



Kona Pacific Public Charter School's Local Health and Wellness Policy

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Revisions: 3/25/2013, 1/31/2017, 4/17/17, 6/12/2017

Related Documents: USDA Summary of the Final Rule. SMART Snack Standards

These policies and procedures are intended to establish and maintain a safe and healthy environment for each child and school employee.

Health Policies

A. Health Records

Each student must have a Department of Education, Student's Health Record Form 14, on file with the school and have a TB Clearance before the student may attend Kona Pacific PCS.

B. Emergency Contact Information

Each student must have an Emergency Card (form RS09-0335) on file with the school before the student may attend Kona Pacific PCS. Parents must notify the school office in a timely manner of any change in contact information.

C. When Students Should Stay At Home Due To Illness

In order to ensure school-wide wellness, we have adopted the following guidelines for when a child should stay home from school. Parents should keep their child at home if he/she:

- Has a fever of 100 or higher, or has had one during the previous 24 hours (if the child is at school and has a fever of 99.3 – 99.9 it is at the discretion of the school to send the child home or not);
- Has a colored or excessive discharge from the nose;
- Has a constant or productive cough;
- Has a skin rash or boil of unknown origin;
- Has vomited within the last 24 hours;
- Has pinworms, head lice or nits, ringworm, or impetigo; or
- Displays symptoms associated with a communicable disease: sore throat, reddened eyes, headache, abdominal pain, fever or skin rash, chicken pox that have not yet healed over, etc.

Any child with a condition that is contagious may not return to school until they have a note from a doctor stating that they are no longer contagious. Conditions that are contagious include but are not limited to:

- Influenza
- Pink Eye/Conjunctivitis
- Ringworm

- Chicken Pox.

Parents must report to the office any communicable condition their child has. The school will then notify the faculty, staff, and families of Kona Pacific PCS students that the condition was found in a student at school, and everyone should be vigilant for the symptoms in themselves or their children.

Head Lice

Kona Pacific PCS currently follows the State of Hawaii Department of Education guidelines regarding head lice.

1. Students suspected of infestation are checked by the school health aide.
2. When head lice or nits are found, parents are contacted and the student is excluded from school.
3. Students may not return to school until they are lice and nit free and cleared by the health aide.

D. Monitoring of Student Health

If a student becomes ill or injured while under school supervision:

1. The child will be sent to the office where office staff will attend to the child's needs, including by doing the following:
 - a. Administer First Aid
 - b. Take the student's temperature
 - c. Apply bandages
 - d. Use ice packs
2. If the child does not have a fever or other pressing reason to be sent home, the child will return to class.
3. Any child that has a temperature over 99.1 is considered to have a fever and will be asked to go home immediately.
4. Any child that has vomited must go home immediately.
5. Sick students will be asked to remain in the office to be signed out upon pick-up.

Small cuts: each classroom will have a First Aid kit for small cuts. Students do not need to report to the office for minor injuries.

If the illness or injury is severe, the office staff will attempt to notify a parent, guardian, or emergency contact to come pick up the student.

If a child has a severe injury and the parent, guardian, or emergency contact cannot be reached, school personnel will take the child to the nearest emergency room, along with a copy of the student's Emergency Card. School personnel will stay with the child at the hospital until the child's parent, guardian or emergency contact comes to the hospital.

E. Communicable Diseases

If your child has contracted or been exposed to a communicable disease (i.e. chicken pox, head lice, pinworms) you need to contact the school as soon as possible, so that school families can be informed of the exposure.

F. Medications

1. If a student requires medication, the parent/guardian must:
 - Administer the medication at home before or after school;
 - Come to school to administer the medication; or

- Fill out the Medication Permission and Physician Instruction Form, which permits administration of medication at school.
 - All medications, either prescription or over the counter, must be kept in the office and office personnel will administer medication only as it is indicated by the instructions that come with the medication.
 - Any Medicine administered will be tracked in the school Health Log.
 - If the Medication Permission and Physician Instruction Form indicates that the child may self-administer, then the student may keep their medicine with them on campus.
- 2. If a child requires medication for a specific health need, like an allergic reaction to bees, dairy products, or peanuts, parents will complete a Department of Health form SH-36. Parents will submit this form to the school and an emergency plan will be implemented.
- 3. For all medications (including an inhaler or an Epipen), if a child is given permission by their parent to self-administer medication the parent must:
 - Submit to the school office the DOH form “Self-Administration of Medication” form,
 - Notify the school and child’s teacher in writing that the child will be self-administering their own medication. Include the name of the medication and for what health need;
 - Parents must bring the medication in a secure container to the office; and
 - The medication will be stored in a secure cabinet in the office. It may also be kept by the student.
- 4. All parents will be notified of the medication distribution policies during their initial school orientation meeting and the information will be published in the school handbook.

