



State of Hawai'i Wellness Guidelines Frequently Asked Questions

1. Why are the Wellness Guidelines necessary?

To enable the development of life-long healthy habits, every public school is implementing the Wellness Guidelines to foster campus environments that support healthy choices and activities. The Department of Education (DOE) and Department of Health (DOH) understand good health is necessary for academic success. Children will have healthy school environments where what they learn in the classroom is practiced in the cafeteria, the playground, and even activities such as fundraisers.

2. How will the Wellness Guidelines be implemented?

Schools have four school years (SY 2007 - 2008 through SY 2010 - 2011) to fully implement the Wellness Guidelines. Beginning in School Year 2007 - 2008, all schools will designate a committee to address school health and wellness issues. They will also complete a school health assessment using the nationally recognized School Health Index (<http://apps.nccd.cdc.gov/shi/default.aspx>).

3. What are some elements of the Wellness Guidelines that are being implemented now?

Essential core elements of the Wellness Guidelines this year include:

- Having a minimum of 20 minutes of recess per day;
- Promoting starting the day with a good breakfast (through the School Breakfast Program); and
- Assuring professional development in nutrition is offered to appropriate staff.

The DOE and DOH are helping schools through this planning year with professional development trainings and workshops throughout the year.

4. Can schools create their own implementation plans?

Yes. In SY 2008 - 2009 through SY 2010 - 2011, schools will decide which of the remaining elements they implement each year. It is suggested that schools implement one-third of the remaining elements each year. By June 2011, all of the Wellness components will be put into practice.

5. How will each school's progress in implementing Wellness Guidelines be tracked?

School progress will be monitored through the Safety & Wellness Survey and schools will receive ongoing technical assistance from the DOE and DOH.

6. What kind of technical support is available to schools to help implement the Wellness Guidelines?

DOE and DOH are holding workshops and professional development opportunities to assist schools in their implementation plan.

7. Is technical support available to companies that do business with Hawai'i's public schools?

Yes. DOE and DOH are also working with companies that do business with schools to increase the number of healthy fundraisers and healthy options in the cafeteria, beverage vending machines, school stores and school concessions.

DOE and DOH are working with fundraising companies to reformulate their products to meet the nutrition criteria and to promote non-food fundraisers. For example, a well-known cookie fundraising company has worked with the DOE and DOH to better understand the fundraising nutrition requirements, so that they may modify their existing recipes.

8. 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).

9. Who should I contact for more information on the Wellness Guidelines?

Schools, interested community members and businesses can e-mail healthyschools@doh.hawaii.gov for more information on being a part of the Wellness Guidelines implementation process.