Prince Jonah Kuhio
Elementary School
Wellness Plan

2011
At Prince Jonah Kuhio Elementary School, under the direction and encouragement of our principal Evelyn Hao, a committee was formed to develop a plan to promote health and wellness. Children learn better when they are healthy. Health and wellness is not just the absence of illness, injury or disease, it is a positive condition based on nutrition, exercise and positive attitudes. This condition not only prevents illness and injuries, but promotes a sense of wellness that nurtures learning and healthy living. We are looking at the whole Kuhio community, which includes students, families, teachers and other staff, and our neighbors in the adjacent neighborhoods.

Prince Kuhio School has many great programs:

- Comprehensive Physical Education classes
- A variety of health promotion and educational activities, including videos created by and starring our students
- Positive Action ‘word of the week’ messages in bulletin and video broadcasts by students, emphasizing mental and social health
- Access to community wellness classes such as Zumba, yoga and aerobics
- Free fruit and vegetable snack program for students
- Beautiful gardens that remind us of our connection to the earth

Our Improvement Plan includes:

- Developing a ‘Lunch Bunch’ and EFNEP (Expanded Food and Nutrition Education Program) project to help students and families make healthy lifestyle choices.
- Increasing our campus educational campaign, using health and pro-social marketing through posters, our website and weekly bulletin messages, to teach and remind our community of the essentials of good health: healthy food, active lifestyle, positive attitude.
- Continuing and expanding Kuhio’s annual Health and Wellness Multi-Cultural Spring Fair.
- Collaborating with local programs such as the Healthy Hawaii Initiative, Coop Extension Services and other UH programs to bring additional resources to Kuhio……….. and much more. Read the Plan!
**Kuhio Elementary School Wellness Plan**

Mandated by Section 204 of Federal Public Law 108-265, also known as the Child Nutrition and WIC Reauthorization Act of 2004, each individual school that receives federal funding for reimbursable meals will have a school wellness plan in place by the end of the 2010-2011 school year. The Hawaii Department of Education (DOE) issued an amended Health Wellness and Safety Policy (1110-6) in 2006 to support and guide schools in this effort. Schools should have a plan in place that addresses the following:

1. Goals for nutrition education, physical activity and other school based activities that are designed to promote student wellness
2. Nutrition guidelines for all foods that are served or sold on each school campus during the school day with the objective of promoting school health and reducing childhood obesity
3. A plan for measuring the implementation of the wellness policy.

The **School Health Index (SHI)** - A Self-Assessment and Planning Guide for elementary, middle and high schools is published by the Center for Disease Control (CDC). It is a useful tool in developing a school level Wellness Plan. The main topics addressed are:

- Physical activity and physical education
- Nutrition
- Tobacco use prevention
- Asthma
- Unintentional injury and violence prevention (safety).

The CDC chose these topics “…because these health behaviors can play critical roles in preventing the leading causes of death, disability, hospitalizations, illness, and school absences…. Physical inactivity, poor eating habits, and tobacco use are primary causes of the chronic diseases – such as heart disease, cancer, stroke and diabetes – that are the leading causes of death (and disability) in our nation.”

[http://www.cdc.gov/HealthyYouth/SHI/introduction.htm](http://www.cdc.gov/HealthyYouth/SHI/introduction.htm)

The SHI recommends that a committee be formed to follow the process of assessing the strengths and weaknesses of individual schools and for developing improvement plans to address weaknesses. The Hawaii DOE has developed **Wellness Guidelines**, reference above, and a **Safety and Well-Being Toolkit**, which the committee used as a guide and resource. These are appended to this Plan.
A Wellness Committee was formed in October 2009, chaired by Malachy Grange, RN and Public Health Nurse for Kuhio School; the committee’s main goal was to develop and implement the school’s own Wellness Plan, using the SHI.

The committee consisted of:

- Principal
- Public Health Nurse
- PE Teacher
- PTA President
- Parent
- IT Resource Teacher / Student Activities Coordinator
- Cafeteria Manager
- School Health Aide
- School Counselor
- 21st Century Grant Coordinator

The committee consulted and utilized government (Hawaii Department of Health – DOH) and community agencies and programs as resources, including:

- DOH/DOE Healthy Hawaii Initiative Wellness Guidelines
  [http://doe.k12.hi.us/foodservice/toolkit/index.htm](http://doe.k12.hi.us/foodservice/toolkit/index.htm)
- CDC Coordinated School Health Program
- Various other public and private agencies, programs and resources, referenced in the Appendix to the Plan
Format of the Kuhio Wellness Plan

The Plan has been developed along the structure of the SHI: the eight modules (including strengths, weaknesses and suggested improvements for each module) are presented in summary form, followed by the worksheets which yielded the scores that prompted the improvement Plan. Examples, documents and resources the committee used as the Plan was developed are included by module.

