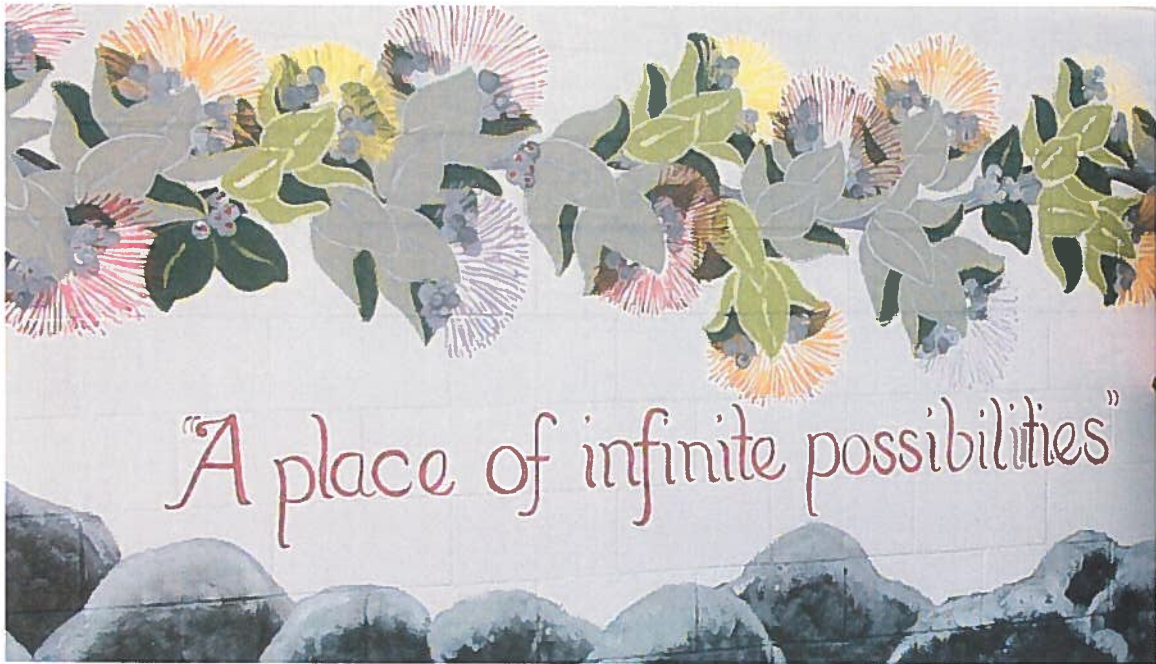


WAIMEA MIDDLE PUBLIC CONVERSION CHARTER SCHOOL



WELLNESS POLICY

December 2013

67-1229 Mamalahoa Highway
Kamuela, Hawaii 96743
www.WaimeaMiddleSchool.org

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WAIMEA MIDDLE PUBLIC CONVERSION CHARTER SCHOOL

WELLNESS POLICY: Stakeholder Commitment

December 2013

PRINT NAME:

SIGNATURE:

Matt Home Principal Matt Home Principal 12/4/13 Date

Amy Kendzioriski Vice Principal Amy Kendzioriski Vice Principal 12/4/13 Date

Kamana Beama Local Advisory Panel Chair Kamana Beama Local Advisory Panel Chair 11/24/14 Date

Nancy Lindsey Family Member Nancy Lindsey Family Member 12-5-13 Date

Chance Page Student Chance Page Student 12-5-13 Date

Patti Cook Community Liaison Patti Cook Community Liaison 12-7-13 Date

Tanya Malani Health Aide Tanya Malani Health Aide 12-5-2013 Date

Mary McArthur Counselor Mary McArthur Counselor 12/5/13 Date

Lorna Munnisto Health Teacher / PE Teacher Lorna Munnisto Health Teacher / PE Teacher 12/5/13 Date

Guy Newbury Physical Education Teacher Guy Newbury Physical Education Teacher 12/4/13 Date

Alethea Lai Mala'ai Executive Director Alethea Lai Mala'ai Executive Director 12/2/13 Date

Patricia Rice Title I Coordinator Patricia Rice Title I Coordinator 12/2/13 Date

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Vision: Waimea Middle School – A Place of Infinite Possibilities

Mission: “Waimea Middle School empowers all students with the skills, values, and cultural understanding to successfully navigate high school and beyond.”

