



LAKE ARTHUR MUNICIPAL SCHOOLS WELLNESS POLICY

Table of Contents

Introduction -----	3
Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement -----	4
Nutrition and Nutrition Education -----	5
Physical Activity -----	7
Health Education -----	8
Physical Education -----	9
Social and Emotional Well-Being-----	10
Health Services -----	11
Staff Wellness -----	12
Appendix A-----	13
Appendix B-----	14
Appendix C -----	15
Outcome Evaluation: Measuring the impact of Wellness Policy -----	17

LAKE ARTHUR MUNICIPAL SCHOOLS

Wellness Policy

Introduction

The LAKE ARTHUR MUNICIPAL SCHOOLS Board of Education is committed to the wellness of every student. The Board believes that healthy eating and physical education help students achieve personal, academic, developmental, and social success.

This policy will address the Public Education Department's requirements for healthier schools in the areas of:

- **Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement:** The District will engage families, students, representatives of the school food authority, school administrators, and the community in the development and regular review of this policy.
- **Nutrition:** The goal is to influence students' eating behaviors by providing nutrition education appropriate for students' ages, reflecting students' cultures, being integrated into health education or core curricula, and providing opportunities for students to practice skills.
Nutrition Standards for USDA School Meals: All foods available in each school during the day will have as a primary goal the promotion of student health and reduction of childhood obesity.
- **Physical Activity and Education:** The goals for physical activity are to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short- and long-term benefits of a physically and healthful lifestyle.
- **School-Based Activities for Student and Staff Wellness:** The goal is to create a school environment conducive to healthy eating and physical activity for students and staff wellness.
- **Social Emotional Well-Being:** Social and emotional well-being aims to collaborate with students, parents, staff, and community members to influence student success by building awareness and promoting strategies to maintain and improve student mental health.

This policy applies to all district students, staff, and schools.

I. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

The superintendent or designee(s) will convene the School Health Advisory Committee (SHAC) and facilitate the development of and updates to the Wellness Policy, as well as ensure the district's compliance with the policy as required by Public Law 111-296 "Healthy, Hunger-Free Kids Act."

The School Health Advisory Committee (SHAC) will meet at least twice per year to make recommendations to the Lake Arthur School Board on the implementation, revision, and evaluation of the Wellness Policy.

The SHAC membership will include a parent, school food authority personnel, school administrator(s), physical education teacher, school health professional, school staff, and a student. See member's list appendix A.

An Annual report shall be made to the board on the district's compliance with student wellness practices. The Wellness Policy. The information may include, but is not limited to:

- Recommendations for policy and program revisions.
- Evaluation of food service program.
- Review all foods and beverages sold in schools for compliance with established nutrition guidelines.
- For the evaluation tool, please see Appendix C.
- Documentation of annual policy progress for each school to promote school-based activities that promote wellness.

The SHAC will update and modify the wellness policy based on the results of the annual progress reports. District priorities, community needs, achieved goals, new health science information, technology, and new federal or state guidelines will also be considered.

The district is committed to being responsive to community input. Parents will be able to access the wellness policy. The section will inform parents about compliance with school meal standards, availability of child nutrition programs, and application processes. The district will ensure that communications are culturally and linguistically appropriate for the community.

The District Wellness Policy will be available to parents/guardians of children/youth via the district's website. A hard copy will be available to parents at each building.

II. Nutrition and Nutrition Education

Nutrition education supports healthy eating by students. Nutrition education and healthy eating will encourage physical growth, physical activity, brain development, the ability to learn, emotional balance, a sense of well-being, obesity prevention, and the ability to resist disease.

The district aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and promote nutrition promotion.

