chon sukkun mi kawor ngenir ukukun 20 minich non ew ran ren otun assese mi pachenong fansoun mi tufich ar repwe feri ekewe angangen taiso mei mecheres tori mi weires.
PA2: Chon sukkun mi kawor ngenir otun angangen taiso non ukukun 60 minich.
PA3: En sukkun esapw aa ika eukano pekin angangen taiso (e.g. recess, PE) ren niwinin fefer mi ngaw.
PA4: Sukun mi anisi ren pekin touur ngeni sukun an pesei chon sukkun me chon angang ar repwe fetan me/ ika wawa pasiken ika mi tufich ika tumwun.
PA5: Ewe sukkun mi awora nenien komwochun pasiken ngeni chon sukkun me chon angang.
PA6: Chon angangen ewe sukkun, chon Sukkun, families me chochon non ewe kinikin ir mi tongeni tonong non ewe kinikinin sukun me ekewe imw ren ewe sukun otun fansoun a sar sukkun. (e.g. me mwan ikan murin sukkun, non weekend, me holidays.
Anappano Sine
PD1: Chon angangen ewe sukun ir mi angei pekin kae an epwe anapano ar sine iteiten year faniten nongonongun apochokunen inis.

PD2: Chon angangen ewe sukun ir mi pesepes ar repwe pisekin epiru faniten apochokunen inis (awewe mwongon ekewe metochun mwongo minne epwe apochokuna inis, taiso, esapw uun supwa, me tumwunu senuk weiresin ekiek).

Resources(Nenien Kuten pekin aninis)

Putanen Sukun

Nongonongun Apochokuna Inis Online – <http://bit.ly/HIDOEWWellness>

Kinikinin Mwongon Aninis non Sukun – 733-8400

Prokramen Tumwunu Inis me Taiso – 305-9712

Putanen Pioing

Prokramen Tumwunu Inis non Sukun – 586-4609