



## *Ke Kula 'O Nāwahīokalani'ōpu'u*

*"No 'Ane'i Ko Kākou Ola"*

# **Wellness Policy School Year 2017-2018**

**Ke Kula 'O Nāwahīokalani'ōpu'u Iki LPCS is committed to providing a school environment that enhances physical activity and the learning of healthy eating habits that will develop our students into a life of health and wellness throughout their lifetimes and then pass on to their children.**

To accomplish these goals:

- € **Nutrition education is integrated daily into our student's daily schedule from the first day of school until the last. Our school takes the holistic aspect of the Hawaiian cultural, nutritional and physical values of our ancestor's, beliefs, culture and plants to nurture not only the body but also the soul. Our nutritional programs comply with all federal, state and local requirements.**

The students, faculty and staff on our school grounds are provided with a nutritional snack daily. This is in addition to our school breakfast and lunch program funded by the federal and state. Our school students, faculty and staff are provided with fresh filtered bottled water daily at there dispense. We have parent/family meetings every Thursday night called Hui Kīpaepae where parents and families get together to learn about the language, culture and values of old Hawaii (including healthy eating habits) and are also given healthy nutritional snacks on occasion from our mala. On Teacher Professional Days, our teachers are treated with healthy breakfasts, snacks and lunches that emphasize whole, fresh, traditional foods. As a deterrent to unhealthy eating habits, such foods and snacks as candy or soda are not allowed on campus through either fundraising, student stores, parties, etc. for students as well as faculty and staff. Parents are encouraged to come and eat breakfast with their children daily to emphasize the importance of a healthy breakfast.

- € **The teacher in charge, School Director and SASA is responsible for adhering to all federal, state and local rules and regulations.**

The teacher in charge as well as the SASA has attended the Department of Education workshops sponsored by OCHNP and SFS. All food and beverages made available on campus during school days are consistent with the current Dietary Guidelines for Americans and adhere to food safety and security guidelines. Many times, food-producing plants grown on our campus such as taro, sweet potato, oranges, star fruit and bananas are utilized as part of our schools daily snack and parent night programs.

€ **We also have another teacher (kupuna – Hawaiian elder) who is a specialist of caring for all of the native Hawaiian food and medicinal plants grown at our school campus.**

He is charged with teaching the students about the native plants – their food and medicinal value, how to grow and care for them as well as how to prepare them to be used as food and their nutritional value and or medicinal value.

€ **Ke Kula ‘O Nāwahīokalani’ōpu‘u Iki LPCS’s physical education is built of five components or measures of health related fitness.**

1. **Body Composition:** relative percentage of body fat to lean tissue including water, bone, muscle, and connective tissues.
2. **Cardiovascular Fitness:** ability of body to work continuously for extended periods of time (mile run; pacer tester; various running drills).
3. **Muscular Strength:** maximum amount of force a muscle group can exert against an opposite force.
4. **Muscle Endurance:** ability of the same muscle or muscle group to contract for an extended period of time (flexed arm hang, jump roping, high repetitive weight lifting).
5. **Flexibility:** ability to move a body part through a full range of motion.

€ **Ke Kula ‘O Nāwahīokalani’ōpu‘u Iki LPCS’s school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and or physical activity are not used as a reward or punishment. Our students are taught a healthy lifestyle which includes nutritious food and physical activity. Our faculty and staff and have access to this and are highly encouraged to take advantage.**