

Wellness

All schools participating in the National School Lunch Program (NSLP) are required by Federal Law (Public Law 108-265, section 204) to establish a local school wellness policy no later than the first day of the 2006-2007 school year.

A "Wellness policy", at a minimum, shall include:

1. goals for nutritional education, physical activity, and other school based activities that are designed to promote student wellness;
2. nutritional guidelines for all foods available on each school campus during the school day with the objectives of promoting student health and reducing childhood obesity;
3. assurance that guidelines for reimbursable school meals are not less restrictive than federal guidelines;
4. a plan for measuring implementation of the wellness policy, including designation of one or more persons at each school charged with the responsibility for ensuring that the school meets the wellness policy; and
5. involvement of parents, students, representatives of the school food authority, school board, school administrators and the public in the development of the school wellness policy.

Resource Links and more information:

<http://www.actionforhealthykids.org/wellnesstool/index.php>

<http://teamnnutrition.usda.gov/healthy-schools.html>

DOE schools: What do you need to do?

Review the DOE Wellness Guidelines that are posted on the DOE Website:

http://doe.k12.hi.us/foodservice/070814memo_wellness.htm

- Create an energetic team of wellness advocates who can implement exciting ways to model healthy living at school.
- Promote the idea of wellness.

Public Charter Schools, Private Schools, and Residential Child Care Institutions (RCCI): What do you need to do?

Start NOW! Public Charter, private and RCCI schools are responsible for establishing a Wellness Policy and Program that meets their unique needs.

Please contact the OHCNP if you are interested in receiving assistance in developing your agency's Wellness Policy.

Why do we need Wellness Guidelines?

- Healthy students are better able to learn!
- Eating habits and active lifestyles developed in childhood affect health throughout life.
- All children deserve nutritious and safely prepared food.
- Health and success are interrelated!
- Puts responsibility at the local level: where everyone can be involved.
 - Schools have a critical role in curbing the epidemic of childhood obesity by providing opportunities to create an environment

What legacy can you leave your child that doesn't cost anything?

WELLNESS!!!

If you would like to share your ideas or need assistance,
please contact Alice Toguchi-Matsuo or Kenneth Ortiz.

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