



Wellness Program Evaluation SY 2018-2019

Alignment to VSAS School-wide Plan: Strategy 1e: Increase/improve instruction in PE, Health, and Environmental Sustainability across all grade levels.

Overall Implementation As of July 2019

Components	Actions taken	Next steps	Lead	Participants	Timeline	Status
<p>Nutrition and Health Education</p> <p>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.</p> <p>Students will gain an understanding of proper nutrition and nutrition practices. The staff responsible for each individual classroom will provide basic knowledge of nutrition combined with skill-based practice activities and will use instructional techniques and strategies designed to promote healthy eating habits.</p>	<ul style="list-style-type: none"> - Teachers provide nutrition education in the classroom. - WalkFest incorporates nutrition education. - Parent/Student Handbook includes section on nutrition and healthy snacks. - Sex education is provided to students in grades 5-8. 	<p>Develop a school-wide Nutrition and Health Education Scope and Sequence.</p>	<p>Principal</p>	<p>Teachers Staff Students Parents</p>	<p>July 2020</p>	

<p>Physical Activity</p> <p>Every student should be provided with the opportunity to develop the knowledge and skills necessary to participate in physical activities that assist in maintaining physical fitness and promotes a healthy lifestyle. A comprehensive physical activity program includes: physical education, recess, and before- and after-school physical activity programs.</p> <p>VSAS will educate students about the value of physical activity, and provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain health-related physical fitness, to participate regularly in physical activity, and to understand the short and long term benefits of a physically active and healthy lifestyle.</p>	<ul style="list-style-type: none"> - Minimum 2x per day recess for all grade levels - Increased PE (Sports & Games) classes to provide instruction in physical activity to every middle school student once per week. - Elementary teachers provide instruction in PE and other opportunities for physical activity. Guest instructor provided for creative movement (dance/hip hop) one class per week for elementary classes. - Established partnership with Hui Mālama Ola Na 'Ōiwi for nutrition and fitness education. Implemented Makahiki games fitness program in MS grades. - Curriculum includes outdoor learning including hikes, beach clean-ups, ecological restoration, etc. Middle School students, 3rd graders, and Kula 'Amakihi (1st-8th grades) participate in active outdoor learning weekly. Students in other grades participate in outdoor learning trips at least quarterly. - Middle school students choose from electives that include Gardening, Hip Hop/Dance, etc. - Several schoolwide events promote physical activity: Makahiki Games, WalkFest, Path Bike Safety, etc. - After school programs include physical activity including free play outdoors (A+) and enrichment classes such as running, hip hop, jazz/ballet, etc. 	<ul style="list-style-type: none"> - Continue physical activity programs. - increase explicit instruction in the benefits of physical activity. - increase outdoor learning and enrichment opportunities. - Continue partnership with Hui Mālama Ola Na 'Ōiwi and Makahiki Games fitness program. 	Principal	Teachers Staff Students Parents	July 2020	
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<p>School Meals</p> <p>Schools meals model healthy food choices and combinations. At a minimum, VSAS will serve reimbursable meals that meet USDA's requirements as well as follow principles of the Dietary Guidelines for Americans.</p> <p>A lunchroom environment that provides students with a relaxed, enjoyable climate will be maintained. It is encouraged that the lunchroom environment be a place where students have adequate space to eat and pleasant surroundings; adequate time for meals, and convenient access to hand-washing facilities before meals.</p>	<ul style="list-style-type: none"> - Conducted evaluation and restructuring of meal program. As a result, school meals now model healthy choices, meet reimbursable requirements, and follow principles of Dietary Guidelines for Americans. - Lunchroom behavior expectations and roles/responsibilities of supervisory staff were refined and implemented on both campuses. - Developed a new schedule at elementary campus to reduce crowding and provide adequate space for students. - Quiet eating time is incorporated. - Middle school students sit together and engage with their grade level peers in a relaxed, casual atmosphere that is focused on eating. - All students have convenient access to hand-washing sinks. 	<ul style="list-style-type: none"> - Continue to improve systems and procedures for school meals to full implementation including meeting all HCNP requirements. 	<p>Cafeteria Manager</p> <p>School Social Worker / MS Counselor (& Wellness Committee Lead)</p>	<p>Staff Students</p>	<p>December 2019</p>	
<p>Nutrition Standards</p> <p>Establish standards to address all foods and beverages sold or served to students, outside of the school meal programs. The standards will focus on increasing nutrient density, decreasing fat and added sugars, and moderating portion size.</p>	<ul style="list-style-type: none"> - Continued to implement policies and procedures regarding sale of food or beverages outside of the meal program. - Reviewed policies and procedures and solicited input regarding serving of foods outside of the meal program with staff. Only trained staff are allowed to distribute and conduct meal counts. Policy requires Teachers and staff to request/notify the Cafeteria Manager for all foods offered to students outside of the meal program. - Conducted family and community events to promote 'ai pono (healthy, local food). - Conducted Hilina'i Initiative focus groups with local food sustainability and resilience initiative community meals. 	<ul style="list-style-type: none"> - Identify strategies to increase commitment to serving and promoting healthy food by all staff. - Continue and expand schoolwide events to promote the importance of 'ai pono. - Continue to encourage healthy local foods only to be brought to 'Ohana and community events. 	<p>Principal</p>	<p>Teachers Staff</p>	<p>July 2020</p>	

