

‘Oihana Ho‘ona‘auao o ka Moku‘āina ‘o Hawai‘i Nā Mana‘o Alaka‘i no ke Kūlana Olakino Pono

Penei e ho‘okō ‘ia nei ka Policy 103-1 a me ke kânāwai United States Department of Agriculture Healthy, Hunger-Free Kids Act, 2010

Kōmike Kūlana Olakino Pono
WC1: He luna ho‘omalua kūlana olakino pono i ho‘okohu ‘ia ma ke kula.
WC2: He kōmike kūlana olakino pono ko ke kula i loa‘a nā hoa o ke kaiāulu ¹ o ke kula a i ‘ole ka po‘e no loko mai o ka lehulehu (nā ‘elele o nā hui kaiāulu, nā ke‘ena aupuni, nā luna aupuni i wae ‘ia a pēlā aku).
WC3: Hālāwai ke kōmike kūlana olakino pono o ke kula ‘ekolu a ‘oi paha manawa o ka makahiki.
WC4: Ho‘ohana ke kōmike kūlana olakino pono i ka School Health Index a i ‘ole kekahi ‘ano kumu ‘ike (Risk Behavior Survey a pēlā aku) no ka ho‘omaopopo ‘ana i nā kumuhana mea nui a no ka maka loi ‘ana i nā ho‘oponopono ‘ana i hana ‘ia no ia mau kumuhana i kēlā kēia makahiki.
WC5: Ua komo nā kumuhana mea nui no ke kūlana olakino pono i loko o ka Papa Ho‘olālā Ho‘ona‘auao a Ho‘okele Waiwai (Academic and/or Financial Plan) o ke kula.
WC6: Ho‘omaopopo ‘ia ke kaiāulu ¹ o ke kula no nā lula alaka‘i kūlana olakino pono a ho‘omaopopo ‘ia no ka hana e hiki ai ke kūkā me ka luna kūlana olakino pono i ka ho‘omaka ‘ana o ka makahiki.
WC7: Paipai ke kula i nā ‘ohana o nā haumāna e kāko‘o i ke kūlana olakino pono ma ke kula a ma ka home pū ma nā ‘ano like ‘ole e pono ai e kāko‘o ai ka nohona kanaka a me ka ‘ōlelo (ma ka internet, nā ki‘i ho‘olaha nū hou, nā hālāwai hō‘ike‘ike, a pēlā aku).
WC8: Nā ke po‘o kumu o ke kula a i ‘ole ka luna kūlana olakino pono e ho‘opihapiha i ka palapala Safety and Wellness Survey i kēlā me kēia makahiki.
Nā Mana‘o Alaka‘i no ka ‘Ai Pono ‘ana
NG1: Ho‘okō ‘ia nā kūlana ‘ai pono o ka USDA no nā ‘aina a me nā mea‘ai māmā a pau i ho‘iho‘i ‘ia ai ke kumu uku i nā ‘ohana.
NG2: Ho‘okō ‘ia nā papa hana ‘aina a ka USDA a i ‘ole nā kūlana Smart Snacks no nā <u>mea‘ai</u> a pau i kū‘ai a ho‘olako ‘ia paha (nā mea‘ai i kū‘ai pākahikahi ‘ia, no ka papa hana ho‘oulu kālā, ka hale kū‘ai haumāna, ka mīkini kū‘ai mea‘ai, nā pā‘ina, a pēlā aku) ma ka pā kula ² i ka holo ‘ana o ka lā kula ³ .
NG3: Ho‘okō ‘ia nā koi ‘ana ma lalo nei no nā <u>mea inu</u> a pau i kū‘ai a ho‘olako ‘ia paha (nā mea‘ai i kū‘ai pākahikahi ‘ia, no ka papa hana ho‘oulu kālā, ka hale kū‘ai haumāna, ka mīkini kū‘ai mea‘ai, nā pā‘ina, a pēlā aku) ma ka pā kula ² i ka holo ‘ana o ka lā kula ³ : <ul style="list-style-type: none"> • ‘A‘ohe caffeine, ‘a‘ohe waiho‘olu‘u i ho‘ohuihui ‘ia ma loko, ‘a‘ohe mea hō‘ono‘ono i ho‘ohuihui ‘ia ma loko • He 8 ‘auneki o ka ‘aina ka palena nui loa, koe ka wai, ‘a‘ohe ona palena nui o ka ‘aina <ul style="list-style-type: none"> ○ Wai – Ma‘ema‘e (ho‘ohu‘ahu‘a ‘ia a ‘a‘ole paha) ○ Waiū – ‘A‘ole i hō‘ono‘ono ‘ia 1% a i ‘ole ‘a‘ohe momona; hō‘ono‘ono ‘ia a ‘a‘ohe momona; nā ‘ano waiū like ‘ole i ‘ae ‘ia ai ma loko o ka National School Lunch/Breakfast Program; he ≤ 22 gram kōpa‘a o ka ‘aina 8 oz. ○ Wai hua ‘ai ma‘ema‘e a lau ‘ai ma‘ema‘e paha (100%) ‘a‘ohe mea ho‘omomona ma loko ○ Wai hua ‘ai ma‘ema‘e a lau ‘ai ma‘ema‘e paha (100%) ho‘ohuihui ‘ia me ka wai, ‘a‘ohe mea ho‘omomona ma loko
NG4: Paipai ‘ia nā papa hana ho‘oulu kālā e paipai ana i ka hō‘oni‘oni ‘ana i ke kino, nā mea ‘a‘ohe mea‘ai, a i ‘ole nā mea‘ai kūpono no ke olakino e like me ka Smart Snacks.