- Include nutrition education as part of health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.
- Promote healthy foods and beverages using posters, signage, and displays throughout the school setting.
- Provide students positive, motivating messages, both verbal and non-verbal, about healthy eating and physical activity throughout the school setting. All school personnel will help reinforce these positive messages.
- Promote healthy eating and physical activity to students, parents, teachers, administrators, and the community.
- Encourage participation in USDA nutrition programs and conduct nutrition education activities and promotions that involve students, parents, and the community, such as Eat Smart to Play Hard, 5210, and BMI.
- Offer information to families to promote and encourage healthy eating at home. Use social media, website updates, and parent meetings for the purpose.
- Encourage schools to use USDA's Team Nutrition resources at <http://teammnutrition.usda.gov/team.html>
- Increase community awareness of student health needs.
- Partner with the community to support policies and programs.
- Promote fresh fruit, fresh vegetables, whole-grain products, low-fat dairy products, healthy food preparation methods, and accurate portion sizes.
- Encourage participation in the school garden.
- The district's nutrition program will accommodate students with special dietary needs. Parents must take a signed doctor's statement to the school nurse, or if a student has an IEP, it will be noted in the prior written notice as an accommodation or precaution with a health plan. The statement must include the list of allergies and a list of substitutions for the allergies. The nurse verifies with the doctor and then sends the information to the nutrition department. The nutrition department then can appropriately make substitutions as required.
- Food safety inspections are conducted twice annually per USDA regulations and state rules and reports are posted publicly:

The nutrition standards for USDA school meals encourage the consumption of more whole grains, fruits, vegetables, and legumes and decrease waste. The district will comply with USDA nutrition standards for the National School Lunch Program and School Breakfast Program. The standards can be viewed at www.usda.gov.

Celebrations

- Promote non-food celebrations and make available a list of ideas to parents and teachers, such as those from the Alliance for a Healthier Generation and the USDA.
- Encourage parents to bring foods that meet the district's nutrition standards to school celebrations.
- Inform parents of when a celebration with food is taking place and what is to be served.

III. Physical Activity

The district will provide opportunities for every student to develop the knowledge and skills for specific physical activities; maintain physical fitness; reduce sedentary time; learn about cooperation, fair play, and responsible participation that meets the needs of all students; and gain an appreciation for lifelong and accountable involvement that meets the needs of all students, and gain an appreciation for lifelong physical activity through a healthy lifestyle.

- Provide opportunities for students for physical activity beyond PE class daily.
- Provide at least 15 minutes of recess at Lake Arthur Elementary School before lunch.
- Provide physical education at the elementary school that will promote student physical fitness through individualized fitness and activity assessments (Presidential Youth Fitness Program or other tools) for reporting each student’s progress.
- Discourage physical activity as a punishment, withhold participation in physical education classes, or use physical education class time to complete assignments from other courses.
- Promote and encourage walking and biking as after-school activities. Encourage school activities to promote walking, such as
 - participation in Gingerbread Man Chase – seasonal celebrations that include walking activities as alternatives to walk-n-roll to school and weekly walking programs. Because we are a rural bussed school, I district, it is tough to provide activities before and after school; however, if the opportunity arises, we are open to any activities before and after school.
- Encourage short (3-5 minute) “energy release” physical activity breaks (i.e., “Jammin” Minute, Brain Breaks, Take 10).
- Provide physical education instruction by teachers with a license endorsement for physical education (22-13-1.7)
- In-door recess is provided during extreme weather conditions.
- Healthy Kids Chaves Co (HKCC) offers the Eat Smart to Play Hard Program to students in grades 4-5. This program provides a weekly physical activity for students to take home and do with their families.
- Offer opportunities for interscholastic sports programs to all middle and high school students.
- Provide opportunities for family engagement and wellness activities (i.e., 5210 Challenge, Family Night Activities, Eat Smart to Play Hard, etc.).
- Encourage school-wide physical activities (i.e., fun day, field days, homecoming week games and activities, other games such as basketball – students vs. teachers).

IV. Health Education

The district will provide a planned, sequential, and developmentally appropriate K-12 physical education curriculum as per the 6.29.1 NMAC Primary and Secondary Education Standards for Excellence General Provision aligned with the content, benchmarks, and performance standards.

- Provide health and physical education that will reinforce the knowledge and skills needed to maintain a physically active lifestyle.
- Lifesaving skills, including CPR, Automated External Defibrillator (AED), and the Heimlich Maneuver, are included in health education courses.
- .5 of Health Education is required by NMPED as a graduation requirement.
- District policy is included to ensure all students with HIV/Aids access appropriate public education and their privacy rights are protected as set in 6.12.2.10 NMAC Human Immune Deficiency Virus (HIV).
- Provide staff and faculty the opportunity to participate in health-promoting activities focused on skill development and lifestyle behavior change, including exercise, stress management, and nutrition (i.e., health fairs, fun runs/walks, 5210 Challenge, etc.).