G. School Staff Requirements

All teaching and school office staff members must view the Blood-borne Pathogens in-service video yearly and are required to be CPR/First Aid trained.

Wellness Polices

Kona Pacific PCS recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. Kona Pacific PCS also recognizes the school's role, as part of the larger community, to promote family health, sustainable agriculture and environmental restoration.

Nutrition Education Mission

The nutrition education mission of Kona Pacific PCS is to improve the health of the entire community by teaching students and families ways to establish and maintain life-long healthy eating habits. The mission shall be accomplished through nutrition education, garden education, physical education, and the food served in school,

Nutrition Education Goals:

Consistent nutrition education will be provided and will be integrated in the curriculum and into all snack and mealtime activities, including through the following:

1. Grades K-6 will participate in our daily Fresh Fruit and Vegetable Program. The FFVP coordinator will provide a brief lesson about the nutritional components of the fruit or vegetable offered that day.

2. Grades 7 and 8 will also receive daily snack of a fresh fruit or vegetable, separate of the FFVP program. Students in grades 7 and 8 will learn about how diet affects the physiology and anatomy of a human in their Main Lesson.
3. Nutrition education blocks will also be offered to grades 1-8 in our Agriculture Class. Each grade will receive a 4 week block covering the following topics:
 - a. The benefits of a balanced diet.
 - b. Herbalism.
 - c. Where our food comes from, how it is grown, and how it affects our bodies.
 - d. Food preparation and cooking classes.
4. The importance of nutrition is also a large focus in our kindergarten classes. Kindergarten classes will focus daily on:
 - a. Eating “Strong Foods”.
 - b. Preparing food and cooking together.
 - c. Parent nutrition education.

Agriculture and Garden Education Goals:

The Kona Pacific PCS educational program weaves together three stands; Waldorf Education, Hawaiian Studies, and Sustainable Agricultural Studies. Students participate in a variety of agricultural activities to develop a high level of understanding about our land and where our food comes. Students will participate the following agriculture and garden related activities:

1. Grades 1-8 will attend one or more agricultural classes per week. Agricultural classes will cover the following topics:
 - a. Planting, growing, harvesting, and preparing local foods.
 - b. Different agricultural techniques including Bio-Dynamics, Korean Natural Farming, Organic Agriculture, etc.
 - c. Soil quality
 - d. Pest control
 - e. Plant biology
 - f. Irrigation methods
 - g. Preparing and cooking local foods.
2. Establishing relationships with local farms and encouraging farmers and farm workers to come to the school classroom and arrange for students to visit farms.

Physical Education:

Kona Pacific PCS offers a comprehensive physical activity program encompassing a variety of opportunities for students to be physically active, including throughout the following:

1. Grades 1-8 students attend one movement class per week at the minimum.
2. Every school day students will receive 30 minutes of scheduled recess time.
3. Class teachers will incorporate an additional 20-30 minutes of physical activities throughout the every school day. Activities include hikes, walks, games, extra playtime, etc.
4. After-school programs will provide physical activities and games for students to participate in.

Food Served in School:

Kona Pacific PCS is committed to serving our students healthy, balanced meals every day.

1. All meals served to students will meet or exceed the nutrition guidelines set in place by the USDA.

2. Meals will be served in a pleasant environment with sufficient time for eating, while fostering good manners and respect for fellow students.

Other School-Based Activities Designed to Promote Student Wellness

School staff serves as role models for students and are the key to successful implementation of student wellness programs. Therefore, Kona Pacific PCS will offer staff wellness programs and opportunities.

1. Kona Pacific PCS staff will encourage healthy hygiene habits, including regular hand-washing.
2. Kona Pacific PCS will encourage physical activity opportunities for students, staff and parents.
3. Kona Pacific PCS will provide information to families about ways to promote healthy lifestyles and will encourage parents to pack healthy lunches and snacks.
4. Environmentally friendly practices, such as recycling, reusing, composting, use of locally grown seasonal foods, and planting school gardens, will be used whenever possible.

Food Policy

Nurturing the physical body, as well as the mind and spirit, is important at Kona Pacific PCS. We strive to create an environment in which mealtimes are opportunities to share appreciation for the natural world, practice healthy life habits, and our bodies. Additionally, we believe that strict adherence to this policy promotes social health and a functional learning environment.

