

State of Hawaii Wellness Guidelines Implementation Checklist

(Implements Board of Education Policy 1110-6)

To enable the development of life-long healthy habits, each of Hawaii’s public schools shall implement these Wellness Guidelines by the end of SY 2010-11.

SY of Completion	Committee Designation
	CD1 : The school has a designated committee or council that will regularly address school health issues.
	CD2 : The committee annually completes the School Health Index and utilizes the results and other data sources to identify priority areas and to monitor improvements in those areas.
	CD3 : Identified priority areas submitted in the Safety and Wellness Survey (SAWS).
	CD4 : Actions to address priority areas are reflected in the school Academic and Financial Plan.
	Nutrition
	NS1 : All reimbursable meals and snacks meet Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations.
	NS2 : All foods and beverages sold or served to students at school or school sponsored events (vending, concession stands, a la carte, fundraisers, student stores, and school parties) comply with the current USDA Dietary Guidelines.
	NS3 : Nutrition information for products offered in snack bars, a la carte, vending, etc. is readily available near the point of purchase.
	NS4 : Food and beverage providers promote positive nutritional messages on school property.
	NS5 : Meals feature fresh and minimally processed fruits and vegetables from local sources to the greatest extent possible.
	Nutrition Education and Health Education
	NH1 : All required health education classes include a focus on knowledge and skills that support healthy eating and are aligned with the Hawaii Content and Performance Standards for Health Education.
	NH2 : The school promotes the importance of students starting the day with a healthy breakfast, including participation in the School Breakfast Program.
	NH3 : The school promotes the importance of students eating a nutritious lunch & healthy snacks, including participation in the National School Lunch Program and After School Snack Program (if applicable).
	NH4 : All required health education classes have instructional periods totaling a minimum of 45 minutes per week for grades K-3, 55 minutes per week for grades 4-5, 107 minutes for elementary grade 6, and 200 minutes per week for secondary grades 6-12.
	NH5 : Nutrition education is integrated into other areas of the curriculum such as math, science, language arts, and social studies.

SY of Completion	Physical Activity and Physical Education
	PA1 : All required physical education classes are aligned with the Hawaii Content and Performance Standards for Physical Education.
	PA2 : Secondary school's Physical Education department provides support for participation in physical activity outside of physical education class.
	PA3 : All students have at least 20 minutes a day of supervised recess, during which students are encouraged to participate in moderate to vigorous physical activity.
	PA4 : All required physical education classes have instructional periods totaling a minimum of 45 minutes per week for grades K-3, 55 minutes per week for grades 4-5, 107 minutes per week for elementary grade 6, and 200 minutes per week for secondary grades 6-12.
	PA5 : The school ensures that state-certified physical education instructors teach all physical education classes and have a student/teacher ratio similar to other classes.*
	PA6 : The school provides information to families to help them incorporate physical activity into students' lives.
	PA7 : The school discourages extended periods (i.e., periods of two or more hours) of inactivity.
	PA8 : When mandatory school-wide testing makes it necessary for students to be inactive for extended periods of time, schools will give students periodic breaks to stand and be moderately active unless the testing protocol specifies otherwise.*
	PA9 : The school does not use or withhold physical activity as punishment.
	Professional Development
	PD1 : All applicable role groups including the School Food Service staff are given the opportunity to receive professional development in Hawaii's Wellness Guidelines, health, nutrition, and physical education, and healthy school meals

* Guideline is conditional and not mandatory at this time.

Resources

- On-line Toolkit at: <http://doe.k12.hi.us/foodservice/toolkit/index.htm>
- Office of Business Services – School Food Service Branch
Glenna Owens 733-8400
- Department of Health:
Cathy Ross 586-4437 or Jennifer Ryan 586-4490
- Office of Hawaii Child Nutrition Programs
Sue Uyehara 587-3600