

**Volcano School of Arts & Sciences  
P.O. Box 845-0845  
Volcano, HI 96785**

***PREAMBLE***

Volcano School of Arts & Sciences recognizes that there is a link between nutrition education, the food served in schools, physical activity, and environmental education, and that wellness is affected by all of these. The Board also recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school.

**Volcano School of Arts & Sciences  
Wellness Policy  
School Year – 2011-2012**

\_\_\_\_\_  
Principal (Print)                      Principal (Signature)                      Date

\_\_\_\_\_  
Health/P.E. Teacher (Print)                      Health/P.E. Teacher (Signature)                      Date

\_\_\_\_\_  
Food Service Manager (Print)                      Food Service Manager (Signature)                      Date

\_\_\_\_\_  
Parent (Print)                      Parent (Signature)                      Date

\_\_\_\_\_  
Student (Print)                      Student (Signature)                      Date

\_\_\_\_\_  
School Board Member (Print)                      School Board Member (Signature)                      Date

## **Nutrition & Health Education**

**The aim of nutrition education is to facilitate the adoption of healthy eating and other health-promoting, nutrition-related behaviors. Nutrition education occurs in the classroom as well as in the larger school community.**

Students will gain an understanding of proper nutrition and nutrition practices. The staff responsible for each individual classroom will provide basic knowledge of nutrition combined with skill-based practice activities and will use instructional techniques and strategies designed to promote healthy eating habits.

- Healthy snacks served daily in many classrooms. On Tuesday and Thursday, we receive fresh fruits and/or vegetables from the FFV program and these are distributed to classes K-6. Otherwise, teachers and parents bring healthy snacks to the classrooms.
- Students involved in decisions of healthy snacks for field trips.
- Organization of food drive with instruction of food labels and food pyramid.
- Science projects concerning food and energy
- Science classes concerning human systems, developing brochure about diseases with each system.
- Continuing education in K - 8 concerning principles of avoiding colds and flu, especially hand washing.
- Weekly reminders to parents concerning healthy snacks.
- Counselor provides individual, group and class sessions concerning anger management, group interaction, etc.
- Anatomy, sex education and safe practices sessions geared to 5<sup>th</sup> through 8<sup>th</sup> grade yearly.
- There are no vending machines on campus.

## **Physical Activity**

**Every student should be provided with the opportunity to develop the knowledge and skills necessary to participate in physical activities that assist in maintaining physical fitness and promotes a healthy lifestyle. A comprehensive physical activity program includes: physical education, recess, and before- and after-school physical activity programs.**

Volcano School will educate students about the value of physical activity, and provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain health-related physical fitness, to participate regularly in physical activity, and to understand the short and long term benefits of a physically active and healthy lifestyle.

- Recess for K-5, 2 times a day with encouragement for active games.
- Organized movement classes for grades 1-5 – 2 days a week for 45 minutes.
- Two Elective movement classes for middle school – weekly for 45 minutes, most of the students attend.
- After school enrichment classes: gymnastics, track and field, and soccer are examples.
- All movement classes incorporate the benefits of exercise, i.e. flexibility, strength and endurance, correct breathing, cool down and stretching techniques, safety of sports.
- Individual teachers integrate movement in the classroom using songs, alphabet and math to keep students active.
- Middle schoolers enrolled in the Theatre group.
- Kindergartners being exposed to relaxation techniques

## **School Meals**

**Schools meals model healthy food choices and combinations.**

**At a minimum, Volcano School will serve reimbursable meals that meet USDA's requirements as well as follow principles of the Dietary Guidelines for Americans.**

Food and beverages sold or served as part of federally reimbursed meal programs will meet the nutrition recommendations of the current United States Dietary Guidelines for Americans, such as: No more than 30 percent of total calories from fat, averaged over a week. No more than 10 percent of total calories from saturated fat, averaged over a week. Meals served through the Child Nutrition Programs will: be appealing and attractive to children of various ages and diverse backgrounds, be served in clean, safe, and pleasant settings, and strive to offer fresh fruit and vegetables daily in each meal, including only one percent fat and nonfat milk options. We will provide whole grains whenever possible and introduce new whole grain products as they become available. Volcano School will offer lunch under the nutritional guidelines of the USDA's National School Lunch and Breakfast Program. Volcano School will ensure that families are aware of need-based programs for free or reduced price meals and that eligible families may apply.

A lunchroom environment that provides students with a relaxed, enjoyable climate will be maintained. It is encouraged that the lunchroom environment be a place where students have adequate space to eat and pleasant surroundings; adequate time for meals, and convenient access to hand-washing facilities before meals.

## **Nutrition Standards**

**Establish standards to address all foods and beverages sold or served to students, outside of the school meal programs. The standards will focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size.**

This year, Volcano School became involved in the Fresh Fruits and Vegetable program. Students K-6 receive fresh fruits or vegetables 2 times a week. At the time of service, the teachers incorporate the produce into instructional programs appropriate to the fruit offered.

Volcano School will not use foods or beverages as rewards for academic performance or good behavior unless it meets the standards of food or beverages sold individually or unless this practice is allowed by a student's Individual Education Plan (IEP) or Behavior Health Plan (BHP) and will not withhold food or beverage as punishment. Rewards and incentives will be used that do not undermine the health of students or reinforce unhealthy eating habits.

School staff shall encourage healthy food choices in the school environment in activities such as: Fundraisers, Concession Stands, School Stores, food brought from home for classes or groups of students, student rewards, school parties, celebrations, dances, athletic events, concerts, picnics, field days, fairs, festivals, etc. Healthy food choices should be considered that include items such as: fresh fruit, fresh vegetables, low fat pretzels, 100% juice, bottled water, fruit smoothies, air-popped popcorn, low fat cereal bars, milk, low fat or fat free yogurt, animal crackers, vanilla wafers, trail mix/raisins, etc.

Volcano School encourages parents to send in healthy snacks for birthday and holiday celebrations. Examples might include: yogurt, fruit snacks, boxed raisins, frozen fruit bars, fruit, granola bars, etc... and 100% fruit juices instead of pop and cupcakes. Teachers send home a list of potential ideas to parents.

## **Other School-Based Activities**

### **Staff Wellness**

School staff serves as role models for students and are the key to successful implementation of student wellness programs. The school highly values the health and well-being of every staff member and will offer educational activities that support personal efforts by staff to maintain a healthy lifestyle. The staff will be encouraged to model healthful eating and physical activity habits to demonstrate support of healthy lifestyle habits to the students.

### **After-school programs**

After-school programs includes supervision by trained staff, and provides developmentally and age-appropriate physical activity for all participants. We encourage healthy eating habits in after school programming that services our students.

### **Coordinated School Health approach**

It is the goal of Volcano School to promote the students' physical, emotional, and social well being through a coordinated and comprehensive school health program. This includes providing a healthy physical and psychological environment, school nurse or health aide services, nutritious school meals, health education, yearly flu immunizations and opportunities for physical education and activity.

### **Community/family involvement**

Volcano School will provide information about ways to promote healthy lifestyles.

We encourage parents to provide healthy lunches and snacks and to refrain from including beverages and foods that do not meet good nutrition standards for foods and beverages.

## **Sustainable food practices**

Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens, and no disposable tableware will be used whenever possible.

Volcano school shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products.

Volcano School maintains a recycling program.

## **Measurement and Evaluation**

**An individual or group must be responsible for ensuring that the policy is implemented. The assignee will monitor the implementation of the policy, execute a plan for evaluating its effectiveness and report to school authorities, parents and/or the community.**

An assessment of the school's existing nutrition and physical activity environment and policy will be completed annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the wellness committee will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements.