



Ke Ana La'ahana Public Charter School
PO Box 4997
Hilo, Hawai'i 96720

WELLNESS POLICY

Amended June 26, 2019

“Ku I Ka Mana” Like the one from whom he received what he learned. Said of a child who behaves like those who reared him. (Pukui 1983)

Ke Ana La'ahana Public Charter School recognizes that the sharing and enjoyment of food, and active participation in physical and mental activities, are essential healthy experiences for all people. It is our way of nurturing and celebrating our cultural diversity. These basic human experiences are necessary for linking friendships, the formulating of inter-generational relationships, and strengthening communities.

NUTRITION AND HEALTH EDUCATION GOALS

Our school aims to teach, encourage and support the healthy eating habits of students, faculty, staff, families, and community. We promote healthy food preparation routines and techniques through applied learning activities, such as mala, loko ia, pahana. We will foster healthier decision making at meal times — 25% increased consumption of fruits and vegetables at lunch and 10% increase breakfast participation. We emphasize culture-based instruction to aid in promoting traditional Native Hawaiian nutritional practices.

PHYSICAL ACTIVITY GOALS

We will promote students' involvement in physical activities through high school regulated sports and community club sports. Ke Ana La'ahana's physical education program includes swimming, running, walking, and inter-active sports. Students participate in cultural activities that enhance their physical skills and abilities through such as: Makahiki games, canoe paddling, and other ocean events. Students will also have the opportunity for physical activity during morning recess and lunch period. Outside facilities will be open to use during students' lunch period. We work to build and maintain the physical endurance of faculty, staff, and students to move swiftly and safely in the event of a tsunami evacuation.

GUIDELINES FOR SCHOOL MEALS

Ke Ana La'ahana Public Charter School will provide school meals, which meet or exceed the nutritional standards required by the state and the National School Lunch and Breakfast Program. Child Nutrition Programs, like Free and Reduce, are accessible to all children. The school will

strive to increase participation in the National School Lunch and Breakfast Program. Our school will allow at the very least the minimum time allowance for the consumption of meals for lunch at thirty (30) minutes and for breakfast at twenty (20) minutes.

NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE ON CAMPUS

Ke Ana La'ahana Public Charter School encourages non-food/drink reinforcement strategies for disciplining and rewarding students. When using food as part of instruction, faculty, staff and students provide healthy and nutritious food options. Student organizations are encouraged to engage in fundraising projects that promote healthy eating and student wellness. Ke Ana La'ahana encourages the promotion of a positive learning environment by providing healthy celebrations that shift the focus from food to the child. The school provides nutritious food options demonstrating a commitment to promoting healthy behaviors that support classroom instruction.

OTHER HEALTH PROMOTING, SCHOOL-BASED ACTIVITIES

Ke Ana La'ahana Public Charter School highly values the health and well-being of every faculty and staff member and offers, when possible, educational activities that support personal efforts by faculty and staff to maintain a healthy lifestyle. The faculty and staff are encouraged to model healthful eating and participate in physical activities that demonstrate healthy lifestyle habits. Ke Ana La'ahana helps to provide nutritious alternatives through fresh, locally grown food, reflecting Hawai'i's cultural diversity a healthy curriculum that allows students to be positive contributors to their own healthful habits.

MONITORING, MEASUREMENT AND EVALUATION

The Ke Ana La'ahana Wellness Committee will meet once a year, in June to assess progress, and determine any areas in need of improvement. This committee will make recommendations for change, at our June meeting, if need be and continue to support and promote healthy and nutritional eating habits and physical activities.

WELLNESS COMMITTEE MEMBERS

W. Mapuana Waipa (PCS Director)
Patrick Kahawaiolaa (Local School Board Chair)
Ginger Takeshita (Meal Clerk)
Roberta Souza (Meal Manager)
Hauoli Viritua (Substitute Meal Clerk/Teacher)
Harlen Fragas (Community/Health and Safety Practitioner)
Tracy Kapuni (Parent/CNA)