



Windward Nazarene Academy
45-232 Puaae Road
Kaneohe, HI 96744

windward nazarene academy

Local Wellness Policy

Preamble/Statement of Responsibility

Windward Nazarene Academy recognizes that, as a ministry aimed at growing children to live productive, godly lives, the school must look at the whole child: spiritual, intellectual, social, emotional, and physical. The school also recognizes that all of these areas are directly affected by the amount of nutritional education a child receives, the food served in school, and physical activity. A healthy diet and physical activity are important contributions to a student's ability to learn and achieve high standards because they foster good physical and mental health, important prerequisites to achievement and growth.

Windward Nazarene Academy further recognizes that the sharing and enjoyment of food and participation in physical activities are fundamental experiences for all people - experiences that are vital bridges between individual students, the diverse cultures represented among them, generations who eat and play together, classes within the school, and the larger community. The sharing of food and activity, as Jesus modeled for us in his ministry, is a dynamic medium that builds strong, healthy bonds between people. This kind of relational health is critical in a child's growth and development as a responsible, productive citizen in the community.

Windward Nazarene Academy desires to assist students in developing skills that promote healthy habits regarding eating and physical activity. Toward that end, wellness education will be addressed in each classroom through a variety of means including, but not limited to, nutrition education, nutrition standards, physical activity opportunities, and other appropriate health activities.

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.

Health education is included as part of the larger A Beka curriculum. Teachers provide basic knowledge of nutrition combined with skill-based practice activities, using instructional techniques and strategies designed to promote healthy eating choices. Health education is sequential and comprehensive, providing students with the knowledge and skills necessary to promote and protect good health. Nutrition education is not confined to classroom, but is taught incidentally when the occasion arises (e.g. Discussing snack time options and guidelines.) Student learning in this area is documented through teacher assessment and evaluation, reflected in student grades.

A minimum of one semester of formal health education is provided at each grade level K-8. Preschool students are taught healthy eating in the context of lunch and snack offerings as well as cooking projects and environmental education.

Nutrition education (and spiritual training) stresses balance in life. Students are taught moderation in all things, food included, to keep a healthy balance of activity, rest, healthy foods, and treats. It promotes healthier food choices: vegetables, fruits, whole grains, low and fat free dairy products, healthy food preparation methods, and health enhancing nutrition practices. The balance between caloric intake and physical activity is taught.

Physical Activity

Preschool children are afforded large amounts of physically active time throughout the day as well as scheduled naptimes. Playground space, play structures, and toys encourage and promote the development of developmentally appropriate gross motor skills. Creative movement, integrated into many areas of the academic curriculum to promote the learning of specific concepts, also provides daily in and out of class opportunities for physical activity. Naptimes provide balance between activity and rest.

K-8 students have outdoor play times before and after school as well as scheduled recess for physically active play. Space and age appropriate equipment are available to promote vigorous physical activity. These classes also have regularly scheduled physical education classes taught by a physical education instructor. Gardening is incorporated into the PE program to familiarize students with and connect them to fresh foods in an activity that also provides physical activity. In addition, students are taught the value of growing their own foods. All elementary classes take part in the Presidential Physical Fitness Program. Classes during the week are as outlined below:

K-1 2x/week, 30 minutes each
2nd-8th grades 2x/week, 50 minutes each

As with health education, learning and progress is documented through teacher assessment and evaluation, reflected in grades.

The school offers limited extracurricular sports opportunities for 4th-6th grades as well as extracurricular creative movement classes for preschoolers. Otherwise, the school takes every opportunity to promote community sports or events that provide opportunities to be physically active. After school exercise classes open to parents and staff promote physical activity through example (though students are encouraged to join in) and promote significant adults being physically active (an important factor in children's physical activity.)

School Meals

All reimbursable meals and snacks meet or exceed the nutritional standards set by the National School Lunch Program. Meals feature fresh and minimally processed fruits and vegetables to the greatest extent possible.

A midmorning snack time is allotted for all classes. Nonreimbursable snacks (snacks brought from home by students in classes that are not offered school snacks) may be eaten during snack time in the morning if they are healthy. Information on what constitutes a healthy snack is sent home at the beginning of each school year, and reminders are sent as needed. Fresh, unprocessed foods are encouraged. Chips, candies and highly processed foods (sugary cookies, frosted cakes, etc) are not allowed. Some exceptions are made for birthday treats and class parties. Teachers monitor compliance and encourage better options.

Effort is made to make the mealtime environment as clean, safe, orderly, pleasant, and socially conducive as possible.

Nutrition Standards

Food and beverages served by the school meet all USDA Dietary Guidelines. Snack foods brought from home for daily snacks must stay within guidelines given to parents at the beginning of the school year. Reminders are sent as needed. Staff are educated as to what constitutes a healthy snack and encourage students to eat and exercise in balance.

Food or the denial of food is not used as a punishment.

Other School Based Activities

Staff Wellness

Staff take part in a number of inservice training opportunities that focus on prevention of injury, encourage healthy lifestyles, and recognition of health emergencies (First Aid/CPR). Staff meals and functions offer healthy food choices. Training is documented.

After school exercise class is available for staff, parents and students.

Access to facilities for physical activity after school hours.

Students enrolled in before and aftercare programs are afforded ample time and facilities for physical activity. The majority of the time in both these programs is spent in outdoor play. The school garden is maintained by students, supervised by staff. The physical exercise as well as student investment in the growing of food that is incorporated into their meals encourage students to eat fresh foods and try foods that may be unfamiliar.

As already indicated, limited intramural sports are offered and coached by trained school personnel.

Aftercare snacks are regulated by the National School Lunch Program and meet all nutritional requirements. Any outside snacks brought by students must meet guidelines set by the school as to what constitutes a healthy food.

Community/Family Involvement

Windward Nazarene Academy recognizes that effectively reaching students requires consistency between home and school. The school provides healthy meals and snacks during the school day, educates students about healthy eating and exercise, provides opportunities for physical activity when a student is on campus, and provides opportunity for parents to exercise on campus; but the practices of the home are equally important. To encourage healthy practices at home, the school actively encourages parents to send healthy snacks (providing guidelines and examples), sends educational materials home when they are available, includes healthy living points in newsletters, and takes advantage of counseling times to guide parents into practices that are healthy. When possible, various adult classes are offered during the church's Soul'd Out program for children that encourage healthy living (exercise, healthy eating, cooking out of the garden, etc.)

The school supports community based sports and other such activities by disseminating information when it is made available and participating in such programs as Jump Rope for Heart, etc.

Measurement and Evaluation

The school has developed and implemented administrative rules consistent with this policy. Input from teachers, parents/guardians, students, school food service personnel, the school board, and administrators have been considered in the implementation of all rules. Avenues for change are available through the parent/teacher organization TEAM, direct communication with administration, or through teachers. The school regularly monitors how well this policy is being implemented, managed, and enforced.