

Local Wellness Policy Triennial Assessment

Hawai'i State DOE Public School District, Month/Year of Current Assessment: 6/2022

Online HI DOE policy/guidelines- [Policy 103-1/Wellness Guidelines](#)

The wellness guidelines were developed as part of the Department's local wellness policy in efforts to create a healthier school environment. Effective wellness guidelines help establish lifelong healthful practices and procedures amongst students, staff, and families. An assessment of the schools/districts wellness policy is conducted once every three years per United States Department of Agriculture (USDA) regulations and the Wellness Committee meets a minimum of three times annually to address school health issues, including implementation of the wellness guidelines. This report is a summary of the local wellness policy/guidelines and the result of the most recent evaluation.

Section 1: Policy/Wellness Guidelines Assessment on Compliance

The results of the annual Safety and Wellness Survey (SAWS) will be used as a component of the triennial assessment evaluation to measure the extent to which the district is following the current policy. The purpose of the SAWS report is to monitor and evaluate school progress towards implementation of the current wellness guidelines.

Overall Rating: 84%

Scores were calculated using the data from 2019-2020 [Safety and Wellness Survey \(SAWS\)](#)

WELLNESS GUIDELINES	PERCENTAGE OF SCHOOLS MEETING THE GUIDELINES
Wellness Committee	
WC1 The school has a designated wellness coordinator.	74%
WC2 The school has a wellness committee that includes members of the school community and/or members of the general public (e.g., representatives of community organizations, public agencies, or locally elected officials)	82%
WC3 The school wellness committee meets at least three times per school year.	66%
WC4 The wellness committee uses the School Health Index or other data sources (e.g. Youth Risk Behavior Survey data) to identify priority areas and to monitor improvements in those areas annually.	77%
WC5 Priority areas for wellness are included in the school's Academic and/or Financial Plan.	98%

WC6 The school community is notified about the wellness policy and provides contact information for the wellness coordinator at the beginning of each school year.	55%
WC7 The school encourages students' families to support wellness at school and at home through a variety of culturally and linguistically appropriate formats (e.g. online, flier, presentations)	93%
WC8 The principal or the school wellness coordinator completes the Safety and Wellness Survey annually.	100%
Nutrition Guidelines	
NG1 All reimbursable meals and snacks meet the USDA nutrient standards.	100%
NG2 All foods sold or provided (e.g., a la carte sales, fundraisers, student stores, vending machines, and parties) on school campus during the school day meet the USDA meal pattern requirements or Smart Snacks standards.	43%
<p>NG3 All beverages sold or provided (e.g., a la carte sales, fundraisers, student stores, vending machines, and parties) on school campus during the school day meet the following criteria during the school day:</p> <ul style="list-style-type: none"> • No caffeine, no artificial colors, and no artificial flavors • Maximum 8 oz. serving, except water which has no portion size limit <ul style="list-style-type: none"> • Water – Plain (with or without carbonation) • Milk- Unflavored 1% of fat free; flavored fat free milk; milk alternatives as permitted by the National School Lunch/Breakfast Program; with ≤ 22 grams of sugar per 8 oz. serving. • 100% Fruit or vegetable juice with no added sweeteners • 100% Fruit or vegetable juice diluted with water and no added sweeteners 	63%
NG4 Fundraising activities that promote physical activity, non-food items, or healthy foods based on Smart Snacks standards are encouraged.	92%
NG5 Meals and snacks include fresh and locally grown fruits and vegetables when possible	100%
NG6 Students are allowed to have at least 20 minutes to eat their lunch after being served.	99%
NG7 Students have access to free drinking water during meal times and throughout the school day at multiple locations on campus.	100%
NG8 Food is not used as a reward or punishment for students.	68%
Health Education and Nutrition Promotion	
HE1 Instructional content of health education classes includes a focus on knowledge and skills that support healthy eating and is aligned with the Hawai'i DOE Standards for health education.	97%

HE2 Health education is provided to students in elementary grades at least 45 minutes per week and secondary grades at least 200 minutes per week as measured by time spent in a course, integrated into multiple content areas, or through interdisciplinary units.	85%
HE3 Nutrition education includes culturally relevant activities that are 'āina-based and hands-on, such as food preparation, taste-testing, farm visits, and school gardens.	91%
HE4 All school-based marketing of foods and beverages must meet the Nutrition Guidelines. This includes, but is not limited to, school publications, the exterior of vending machines, posters, banners, in-school television, and scoreboards.	89%
Physical Education	
PE1 Instructional content of physical education classes is aligned with the Hawai'i DOE Standards for physical education.	99%
PE2 Physical education is provided to students in elementary grades at least 45 minutes per week and secondary grades at least 200 minutes per week.	90%
PE3 At least 50% of physical education class time is dedicated to moderate to vigorous physical activity.	91%
PE4 Physical education classes are taught by State-certified physical education instructors.	82%
PE5 Physical education classes have a student/teacher ratio similar to other classes.	96%
PE6 Physical education in grades 5, 7, and 9 includes a health-related student fitness assessment (e.g. FitnessGram).	74%
Physical Activity	
PA1 Students are provided at least 20 minutes a day of recess that include opportunities to engage in moderate to vigorous physical activity.	95%
PA2 Students are provided with physical activity breaks at least every 60 minutes.	83%
PA3 The school does not use or withhold physical activity (e.g. recess or PE) as a negative consequence.	79%
PA4 The school supports active transport by encouraging students and staff to walk and/or bike to school if reasonably safe to do so.	89%
PA5 The school supplies bike racks for students and staff.	85%
PA6 The school staff, students, families, and community members have access to school grounds and facilities to be physically active during	69%

