

Wellness Policy

The people at Wai'ālae bring alive the vision we have for our children. These are characteristics exemplified by all who share our common purpose. Wai'ālae School's vision is to prepare our children for the 21st century as creative problem solvers, self-confident risk-takers, well rounded individuals who are capable of multiple dimensions, collaborative, and socially responsible to others and the world.

The Wai'ālae School Board recognizes that there is a link between nutrition education, the food served in school, physical activity, and environmental education, and that wellness is affected by all of these factors. The Board also recognizes the important connection between a healthy diet and a student's ability to learn effectively.

Wai'ālae School will promote healthy eating by serving nutritious well-balanced meals with an effort to support locally grown produce. Wai'ālae School will provide school meals, which meet or exceed the nutritional standards required by State and the National School Lunch and Breakfast Program. Foods of low nutritional value are limited. No competitive food sales are offered.

Wai'ālae School will provide consistent nutrition education in grades PreK – 5. Nutrition education will be integrated into standards-informed curriculum where appropriate and supported by supplemental learning opportunities when possible.

Wai'ālae Board recognizes the positive benefits of physical activity for student health and academic achievement. Wai'ālae School will provide regularly scheduled physical education, as well as, promote physical activity throughout the school day.

Wai'ālae School recognizes that experiential learning activities assist students in making connections between diet, health, and the environment. Wai'ālae School will promote education on environmental issues and encourage our students to be stewards of their natural resources.

An assessment of the school's 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.

Adopted by Wai'ālae School Board 11/19/07

Amended by Wai'ālae School Board 2/25/08

Amended by Wai'ālae School Board 2/22/12

Amended by Wai'ālae School Board 1/28/15