



W I N T E R 2 0 1 3

# HCNP News

Hawaii Child Nutrition Programs: NSLP, FFVP, Team Nutrition

## 2012-13 FFVP SCHOOLS

### DOE Honolulu District:

Anuenue • Kalihi Uka • Kalihi Waena •  
Kapalama • Kauluwela • Kuhio • Linapuni •  
Lincoln • Lunalilo • Palolo

### DOE Central District:

Ka'ala • Solomon • Waialua

### DOE Leeward District:

Ewa Beach • Nanaikapono • Nanakuli • Pearl  
City • Waianae • Waikale • Waipahu

### DOE Windward District:

Benjamin Parker • Kahalu'u • Laie • Waiahole

DOE Hawaii District: Ha'aheo • Hilo Union •  
Holualoa • Honaunau • Honokaa • Hookena •  
Kalaniana'ole • Kaumana • Kea'au •  
Kealakehe • Keaukaha • Keonepoko • Ke  
Kula O Ehunuikaimalino • Kohala • Mt. View •  
Na'alehu • Pa'auilo • Pahala • Paho •  
Waiakea • Waiakea-Waena • Waimea

DOE Maui District: Haiku • Kahului • Kihei •  
King Kamehameha III • Lihikai • Makawao •  
Maunaloa • Paia/ Kalama • Princess  
Nahienaena • Pukalani • Wailuku

### DOE Kauai District:

Kapa'a • Kekaha • King Kaumualii • Koloa

### CHARTER SCHOOLS:

Hawaii Academy of Arts and Science PCS \*  
Ka'umeke Ka'eo Hawaii PCS • Kamaile  
Academy • Kanu O Ka Aina New Century  
PCS • Ke Kula Niihau O Kekaha • Ke Kula O  
Nawahiokalani Opu'u Iki PCS • Kona Pacific  
PCS • Kualapu'u School • St. Catherine  
School • St. Joseph School • Volcano School  
of Arts & Sciences • Waters of Life PCS



Principal Evelyn Aczon Hao



## Kuhio Elementary School's Wellness Policy Works

Even with increased pressure to improve her students' academic performance, Kuhio Elementary School Principal Evie Hao has always focused on the whole child. She works tirelessly to make sure that her teachers and staff remember their school's mission: "To provide a safe environment in which students value themselves and others, while developing socially, intellectually and physically, in the pursuit of excellence." Mrs. Hao truly believes that children learn better when they are healthy and that the whole Kuhio community must be nurtured. Mrs. Hao and staff have created a beautiful campus with murals, sculptures, vertical gardens and one of Hawaii's most developed School Wellness Committee and Wellness Plan. (Continued on page 2 )

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A graphic for  
Hawaii's schools to  
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school's PAN Plan

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New requirements  
for Local Wellness  
Policies from  
HHFKA 2010

# Kuhio Elementary School Wellness Plan



## Excerpts from Kuhio School's Wellness Plan:

Children learn better when they are healthy. Health is not just the absence of illness, injury or disease, but is a positive condition based on nutrition, exercise and positive attitudes. This condition not only prevents illness and injuries, but promotes a sense of wellness that nurtures learning and healthy living.

Mandated by Section 204 of Federal Public Law 108-265, also known as the Child Nutrition and WIC Reauthorization Act of 2004, each individual school that receives federal funding for reimbursable meals will have a school wellness plan in place by the end of the 2010-2011 school year. The Hawaii Department of Education (DOE) issued an amended Health and Wellness Safety Policy (1110-6) in 2006 to support and guide schools in this effort. Schools should have a plan in place that addresses the following:

1. Goals for nutrition education, physical activity and other school based activities that are designed to promote student wellness.
2. Nutrition guidelines for all foods that are served or sold on each school campus during the school day with the objective of promoting school health and reducing childhood obesity.
3. A plan for measuring the implementation of the Wellness Policy.

Under the direction and encouragement of Principal Evelyn Hao, a Wellness Committee was formed in October 2009, chaired by Malachy Grange, RN and Public Health Nurse for Kuhio School. The committee's main goal was to develop and implement the school's own Wellness Plan. The committee consisted of:

- Principal
- Public Health Nurse
- PE Teacher
- PTA President

- Parent
- Cafeteria Manager
- School Health Aide
- School Counselor
- 21<sup>st</sup> Century Grant Coordinator
- IT Resource Teacher/Student Activities Coordinator

The Committee consulted and utilized government and community agencies and programs as resources including:

- DOH/DOE Healthy Hawaii Initiative Wellness Guidelines

<http://doe.k12.hi.us/foodservice/toolkit/index.htm>

- Coordinated School Health Program
- Various other public and private agencies, programs and references