non-instructional time (e.g. before and after school, on weekends, and holidays).	
Professional Development	
PD1 The school staff receive annual professional development on the wellness guidelines.	70%
PD2 The school staff are encouraged to be role models for wellness (e.g. healthy eating, physical activity, tobacco-free, and stress management).	98%
AVERAGE WELLNESS GUIDELINES SCORE	84%

Section 2: Model Policy Comparison

A required component of the triennial assessment is comparing the local wellness policy ([Policy 103-1/Wellness Guidelines](#)) to a model policy which is designed to assist districts in identifying policy strengths and areas for improvement.

Model Wellness Policy used for comparison against Local Wellness Policy:

The district chose Rudd Center’s [WellSAT 3.0](#) quantitative tool to measure the strength and comprehensiveness of our current policy/guidelines. Comprehensiveness score is a reflection of how well the recommended topics are covered in the policy overall, and the strength score is a reflection of how strongly the content was stated. Both scores range from 0-100 (**0- weaker content/language, 100- specific and directive content/language**).



Hawai'i State School District WellSAT 3.0 Scorecard

Comparison Results:

Hawai'i State School District Results 2022	WellSAT 3.0: <i>Comprehensiveness: 72 Strength: 52</i>
National Average of 50 Policy Results 2018 (Source: WellSAT:3.0)	WellSAT 3.0: <i>Comprehensiveness: 54 Strength: 33</i>

Local Wellness Policy Strengths:

The policy strengths for Hawai'i State School District were in the following three categories: (1) Nutrition Education; (2) Nutrition Standards for Competitive and Other Foods and Beverages; and (3) Implementation, Evaluation, and Communication.

Local Wellness Policy Improvements:

The results of the model policy comparison identified areas of improvements within our local policy/wellness guidelines.

Create Practice Implementation Plan-

Stated in policy, but needs improvement being enforced in the schools.

- Regulating food and beverages sold in vending machines, school stores, ala carte, and class parties.
- Consider strategies to support employee wellness.

Update Policy-

Not strongly stated in policy, but is being implemented in schools.

- Updating our current policy to mention the triennial assessment requirements.

Opportunities for Growth –

Not strongly stated in policy, and not being closely monitored in schools.

- Identify officials responsible for implementation and compliance of wellness guidelines.
- Explanation of how the Triennial Assessment results will be made available to the public.
- Have a written guideline explaining the protection of privacy of students who qualify for free and reduced priced meals.

The Wellness Committee recognizes that the results gathered from the SAWs report may have been impacted due to COVID-19 pandemic towards the end of the 2019-2020 school year. We will continue to ensure that the entire school community feels supported and are taking the necessary steps to control the spread per [CDC guidance](#).

Section 3: Progress and Next Steps

Current Progress:

- The National Health Education Standards (NHES): Achieving Excellence were adopted by the Hawai'i State Board of Education in December 2019. A three-year implementation rollout began in School Year (SY) 2020-2021, with full implementation of the NHES in SY 2023-2024.
- The Wellness Committee will be holding a meeting with stakeholders to update the current policy/wellness guidelines based off of the Triennial Assessment results.

Future plans:

- The district will provide annual professional training support to meet federal and state continuing education/training requirements for child nutrition professionals.
- Digitize and centralize training opportunities.
- Provide additional resources to support school staff.

Annual reminder/memo of HIDEOE Wellness Guidelines, including the availability of translated HIDEOE Wellness Guidelines here: Hawaiipublicschools.org to support communication with families.

Wellness resources for making improvements based on the assessment:

<https://www.wellsat.org/resources.aspx>

Wellness Guidelines Contacts:

Department of Education

School Food Services Branch- Lindsay Nakamura, at (808) 784-5500 lindsay.nakamura@k12.hi.us

Health Education- Nadine Marchessault, at (808) 305-9712 or nadine.marchessault@k12.hi.us

Physical Education- George Centeio, at (808) 305-9712 or george.centeio@k12.hi.us

Department of Health

Primary Prevention Branch- Katie Matsushima, at (808) 586-5492, or katie.matsushima@doh.hawaii.gov

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3. email:

program.intake@usda.gov

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