Our beliefs about teaching and learning at WMPCCS:

- Student success is a responsibility shared by all stakeholders: students, families, teachers and staff, administrators and the community.
- All students are unique and deserve a rigorous, creative and nurturing school environment that encourages them to realize their individual goals and aspirations as they move through the formative middle school years.
- Students benefit from learning opportunities that are culturally relevant and encourage appreciation and respect for diversity.
- It is the school’s shared responsibility to develop students’ critical thinking skills necessary for success in the 21st century.
- Quality curriculum and instruction, as well as ongoing assessment, are critical elements for student success.

School Wide Learning Results:

With our focus on educating the whole child, Waimea Middle School seeks to ensure that our students become competent learners who embody our core values of:

I **‘IKE**

- Recognize and produce quality work
- Demonstrate developmental competency in academics
- Communicate effectively
- Understand and appreciate culture

K **KAIZEN**

- Demonstrate continued academic growth
- Use complex thinking and problem-solving skills
- Develop personal strengths and interests

A **ACCOUNTABILITY**

- Set priorities and establish achievable goals for one’s own learning
- Plan and manage time and resources to achieve goals
- Monitor progress and evaluate learning experiences
- Utilize technology effectively and ethically

I **INTEGRITY**

- Understand and follow rules and codes of conduct
- Demonstrate responsible and ethical behavior
- Develop habits that are individually and environmentally responsible

R **RESPECT**

- Respect similarities and differences in others
- Respond to cultural differences with understanding, knowledge and consideration
- Serve others and the community

‘Ike - Knowledge: To see, feel, know, experience, understand

Kaizen – Trying every day to be better than the day before

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SHARED VALUES: It is the responsibility of Waimea Middle PCCS to address the academic, physical, mental, emotional and social well-being of our entire learning community. We recognize that when wellness needs are met, we attain higher levels of achievement. We also believe that there is a link between nutrition education, the food consumed in our school, and physical, social, cultural and environmental education. We believe that wellness is affected by all of these. Whenever possible, we will provide nutritious, fresh, locally grown food that reflects Hawaii's cultural diversity.

STATE OF HAWAI'I WELLNESS GUIDELINES: As a public conversion charter school, we support and implement the State of Hawai'i Wellness Guidelines which are based upon the following principles:

- Healthy students are better able to learn;
- Eating habits and active lifestyles that are developed in childhood will affect health throughout life;
- All children deserve nutritious and safely prepared food;
- Standards based Health Education, including a focus on skills and knowledge relating to nutrition must be provided;
- Standards based Physical Education as well as daily physical activity must be provided.

HEALTH AND NUTRITION EDUCATION

“No knowledge is more crucial than knowledge about health. Without this, no other life goal can be successfully achieved.”

--The Carnegie Foundation Report on Secondary Education in America

HEALTH EDUCATION AT WAIMEA MIDDLE PCCS: The purpose of health education is to enable students to become health literate. In order to do this, students need to obtain, interpret, and understand basic health information and services in ways which enhance health. The content of all health classes at Waimea Middle PCCS includes the most important and enduring ideas, issues and concepts related to achieving good health. Nutrition education is one aspect of the health education program.

NUTRITION EDUCATION AT WAIMEA MIDDLE PCCS: The purpose 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 in the larger school community.

All 6th, 7th and 8th Grade students at Waimea Middle PCCS are provided with a health education class each year. The content of all health classes is aligned with the Hawai'i Content and Performance Standards and is designed to address the academic, physical, mental, emotional and social well-being of our students.

