

WATERS OF LIFE PUBLIC dba Nā Wai Ola CHARTER SCHOOL

WELLNESS POLICY

PREAMBLE

Nā Wai Ola Public Charter School recognizes the link between the overall health of our students and their ability for educational achievement. To that end, we look to provide our students with both proper diet and exercise.

NUTRITION EDUCATION AND HEALTH EDUCATION

Nutrition education will be provided for all students enrolled Nā Wai Ola Public Charter School. Staff will be responsible for nutrition education and will integrate nutrition education into standard curricula. The staff will provide the basic knowledge of nutrition and promote healthy eating and exercise activities. The Waters of Life Public Charter School will instill within our students a life-long habit of healthy eating and exercise.

PHYSICAL ACTIVITY

Physical activity is an integral part of Nā Wai Ola Public Charter School curriculum. Activities will take place during both morning recess and afternoon recess with a minimum of 200 minutes per week for all elementary grade levels. Supervised recess will allow instructors to encourage all students to take part in structured, physical activities. Regularly scheduled Physical Education hours will allow for structured activities where students can participate and learn different activities.

GUIDELINES FOR SCHOOL MEALS

All reimbursable meals and snacks shall fulfill Federal nutrient standards as required by the US Department of Agriculture Child Nutrition Program regulations. Meals feature fresh and minimally processed fruits and vegetables from local sources to the greatest extent possible. Nā Wai Ola Public Charter School will encourage all students to participate in the school meal program, including breakfast and lunch, to promote balanced nutrition and healthy eating habits. Staff will provide all students an adequate amount of time to between the serving of meals and the time allotted for students to complete those meals (15 minutes for breakfast and 20 minutes for lunch). The eating facility will be cleaned regularly between meals. Staff will follow all health and safety guidelines to ensure food is served at the appropriate temperature and served in a manner consistent with Department of Health Guidelines for vended meals. Students will be allowed access to potable water during both meal serving times and recess.

NUTRITION GUIDELINES FOR ALL FOOD AVAILABLE ON CAMPUS

FUNDRAISING Healthy foods will be promoted at all fundraising events, the sale of which will be emphasized along with other non-food items. Any fundraising activities will occur outside normal school hours and programs will be used in part to demonstrate the commitment of the Nā Wai Ola Public Charter School to promote healthy eating and physical activity.

VENDING MACHINES *Nā Wai Ola Public Charter School will not have vending machines. Any food items sold will meet the district's snack standards and will comply with current USDA Dietary Guidelines. The following items will not be sold anywhere on school property:*

Food of minimal nutritional value as depend by USDA regulations

Foods containing trans fat

Foods with greater than 8 grams of fat per serving, with the exception of nuts and seeds

Beverages exceeding 12 ounces, and any type of soda

OTHER FOOD SALES *Parents will be strongly encouraged to send in healthy snacks for birthdays and holiday celebrations. For any other parties and celebration, Nā Wai Ola Public Charter School will make every effort to provide an alternative, healthy food item.*

OTHER HEALTH PROMOTING, SCHOOL-BASED GOALS

STAFF WELLNESS, SCHOOL GARDENS, ETC *The staff of the Nā Wai Ola Public Charter School will act as role models to students and integrate wellness programs into regular curriculum. Staff will be encouraged to model healthy eating habits. The principal will work to establish extra-curricular activities which promote physical activity and commitment to such activities.*

Nā Wai Ola Public Charter School will encourage parents and guardians to act as partners in educating students in proper nutrition and promoting healthy lifestyles.

School-based marketing of quality, nutritious foods will promote fruits, vegetables, whole grains and dairy products versus any food with low nutritional value.

MONITORING AND EVALUATION PLAN

The Governing School Board will coordinate a wellness committee to establish monitoring techniques to ensure the Wellness Policy is in full practice. The committee will be charged with maintaining a healthy environment for students emphasizing physical activity, nutrition, and being tobacco free. Additionally, the committee will work with community partners to develop new programs encouraging a healthy life style throughout Nā Wai Ola Public Charter School.