



Windward Nazarene Academy Wellness Policy

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Windward Nazarene Academy Wellness Policy

Preamble

School Mission Statement: Windward Nazarene Academy exists to partner with parents to nurture the whole child spiritually, intellectually, socially, culturally and physically in a loving environment in accordance with God's word.

WNA believes that the creation of this biblical and loving environment must take into account all aspects of school life that contribute to the health and success of our students.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically.^{11,12,13,14} Finally, there is evidence that adequate hydration is associated with better cognitive performance.^{15,16,17}

This policy outlines WNA's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students at WNA have access to healthy foods throughout the school day – both through school meals and other foods available throughout the school campus– in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during and after school;
- Classes engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the school in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- WNA establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all WNA staff and students. Specific measurable goals and outcomes are identified within each section below.



I. School Wellness Committee

Committee Role and Membership

The school’s Local Wellness committee (comprised of parents and relevant staff) meets at least four times per year to establish goals for and review the school’s health and safety policies and programs, including development, implementation and periodic review and update of the school’s wellness policy.

The Local Wellness Committee will seek to represent all school levels (preschool, elementary and middle school) and include (to the extent possible), but not be limited to: parents and caregivers; students; kitchen staff; physical education teachers; school board members and school administration.

Leadership

The designated official for oversight is:

Kay Hishinuma, Principal

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is(are):

Name	Title / Relationship to the School or District	Email address	Role on Committee
Ima Example	Community Member	ImaExample@community.org	Assists in the evaluation of the wellness policy implementation
Kay Hishinuma	School Principal	principal@windwardnazarene.com	Administrative Representative

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy. Refer to Appendix A for a list of school-level wellness policy coordinators.



II. Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

Implementation Plan

The school's committee will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates who will be responsible to make what change, by how much, where and when; nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. plan that fosters implementation and generate an annual progress report.

This wellness policy and the progress reports can be found at: wnahawaii.com

Recordkeeping

The school will retain records to document compliance with the requirements of the wellness policy on the school's server. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

Annual Notification of Policy

The school will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. The school will post to Policy and update with any changes on the school's website. Additionally, the Local Wellness Committee will inform parents of any events or new information as needed.

Triennial Progress Assessments

At least once every three years, the school will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which school is in compliance with the wellness policy;
 - The school is currently compliant in all areas of the policy.
 - The pandemic disallowed much of the cooking and food sampling teaching, but this has been resumed with the fall intersession of 2022
- A description of the progress made in attaining the goals of the school's wellness policy
 - The school currently (2022) has not been able to utilize locally farmed foods to the extent that it would like.
 - The advent of the pandemic caused the school's garden to be less productive. This is in process of being addressed (SY 2022-2023)



The position/person responsible for managing the triennial assessment and contact information is

Kay Hishinuma, Principal

principal@windwardnazarene.com

The school will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The LWC will update or modify the wellness policy based on the LWC's annual assessment of progress; as priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

Community Involvement, Outreach and Communications

The school is committed to being responsive to community input, which begins with awareness of the wellness policy. The school will actively communicate ways in which constituents of WNA and can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means. The school will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. The school will use electronic mechanisms, such as email, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

III. Nutrition

School Meals

Our school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

Windward Nazarene Academy participates in the National School Lunch Program (NSLP), and the After School Snacks Program. WNA is committed to offering school meals through the NSLP and After School Snack programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;



- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (The District offers reimbursable school meals that meet [USDA nutrition standards](#).)
 - Promote healthy food and beverage choices

- *Menus are sent home each month.*
- *The school's child nutrition program will accommodate students with special dietary needs.*
- *Students will be allowed at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets Healthy Schools Program Gold-level criteria).*
- *Students are served lunch at a reasonable and appropriate time of day.*
- *The school will implement the following Farm to School activities.*
 - *Local and/or regional products are incorporated into the school meal program when possible;*
 - *Messages about agriculture and nutrition are reinforced throughout the learning environment;*
 - *School hosts a school garden;*
 - *School hosts field trips to local farms; and*

Staff Qualifications and Professional Development

All school nutrition program directors, managers and staff will meet or exceed annual continuing education/training requirements in the [USDA professional standards for child nutrition professionals](#). These school nutrition personnel will refer to [USDA's Professional Standards for School Nutrition Standards website](#) to search for training that meets their learning needs.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The school will make drinking water available where school meals are served during mealtimes. Students will be allowed and encouraged to bring and carry water bottles filled with only water with them throughout the day.

