

Oihana Hoonauao o ka Mokuaina o Hawaii Na Manao Alakai no ke Kulana Olakino Pono

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

Komike Kulana Olakino Pono
WC1: He luna hoomalu kulana olakino pono i hookohu ia ma ke kula.
WC2: He komike kulana olakino pono ko ke kula i loa na hoa o ke kaiaulu ¹ o ke kula a i ole ka poe noloko mai o ka lehulehu (na elele o na hui kaiaulu, na keena aupuni, na luna aupuni i wae ia a pela aku).
WC3: Halawai ke komika kulana olakino pono o ke kula ekolu a oi paha manawa o ka makahiki.
WC4: Hoohana ke komike kulana olakino pono i ka School Health Index a i ole kekahi ano kumu ike (Risk Behavior Survey a pela aku) no ka hoomaopopo ana i na kumuhana mea nui a no ka maka loi ana i na hoononono ana i hana ia no ia mau kumuhana i kela keia makahiki.
WC5: Ua komo na kumuhana mea nui no ke kulana olakino pono iloko o ka Papa Hoolala Hoonauao a Hookele Waiwai (Academic and/or Financial Plan) o ke kula.
WC6: Hoomaopopo ia ke kaiaulu ¹ o ke kula no na lula alakai kulana olakino pono a hoomaopopo ia no ka hana e hiki ai ke kuka me ka luna kulana olakino pono i ka hoomaka ana o ka makahiki.
WC7: Paipai ke kula i na ohana o na haumana e kakoo i ke kulana olakino pono ma ke kula a ma ka home pu ma na ano like ole e pono ai e kakoo ai ka nohona kanaka a me ka olelo (ma ka internet, na kii hoolaha nu hou, na halawai hoikeike, a pela aku).
WC8: Na ke poo kumu o ke kula a i ole ka luna kulana olakino pono e hoopihapiha i ka palapala Safety and Wellness Survey i kela me keia makahiki.
Na Manao Alakai no ka Ai Pono ana
NG1: Hooko ia na kulana ai pono o ka USDA no na aina a me na meaai mama a pau i hoihoi ia ai ke kumu uku i na ohana.
NG2: Hooko ia na papa hana aina a ka USDA a i ole na kulana Smart Snacks no na <u>meaai</u> a pau i kuai a hoolako ia paha (na meaai i kuai pakahikahi ia, no ka papa hana hooulu kala, ka hale kuai haumana, ka mikini kuai meaai, na paina, a pela aku) ma ka pa kula ² i ka holo ana o ka la kula ³ .
NG3: Hooko ia na koi ana malalo nei no na <u>mea inu</u> a pau i kuai a hoolako ia paha (na meaai i kuai pakahikahi ia, no ka papa hana hooulu kala, ka hale kuai haumana, ka mikini kuai meaai, na paina, a pela aku) ma ka pa kula ² i ka holo ana o ka la kula ³ : <ul style="list-style-type: none"> • Aohe caffeine, aohe waihooulu i hana lima ia, aohe mea hoonono i hana lima ia • He 8 auneki o ka aina ka palena nui loa, koe ka wai, aohe ona palena nui o ka aina <ul style="list-style-type: none"> ○ Wai – Maemae (hoohuahua ia a ole paha) ○ Waiu – Aole i hoonono ia 1% a i ole aohe momona; hoonono ia a aohe momona; na ano waiu like ole i ae ia ai maloko o ka National School Lunch/Breakfast Program; he ≤ 22 gram kopaa o ka aina 8 oz. ○ Wai huaai maemae a lau ai maemae paha (100%) aohe mea hoomomona maloko ○ Wai huaai maemae a lau ai maemae paha (100%) hoohuihui ia me ka wai, aohe mea hoomomona maloko
NG4: Paipai ia na papa hana hooulu kala e paipai ana i ka hoonioni ana i ke kino, na mea aohe meaai, a i ole na meaai kupono no ke olakino e like me ka Smart Snacks.
NG5: Komo iloko o na aina a me na meaai mama na huaai a me na lau ai hou a me na mea i hooulu ia ma kahi kuloko ke hiki.

¹ O ke kaiaulu o ke kula, oia hoi na luna hoomalu, na kumu hooikaika kino, a me na kumu e ae, ka poe oihana olakino, na limahana o ka hale aina, a me na haumana a me ko lakou mau ohana.

² O ka pa kula, oia na wahi a pau o ka pa malalo o ka mana o ke kula e hele ai na haumana i ka la kula.

³ O ka la kula, oia ka wa mai ka hola umikumamalua o ka po a hiki i ke 30 minuke mahope o ka pau ana o ke kula a i ole ka papa hana meaai mama o ka USDA mahope o ke kula ke loa ma ke kula.

