

# **MeyerPark Elementary Charter School**

## **Wellness Policy**

### **Mission Statement**

MeyerPark Elementary Charter School is committed to providing a healthy learning environment that promotes a healthy lifestyle based on good nutrition and physical fitness for all of its students and staff.

MeyerPark is committed to maintain a local wellness policy that involves the cooperation of the school board, school administrators, students, parents, the school food authority and the community.

### **Purpose**

The increase of obesity, and other health related complications of young children has caused great concern. The concern has resulted in a need to promote good nutrition and physical activity in schools and at home. Therefore, it is our pledge to develop a policy that will prompt an increase in a healthy lifestyle combined with healthy food choices and physical activity. The goal is to provide a foundation that can continue at home.

Students at MeyerPark will have access to healthy foods throughout the school day- through reimbursable school meals throughout the school campus- in accordance with Federal and state nutrition standards. In addition, student will have opportunities to be physically active during school hours.

### **Leadership**

Members of the wellness committee included-

- Julia Wright- Superintendent
- Sheretta Hernandez- Director of Business and Financial Services
- Reshauna Irving- Child Nutrition Director
- Alicia Castillo- Physical Education Instructor

Sheretta Hernandez will serve as the wellness policy coordinator and ensure compliance with the policy.

### **Implementation Plan**

MeyerPark shall retain records to document compliance with the requirements of the wellness policy in the administrative policy. The wellness policy will be made available in English and posted on the website. In addition, the policy will be made available at the school campus.

### **Nutrition and Physical Education Goals and Guidelines**

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Goal #1	Guideline #1
The school will promote nutrition education for all of our students.	The school will display posters to promote healthy eating and display other nutrition education materials. The school's website will provide parents and community members with nutritional information to promote a healthy lifestyle.

Goal #2	Guideline #2
School meals will be made accessible to all students.	The school will ensure by observation that all students have access to every meal provided.

Goal #3	Guideline #3
School meals meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations.	The school will offer reimbursable meals that meet Texas Department of Agriculture (TDA) and United States Department of Agriculture (USDA) nutrition standard.

Goal #4	Guideline #4
The school will provide copies of the monthly menus to households and the community.	The school will ensure that menus are available in the school office or posted on the website.

Goal # 5	Guideline #5
Student will be offered drinking water where school meals are served.	The school will ensure that students have access to drinking water during meal times where meals are served.

Goal #6	Guideline #6
The school will ensure that all students have access to physical education time.	The school will schedule 60 minutes (weekly) for physical education time during schedule development.

Goal #7	Guideline #7
The school will ensure that all students have access to recess time.	The school will schedule 20 minutes (daily) for recess time during schedule development.

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Goal #8	Guideline #8
The school will ensure that students receive the age-appropriate amount of vigorous physical activity time.	The school will schedule the appropriate time allotment for vigorous physical activity to the appropriate staff members involved in physical education.

Goal #9	Guideline #9
The school will incorporate fun engaging physical activities that encourage student participation.	The physical education teacher will plan activities that are fun but encourage movement.

Goal #10	Guideline #10
All staff related to child nutrition will receive training.	The child nutrition director will ensure that all child nutrition staff receives the appropriate training hours.

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#### The Measurement Plan

Guidelines	Responsibility	Timeline
1. The school will display posters to promote healthy eating and display other nutrition education materials. The school's website will provide parents and community members with nutritional information to promote a healthy lifestyle.	Monitor: Poster display- Child Nutrition Manager  Website- Director of Business and Financial Services	Poster display- designed and displayed second week of August each school year and reviewed on a semiannual basis.
2. The school will ensure by observation that all students have access to every meal provided.	Monitor- Child Nutrition Manager and Child Nutrition Director	Daily and throughout school year
3. The school will offer reimbursable meals that meet Texas Department of Agriculture (TDA) and United States Department of Agriculture (USDA) nutrition standard	Monitor- Child Nutrition Director	Daily and throughout school year
4. The school will ensure that menus are available in the school office or posted on the website.	Monitor- Child Nutrition Manager	Monthly (beginning of each month during school year)
5. The school will ensure that students have access to drinking water during meal times where meals are served.	Monitor- Child Nutrition Director	Beginning of year and then as needed.
6. The school will schedule 60 minutes (weekly) physical education time during schedule development.	Principal	Prior to beginning of school year
7. The school will schedule 20 minutes (daily) recess time during schedule development.	Principal	Prior to beginning of school year
8. The school will schedule the appropriate time allotment for vigorous physical activity to the appropriate staff members involved in physical education.	Principal	Prior to beginning of school year
9. The physical education teacher will plan activities that are fun but encourage movement.	Physical Education Teacher	Weekly or monthly plans

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10. The child nutrition director will ensure that all child nutrition staff receives the appropriate training hours.	Child Nutrition Director	Prior to school year, then as needed during school year
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