



Kua O Ka La

A New Century Public Charter School

Health and Wellness (2) Policy (Aligned to BOE Policy 103-1) **Approved 2/10/2017**

Kua O Ka La shall establish guidelines and procedures to ensure compliance for school based wellness initiatives. The guidelines shall include, but not be limited to, the establishment of:

- 1) Supporting Blue Zone criteria for certification and wellness best practices:
- 2) Programs and Goals for:
 - nutrition and culinary education,
 - garden to school educational programs,
 - health,
 - physical activity, physical education,
 - and other school-based activities that are designed to promote student wellness, as deemed appropriate by the school and informed by Federal, state, best practices including blue zone
- 3) Requirements for all foods and beverages that that are sold or made available on each school campus during the school day, with the objective of promoting student health and reducing childhood obesity. No soda will be allowed to be sold or consumed on campus.
- 4) A plan for measuring implementation of the wellness policy
- 5) A Wellness Committee that meets at a minimum annually to participate in the wellness policy process including the review and update of wellness guidelines.

Rationale: Kua O Ka La recognizes that schools play an integral part in educating and exposing students to wellness practices, health-enhancing behaviors, good nutrition, and physical and other school-based activities that lend to student achievement and learning.

Health and Wellness Policy (Related to BOE Policy E-103) **Approved 2/10/2017**

Schools play an integral part in promoting quality of life through sound health and wellness practices, which are connected to achievement and learning. Kua O Ka La shall provide learning practices, health enhancing behaviors, and good nutrition.