NG6: Ae ia na haumana he 20 minuke a oi paks e paina ai i ke awakea mahope o ka lawelawe ia ana o ka meaai.
NG7: Loaa ka wai inu manuahi i na haumana i na wa ai a i ka holo ana o ka la kula ma na wahi like ole ma ka pa kula.
NG8: Aole e hoohana ia ka meaai i makana a hoopai paha no na haumana.

Paipai i ka Hoonaaauao ana no ke Olakino a me ke Olakino Pono
HE1: Aia iloko o na haawina no na papa hoonaaauao olakino, nana nui ia na ike a me na hana e kakoo ana i ka ai pono ana a hooku pono ia me na kulana o ka Oihana Hoonaaauao (Hawaii DOE Standards) no ka hoonaaauao olakino.
HE2: Ao ia na haumana no ke olakino ma na papa kula haahaa he 45 a oi minuke o ka pule a he 200 a oi minuke o ka pule ma ke kula kiekie ke hoohalike me ka nui o ka manawa iloko o ka papa, e like paha me ka nui i hoohui ia ai maloko o na papa like ole, a i ole maloko o na papa o na kumuhana like ole.
HE3: Aia iloko o ke ao ana no ka ai pono ana, ao ia no na hana ku i ka nohona kanaka pili i ka aina kahi e oni nui ai ke kino, e like paha me ka hoomakaukau meaai ana, ka hoao meaai ana, ke kipa ana i ka mala ai a me na mala o ke kula.
HE4: He pono e ku ke ano hoolaha meaai a mea inu ma ke kula i na manao alakai no ka paipai i ke olakino pono. O kekahi o keia ano hana, o ka hoolaha no ke kula, ke kii maluna o na mikini kuai meaai, na kii hoolaha, na pana, ka hoolele kiwi ana ma ke kula, a me na papa hoolaha helu ai, a pela aku.
Ke Ao Hooikaika Kino ana
PE1: Hooku pono ia na haawina o na papa hooikaika kino me na kulana o ka Oihana Hoonaaauao (Hawaii DOE Standards) no ka hooikaika kino ana.
PE2: Ao ia ka hooikaika kino i na haumana ma na papa kula haahaa he 45 a oi minuke o ka pule a he 200 minuke a oi o ka pule ma na kula kiekie.
PE3: Lilo he 50% a oi o ka manawa iloko o ka papa hooikaika kino i ka hana hooikaika aole no oolea loa a hiki i ka hana oolea.
PE4: Ao ia na papa hooikaika kino e na kumu kula i laikini ia e ka Oihana Hoonaaauao.
PE5: Ano like no ka lakio haumana/kumu kula o na papa hooikaika kino me na papa e ae.
PE6: Aia iloko o na papa hooikaika kino papa 5, 7, a me ka 9 kekahi papa hana loloi pili i ke kula olakino o na haumana (FitnessGram a pela aku).
Ka Hana Hoonioni Kino
PA1: Ae ia na haumana 20 minuke a oi ma ka hoomaha e hana ai i ka hoonioni kino ina he ano liilii no a nui no paha.
PA2: Ae ia na haumana e hoomaha i ka hana hoonioni kino i kela keia 60 minuke a oi.
PA3: Aole e hoohana ke kula i ka hana hoonioni kino (ka wa hoomaha a i ole ka papa hooikaika kino, a pela aku) ma ke ano he hoopai.
PA4: Kakoo ke kula i na ano like ole o ka hele ana mai kekahi wahi a kekahi wahi e pono ai ka hoonioni kino ana mawaena o na haumana a me na limahana ina o ka hele wawae ka hana a i ole kau paikikala ina palekana ka hana ana.
PA5: Hoolako ke kula i na haka kukulu paikikala no na haumana a me na limahana.
PA6: Ae ia na limahana o ke kula, na haumana, na ohana, a me na kanaka o ke kaiaulu e komo i ka pa kula a me na pono kula e hiki ai ia lakou ke hoonioni i ko lakou mau kino i ka wa aohe kula (mamua a mahope paha o ke kula, ma na hopena pule, a me na la nui, a pela aku).
No ka Hooulu Ike Oihana
PD1: Komo na limahana kula i na papa hana ao oihana no na manao alakai no ke kulana olakino pono i kela keia makahiki.
PD2: Paipai ia na limahana kula e lilo he poe kumu hoohalike no ke olakino pono (ai pono, hoonioni kino, aole puhi paka, a hoemi i ka pii uluhua).

Na Kumu Ike

Ka Oihana Hoonauao

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

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Ka Papa Ola

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