The Eight Modules:

1. School Health and Safety
2. Health Education
3. Physical Education
4. Nutrition Services
5. School Health Services
6. School Counseling
7. Health Promotion for Staff
8. Family and Community Involvement
SHI Module 1 - Health and Safety Policies and Environment

Current safety policies and procedures are contained on these DOE websites: http://sp.k12.hi.us/, and http://healthykeiki.k12.hi.us/, and they are accessible to all staff.

Strengths – Kuhio School:

- Promotes healthy lifestyles by encouraging healthy nutrition and activity guidelines for staff, students and families
- Prohibits tobacco use and advertising on school grounds
- Prohibits the carrying of any dangerous objects, such as weapons, even toy models, on campus
- Positive Behavior Support (PBS) Cadre of teachers that supports students’ physical and emotional health; bullying is addressed on a case by case basis.
- Kuhio School provides a safe and secure environment for staff and students. This includes monitoring of all students during the school day.

Weaknesses

- Most staff and families are unaware of DOE written policies and resources concerning school health and safety
- Task organization, assignments and drills are not up to date for dealing with emergencies
- There is not a school wide campaign to address bullying

Improvement Plan

1. Provide staff (and families as appropriate) with updated summaries of DOE policy and procedures for School Health and Safety, including emergency planning.
   **Responsibility:** Principal Hao

2. Have regular fire, evacuation and lockdown drills.
   **Responsibility:** Principal Hao

3. Positive Behavior Support (PBS) Committee to develop a school wide program of anti-bullying prevention and intervention, including enhanced use of social marketing.
   **Responsibility:** PBS Committee, IT Au-Wong, PHN Grange
SHI Module 2 – Health Education

Strengths

- PE program
- Lunch Bunch groups
- DARE program
- Weekly bulletins with Wellness messages
- Excellent website with “Wellness Works” page with links to CDC health info, other wellness resources and student videos on a variety of health topics
- Cafeteria has colorful and appealing educational posters
- Annual health fair
- Jump Rope for Heart

Weaknesses

- DOE Health Curriculum usually not used in classroom
- Insufficient training of teachers in Health Education

Improvement Plan

1. Use teacher sub-days to develop grade-wide activities that address health education standards together with reading, math and science.
   **Responsibility:** Principal Hao

   **Responsibility:** PHN Grange, PCNC Rodrigues

3. Add Hawaii Content and Performance Health Standards information to Reading and Writing Standards given to parents at Open Houses.
   **Responsibility:** Principal Hao, PBS Committee

4. Expand campus wide ‘Health Marketing’ inside and outside classrooms, including school produced videos on closed circuit TV.
   **Responsibility:** Librarian Herr, Counselor Nakai, PE Bedard

5. Support and expand “Wellness Works” page on Kuhio website.
   **Responsibility:** IT Au-Wong
SHI Module 3 - Physical Education

Strengths

- Physical Education is provided to all students.
- Standards based PE Curriculum is used.
- PE teacher given opportunities for professional development.
- PE safety practices in place.
- Creative and committed PE teacher.
- After school programs encourage students to be physically active.
- Community related activities, such as Nike Fun Run and Jump Rope for Heart in place.
- Playgrounds meet most safety standards.
- 21st Century Grant provides physical activities after school and during summer and winter intersessions.

Weaknesses

- 45 minutes of PE provided per week; does not meet recommended minimum PE minutes for grades 4-5 which is 55 minutes per week.
- There is no credentialed PE teacher on campus.

Improvement Plan

1. Teachers to incorporate structured PE time into weekly schedule to increase overall PE time to meet recommended minimum minutes of weekly PE.
   Responsibility: Principal, Teachers

2. Encourage culture of healthy physical activity inside and outside classroom.

3. Coordinate 21st Century and A Plus programs with Kuhio PE teacher to increase structured PE time.
   Responsibility: PE Bedard, 21st Century Grant Coordinator

4. Add more physical activities in Art, Music, Library and regular classes.
SHI Module 4 – Nutrition

Strengths

➢ Fresh Fruit and Vegetable Program / PUP grant: fresh fruits and vegetables served on campus daily at no charge.
➢ DOE follows USDA guidelines in offering breakfast and lunch.
➢ Lunch Bunch educates selected students and their families who are at risk for obesity about healthy food choices and active lifestyles.
➢ Colorful posters in cafeteria promote healthy eating.
➢ Bulletin, Parent Flash Communiques, Kuhio Website and Nutrition Nuggets provide regular healthy nutrition information to students, staff and families.

Weaknesses

➢ Teachers, parents and kids bring ‘junk food’ (“foods of minimal nutritional value”, FMNV, as described in the DOE Wellness Guidelines) to school.
➢ DOE provides no easily accessible information re: nutrients in food it serves in cafeteria.
➢ Activities on campus before and after school often provide ‘junk food’ (FMNV).