The following standards are addressed in middle school health classes. Benchmarks vary by grade level.

- Standard 1: CORE CONCEPTS: Understand concepts related to health promotion and disease prevention
- Standard 2: ACCESSING INFORMATION: Access valid health information and health promoting products and services
- Standard 3: SELF-MANAGEMENT: Practice health enhancing behaviors and reduce health risks
- Standard 4: ANALYZING INFLUENCES: Understand the influences of culture, family, peers, media, technology, and other factors of health
- Standard 5: INTERPERSONAL COMMUNICATION: Use interpersonal communication skills to enhance health
- Standard 6: DECISION-MAKING AND GOAL SETTING: Use decision-making and goal setting skills to enhance health
- Standard 7: ADVOCACY: Advocate for personal, family and community health

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PHYSICAL EDUCATION

“A Physically Educated Person learns skills necessary to perform a variety of physical activities, is physically fit, participates regularly in physical activity, and knows the implications of and benefits from involvement in physical activity, and values physical activity and its contributions to a healthful lifestyle.”

– National Association for Sport and Physical Education

PHYSICAL EDUCATION AT WAIMEA MIDDLE PCCS: The Waimea Middle School Physical Education program facilitates the development of physically active lifestyles and is needed to increase the physical competence, health-related fitness, personal responsibility and enjoyment of physical activity for all students so they can be physically active for a lifetime. Physical education courses provide an environment where students can learn, practice and are assessed on developmentally appropriate motor skills, social skills and knowledge acquisition.

All 6th, 7th and 8th Grade students at Waimea Middle PCCS are provided with a physical education class each year. The content of all physical education classes is aligned with the Hawaii Content and Performance Standards and is designed so that students can become more aware of physical activities available to them and their growing levels of skills and knowledge of movement and fitness. Students learn concepts and principles related to health-enhancing fitness and basic strategies that can be applied to a variety of innovative and traditional physical activities. Students identify personal preferences for activities and begin to become regular participants.

The following standards are addressed in middle school physical education classes. Benchmarks vary by grade level.

- Standard 1: MOVEMENT FORMS: Use motor skills and movement patterns to perform a variety of physical activities
- Standard 2: COGNITIVE CONCEPTS: Understand movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities
- Standard 3: ACTIVE LIFESTYLE: Participate regularly in physical activity
- Standard 4: PHYSICAL FITNESS: Know ways to achieve and maintain a health-enhancing level of physical fitness

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OTHER OPPORTUNITIES FOR HEALTH AND WELLNESS AT WAIMEA MIDDLE PCCS

COMPREHENSIVE STUDENT SUPPORT SYSTEM: Waimea Middle PCCS believes the overall well-being of our students is essential to learning and recognizes that middle school students need additional supports:

- **Positive Behavior Supports and Anti-Bullying:** All staff and students are provided with lessons, counseling and strategies to minimize bullying to ensure safety and physical and emotional well-being.
- **Counseling:** The counselors provide both one-on-one and group counseling of students and families, and also on linking students to a variety of community-based and school level supports that lead to academic, social, emotional and career success.
- **Student Advisories:** The school recognizes the value of ensuring that every student is able to make a lasting connection with at least one caring adult who can serve as a mentor or role model. Thus, the school provides time daily for student advisories which assure this type of individualized teacher-student interaction and support. School staff also provide advisory lessons and opportunities to address a wide range of student and school needs including 'Ike Hawai'i cultural learning, anti-bullying and student-family communications.
- **Student Leadership:** The school provides students with opportunities to plan, implement and evaluate a variety of programs and activities to develop leadership skills through team building, problem solving and goal-setting experiences both in and out of school.
- **Connecting for Success Grant:** The school has received a three year grant from the Hawaii Community Foundation which provides targeted students with the supports they need to be successful in school and beyond. Individual student learning plans are completed for each student, and community mentors provide support and encouragement.
- **Community Partnerships:** The school seeks partners and mentors to supplement and enrich the learning environment. This includes physical activities, as well as performing and visual arts, robotics, etc. In partnership with the local Kahilu Theatre Foundation, the after school K(Arts) Program gives students opportunities to experience drama, dancing (hip-hop, Tahitian, hula, etc.), stage production, drumming and other art related classes.

