

MeyerPark Charter

Wellness Policy

Mission Statement

MeyerPark Charter is committed to providing a healthy learning environment promoting a healthy lifestyle based on good nutrition and physical fitness for all students and staff.

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

Purpose

The increase in obesity and other health-related complications of young children has caused great concern. This concern has resulted in a need to promote good nutrition, improvement in mental health, and physical activity in schools and at home. Therefore, it is our pledge to develop a policy prompting an increase in a healthy lifestyle combined with healthy food choices, mental health awareness, and physical activity. The goal is to provide a foundation to 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, students will have opportunities to be physically active during school hours. Students will also have the opportunity to meet with a licensed psychologist and learn techniques to improve and stabilize their mental health. The school will continue to take input and communicate our goals to community members, students, teachers, and parents.

Leadership

Members of the wellness committee included-

- Julia Wright- Superintendent
- Sheretta Hernandez- Director of Business and Financial Services
- Reshauna Irving- Child Nutrition Manager
- Kevin Pooler- 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.

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Nutrition and Physical Education Goals and Guidelines

Goal #1	Guideline #1
The school will promote nutrition education for all students.	The school will display posters to promote healthy eating and display other educational nutrition 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, 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 standards.

Goal #4	Guideline #4
The school will have online access to the monthly menus using Class Dojo and the school's website to households and the community.	The school will ensure menus are available in the school office, on Class Dojo, and/or posted on the website.

Goal # 5	Guideline #5
Students will be provided a safe place to discuss and learn techniques to improve our students' mental health.	The school will ensure students have access to a psychologist trained to provide mental health support for young and middle school-aged children.

Goal #6	Guideline #6
The school will ensure students receive the age-appropriate amount of fun and vigorous physical activity time.	The school will invest in an age-appropriate physical education curriculum with the necessary manipulatives.

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Goal #7	Guideline #7
The school will incorporate fun, and engaging physical activities to encourage student participation.	The physical education teacher will plan activities that are fun but encourage movement.

Goal #8	Guideline #8
The Child Nutrition Manager will create meal offerings with a variety of colors on the tray.	Display meals in an appealing manner.

Goal #9	Guideline #9
The Child Nutrition Manager will minimize the offering of repetitive meal options on early departure days (ie. Sandwiches)	Provide a variety of meals on early departure days.

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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 the second week of August each school year and reviewed on a semiannual basis.
2. The school will ensure, by observation, all students have access to every meal provided.	Monitor- Child Nutrition Manager and Child Nutrition Director	Daily and throughout the school year
3. The school will offer reimbursable meals that meet Texas Department of Agriculture (TDA) and United States Department of Agriculture (USDA) nutrition standards.	Monitor- Child Nutrition Director	Daily and throughout the school year
4. The school will ensure menus are available on Class Dojo and/or the school website.	Monitor- Child Nutrition Manager	Monthly (beginning of each month during the school year)
5. The school will provide a safe place to discuss and learn techniques to improve our students' mental health.	Principal	Monthly
6. The school will ensure that students receive the age-appropriate amount of fun and vigorous physical activity time	Physical Education Teacher	Weekly or monthly plans
7. The school will incorporate fun and engaging physical activities to encourage student participation.	Physical Education Teacher	Weekly or monthly plans
8. The child nutrition manager will create meal offerings with a variety of colors on the tray.	Child Nutrition Director & Child Nutrition Manager	Monthly
9. The child nutrition manager will minimize the offering of repetitive meal options on early departure days (ie. sandwiches)	Child Nutrition Manager	Monthly basis

MeyerPark Elementary Charter School

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Committee Members

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Date 6/8/2020

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