



PreK-12 Wellness Policy on Nutrition and Physical Activity

2024-2025

Introduction

MPTCS is dedicated to creating a healthy school environment that promotes the well-being, academic success, and lifelong health of its students. The MPTCS Wellness Policy on Nutrition and Physical Activity establishes guidelines for a balanced approach to nutrition, physical activity, and overall wellness across all grade levels, from PreK through 12th grade. This policy aligns with the district's mission to foster a culture of health and wellness that benefits the entire school community.

I. Nutrition Guidelines

A. School Meals

1. Standards and Compliance

All meals provided by MPTCS via Aramark (school meals vendor) will comply with the nutritional standards set forth by federal, state, and local regulations. School meals will include a variety of fruits, vegetables, whole grains, lean proteins, and low-fat dairy options. [See Aramark wellness guidelines.](#)

2. Meal Accessibility

MPTCS will provide breakfast, lunch, and healthy snack options to ensure that all students, regardless of socioeconomic background, have access to nutritious meals during school hours.

II. Nutrition Education

1. Curriculum Integration

Nutrition education will be incorporated into the science, health, culinary, and physical education curricula to empower students with knowledge about healthy eating patterns, food sources, and the importance of balanced nutrition.

2. Hands-On Learning Opportunities

Activities such as cooking demonstrations, and taste tests will be encouraged to actively engage students in understanding the benefits of healthy eating.

3. Family and Community Involvement

MPTCS will provide resources and workshops for parents and families on nutrition and wellness to reinforce healthy habits outside of school.

III. Physical Activity Guidelines

A. Physical Education and Activity Time

1. Physical Education (PE)

All students from K through 12th grade will participate in structured PE classes taught by qualified instructors. PE classes will include age-appropriate activities that foster motor skills, fitness knowledge, and positive attitudes toward lifelong physical activity.

2. Daily Physical Activity

MPTCS encourages daily physical activity breaks in all grades, with a minimum of 30 minutes of activity per day for elementary students and additional opportunities for middle and high school students.

3. Recess

PreK/Elementary students will have at least 20 minutes of supervised, unstructured playtime (recess) each day. Recess will not be withheld as a form of punishment.

B. Additional Physical Activity Opportunities

1. Extracurricular Programs

MPTCS offers a range of extracurricular physical activity options, including sports teams, accessible to all students to promote healthy exercise habits.

IV. Health Education and Wellness Promotion

1. Health and Wellness Education

Health education will be incorporated across middle and high grade levels, covering topics such as physical fitness, mental health, stress management, and substance abuse prevention.

2. Mental Health and Social-Emotional Learning

MPTCS recognizes that wellness includes mental and emotional health. Programs on

mindfulness, resilience, and stress management will be implemented to support students' social-emotional needs.

3. **Community and Family Wellness Initiatives**

MPTCS will partner with local health organizations and community members to provide workshops, informational sessions, and resources for families on topics such as nutrition, fitness, and mental health.

V. Monitoring and Implementation

1. **Wellness Committee**

A district Wellness Committee, composed of administrators, teachers, parents, students, and health professionals, will oversee the implementation of this Wellness Policy. The committee will conduct an annual review and assessment of the policy's effectiveness, providing recommendations for improvement.

2. **Progress Monitoring and Reporting**

MPTCS will track wellness initiatives and provide updates to stakeholders, including periodic reports to the Board of Trustees. Results of assessments and feedback from students, staff, and families will guide ongoing enhancements to the Wellness Policy.

3. **Communication and Engagement**

The policy will be shared with families, and students and staff will be encouraged to engage in wellness activities. Monthly newsletters, website updates, and school events will highlight wellness programs, encouraging the school community to adopt and maintain healthy habits.

VI. Policy Evaluation and Revision

1. **Regular Review**

The Wellness Policy will be evaluated annually to ensure it remains relevant and effective. Input from the Wellness Committee and the broader school community will inform revisions, ensuring alignment with updated health standards and practices.

2. **Continuous Improvement**

MPTCS is committed to fostering a culture of health and wellness by continuously improving its practices to support student and staff well-being.

Conclusion

Through this Wellness Policy on Nutrition and Physical Activity, Marion P. Thomas Charter School aims to support students' holistic development, promote lifelong healthy habits, and

create a thriving school community. This policy reflects our commitment to health, wellness, and academic excellence for every student.