<p>Coordinated School Health Approach</p> <p>It is the goal of VSAS to promote students' physical, emotional, and social well-being through a coordinated and comprehensive school health program. This includes providing a healthy physical and psychological environment, school nurse or health aide services, nutritious school meals, health education, yearly flu immunizations and opportunities for physical education and activity.</p>	<ul style="list-style-type: none"> - Continue to provide SEL curriculum is provided to all students weekly. Second Step delivered by teachers in MS. Peaceful Classroom delivered by Social Worker in elementary grades. - Researched and evaluated new teacher delivered SEL curricula for elementary grades. Selected Choose Love. - all students have access to a school Social Worker and Health Aide. Middle school students have access to a MS Counselor. - Flu immunizations are conducted annually. - Conducted Lions hearing screening and Project Vision programs 	<ul style="list-style-type: none"> - Transition to core Teachers leading SEL instruction in elementary. Implement new SEL curriculum in elementary. 	Principal	Social Worker/Counselor Teachers Health Aide/ SASA Office Staff	July 2020	
<p>Staff Wellness</p> <p>School staff serves as role models for students and are the key to successful implementation of student wellness programs. The school highly values the health and well-being of every staff member and will offer educational activities that support personal efforts by staff to maintain a healthy lifestyle. The staff will be encouraged to model healthful eating and physical activity habits to demonstrate support of healthy lifestyle habits to the students.</p>	<ul style="list-style-type: none"> - Most school staff serve as role models for healthy lifestyle including many staff who model healthy eating and regular exercise. - Staff are encouraged to maintain healthy lifestyle. - Staff participate in physical activities with students including field trips (hikes, ecological restoration), WalkFest, running club, ho'ike, ho'olaule'a, makahiki, Rainbow Run, etc. - Staff meetings and professional development activities incorporate wellness (e.g. breaks, meals, mindful moments, fun). 	<ul style="list-style-type: none"> - Revisit and revise policies to ensure that no students can see staff smoking off campus (during school hours). 	Principal	Social Worker/Counselor Teachers Staff	July 2020	
<p>After-school Programs</p> <p>After-school programs include supervision by trained staff, and provides developmentally and age-appropriate physical activity for all participants. We encourage healthy eating habits in after school programming that services our students.</p>	<ul style="list-style-type: none"> - Continued A+ program that includes plenty of outdoor free play and healthy snacks - Continued Afterschool Enrichment Program that includes classes in age-appropriate physical activity (jazz/ballet, running, hip hop) and healthy eating (cooking class) for all participants. 	<ul style="list-style-type: none"> - Increase Afterschool Enrichment Program courses - Implement enrichment opportunities during intercession breaks 	A+ Coordinator Afterschool Enrichment Program Coordinator (& Wellness Committee Lead)	Cafeteria Manager Afterschool Enrichment instructors Students	July 2020	

