



Ka'Umeke Kā'eo

Hawaiian Immersion Public Charter School

I N K E A U K A H A

Wellness Policy

Category: Student	Policy Description: Setting student wellness goals
Approved Date: 02/05/14	Replaces Policy Dated:
Effective Date: 02/05/14	Created By: Ka 'Umeke Kā'eo Governing Board Policy Committee

PURPOSE:

This policy sets goals for the wellness of Ka 'Umeke Kā'eo students.

DEFINITIONS:

POLICY:

SETTING NUTRITION EDUCATION GOALS

Ka 'Umeke Kā'eo (K'UK) will offer nutrition education for grades K-6 as a part of a sequential, comprehensive, standard based program designed to provide students with the knowledge and skills necessary to promote and protect their health. Ka 'Umeke will offer nutrition education not only in health education, but will integrate it into other subject areas of the curriculum, when appropriate, to complement, but not replace, the standards and benchmarks for health education.

- K'UK will promote the importance of students starting the day with a healthy breakfast, including the School Breakfast Program.
- K'UK will promote the importance of students eating a nutritious lunch and healthy snack, including participating in the National School Lunch Program.

SETTING PHYSICAL ACTIVITY GOALS

K'UK and the County of Hawai'i provide swimming lessons to grades K-6 eight days each school year at the local pool. Grades K-6 spends an hour each week in Physical Education (PE). Another form of physical activity that is done by our students is Papa Mala. Here the kid's plant and harvest food that is enjoyed by the students as well as their families.

ESTABLISHING NUTRITION STANDARDS FOR ALL FOODS AVAILABLE ON SCHOOL CAMPUS DURING THE SCHOOL DAY



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K'UK encourages parents to send healthy snacks for birthday and holiday celebrations. Examples might include: yogurt, fruit & vegetables, boxed raisins, frozen fruit bars, granola bars, etc. ... and 100% fruit juices instead of soda. A list of potential ideas will be sent home to parents.

SETTING GOALS IN THE SCHOOL MEALS PROGRAM

All reimbursable meals and snacks shall fulfill Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations. Meals feature fresh and minimally processed fruits and vegetables from local sources to the greatest extent possible.

SETTING GOALS FOR OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENT WELLNESS

K'UK encourages participation in supervised games during recess for grades K-6 such as flag football and kickball. K'UK also works with the community to create ways for students to participate in other physical activities in a safe location at times other than during regular school hours. For example, hoe wa'a (canoe practice) at Palekai, hula with Hālau 'o Kekuhi, flag & tackle Football with Keaukaha Warriors Football Association (KWFA), and hip-hop dance lessons with N2 Dance al Ke Kula 'o Nāwahīokalani'ōpu'u.

APPLICABLE PROCEDURES:

N/A

OTHER RELATED INFORMATION:

N/A