



## Ke Kula Ni'ihau O Kekaha Wellness Policy – SY 2015-2016

**Mission Statement:** Ke Kula Ni'ihau O Kekaha Learning Center was established to perpetuate and strengthen the Ni'ihau dialect of the Hawaiian language as well as to meet the special needs of the Ni'ihau community in providing an education which results in a positive attitude toward a lifelong search for knowledge.

**Wellness Policy Objectives:**

I. Meet the special “health” needs of the Ni'ihau community by providing:

A. Bi-monthly classes conducted by Ho'ola Lahui Hawai'i which includes the following components:

1. Physical Education
  - Makahiki games
  - Variety of collaborative games
  - Dance
2. Health Education
  - Hawaiian health history and diseases
  - Fair focusing on careers in the health field
  - Healthy behaviors classes
    - a. proper physical and dental hygiene
    - b. adolescent health and teen pregnancy camp
    - c. emotional health
    - d. alcohol, drug and tobacco prevention camp
  - Pono Choices Curriculum for 6-12 graders
3. Nutrition Education
  - daily morning recess “Healthy Snack Program”
  - increasing fruits and vegetable consumption through snacks and FFV program

II. Measurable Outcomes:

1. Physical Education
  - yearly pre and post screenings of cholesterol, blood sugar, BP, BMI, and fat/waist measurements
    - Use of a pedometer to record physical activity
    - Goals set by students
2. Health Education
  - teacher made tests and observations
3. Nutrition Education
  - letter signed by parent acknowledging the schools “Healthy Snack Program”

Mahalo, Kumu Tia ☺