## KUHIO ELEMENTARY SCHOOL'S WELLNESS INITIATIVES INCLUDE:

- Comprehensive Physical Education classes
- A variety of health promotion and educational activities, including videos created by students
- Positive Action "word of the week" messages in bulletin and video broadcasts by students, emphasizing mental and social health
- Access to community wellness classes such as Zumba, yoga and aerobics
- Free fruit and vegetable snack program for students (USDA Fresh Fruit & Vegetable Program)
- Beautiful gardens that remind us of our connection to the earth
- A great wellness page on the school's excellent website:

[http://www.kuhio.k12.hi.us/Kuhio\\_Elementary/Wellness\\_Works.html](http://www.kuhio.k12.hi.us/Kuhio_Elementary/Wellness_Works.html)

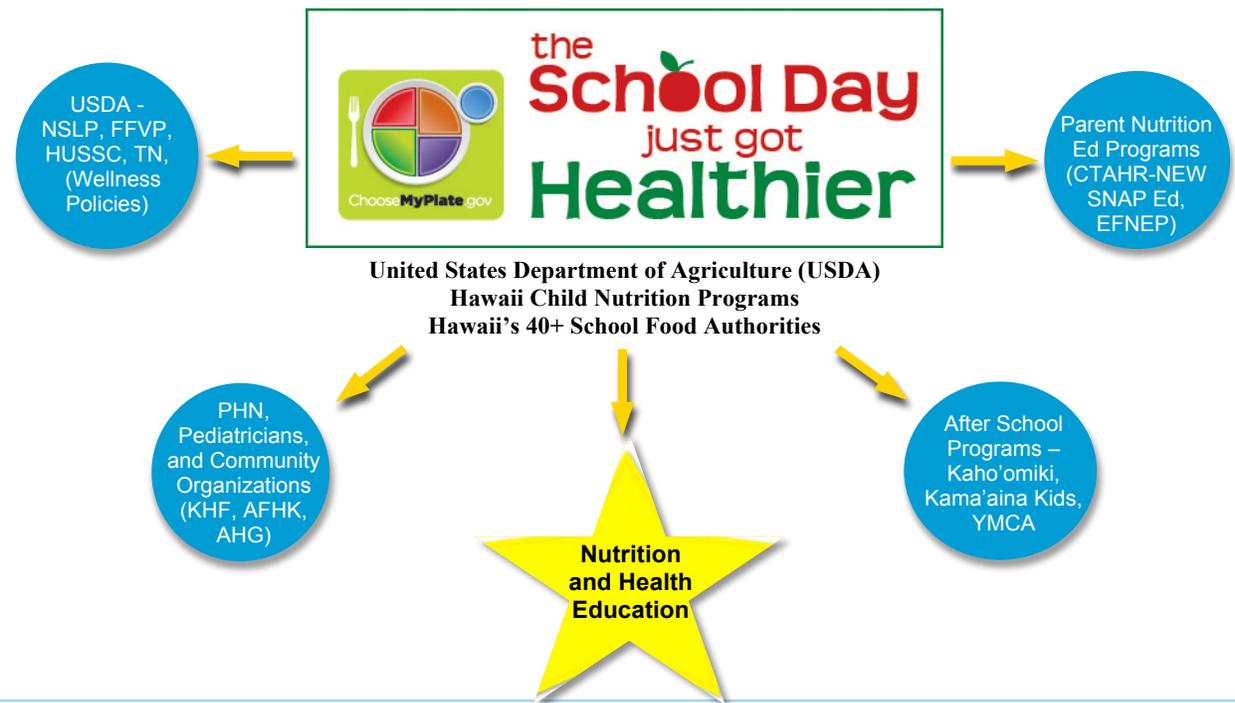
Click on the link above to take a look at one of Hawaii's most developed Wellness Guidelines.

This graphic combines the Comprehensive School Physical Activity Program developed by national organizations NASPE and AAHPERD with the USDA’s nutrition education campaign, School Day Just Got Healthier. This diagram offers schools a vision of how to develop and implement the Physical Activity and Nutrition Education components of their School’s Wellness Plan.



**Comprehensive School Physical Activity Program**

**Coordinated School Nutrition Education Partners**



## SPOTLIGHT: Healthy Schools

### Kihei PCS, Hawaii's 1<sup>st</sup> HUSSC School

On October 18, Cecelia Camp, Food Service Manager for Kihei Public Charter School on Maui was presented with the HealthierUS School Challenge (HUSSC) Bronze Level Certification, the first ever in Hawaii. Kihei PCS was commended for their efforts to encourage good nutrition and physical activity.



### FFVP Read Aloud Night

On the eve of Elections Day, Enchanted Lake Elementary School Librarian Terry Korpi invited FFVP Coordinator Jennifer Dang to her school's Pajama Night. After eating their pizza dinner, kids helped man animal puppets while Jennifer read "The Little Red Hen (Makes a Pizza)" and parents helped tickle kids while she read "Pete's a Pizza".