1. Specifics of the Food Policy:

- a. The following foods are encouraged:
 - i. Fruits, vegetables, and other whole foods.
 - ii. Minimally processed foods.
 - iii. Balanced meals that supply protein, fats, and carbohydrates.
- b. The following foods are discouraged:
 - i. Foods that are heavily processed.
 - ii. Foods that contain artificial sugars, such as high fructose corn syrup.
- c. The following foods are not permitted:
 - i. Foods which sugar is listed within the first three ingredients.
 - ii. Foods that contain artificial dyes.
 - iii. Foods that contain MSG.
 - iv. Gum, soda, and caffeinated beverages.

2. Commitment to Nutrition Education

Kona Pacific will support this philosophy through a commitment to nutrition education:

- a. The class teacher, games teacher, and garden teacher will provide students with pedagogically appropriate education regarding nutrition and healthy eating habits on a monthly basis.
- b. The school will offer nutrition education to the parent body through class meetings, school meetings, and the school newsletter on a quarterly basis.

3. School Events, Fundraisers, and Birthday Celebrations

- a. School events and fundraisers: Foods provided or sold at school functions and fundraisers must meet the food guidelines as set forth above.
- b. Birthdays and other class celebrations:

- i. In the kindergarten, the kindergarten teacher provides a standard birthday celebration treat that meets KPPCS food guidelines, such as fruit popsicles or popcorn.
- ii. In other grades, each class teacher may either: 1) provide a standard birthday treat that meets the food guidelines, 2) choose to celebrate birthdays without food, or 3) establish a specific and limited list of acceptable birthday treats for parents to provide.

4. Additional Considerations

- a. Student sharing of snack and lunch is not permitted. However, the class teacher may at times facilitate class potlucks or sharing.
- b. In the case of a severe food allergy, additional food restrictions may be established on a class by class basis.
- c. Please avoid excessive food packaging, and work to ensure that lunch boxes and food packaging are free of advertisements and media images.

Nutrition Standards for All Foods Available on School Campus During the School Day

Nutritious foods, such as fruits, vegetables, low-fat dairy foods, and low-fat grain products, shall be available wherever and whenever food is sold or otherwise offered at school. Kona Pacific PCS will follow federal Smart Snacks in School nutrition standards and take efforts to encourage students to make nutritious food choices.

School Meals

All school meals meet or exceed the nutritional standards required by the State of Hawaii and the National School Lunch Program's School meal nutrition standards.

Food and Beverage Marketing Policy

No foods or beverages outside of the federal regulations for school meal nutrition standards and Smart Snacks in School nutrition standards will be advertised at Kona Pacific PCS.

Wellness Leadership

Kona Pacific PCS has a wellness leadership team to ensure that the Wellness Policy is living within the daily life of our school and complies with all state and federal regulations. This team consists of a school administrator, a school board member, the nutrition program coordinator, the movement teacher, students, parents, and other community members. Please contact the Nutrition Program Coordinator if you are interested in serving on this team.

Public Involvement

Kona Pacific PCS welcomes all school and community members to participate in the wellness policy process. Please join us at our bi-annual meetings and annual assessment meetings to ensure that your voice is heard. Kona Pacific will publically post the follow to our website.

1. The Local Health and Wellness Policy, including any updates about the policy on an annual basis.
2. Annual and Triennial Assessments, including progress toward meeting the goals of the policy.

Goals for Measurement and Evaluation

Annual and triennial assessments of Kona Pacific PCS' Local Health and Wellness Policy will be completed to review policy compliance, assess progress and determine areas in need of improvement. The Nutrition Program Coordinator will be responsible for implemented the assessment as well as notifying the public of results.

1. Annual Assessment:
 - a. Every year, Kona Pacific
 - b. PCS will inform the public about any changes to the wellness policy including policies updates, committee spaces and ways to get involved in the wellness policy. Kona Pacific PCS will make this information available on its website and will notify families in its weekly newsletter.
2. Triennial Assessment:
 - a. Every three years, Kona Pacific PCS will evaluate the Local Wellness Policy to assess compliance. The following topics will be covered in the Triennial Assessment:
 - i. The extent to which the Kona Pacific PCS is in compliance with the wellness policy.
 - ii. The extent to which Kona Pacific PCS' wellness policy compares to the Alliance for a Healthier Generation's model wellness policy.
 - iii. A description of the progress made in attaining the goals of the wellness policy.

Drug Free Campus

Our educational mission is to nurture each student's capacities for clear thinking, sound judgment and conscience in action. In support of this value, Kona Pacific PCS maintains an environment free from drugs, alcohol and tobacco. Students and employees who violate this policy are subject to disciplinary action. Guests who violate this policy may be asked to leave campus.