V. Physical Education

Physical activity is a component of, but not a substitute for, quality physical education. Physical education is an instructional program taught by a certified physical educator. It focuses on developing skills, knowledge, and attitudes necessary to personally decide to participate in a lifetime of healthful physical activity. Physical education is one source but should not be the only source of physical activity before, during, and after school.

- Promote academic achievement by helping teachers incorporate physical education concepts into classroom activities.
- Provide professional development opportunities every year for physical education teachers.
- Limit physical class sizes to be consistent with those of other subject areas and self-contained classes. Classes of similar grade levels will be scheduled back-to-back to maximize teaching efficiency.
- Instruction in the least Restricted Environment (LRE) that adapts or modifies the physical education curriculum and instruction to address the individualized abilities of each child.

Adaptations are made to ensure that each student will experience success in a safe environment.

Placement is outlined in the IEP and may include one or more of the following options:

- ❖ The general physical education setting.
 - ❖ The general physical education setting with a teaching assistant or peers;
 - ❖ A separate class setting with assistants; and
 - ❖ A one-to-one setting between students and the instructor.
- NMPED requires one unit of Physical education as a graduation requirement.

VI. Social and Emotional Well-Being

Lake Arthur Municipal Schools participates in the NM Youth Risk and Resiliency (YRRS) to create a plan that addresses all students' behavioral health and needs.

- Student discipline at Lake Arthur Municipal Schools should serve to educate youth regarding citizenship and a system of rules and consequences for their violation. Discipline should help to teach appropriate behavior.
- Lake Arthur Municipal Schools provides school counseling to all students. In addition, school counselors and social workers are trained in suicide and threat assessments. Lake Arthur Schools has procedures and forms to assess the threat to others and self-harm; school counselors and social workers are involved in the evaluation and school administration. As part of the process, parents are contacted and involved in the assessment process. Law enforcement is applied as necessary. Based on severity level, outside counseling referrals are made to community agencies.
- Licensed School Counselors, grades K-12, provide guidance counseling. Small group counseling and individual counseling services to students in need of support.
- A list of outside agencies will be made available upon request. In addition, school counselors make referrals to Student Assistance Teams and serve on Student Assistance Teams as needed.
- Lake Arthur Municipal Schools has school guidance lessons/curriculum for grades. K-8; the curriculum addresses bullying, harassment, positive social engagement, healthy choices, and conflict resolution.
- All Lake Arthur school personnel must report child abuse and neglect by law. All employees undergo training each year regarding such reporting practices.
- New Mexico law 32A-4-3 requires that school employees who know or suspect that a child is an abused or neglected child shall immediately report the matter to:
 - ❖ A local law enforcement agency.
 - ❖ The department or office of (The Early Childhood Education and Care Department) in the county where the child resides.
- All Lake Arthur personnel are required by law to report substance abuse.
- Trained school nurses develop individual health care plans with the student, family, and health care providers as part of the IEP or 504 processes for students with healthcare needs that affect school performance, attendance, and safety. An IHP is based upon each child's health care. The IHP is reviewed, at a minimum annually, and revised as needed.

