

VI. HEALTH AND SAFETY

POLICY #4

NUTRITION AND WELLNESS

Whereas the Child Nutrition and WIC Reauthorization Act of 2004 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 Secretary of Agriculture;
- establishes a plan for measuring the impact and implementation of the school's wellness policy;
- 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 the health, safety, and well being of each student attending Lanikai School and provide guidance to school personnel and parents of our students in the area of nutrition, physical activity, and wellbeing, the board 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 Elementary student shall go hungry during the school day.

- If a child who 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.
- Otherwise the staff will provide a lunch and the cost will be passed on to the parent.

3. The Health and Safety Committee will establish nutrition guidelines for all foods provided by the school during the school day.

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 or reduced cost meals.

5. Parents are 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.

6. The K-6 curriculum shall integrate content and hands-on environmental, agricultural, and marine experiences 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.

7. Lunch service areas will be cleaned daily before lunch and long-range facilities planning will incorporate appropriate settings for eating lunch.

8. Friday afternoon fundraising snack sales and school parties will focus on nutritional foods with low fat and low sugar content.

9. Water coolers will be available in ample supply during the day and every student will take a labeled bottle of water to the physical education class.

10. Recycling of selected items will be encouraged.

11. Both physical education classes and outdoor recess will be provided for all students, weather permitting.

- Developmentally appropriate physical education opportunities will be in place to accommodate children with disabilities that may restrict physical exercise.
- Children must wear shoes or slippers when not inside a campus building. Closed-toe shoes are required for PE classes and field trips.
- Parents are encouraged to have students apply a sun block each morning. With the written consent of parents, sun block may be applied at school.
- Activities appropriate to inclement weather conditions will be provided.

12. The Health and Safety Committee, in compliance with the Federal Child Nutrition and WIC Reauthorization Act of 2004, 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, 4/3/13