SCHOOL SAFETY PLAN: The school has a comprehensive Safety Plan monitored by a work group that oversees and implements policies and procedures including regular facilities inspections and emergency response drills.

MORNING RECESS: All students participate in a supervised mid-morning recess during which physical activity is encouraged and appropriate playground space and sports equipment are provided.

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LUNCH RECESS: There is time built into the lunch period for students to engage in additional supervised physical activity. Appropriate playground space and sports equipment are provided.

INTRAMURAL PROGRAM: All grade levels participate in team sports within their advisory/elective classes weekly. Student teams organize, plan and implement this intramural program.

AFTER-SCHOOL ATHLETICS PROGRAM: The school offers a growing after school athletics program to all students wishing to participate. Basketball, volleyball, cross country and track and field are some examples of the sporting teams that wear our school uniform with pride in competitions. This program is run by our Head Custodian who serves as our Athletic Director after hours and who arranges coaches, monitors academics and behavior of students participating and arranges transportation for sporting events.

MAKAHIKI TEAM: The school offers students the opportunity to participate on the Makahiki Team. Lead by our 'Ike Hawai'i Resource Teacher, the team honors the Hawaiian culture through learning of various Makahiki games or activities and participates in the annual Makahiki tournament held in Waimea.

ENVIRONMENTALLY FRIENDLY PRACTICES: The school maximizes the reduction of waste by recycling, reusing, compositing, and purchasing recycled products whenever possible. The school utilizes healthful, environmentally friendly products whenever possible.

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NUTRITION POLICIES AND GUIDELINES

FOODS SERVED ON CAMPUS: Waimea Middle PCCS participates in the United States Department of Agriculture (USDA) National School Lunch and Breakfast Program. All students are encouraged to participate in breakfast and lunch opportunities, and the school ensures that all families are aware of need-based programs for free or reduced price meals. The school arranges its bus schedule and its bell schedule so the minimum time allowance for consumption of meals (ten minutes for breakfast and twenty minutes for lunch) is met.

Nutrition Guidelines for All Foods on Campus:

- All reimbursable meals and snacks shall meet or exceed Federal nutrient standards as required by the USDA Child Nutrition Program regulations.
- All foods and beverages sold at school to students must meet or exceed current USDA Dietary Guidelines (including vending and ala carte items).
- Nutrition information for products offered in snack bars, ala carte, vending, etc. is readily available near the point of purchase.
- Food/beverage providers must promote positive nutritional logos and trademarks on school grounds.
- Meals feature fresh and minimally processed fruits and vegetables from local sources to the greatest extent possible.
- The following items are not sold anywhere on school property:
 - Foods of minimal nutritional value (FMNV) as defined by USDA regulations;
 - All food and beverage items listing sugar, in any form, as the first ingredient, such as candy.
 - Foods containing trans fats.
- All snack items sold or served anywhere on school property, including items sold in ala carte lines and fundraisers, provided in classrooms, or served in the reimbursable After School Snack Program, must meet the Institute of Medicine (IOM) standards per serving based on the nutrition facts label or U.S. Food and Drug Administration-established serving size reference amount:
 - Calories \leq 200 calories
 - Total Fat \leq 8 grams (with the exception of nuts and seeds)
 - Saturated Fat \leq 2 grams
 - Trans Fat ZERO
 - Sodium \leq 200 mg
 - Sugar \leq 8 grams
 - Dietary Fiber \geq 2 grams (snacks with $<$ 2 grams of dietary fiber are currently available)
- All beverages sold or served to students at school or at school sponsored functions must comply with current IOM guidelines. Beverages for all students include:
 - Water without flavoring, additives or carbonation
 - Low-fat and nonfat milk
 - Lactose-free and soy beverages are included
 - Flavored milk with no more than 22g of total sugar per 8 oz. portion