¹ ‘O ke kaiāulu o ke kula, ‘o ia hoi nā luna ho‘omalua, nā kumu ho‘oikaika kino, a me na kumu ‘ē a‘e, ka po‘e ‘oihana olakino, nā limahana o ka hale ‘aina, a me nā haumāna a me ko lākou mau ‘ohana.

² ‘O ka pā kula, ‘o ia nā wahi a pau o ka pā ma lalo o ka mana o ke kula e hele ai nā haumāna i ka lā kula.

³ ‘O ka lā kula, ‘o ia ka wā mai ka hola ‘umi kumamālua o ka pō ā hiki i ke 30 minuke ma hope o ka pau ‘ana o ke kula a i ‘ole ka papa hana mea‘ai māmā o ka USDA ma hope o ke kula ke loa‘a ma ke kula.

NG5: Komo i loko o nā 'aina a me nā mea'ai māmā nā hua 'ai a me nā lau 'ai hou a me nā mea i ho'oulu 'ia ma kahi kūloko ke hiki.
NG6: 'Ae 'ia nā haumāna he 20 minuke a 'oi paha e pā'ina ai i ke awakea ma hope o ka lawelawe 'ia 'ana o ka mea'ai.
NG7: Loa'a ka wai inu manuahi i nā haumāna i nā wā 'ai a i ka holo 'ana o ka lā kula ma nā wahi like 'ole ma ka pā kula.
NG8: 'A'ole e ho'ohana 'ia ka mea'ai i makana a ho'opa'i paha no nā haumāna.

Paipai i ka Ho'ona'auao 'ana no ke Olakino a me ke Olakino Pono

HE1: Aia i loko o nā ha'awina no nā papa ho'ona'auao olakino, nānā nui 'ia nā 'ike a me nā hana e kākō'o ana i ka 'ai pono 'ana a ho'okūpono 'ia me nā kūlana o ka 'Oihana Ho'ona'auao (Hawai'i DOE Standards) no ka ho'ona'auao olakino.
HE2: A'o 'ia nā haumāna no ke olakino ma nā papa kula ha'aha'a he 45 a 'oi minuke o ka pule a he 200 a 'oi minuke o ka pule ma ke kula ki'eki'e ke ho'ohālike me ka nui o ka manawa i loko o ka papa, e like paha me ka nui i ho'ohui 'ia ai ma loko o nā papa like 'ole, a i 'ole ma loko o nā papa o nā kumuhana like 'ole.
HE3: Aia i loko o ke a'o 'ana no ka 'ai pono 'ana, a'o 'ia no nā hana kū i ka nohona kanaka pili i ka 'aina kahi e 'oni nui ai ke kino, e like paha me ka ho'omākaukau mea'ai 'ana, ka ho'ā'o mea'ai 'ana, ke kipa 'ana i ka māla 'ai a me nā māla o ke kula.
HE4: He pono e kū ke 'ano ho'olaha mea'ai a mea inu ma ke kula i nā mana'o alaka'i no ka paipai i ke olakino pono. 'O kekahi o kēia 'ano hana, 'o ka ho'olaha no ke kula, ke ki'i ma luna o nā mīkini kū'ai mea'ai, nā ki'i ho'olaha, nā pana, ka ho'olele kīwī 'ana ma ke kula, a me nā papa ho'olaha helu 'ai, a pēlā aku.

