

#### IV. Health and Safety

##### Nutrition and Wellness

Whereas the Child Nutrition and Hunger-Free Kids Act of 2010 requires that all schools with a federally funded school meal program must develop a wellness policy that

- Includes goals for nutrition education, physical activity, and other school-based activities that promote student wellness;
- Establishes nutrition guidelines for all foods available on the campus during the school day;
- Provides assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the USDA and National School Lunch Program;
- Establishes a plan of measuring the impact of the implantation of the school's wellness policy, including evidence-based strategies;
- Establishes goals for promoting and educating nutrition, physical activity, and other school-based activities;
- Involves parents, students, administrator, board members, and community in developing the school's wellness policy;

and whereas Lanikai School has established a Health and Safety Committee that involves the required role groups in order to ensure health, safety and well being of each student attending Lanikai School that involves Lindsey Lowe the Physical Education teacher and chair of the Health and Safety Committee, School Director Ed Noh, Health Aide Rowena Aguiar, and other staff, parents and community members who are invested in the health and safety of Lanikai School. The required role groups ensures the health, safety, and well being of each student attending Lanikai School and provides guidance to school personnel and parents of our students in the area nutrition, physical activity, and wellbeing, the committee encourages all staff members to adhere to the following goals for nutrition education, physical activity and activities that promote student wellness:

1. School staff will recognize and respect lunch periods as an integral part of the educational program.
2. No Lanikai School student shall go hungry during the school day.
  - a. If a child normally brings home lunch fails to do so on any day and notifies the teacher or office staff, the office staff will contact the parents as soon as possible to arrange for lunch delivery.

- b. Otherwise the staff will provide a lunch and the cost will be passed on to the parent.
3. The Healthy and Safety Committee will provide nutritional guidelines for all foods through official National School Lunch Program upon written request.
4. A nutritious school lunch that meets federal guidelines will be provided for children whose parents order the school lunch by the deadlines provided by the office personnel and for every student whose family qualifies for free and reduced cost meals.
5. Lanikai School will encourage students to make healthy choices in the lunch line.
6. Parents are strongly encouraged to provide snacks and homemade lunches that include nutritious servings of fruits, vegetables, sandwiches, etc. that the child likes and will eat, but that will not contain candies, cookies, sodas, etc. with high sugar content that may negatively affect the child's capacity to learn or participate in school or classroom activities in the after-lunch hours.
7. The K-6 curriculum shall integrate content and hands-on environmental, agricultural, and marine experience and field trips at appropriate grade levels so that students acquire an understanding of how food reaches the table and the implications the food they eat has for their health and their future.
  - a. An example of agricultural learning is Lanikai School's ĀINA program through the Kokua Hawaii Foundation. 'ĀINA In Schools is a farm to school initiative that connects children to their local land, waters, and food to grow a healthier Hawai'i.
  - b. Another way Lanikai School is educating students is through our on-site biological waste management. Using worm bins and other composting techniques Lanikai School seeks to lessen waste and educate students on composting and recycling, working towards the goal of becoming a zero waste school.
8. Lunch Service areas will be cleaned daily before lunch and long-range facilities planning will incorporate appropriate settings for eating lunch.
  - a. Lanikai School will promote healthy living and eating through the use of colorful signs and bright decorative walls.
9. Every student will be encouraged to bring a labeled bottle of water to lunch, physical education class, and to the classroom.
  - a. Lanikai School will provide drinking fountains with bottle filler stations in strategically placed locations to promote drinking of water.
10. Recycling of selected items will be encouraged.

11. Both physical education classes and outdoor recess will be provided for all students, weather permitting.
  - a. Developmentally appropriate physical education opportunities will be in place to accommodate children with disabilities that may restrict physical exercise.
  - b. Children must wear shoes or slippers when not inside a campus building. Closed-toe shoes are required for PE classes and field trips.
  - c. Parents are encouraged to have students apply sun block each morning at home. No sun block shall be applied by staff or students during school hours.
12. Lanikai School will promote movement through a variety of clubs, after- school activities, and Physical education.
  - a. Staff and parents will encourage students to participate in the numerous activities provided at Lanikai School. Programs available are running club, zumba, walking school bus, Jump Rope for Heart, lacrosse, karate, soccer and yoga.
  - b. Students will participate in a physical fitness test three times a year in order to test their fitness ability. The fitness test is tracked through Fitness Gram.
13. The Health and Safety Committee, in compliance with the Federal Child Nutrition and Hunger-free Kids Act of 2010, will, establish, implement, and monitor a plan for measuring the impact of implementation of the school's wellness policy. The assessment or report used by the school may be an assessment such as the USDA's School Health Index or an end-of-the-year summary report.

Adopted November 14, 2007

Amended March 12, 2008

Amended November 18, 2013

Amended November 25, 2014