<p>Community and Family Involvement VSAS will provide information about ways to promote healthy lifestyles. We encourage parents to provide healthy lunches and snacks and to refrain from including beverages and foods that do not meet good nutrition standards for foods and beverages.</p>	<ul style="list-style-type: none"> - Parent/Student Handbook includes sections on healthy lifestyles including recommended foods for snacks and lunch. - healthy, local foods are encouraged at school-wide family events. - PK program incorporates information on healthy lifestyles in workshops for families. - Co-curricular and extra-curricular programs focused on healthy lifestyles (e.g. running, cooking) involve family and community members. - Increased family events to promote healthy, local food and healthy lifestyle. - Established partnership with Hui Mālama Ola Na 'Ōiwi for nutrition and fitness education. 	<ul style="list-style-type: none"> - Continue to communicate and reinforce preferences for healthy foods - Continue to increase involvement of parents, families, and community members in activities that promote healthy lifestyle. 	<p>Family Engagement Coordinator (& Wellness Committee Lead)</p>	<p>Teachers Staff Parents Students Community Members</p>	<p>July 2020</p>	
<p>Sustainable Food Practices Environmentally-friendly practices such as the use of locally grown and seasonal foods, school gardens, and no disposable tableware will be used whenever possible. VSAS shall maximize the reduction of waste by recycling, reusing, composting and purchasing recycled products. VSAS maintains a recycling program.</p>	<ul style="list-style-type: none"> - Continued farm to school program - Incorporated local foods to the extent available. - School gardening class - Food waste and paper plates 90% diverted from landfill - Participated in doctoral waste diversion study - Participated in Recycle Bowl - won 3 years in a row. - Girl Scouts constructed a recycling station at MS campus - Continued Green Team - Encouraged personal water bottles instead of cups. - Most classes use non-disposable cups at elementary 	<ul style="list-style-type: none"> - increase use of locally grown foods - Expand school garden to table - implement composting practices - Eliminate use of plastic utensils - Continue to provide VSAS water bottles for sale. -Provide shredded paper for mulch to community since county stopped recycling paper. 	<p>Green Team Lead (& Wellness Committee Lead)</p>	<p>Teachers Staff Students Families Community Members</p>	<p>July 2020</p>	

<p>Measurement & Evaluation An individual or group must be responsible for ensuring that the policy is implemented. The assignee will monitor the implementation of the policy, execute a plan for evaluating its effectiveness and report to school authorities, parents and/or the community.</p> <p>An assessment of the school's existing nutrition and physical activity environment and policy will be completed annually to help review policy compliance, assess progress, and determine areas in need of improvement. As part of that review, the wellness committee will review nutrition and physical activity policies; provision of an environment that supports healthy eating and physical activity; and nutrition and physical education policies and program elements. The wellness committee shall include at a minimum the Principal or Vice-Principal, Cafeteria Manager, one teacher or staff, and one Sustainability "Green" Team member with opportunities for input and participation for students, parents, and staff. The Principal is responsible for overseeing implementation of the Wellness Policy.</p>	<ul style="list-style-type: none"> - Continued to implement measurement and evaluation tool and procedures 	<ul style="list-style-type: none"> - Improve consistency and frequency of program evaluation - Identify measures and collect data to better evaluate effectiveness of program - Ensure wellness program fully integrated in school-wide plan. - increase participation in wellness Policy measurement and evaluation - Revise Wellness Committee to include Cafeteria Manager or other cafeteria staff. 	Principal	Teachers Staff Students	July 2020	
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