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- 100 percent fruit juice
- Caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances
- Beverages for secondary level students after school may include:
 - Non-caffeinated, non-fortified beverages with less than 5 calories per portion as packaged (with or without non-nutritive sweeteners, carbonation or flavoring).
 - Sports drinks for student athletes participating in sport programs involving vigorous activity of more than one hour's duration.
- Beginning July 1, 2014, competitive foods and beverages must meet the nutrition standards specified in the federal interim final rule which will amend the National School Lunch Program and School Breakfast Program regulations.

OUTSIDE FOODS AND BEVERAGES: Families will be encouraged to support student readiness to learn by providing their children with a healthy breakfast. This includes foods and beverages sent to school for birthdays and other celebrations. Families will be encouraged not to send any outside beverages other than water and healthy fruit juices to campus.

FOOD AND BEVERAGES AS ACADEMIC AND BEHAVIOR REWARDS: Waimea Middle PCCS staff is encouraged to model healthy eating by offering healthier choices at school meetings and in classrooms, and to limit using foods and beverages as school-wide rewards.

FUNDRAISERS: Fundraising efforts at Waimea Middle PCCS are supportive of healthy eating habits. Fundraising activities which involve the sale of food and beverages must meet or exceed the school's nutritional guidelines and take place outside the school instructional day. (reference: BOE Policy 6810, HRS 302A-1146, School Nutrition Competitive Foods Guidelines)

AFTER-SCHOOL PROGRAM AND TESTING SNACKS: All snacks provided for students enrolled in after-school programs and during statewide testing shall be delicious, healthy and nutritious and shall meet or exceed the school's nutritional guidelines.

FAMILY ENGAGEMENT OPPORTUNITIES: Waimea Middle PCCS staff is encouraged to model delicious, healthy and nutritious eating by offering healthier choices at family engagement opportunities. The school will share health and nutrition information with families and the broader community to positively impact students' and community well-being. This will include practical, multi-ethnic approaches that reach across all economic and cultural strata.

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MALA'AI: THE CULINARY GARDEN AT WAIMEA MIDDLE SCHOOL

In addition to health classes, all students, staff, families and the community are invited to participate in Mala'ai, the Culinary Garden of Waimea Middle School.

MISSION: *“Mala'ai: The Culinary Garden of Waimea Middle School cultivates the relationship between students and the land through growing and sharing nourishing food in our outdoor living classroom. Our work reaches beyond the boundaries of our garden connecting land stewardship, culture, health and pleasure with lifelong learning.”*

CORE VALUES: Generosity of Spirit, Integrity, Sustainability, Beauty, Harmony, Connectedness, Appreciation and Respect.

PURPOSE: To provide students with the transformative experience of working with the earth to grow nourishing food, and the pleasure of preparing and sharing that food. Doing so will empower students to make healthy, gratifying choices that will impact the health and well-being of our entire island community.

WHO WE ARE: Mala'ai is a non-profit educational program in which Waimea Middle School students collaborate to grow high-quality organic produce to prepare and enjoy together. Diverse leaders in the North Hawai'i community came together in 2003 to create this program. Formally initiated in February 2005, the program partners extensively with local farmers, volunteers, businesses, private donors and Hawaiian cultural practitioners to engage students, staff, families and community in this health-wellness learning opportunity.

WHAT WE DO: Under the direction of our Garden Director and Garden Leader, and with the assistance of WMS teachers and dozens of community volunteers, we provide classes for all 280+ WMS students year-round as part of their Science and Health/PE core curriculum. Garden classes bring new relevance to classroom learning as students work together to create and sustain a beautiful ¾-acre garden. Supporting culturally responsive place-based learning, a cooperative, hands-on experiential approach is used to teach students how to act as stewards of the land, to collaborate with others, and to enjoy first-hand the outcomes of their work.

