

Who we are....  
What we do....

# TAPA

# HEALTH & WELLNESS

# COMMITTEE

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Formed in Spring of 2018



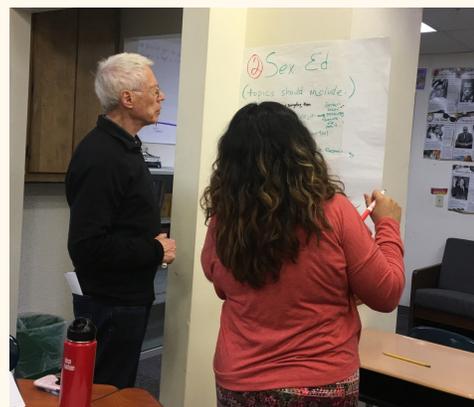
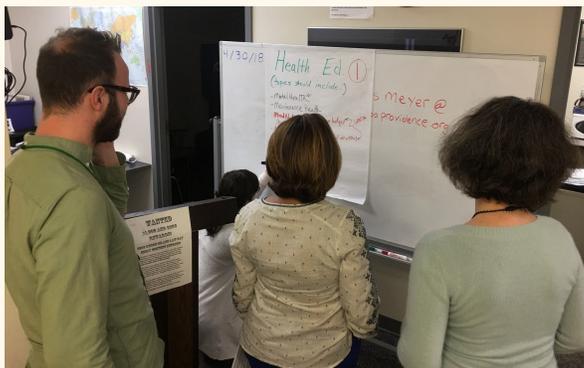
## INTRODUCTION

We are a group of folks interested in making the holistic health and wellness of the entire TAPA ensemble a priority, and we think outside the box and work hard to achieve our goals. We feel we started with a great base of healthy norms and simply work toward improving and enhancing!! We are an active, working, team made up of Board Members, Administration, Nurse, Teachers, Students, Parents, Partners, and Community Members! And we want YOU!!!!

Just some of the actions we have taken already ~

### 1. This committee set the topics to be covered in Health Education

At our very first meeting, a large group of us jotted down every topic we could think of that youth need to be taught in Health Class - some basics.... like sex education, hygiene, drug and alcohol education, etc, but also things like proper body alignment, prevention of injuries, car safety, self-care of mild illness, and stress management to name a few more. Then all of our ideas were aligned with RIDE requirements, and voila - a new TAPA Health Education curriculum was born (*and implemented*)!!



### 2. This committee recognized the need to have a new food vendor

No, this wasn't a brand new idea, AND was already in the works, but it *was* officially steered by this Committee and the huge work put in by our Director of Finance and Data Manager. And we didn't stop there. The Regional Partnership Manager from Revolution Food is a welcome and very active member of our Committee and talks openly with students who are also members about ways to improve our students' perceptions of their daily intake. They are open and communicative and great improvements have been made to truly make it a "Kid Inspired" experience. And we have great plans moving forward for the use of our bigger kitchen! Stay tuned...

### 3. This Committee has increased physical activity

We recognize how beneficial it would be to incorporate more physical experiences and formed a 5k team and participated in this Diabetes fundraiser (doubled as a way to show support for our ensemble members who live with Diabetes!) and have formed a Walking Group that meets on Fridays (open to all) during mild weather seasons and explores our vibrant and beautiful downtown.



### 4. This Committee Created an Upper School Student Lifestyle and Wellness Survey to steer our Health Education

A Subcommittee was formed and created an anonymous Wellness Survey for Upper Schoolers in order to identify current health (and not-so-healthy) habits related to drug and alcohol use, sexual behaviors, sleep, stress management practices, nutrition, hydration, etc. The data will be analyzed, then used in a positive manner to share back with and teach students.

- **The Committee is focusing on MANY other areas including Staff Wellness, for which we have successfully implemented a fun, competitive, incentivized, Monthly Wellness Challenge, and working on ways to even further increase parents feeling of connectedness to the school including a Spring and Fall E-Newsletter called “Health Matters”, a Health Fair to adjoin our Welcome Back Picnic in the Fall, and too many other work areas to mention in this short newsletter. We are open to exploring any and all healthy ideas.**

***INVITATION ~***

We heartily invite you to join this committee. Admin, Teachers, Students, Parents, Board Members, and any humans interested in the Health and Well-being of the TAPA Ensemble - just call or email Ms. Tuck, TAPA’s School Nurse, for more info. Cell: 401-203-6372 or email: [ms.tuck@tapaprovidence.org](mailto:ms.tuck@tapaprovidence.org)

- We thank Administration for their support of our efforts.