

# Tapestry Public Charter School Policy Manual

## Wellness Policy

Tapestry Public Charter School recognizes that a proactive, preventative, and comprehensive wellness plan is essential for student success and staff support. Tapestry is committed to providing a school environment that enhances the learning and development of lifelong wellness practices.

Adopted: 1/22/2024

Revised: NA

The Tapestry Public Charter School Board adopts the following policy, effective on the date of adoption by the Board.

- Sections:
- I. Goals
  - II. Oversight
  - III. Plan Evaluation

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### I. Goals

- I. Our school is committed to but not limited to the following goals/objectives:
  - A. Providing nutritious, affordable, appealing and healthy lunches
  - B. Encouraging daily consumption of fresh fruits and vegetables along with low fat milk and whole-grain items
  - C. Increase participation in the School Lunch Program as it adheres to USDA nutrition guidelines and standards
  - D. Providing hands-on learning activities such as school gardening, farm visits, culinary clubs, and food-related education to be integrated into standards-based curriculum
  - E. Encouraging students to engage in physical activity through various activities
- II. Goals for providing students with healthy and nutritious foods:
  - A. Following the National School Lunch Program, Tapestry strives for the following:
    - 1. Making sure meals are appetizing and attractive to students
    - 2. Following USDA Guidelines by providing minimum nutrition requirements by offering a variety of food high in nutritional value, preferably fresh fruits and vegetables
    - 3. Providing whole grain/whole grain rich foods
    - 4. Serving portion sizes that adhere to USDA guidelines
    - 5. Use of the Department of Defense Fruit and Vegetable Program which sources fresh produce from local farmers and vendors when

possible

III. Goals for Physical Activity:

- A. Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- B. Tapestry engages students in nutrition and physical activity and other activities that promote wellness;
  - 1. Tapestry will create an environment that promotes physical activity and establishes a healthy foundation enabling students to reach their full academic potential;
  - 2. Students have opportunities to be physically active before, during, and after school throughout the school year;
  - 3. Tapestry shall provide Physical Education (PE) instruction taught by a certified instructor;
  - 4. Tapestry shall not use physical activity or withhold opportunities for physical activity as punishment;
  - 5. School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;

IV. Goals for increasing Participation in the School Lunch Program

- A. Tapestry recognizes that a poor diet with a lack of physical activity negatively impacts student's health and their ability to learn. By offering a balanced and nutritious lunch Tapestry strives to improve the student experience as well as nutrition.
  - 1. Increase marketing and awareness of the School Lunch Program
  - 2. Provide multiple opportunities for families to participate in the Free and Reduced lunch program including languages outside of English
  - 3. Encourage staff to participate in the School Lunch Program
  - 4. Work with vendor to craft menus that appeal to students and staff

**II. Oversight**

- I. Tapestry establishes and maintains an infrastructure for management, oversight and monitoring of the plan;
  - A. Tapestry shall establish a school "Wellness Team" that meets at least 2 times per year to develop recommendations regarding the Wellness Plan. The School Nutrition Manager shall consult with the Wellness Team on all aspects of the plan, including its development, implementation, assessment, and any revisions.
  - B. The Tapestry Wellness Team should include representation from a broad array of stakeholders including students, staff, parents, health and nutrition professionals, physical education and health instructors, and school administrators.
- II. Tapestry will also identify a means of communication of the goal, objective, and progress of this plan with stakeholders.

**III. Plan Evaluation**

- I. The School Nutrition Manager shall prepare a report assessing the school's

compliance with the Wellness Plan at least once every other year. The report shall be distributed by means reasonably calculated to reach interested stakeholders. The report must measure implementation of the Wellness Plan and include the following at a minimum:

- A. Assessment of the extent to which the school is in compliance with Tapestry's wellness policy;
  - B. Assessment of the extent to which Tapestry's wellness policy compares to other local school wellness policies; and
  - C. A description of the progress made in attaining the goals of Tapestry's wellness policy;
  - D. Proposed updates to the Wellness Plan based on the Wellness Team's assessment.
- II. The School Nutrition Manager shall maintain records to document compliance with the Wellness Plan and this Board Policy. Records that must be retained to ensure compliance include:
- A. Written copies of the Wellness Plan and any revisions;
  - B. Documentation demonstrating compliance with community involvement requirements;
  - C. Making the biennial assessments available to the public;
  - D. Documentation of the biennial assessment of the Wellness Policy.