



Tapestry Charter School's Wellness Policy

Tapestry Charter School (TCS) is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting the whole child. We will support healthy eating, physical activity, social-emotional learning, and trauma-informed practices. Therefore, it is the policy of TCS:

- To engage students, parents, teachers, food service professionals, health professionals, mental health professionals and other interested community members in developing, implementing, monitoring and reviewing district-wide nutrition, physical activity, and social emotional policies and practices.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- The foods and beverages sold or served at school will meet or exceed the nutrition recommendations of the US Dietary Guidelines for Americans.
- That nutrition and food service professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in meal planning; and will work to provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, the school will participate in available federal school meal programs (including the school breakfast program, national school lunch program and after-school snacks).

TO ACHIEVE THESE POLICY GOALS:

I. **Wellness Committee**

The school wellness committee will develop, implement, monitor, review, and as necessary, revise school school nutrition, physical activity, and social emotional practices. The committee will also serve as a resource to the schools for implementing those practices. The wellness committee is comprised of K-12 staff members including

school administrators, school counselors, nurses, food service directors, physical education and health teachers, members of the school board, parents, and students.

II. Nutritional Quality of Foods and Beverages Sold and Served on Campus

School Meal Guidelines

The schools will serve both breakfast and lunch programs to all students that meet the USDA School Meal Guidelines and "Smart Snacks in School" Rule (see below). The schools will also serve appealing food to students in clean and pleasant settings. Information on school meals will be made available to parents and students through cafeteria menu boards and the school website.

"Smart Snacks in School" Rule:

Any food sold in school MUST meet at least ONE of the following:	The food must also meet ALL of the following standards:
<ul style="list-style-type: none"> • Be whole grain rich (at least 50% whole grain by weight or grain as first ingredient) 	<ul style="list-style-type: none"> • Calories: snack items must be no more than 200 calories; entree items no more than 350 calories
<ul style="list-style-type: none"> • First ingredient must be a fruit, vegetable, dairy product or protein food 	<ul style="list-style-type: none"> • Fat: total fat no more than 35%, saturated fat no more than 10% of calories, trans fat: 0 grams (artificial)
<ul style="list-style-type: none"> • Be a combination food that contains at least ¼ cup of fruit or vegetable 	<ul style="list-style-type: none"> • Sodium: snack items: must be no more than 230 mg per portion
<ul style="list-style-type: none"> • Contain 10% of the daily value of the following nutrient: calcium, potassium, vitamin D or dietary fiber 	<ul style="list-style-type: none"> • Sugar: must be no more than 35% of weight from total sugars in foods

Meal Times and Scheduling

- The school will provide at least 10 minutes to eat breakfast and 20 minutes to eat lunch.
- The schools will schedule meal periods at appropriate times during the school day.

- Tutoring, clubs, organizational meetings or activities will not be scheduled during meal times, unless students may eat during such activities and schools will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

Sharing of Foods and Beverages

The school will discourage students from sharing their food or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

Rewards, Celebrations and School-Sponsored Events

III. Nutrition and Physical Activity Promotion

Nutrition Education and Promotion

TCS aims to teach, encourage, and support healthy eating by students. The school will strive to provide nutrition education through various strategies, such as: crew and classroom lessons, expeditions, intensives, and after-school clubs. This education will:

- Be offered at every grade level to provide students with the knowledge and skills necessary to promote and protect their health.
- Includes enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as: contests, promotions, taste-testing, farm visits, school gardens, etc.
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices.
- Emphasizes caloric balance between food intake and energy expenditure (physical activity/exercise)
- Links with school meal programs, other school foods, and nutrition-related community services.

Integrating Physical Activity into the Classroom Setting

For students to receive the nationally-recommended amount of daily physical activity (60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Therefore, the schools will strive to incorporate the following strategies:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.
- Opportunities for physical activity will be incorporated into other subject lessons.
- Classroom teachers will try to provide short physical activity breaks between lessons or classes, as appropriate.

Communications with Parents

The school will support parents' efforts to provide a healthy diet and daily physical activity for their children. The schools will provide information about physical education and other school-based physical activity opportunities before, during, or after the school day. Such support will include sharing information through various methods such as the school website, a newsletter, or other take-home materials, special events, and/or physical education homework.

Staff Wellness

TCS highly values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts to maintain a healthy lifestyle. Staff are offered free physical, mental and stress relieving opportunities through trained professionals during and after school hours (ex: yoga, seminars, mindfulness professional development, etc.)

IV. Physical Activity Opportunities and Physical Education

Daily Physical Education (PE) K-12.

TCS will strive to give all students in grades K-12, including students with disabilities and special health-care needs daily/regular physical education for the entire school year. All physical education will be taught by a certified physical education teacher. Student involvement in other activities including physical activity will not be substituted for meeting the physical education requirement. Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.

Daily Recess

TCS will strive to give all students grades K-7 at least 20 minutes a day of supervised recess, preferably outdoors, especially those classes without daily physical education.

TCS encourages moderate to vigorous physical activity verbally through the provision of space and equipment.

TCS encourages activity and movement throughout the day whenever possible. When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, the school strives to give students periodic breaks the remainder of the day during which they are encouraged to stand and be active.

Physical Activity Opportunities Before and After School

The school will offer extracurricular physical activity programs, such as physical activity clubs, intramural programs, sports programs, and gardening/nutrition programs. The schools will offer a range of activities that meet the needs, interests, and abilities of all students.

Physical Activity and Punishment

Teachers and other school and community personnel will not use physical activity (ex: running laps, pushups) or withhold opportunities for physical activity (ex: recess, physical education) as punishment.

Use of School Facilities Outside of School Hours

School spaces and facilities may be available to students, staff, and community members before, during, and after the school day, on weekends, and during school vacations. These spaces and facilities may also be available to community agencies and organizations offering physical activity and nutrition program. School safety policies will apply at all times.

V. Social Emotional Learning and Mental Health Practices

TCS strives to support students beyond nutrition and physical education by providing numerous opportunities for social, emotional, and mental health education in the following ways:

- Crew curriculum in grades K-12 aligned to New York State Social Emotional Standards
- Health Curriculum 6-9 aligned to New York State Mental Health Standards
- Social Emotional Assessments through the DESSA Program which identify student needs and strengths that will in turn guide intervention strategies
- Mindfulness instruction provided by school counselors

- After-school extracurriculars and clubs focused on emotional well-being (Kids with Kindness, Girls Empowered, Girls on the Run, etc.)
- In-house mental health counseling provided by Gateway Longview
- In-house Say Yes Health Homes Social Worker to work with students and families on a variety of issues
- Professional development on trauma informed care practices for all staff
- Mental health professional development opportunities provided for staff

VI. **Monitoring and Policy Review**

Monitoring. The principals or designees will ensure compliance with established school-wide nutrition and physical activity wellness policies.

School food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the principal(s). In addition, the principals or designee will review the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes.

Policy Review. On a regular basis, the school will review and, as necessary, revise the wellness policies and practices and develop work plans to facilitate their implementation.