Ke A'o Ho'oikaika Kino 'ana

PE1: Ho'okūpono 'ia nā ha'awina o nā papa ho'oikaika kino me nā kūlana o ka 'Oihana Ho'ona'auao (Hawai'i DOE Standards) no ka ho'oikaika kino 'ana.
PE2: A'o 'ia ka ho'oikaika kino i nā haumāna ma nā papa kula ha'aha'a he 45 a 'oi minuke o ka pule a he 200 minuke a 'oi o ka pule ma nā kula ki'eki'e.
PE3: Lilo he 50% a 'oi o ka manawa i loko o ka papa ho'oikaika kino i ka hana ho'oikaika 'a'ole nō 'o'ole'a loa ā hiki i ka hana 'o'ole'a.
PE4: A'o 'ia nā papa ho'oikaika kino e nā kumu kula i laikini 'ia e ka 'Oihana Ho'ona'auao.
PE5: 'Ano like nō ka lakio haumāna/kumu kula o nā papa ho'oikaika kino me nā papa 'ē a'e.
PE6: Aia i loko o nā papa ho'oikaika kino papa 5, 7, a me ka 9 kekahi papa hana loilo pili i ke kula olakino o nā haumāna (FitnessGram a pēlā aku).

Ka Hana Hō'oni'oni Kino

PA1: 'Ae 'ia nā haumāna 20 minuke a 'oi ma ka ho'omaha e hana ai i ka hō'oni'oni kino inā he 'ano li'ilii' nō a nui nō paha.
PA2: 'Ae 'ia nā haumāna e ho'omaha i ka hana hō'oni'oni kino i kēlā kēia 60 minuke a 'oi.
PA3: 'A'ole e ho'ohana ke kula i ka hana hō'oni'oni kino (ka wā ho'omaha a i 'ole ka papa ho'oikaika kino, a pēlā aku) ma ke 'ano he ho'opa'i.
PA4: Kākō'o ke kula i nā 'ano like 'ole o ka hele 'ana mai kekahi wahi ā kekahi wahi e pono ai ka hō'oni'oni kino 'ana ma waena o nā haumāna a me nā limahana inā o ka hele wāwae ka hana a i 'ole kau paikikala inā palekana ka hana 'ana.
PA5: Ho'olako ke kula i nā haka kūkulu paikikala no nā haumāna a me nā limahana.
PA6: 'Ae 'ia nā limahana o ke kula, nā haumāna, nā 'ohana, a me nā kānaka o ke kaiāulu e komo i ka pā kula a me na pono kula e hiki ai iā lākou ke hō'oni'oni i ko lākou mau kino i ka wā 'a'ohē kula (ma mua a ma hope paha o ke kula, ma nā hopena pule, a me nā lā nui, a pēlā aku).

No ka Ho'oulu 'Ike 'Oihana

PD1: Komo nā limahana kula i nā papa hana a'o 'oihana no nā mana'o alaka'i no ke kūlana olakino pono i kēlā kēia makahiki.

PD2: Paipai 'ia nā limahana kula e lilo he po'e kumu ho'ohālike no ke olakino pono ('ai pono, hō'oni'oni kino, 'a'ole puhi paka, a ho'ēmi i ka pi'i uluhua).

Nā Kumu 'Ike

Ka 'Oihana Ho'ona'auao

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

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Ka Papa Ola

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