### Team Nutrition Grant

Hawaii Child Nutrition Programs (HCNP) was recently awarded a highly competitive \$233,000 USDA Team Nutrition Grant to assist Hawaii schools in their efforts to increase students' fruit and vegetable consumption, compliance to School Wellness Policies, and to support schools applying for the HealthierUS School Challenge.



### Hawaii 5210 Keiki Run, Feb. 16th

The 2013 Hawaii 5210 Keiki Run presented by Kaiser Permanente is set for Saturday, February 16 at 8 am. The 1.5 mile untimed race starts and ends at the Great Aloha Run Expo at the Neal S. Blaisdell Center Exhibition Hall on Ward Avenue. Participating schools receive 100% of the race proceeds. Go to [hawaii5210.com](http://hawaii5210.com) for registration info.



**USDA NEWS:** In 2013, Hawaii Child Nutrition Programs will ask all schools to review their Wellness Policies as required by the Healthy, Hungry-Free Kids Act of 2010. Listed below is a summary chart that compares the 2004 and 2010 requirements for Local Wellness Policies (LWP).

	<b>Old Requirements</b> <b>Child Nutrition WIC Reauthorization Act,</b> <b>2004</b>	<b>New Requirements</b> <b>Healthy, Hunger-Free Kids Act of</b> <b>2010</b>
<b>Overview</b>	<b>Directs local educational agencies (LEAs) to have in place a LWP for each school under its jurisdiction.</b>	<b>Strengthens LWPs and adds rules for public input, transparency, and implementation.</b>
<b>Elements of the Local School Wellness Policy</b>	LWP to include, at a minimum, goals for nutrition education, physical activity, and other school-based activities to promote student wellness, as well as nutrition guidelines for all foods available on school campus.	In addition to the 2004 requirements, the LWP is also to include goals for <u>nutrition promotion</u> .
<b>Stakeholder Involvement</b>	LEAs are required to involve parents, students, and representatives of the school food authority, the school board, school administrators and the public in the development of LWP.	In addition to the 2004 requirements, LEAs are now required to permit <u>teachers of physical education and school health professionals</u> to participate in the development of LWP.
<b>Stakeholder Participation</b>	The stakeholders named above are required to participate in the development of the LWP.	In addition to the 2004 requirements, LEAs are now required to permit <u>all stakeholders named above and in 2004</u> to participate in the <u>implementation and periodic review and update</u> of LWP.
<b>Local Discretion</b>	LEAs can determine the specific policies appropriate for the schools under their jurisdiction, provided that those policies include all required elements specified in the Act.	Same as 2004 requirement.
<b>Public Notification</b>	None.	LEAs are required to inform and update the public (including parents, students, and others in the community) about the content and implementation of the LWP.
<b>Measuring Implementation</b>	LEAs are required to establish a plan for measuring implementation of the LWP.	LEAs are required to measure periodically and make available to the public an assessment on the implementation of LWP, including the extent to which schools are in compliance with LWP, the extent to which the LWP compares to model LWP, and to describe the progress made in attaining goals of LWP.
<b>Local Designation</b>	LEAs are required to establish a plan for measuring implementation of the LWP, including designation of one or more persons within the LEA or at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the LWP.	LEAs are required to <u>designate one or more LEA officials or school officials</u> , as appropriate, to ensure that each school complies with the LWP.



## HAWAII CHILD NUTRITION PROGRAMS

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This institution is an equal  
opportunity provider.



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*"We realize that our students feel better, perform better and are generally healthier when they eat a fresh fruit or vegetable snack between breakfast and lunch. For tangible, measurable proof, our testing scores went up."  
A 2012 FFVP School*

## FRESH FRUIT & VEGETABLE PROGRAM REMINDERS!

- **CLAIMS:** Claims are DUE on the 10<sup>th</sup> of each month following the claim month, with a FINAL SUBMISSION DEADLINE on the last day of the month following the claim month for claims requiring corrections or revisions. Claims must be valid in all respects.
- **CLAIM MONTHS:** Please make sure the months on the claim form is for the current year (2013).
- **FFVP PRODUCTS:** Fresh fruit and vegetables purchased through the FFVP must be eaten as a snack on campus within the school day.
- **NEW ITEMS:** Serve your students' favorites, but continue to introduce new items.
- **DIPS FOR VEGETABLES:** Only low-fat yogurt-based, or other low-fat, non-fat dips are only allowed for vegetables.
- **PRECUT:** For convenience, purchase precut and pre-portioned fruits and vegetables.
- **PREPARED VEGETABLES:** Fresh (not canned, frozen, dried or otherwise processed) vegetables that are cooked, is limited to once-a-week and must always include a nutrition education lesson related to the prepared item.
- **NUTRITION EDUCATION:** Incorporate nutrition education into the daily curriculum, preferably during the service of fresh fruits and vegetables.
- **FOOD SAFETY:** Always practice proper handling and storage of fresh produce to prevent spoilage and loss.