Competitive Foods and Beverages

The school is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. **Foods outside of the school lunch and snack are not sold during the school day.** The foods and beverages sold and served as fundraisers outside of the school's meal program will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information, as well as a Guide to Smart Snacks in Schools are available at: <http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.foodplanner.healthiergeneration.org.

Celebrations and Rewards



1. Celebrations and parties. The school encourages healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. The school provides parents a list of approved snacks.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus at the end of the school day. The school must approve all fundraisers. Foods sold will be evaluated on the basis of Smart Snack in Schools guidelines.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeteria.

Nutrition Education

The school will teach, model, encourage and support healthy eating by all students. All classes will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.
- Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based health education curriculum.

Essential Healthy Eating Topics in Health Education

The school will include in the health education curriculum a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Reading and using FDA's nutrition fact labels
- Eating a variety of foods every day



- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat
- Choosing foods and beverages with little added sugars
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

IV. Physical Activity

Children and adolescents should participate in at least 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive school physical activity program (CSPAP). A CSPAP reflects strong coordination and synergy across all of the components: quality physical education as the foundation; physical activity before, during and after school; staff involvement and family and community engagement and the district is committed to providing these opportunities. WNA will ensure that these varied physical activity opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

Physical activity during the school day (including but not limited to recess, classroom physical activity breaks or physical education) **will not be withheld** as punishment..

To the extent practicable, the school will ensure that its grounds and facilities are safe and that equipment is available to students to be active. The school will conduct necessary inspections and repairs.

Physical Education

WNA provides students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

All elementary and middle school students will be provided equal opportunity to participate in physical education classes. Preschool teachers incorporate ample active play opportunities and movement within lessons as part of the normal school day.

All elementary and middle school students in each grade will receive physical education for at least 60 minutes per week throughout the school year.



WNA's physical education program will promote student physical fitness through individualized fitness and activity assessments via the [Presidential Youth Fitness Program](#) and will use criterion-based reporting for each student.

Essential Physical Activity Topics in Health Education

Health education is taught in all elementary classes.

Recess (Elementary)

All WNA students have a minimum of 30 minutes of recess on all days during the school year. K-3 students have an additional 20 minutes each morning. For recesses offered before lunch, appropriate hand-washing facilities are conveniently available to ensure proper hygiene prior to eating, and students are required to wash hands before eating. Hand-washing time is built in to the recess transition period/timeframe before students enter the lunch line.

Outdoor recess will be offered when weather is feasible for outdoor play.

In the event that the school or district must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.

Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

Classroom Physical Activity Breaks

WNA recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week. WNA encourages teachers to be cognizant of their students' needs to move periodically in the course of the day and encourages teachers to give students options to move or stretch as needed to promote maximum attention span. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into "core" subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day.

WNA supports classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing funding for professional development in these areas.

Before and After School Activities

WNA offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. In both Before Care and After Care, space and equipment for play are provided as feasible.



V. Other Activities that Promote Student Wellness

WNA will integrate wellness activities across the entire school setting. The school will coordinate and integrate other initiatives related to physical activity, physical education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development and strong educational outcomes.

WNA utilizes a curriculum that coordinates content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics.

All school-sponsored events will adhere to the wellness policy guidelines. All school-sponsored wellness events will include physical activity and healthy eating opportunities when appropriate.

Community Partnerships

WNA will continue to pursue and develop relationships with community partners (e.g., hospitals, universities/colleges, local businesses, SNAP-Ed providers and coordinators, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Family Engagement

WNA will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, WNA will use electronic mechanisms (e.g., email or displaying notices on the district's website), as well as non-electronic mechanisms, (e.g., newsletters, presentations to parents or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

WNA promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

Professional Learning

When feasible, WNA will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.





Glossary:

Extended School Day – the time during, before and afterschool that includes activities such as clubs, intramural sports, band and choir practice, drama rehearsals and more.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day – the time between midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.



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