

Kamaile Academy School Wellness Policy (1/29/18)

Preamble

Kamaile Academy recognizes that as part of the larger community, we need to model and actively participate in the promotion of family health, physical activity, good nutrition, and sustainable gardening,

Nutrition Education and Health Education Goals

- All students will develop an awareness of a set of core health concepts and develop skills to apply that knowledge to their own personal behavior and environment. These concepts will be embedded in physical education classes, PK-12 classrooms, and garden activities.
- All students will have an opportunity to work in the garden.

Physical Activity Goals

- Every student will be provided the opportunity to participate in physical education classes. Elementary school students will have access for 45 minutes once a week and secondary students will access per credit requirements. All students will also have the opportunity for “free play” during morning and lunch recesses, and through after school extra-curricular programs.
- The National PE Standards (SHAPE) will be the basis for the Kamaile Academy physical education program. Students will know about the value of physical activity by Kamaile Academy providing opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain health-related physical fitness, to participate regularly in physical activity, and to understand the short-term and long-term benefits of a physically active and healthy lifestyle.

Food on Campus.

- Meals served from the Kamaile Academy cafeteria will meet or exceed the nutrition standards established by the federal and state law and regulation for school meals.
- All students will have access to the school salad bar for lunch.

- Kamaile has a school garden. When possible food from the garden will be incorporated into the school meals.
- All students will receive free breakfast and lunch. Kamaile participates in the Community Eligibility Provision.
- All students will participate in the Fresh Fruits and Vegetables Program. Students will be exposed to a variety of fruits and vegetables on Mondays, Tuesdays, Thursdays, and Fridays. Teachers discuss the FFVP snack with their students daily. Snack Cards and/or videos are provided to facilitate learning discussions.
- At school functions or class celebrations, healthy food options will be available to students. Parents will be encouraged and educated on how to provide snacks served during the day for class parties, birthdays, incentives, etc. that promote positive nutrition.
- The school will participate in the smart snacks rule that will ensure that all fundraisers, up to 30 minutes after the end of the school day, are in compliance with the wellness policy.

Other School-Based Activities

- Kamaile Academy encourages and educates parents to provide healthy lunches and snacks and refrain from including beverages and foods that do not meet good nutrition standards for foods and beverages.
- The school will use produce from its school gardens when available and feasible.
- The staff will be encouraged to bring fresh fruits and vegetables to staff workshops and events.
- The school will work to encouraging students to make smarter beverage choices through education and installation of more cold water drinking fountains.

Community Participation

- School community will be encouraged to participate in the school wellness. Opportunities include:
 - Participation in the wellness committee
 - Completing school surveys
 - Participation in Local Advisory Panel
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Measurement and Evaluation

An assessment of the school's existing nutrition and physical activity environment and policy will be completed annually to help review policy compliance, assess progress, and determine areas in need of improvement. Assessments include:

- FoodCorps Healthy Tool Kit
- Audits completed by OHCNP
- Student surveys
- Staff Survey
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