Improvement Plan

1. Implement clear DOE guidelines on food allowed on campus – NO JUNK FOOD (Foods of Minimal Nutritional Value) ALLOWED, except for personal use. (See attached Nutrition Standards)
   **Responsibility: Principal Hao**

2. DOE to provide and post clear nutrition info on all cafeteria food served.
   **Responsibility: DOE School Food Services**

3. Expand closed-circuit TV presentations on healthy eating, produced by Kuhio students and families.
   **Responsibility: Librarian Herr, PE Bedard**

4. DOE Wellness Guidelines on provision of healthy foods and bans on junk food to be reviewed at beginning of school year with staff and parents and thereafter as needed.
   **Responsibility: Principal Hao**
NUTRITION STANDARDS

from State of Hawaii Wellness Guidelines
( http://www.healthyhawaii.com/about_hhi/about_start_living_healthy/schools.htm)

(Implements Hawaii Board of Education Policy 1110-6)

- All reimbursable meals and snacks shall fulfill Federal nutrient standards as required by the U.S. Department of Agriculture Child Nutrition Program regulations.
- All foods and beverages sold at school to students must comply with the 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 U.S. Department of Agriculture regulations (see USDA website – FNS.USDA.gov);
  - All food and beverage items listing sugar, in any form, as the first ingredient, such as candy.
  - Foods containing trans fats.

- All snack and beverage 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 following standards:
  1. Based on manufacturer’s nutritional data or nutrient facts labels:
     a. No more than eight (8) grams of total fat per serving, with the exception of nuts and seeds.
     b. No more than two (2) grams of saturated fat per serving.
  2. All beverages do not exceed twelve (12) ounces, with the following exceptions:
     a. Water
     b. Milk containing one percent or less fat.
  3. Products containing 2% milk fat or more do not exceed eight ounces.
  4. Limit sugar

These guidelines do not apply to foods for personal consumption at school.
Are the Wellness Guidelines a ban on unhealthy foods on school campuses?

No. The Wellness Guidelines standards for foods served and provided on campus state that schools will provide healthy beverages, meals and snacks; however, students and staff are still able to bring any food or beverage items on campus for personal consumption (unless otherwise specified by individual school policy).

Nutrition Guidelines for Food and Beverage Items

All food and beverages sold or served to students at school or at school sponsored functions must comply with the current USDA Dietary Guidelines. Exceptions can be made for food and beverage items provided at one-time privately catered school sponsored events such as Prom or Winter Ball. Fund-raising events are not exempt.
SHI Module 5 - School Health Services

Strengths

☞ Students with identified special health issues (diabetes, asthma, severe allergies, seizure disorders, and other conditions) are provided with emergency action plans; appropriate staff are trained in how to handle these situations.
☞ Health Services offers support, education and referrals to families with health needs as appropriate.
☞ Collaborates with community agencies and local medical providers as needed.
☞ First aid and basic health care are provided by trained School Health Aide.
☞ Assigned Public Health Nurse provides consultation to School Health Aide and provides services to school and families as needed.

Weaknesses

☞ There is no consulting physician for school.
☞ There are no licensed RNs or LPNs on campus.
☞ A tracking system for students with asthma is not in place as recommended by the SHI.
☞ DOE has not implemented Act 51 mandate for establishing a DOE Office of School Health Services that will provide comprehensive school health services for students. A Memorandum of Agreement between DOE and DOH is not in place and needs to be finalized to clarify and improve School Health Services.

Improvement Plan

1. PHN and SHA to develop and implement asthma tracking procedure. 
   Responsibility: PHN Grange and SHA Chew
2. DOE to make progress on fulfilling Act 51 mandates for DOE provision of school health services to students. Responsibility: DOE leadership
SHI Module 6 - School Counseling, Psychological and Social Services

Strengths

- Students with social/emotional needs/issues are referred to and offered support services as needed.
- The counseling and guidance program offers the following services:
  - group and individual counseling, PSAP (Primary School Program), teacher and parent consultation, Peer Mediator program. The counselor monitors attendance, assisted by the attendance clerk.
- Kuhio collaborates with other agencies, such as Child Welfare Services, medical providers and Public Health Nursing to provide appropriate interventions to students and families.
- “Positive Action Word of the Week”, which contains pro-social and personal growth messages, is announced over the PA system weekly. The announcers are also videotaped and broadcast over the closed circuit TV system.

Weaknesses

- There is no campus wide anti-bullying project.
- No professional development training opportunities for staff in psycho-social areas.