VII. Health Services

- District policy acknowledges that all schools are required to ensure that vision screening tests are administered to students enrolled in the school in pre-kindergarten, kindergarten, first grade, and third grade (7.30311 NMAC: Vision Screening Test Standards for Students) and for transfer and new students in those grades unless a parent affirmatively prohibits the visual screening. The Lions Club assists Lake Arthur students without insurance.
- Self-medicate: District policy acknowledges that all public and nonpublic schools must grant to any student in grades K-12th grade authorization to carry and self-administer health care practitioner-prescribed asthma treatment medications and anaphylaxis emergency treatment medication as well as the right to self-manage their diabetes care in the school setting and to develop mechanisms that support safe diabetes self-management in the school environment if certain conditions are met. Such rules are established in 6.12.2.9 NMAC Student's Rights to Self-administer certain medications and 6.12.8 NMAC Diabetes Self-Management by students in the school setting. Section VI of the NM School Health Manual may find more information on drugs in school.
- Lake Arthur Municipal Schools shall provide an educational environment that treats all students with dignity and respect. Every homeless student shall have equal access to the same free and appropriate educational opportunities as students who are not lost. Lake Arthur Municipal Schools has a homeless education program liaison who will assist homeless students/families in making enrollment and placement decisions, obtaining needed resources, and completing all appropriate forms.
- All homeless students have rights to:
 - ❖ Immediate school enrollment: A school must immediately enroll students even though they lack health immunizations, school records, proof of guardianship, or residency.
 - ❖ Remain enrolled in their selected school for as long as h/she remains homeless or if the student becomes permanently housed until the end of the academic year.
 - ❖ Transportation services: A homeless student attending their school of origin has a right to transportation to and from the school of origin as long as they are homeless or if the student becomes permanently housed until the end of the academic year.

VIII. Staff Wellness

Lake Arthur Municipal Schools will have a staff wellness committee focusing on staff wellness issues. The committee will encourage and support opportunities for staff to actively promote and model healthy behaviors.

- Lake Arthur Municipal Schools provides access to the school fitness center located on the high school campus to all staff, faculty, and high school students.
- Encourage ongoing assessment/evaluation to improve the staff wellness program's effectiveness and efficiency.
- Encourage school nutrition standards to apply to all foods available to staff members (beverages, vending machines, etc.).
- The district policy will ensure the right to privacy of all school employees infected with HIV, keeping records safe and confidential.

American Disabilities Act: Staff wellness for all school staff, ensuring an equitable environment in compliance with disabilities act, title II.

Appendix A

The Lake Arthur Municipal Schools Health Advisory Committee (SHAC) is listed below.

NAME	TITLE	E-MAIL
Elisa Begueria	Superintendent	Elisa.begueria@la-panthers.org
Sheryl Jones	School Nurse	Sheryl.jones@la-panthers.org
Amy Ellis	Athletic Director	Amy.ellis@la-panthers.org
Kathleen Gallaway	High School Principal	Kathleen.gallaway@la-panthers.org
Merced Tarango	Food Service	Merced.tarango@la-panthers.org
Cecilia Rangel	Food Service	Cecilia.rangel@la-panthers.org
Audrey Chambers	Parent	Audrey.chambers@la-panthers.org
Kimberly Morales	Student	Kimberly.morales@la-panthers.org

Appendix B

Health Education Opt-Out Policy

I do not want the student listed to participate in instruction for the sexuality performance standards of the health education curriculum. I understand that as an alternative to that instruction, the student will be given alternative assignments, determined by the teacher, to be completed in an alternate setting during the duration of the unit topics/course. If a parent would like to discuss alternative assignments, the parent may call the teacher for a meeting to determine the alternative assignments.

(Parent/Guardian Signature)

(Date)

One copy to parents, one to the Principal, and one for the student’s cumulative file.

ASSURANCE

FOR CURRICULUM ALIGNMENT WITH THE NEW MEXICO HEALTH EDUCATION AND PHYSICAL EDUCATION CONTENT STANDARDS WITH BENCHMARKS AND PERFORMANCE STANDARDS,

I assure that _____:

School District/ Charter School Name

1. Health Education Curriculum aligns with the Public Education Department (PED) Health Education Content Standards with Benchmarks and Performance Standards (6.30.2.19 NMAC), including abstinence education 9-12 and comprehensive sexuality education 9-12.
2. Adopted and is implementing a parent opt-out policy that complies with 6.30.2.19.H NMAC.
3. Physical Education Curriculum aligns with the PED Physical Education Content Standards with Benchmarks and Performance Standards (6.30.2.20 NMAC).

Superintendent’s/Charter School Director Signature

Date

By signing this form, the school district superintendent/charter school director verifies that the district/charter school curriculum is aligned with the PED Health Education and Physical Education Content Standards with Benchmarks and Performance Standards.