The program, and specifically Mala'ai's garden classes, reinforce and expand on the school's curriculum including health, wellness and nutritional goals as well as the school's goals for physical activity and physical education.

WHAT'S NEW & NOTEWORTHY:

- Health-wellness lessons are integrated into garden classes and include interactive presentations and discussions on nutrition and physical activity. Lessons address diabetes prevention, specific concerns and/or benefits of various sweeteners, oils, fresh vs. processed foods, and white vs. multi-grain flours and other starch staples.
- The school garden, through its now weekly student-run Farm Stand, helps overcome the three factors – convenience, availability and cost -- that a recent Healthy Food Hawai'i Report concluded as limiting access to fresh, organic foods for low income families. Not only do

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students learn to grow, harvest, package and sell the fruits of their labor, but the Farm Stand sells direct to student families at very low cost to encourage consumption of fresh organic produce. This is the second year Mala'ai has sponsored a once-a-week Farm Stand. (67% of WMS families are entitled to Title 1 assistance indicating economic challenges and food insecurity.)

- Mala'ai continues to offer free classes for WMS families and the school-community on how to start and support a home garden, and also how to prepare healthier foods.
- For the first time the school has secured a USDA-funded Fresh Fruit & Vegetables grant for its 6th grade students to systematically introduce them to many new fresh foods. Students sample new foods after teachers discuss their unique nutritional benefits and characteristics.
- Mala'ai is one of eight school gardens in the state to be assigned a new-to-Hawai'i FoodCorps volunteer with strong horticulture and nutrition training to further enhance wellness education occurring in garden classes.
- Mala'ai garden staff, working in partnership with The Kohala Center and Hawai'i Island School Garden Network (HISGN), and using federal funding, are co-hosting their 2nd year-long cohort of 30 teachers from other schools – for a total of 60 to date -- to share effective strategies for integrating health-wellness lessons, core curriculum and cultural and environmental values and practices into garden classes.
- Mala'ai garden has secured a private grant to document these integrated lessons to enable them to be continued and replicated at other schools.
- While learning to grow fresh organic produce is the foundation of school garden classes, it's equally important to introduce students to preparing and eating the new fresh foods they are growing. Mala'ai donors have built a food washing and prep station which enables regular cooking classes where students are able to learn to prepare and share healthy foods and be able to take home recipes and cooking techniques to share with their families.
- Mala'ai has a seed bank and also a new germination station and students are encouraged to take home seeds and starts for home gardens to foster food self-reliance and healthy choices at home.
- Mala'ai staff work with school staff in planning menus and snacks for various school events to encourage healthier options. This includes making herbal teas using items grown in the garden.
- Mala'ai recently co-hosted the first of a series of 'Ai Pono Workshops with The Kohala Center, Na Kalai Wa'a and the Polynesian Voyaging Society to explore ways school gardens could become involved in helping to grow or prepare healthier foods to provision the coming round-the-world voyage of the Hokule'a, Hikianali'a and Makali'i traditional sailing canoes. The intention is both to support the wellness of the crews and also engage students in a deeper understanding of healthy, delicious food choices.

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STAFF WELLNESS

Waimea Middle PCCS highly values the health and well-being of every staff member and will plan and implement activities and policies 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 healthy lifestyle choices to students and families.

The school will provide access to school facilities for community programs which emphasize health and wellness.

PROFESSIONAL DEVELOPMENT

Regular professional development and information shall be provided to enable all applicable role groups to be active participants and advocates for the school's wellness policy.

MONITORING AND POLICY REVIEW

To ensure compliance with the above policies and procedures and to provide opportunities for making this policy available to the public as well as to solicit input from all stakeholders, Waimea Middle PCCS will:

- Publish its Wellness Policy on the school website;
- Monitor the implementation of the Wellness Policy semi-annually;
- Report implementation to the school Leadership Team and the Local Advisory Panel semi-annually;
- Make adjustments to school policy and procedures as necessary to comply with state and federal guidelines.