Improvement Plan

1. Anti-bullying pilot activities will be implemented in 2011-2012 school year toward development of school-wide program.
   **Responsibility:** Counselor Nakai

2. Develop DOE and community resources to provide Kuhio with staff development and classroom materials for psychological and social lesson planning.
   **Responsibility:** Counselor Nakai

3. Encourage classroom teachers to conduct brief classroom discussion of “Positive Action Word of the Week”.
   **Responsibility:** Counselor Nakai
SHI Module 7 – Health Promotion for Staff

Strengths

- Wellness messages and health promotion are provided to staff in the weekly bulletin and on the school website page ‘Wellness Works’, including healthy nutrition and exercise, tobacco cessation, stress management and injury prevention.
- There are adult exercise and yoga classes provided in the cafeteria after school hours by a community agency and staff are informed and encouraged to participate.
- Staff are informed of and encouraged to use local health promotion resources, including the Kaimuki/Kaiser Community School for Adults.

Weaknesses

- There has been little interest or buy-in from staff on school sponsored wellness activities, including a walking club and aerobics.

Improvement Plan

1. Include more health related items in the school Bulletin and Website to encourage increased use of community wellness resources.
   **Responsibility:** PHN Grange, IT Website Au-Wong

2. Encourage staff to use their health care plans to access wellness benefits and health screenings.
   **Responsibility:** PHN Grange, Principal Hao
SHI Module 8 – Family and Community Involvement

Strengths

➤ Kuhio publishes wellness messages in weekly bulletin and weekly Parent Flash Communiques; topics include tobacco cessation/prevention, healthy nutrition and physical activity, safety and asthma management, as well as effective parenting suggestions.

➤ Kuhio distributes monthly wellness parent newsletter, Nutrition Nuggets.

➤ Kuhio School presents annual Health and Wellness Fair, highlighting Kuhio’s diverse multi-cultural population and their health practices and values.

➤ Kuhio makes facilities available to community after school hours for wellness related activities, such as aerobics, Zumba and yoga classes.

➤ Kuhio has been adopted by a local branch of Whole Foods health food store.

Weaknesses

➤ No family and community input on food served on campus during and after school.

➤ Limited family and parent involvement in PTA organization.

Improvement Plan

1. PTA to help develop and support increased family involvement in PTA and school-wide health and wellness improvement plans.
   Responsibility: PTA

2. PTA to sponsor a family science night, focused on the science of healthy living.
   Responsibility: PTA, Parent Family Cadre, Positive Behavioral Support Cadre

3. Add health component to Parent Teacher Conferences.
   Responsibility: Principal Hao, Parent Family Cadre
Summary of Kuhio Wellness Plan Improvements

1. Have regular fire, evacuation and lockdown drills; educate Kuhio School community on DOE safety guidelines. **Responsibility: Principal Hao**

2. Promote and enforce a ‘bullying free’ school environment according to DOE policy. Recommend teachers address bullying in classroom, both as prevention and intervention; Integrate ‘Positive Action Word of the Week’ into bullying prevention and intervention; Use website, posters, bulletins and social marketing to address topic. **Responsibility: PBS (Positive Behavioral Support Cadre) (currently chaired by School Counselor Nakai), IT Resource Au-Wong, PHN Grange.**

3. Use teacher sub-days and/or articulation time to develop grade-wide/school-wide activities that address health education standards together with reading, math and science. **Responsibility: Principal Hao, Teachers.**

4. Increase campus wide ‘Health Marketing’ – inside and outside classrooms, including website, school produced closed circuit TV episodes, bulletins, posters, etc. **Responsibility: Library and Media Specialist Herr, Counselor Nakai, PE Teacher Bedard, PHN Grange, Art Teacher Patterson, Music Teacher Tish.**

5. Implement clear DOE guidelines: **no junk food** (Foods of Minimal Nutritional Value) sold or served on campus. **Responsibility: Principal Hao.**

6. Provide regular information on community resources and encouragement to staff to improve health through wellness activities, such as Weightwatchers, walking clubs, Zumba, yoga, aerobics, healthy eating, stress reduction skills, etc. Encourage staff to use their health care plans to access wellness benefits. **Responsibility: PHN Grange, IT Resource Au-Wong.**

7. Increase family participation in PTA (Parent-Teachers Association); recruit more parents and families to join; PTA to help develop and implement Wellness Plan improvements. **Responsibility: PTA, PBS and PFC (Parent Family Cadre).**

8. Classroom teachers to provide regularly scheduled and structured weekly PE minutes. **Principal Hao, Teachers [See related item #3.]**

9. Plan and implement Lunch Bunch and EFNEP (Expanded Food and Nutrition Education Programs) projects to teach wellness lifestyles, address obesity and related health risks in students and families. **Responsibility: PHN Grange, PCNC Rodrigues, SHA Chew, Principal Hao.**