

**TWO DIMENSIONS PREPARATORY ACADEMY
CHARTER SCHOOL**

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*WELLNESS
POLICY*

2016

TWO DIMENSIONS PREPARATORY ACADEMY CHARTER SCHOOL

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Wellness Policy

2016-2017

Purpose and Goal:

"Let food be thy Medicine and Medicine be thy Food."

Quote: Hippocrates

Wellness is a proactive and preventative approach that's designed to provide optimum levels of learning, health, emotional, and social functioning.

Component 1: A Commitment to Nutrition and Physical Activity

- A. The staff of Two Dimensions is encouraged to engage in healthy eating and physical activity behaviors as a daily lifestyle habit.
- B. Two Dimensions Board of Trustees shall appoint a School Health Advisory Committee (SHAC). The SHAC will offer recommendations to support a healthy school environment.
- C. Two Dimensions shall draft, adopt, and implement a plan to encourage healthy eating and physical activity utilizing the involvement of parents, students, school staff (including a PE representative and Health Coordinator), administrators, and community resources to meet the needs and interests of all students and staff.
- D. The school food service staff will participate in making decisions and policies that will affect the school nutrition environment.
- E. The Wellness Plan will be posted on the Two Dimensions Website at www.twodimensions.org, under the District Reporting tab.

Component 2: Quality School Meals

- A. Two Dimensions Food Services will offer breakfast and lunch programs that meet the requirements of the Healthy, Hunger Free Kids act of 2010 nutritional guidelines for reimbursable school meals. Food Service department will ensure that all foods available on each campus

- are in accordance with the Smart Snack nutritional standards. Students, parents and staff are encouraged to contact Child Nutrition at 281 227-4726 if they have any questions.
- B. This policy does not restrict what parents may provide for their own child's lunch or snacks. Parents may provide foods that do not meet the Smart Snack guidelines for their own child's consumption, but may not provide restricted items to other children at school.
 - C. Each campus is allowed to have 6 fundraiser days/school year. See Parent Handbook (p.34-36) guidelines located under the Parent tab at www.twodimensions.org. Refer to Appendix A or http://edu.wyoming.gov/downloads/nutrition/Fundraisers_FactSheet.pdf
 - D. School staff can refer to Appendix B or the Smart Snack calculator at https://www.fns.usda.gov/sites/default/files/allfoods_flyer.pdf for questions about food in the classroom.

Component 4: Pleasant Eating Experiences

- A. School personnel will discuss with students the healthy practice of washing hands before eating.
- B. Adults supervising dining rooms will serve as role models to students by demonstrating proper conduct and voice level.
- C. Adequate time to eat, in a pleasant dining environment, should be provided. The minimum recommended eating time for each student after being served is at least 10 minutes for breakfast and 20 minutes for lunch.
- D. Parents are encouraged to dine with students in the cafeteria.
- E. Schools should not schedule tutoring, pep rallies, assemblies, club/organization meeting, and other activities during meal times.
- F. Drinking fountains will be available for students to get water throughout the school day.

Component 5: Wellness Education

- A. Two Dimensions will follow health education curriculum standards where health class is taught.

- B. The food service staff, teachers, and other school personnel will coordinate the promotion of nutrition messages in the cafeteria, the classroom, and other appropriate settings. Positive nutrition statements will be provided to students on a monthly basis by accessing the Child Nutrition Department tab at www.twodimensions.org.