Appendix C

Evaluation

As per the school district wellness policy rule 6.12.6.6 NMAC, each school district must develop and submit a plan for measuring the implementation and evaluation of the wellness policy, including the designation of one or more persons within the school district, or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the district's wellness policy by August 30, 2006

Lake Arthur Municipal Schools Evaluation Plan

Process Evaluation: Measuring implementation of Wellness Policy

Component/Activity	In Planning	In Process	In Place
School Board established a School Health Advisory Committee (SHAC)			
SHAC contains all required members: Parent(s), school food authority personnel, school board member(s), school administrator(s), school staff, student(s), and community member(s).			
The SHAC reports to the local school board recommendations for the development/revision, implementation, and evaluation of the wellness policy.			
The SHAC has met at least twice this year to develop, revise, implement, and evaluate the wellness policy.			
The SHAC designated one or more persons within the school district, or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the district's wellness policy.			
The school board has adopted physical activity guidelines before, during, and after school.			
Nutrition guidelines for a la carte offerings minimally meet guidelines outlined in subsection B of 6.12.5.8 NMAC.			
Nutrition Guidelines for school-sponsored fundraisers during the regular school day (midnight-3:30 pm)			

minimally meet guidelines outlined in paragraph (1) of subsection C of 6.12.5.8 NMAC.			
Nutrition guidelines for school-sponsored fundraisers before and after school hours ensure that at least fifty percent of the offerings shall be healthy choices by requirements outlined in paragraph (2) of subsection C of 6.12.5.8 NMAC.			
Guidelines for a planned, sequential, K-12 physical education curriculum that provides the optimal opportunity for all students to learn and develop skills, knowledge, and attitudes necessary to decide to participate in lifetime healthful physical activity personally and is aligned to the physical education content standards with benchmarks and performance standards as outlined in 6.30.3.30 NMAC.			
Guidelines for a planned, sequential, K-12 health education curriculum that addresses health's physical, mental, emotional, and social dimensions are aligned to the health education content standards with benchmarks and performance standards as outlined in 6.30.2.19 NMAC.			
A plan addresses all students' behavioral health needs in the educational process by focusing on students' social and emotional well-being.			
A school safety plan at each school building focused on supporting health and safe environments, including but not necessarily limited to prevention, policies and procedures, and emergency response.			
A plan addresses students' health services needs in the educational process.			
A plan addresses the staff wellness needs of all staff that minimally ensures an equitable work environment and meets the Americans with Disabilities Act Part III.			

Outcome Evaluation: Measuring the impact of Wellness Policy

Component/Activity	Outcome Measures
SHARE	The local school board adopts _____% of the recommendation from the SHAC.
Physical Activity	_____ % of students participated in physical offerings.
Nutrition	100% of the offerings in a la carte meet the guidelines outlined in subsection B of 6.12.5.8 NMAC 100% of the clubs/sports/etc. are following the guidelines for school-sponsored fundraisers during the regular school day, ensuring that at least 50% of the offerings shall be healthy choices by the requirements outlined in paragraph (2) of subsection C of 6.12.5.8 NMAC
Health Education	_____ % of students meet the health education content standards with benchmarks and performance standards as outlined in 6.30.2.19 NMAC.
Physical Education	_____ % of students meet the physical education content standards with benchmarks and performance standards as outlined in 6.30.2.20 NMAC
Behavior Health	_____ % reduction in discipline referrals due to behavioral health problems.
School Safety	100% of teachers and other school staff are aware of and know how to implement the school-level safety plans.
Health Services	_____ % reduction in student absenteeism. _____ % of students who have been screened for vision/hearing.
Staff Wellness	_____ % reduction in staff absenteeism.

Legal References:

Public Law 111-296 “Healthy Hunger-Free Kids Act”

NMAC, New Mexico Requirements for Competitive Foods Sold to Students

6.12.5.8 NMAC, Wellness Requirements

6.30.2.19 NMAC, Health Education

6.30.2.20 NMAC, Physical Education

Intelligent Snacks Calculator: foodplanner.healthiergeneration.org/calculator/

National School Lunch Program, School Breakfast Program, and After School Snack Program At www.usda.gov

The School Health Index at www.cic.gov/HealthyYouth/SHI