

To'Hajiilee Community School Wellness Policy

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To'Hajiilee Community School Wellness Policy

MISSION STATEMENT

To'Hajiilee Community School (TCS) is committed to providing our students, staff, and visitors with high-quality and nutritional meals that are healthy and appealing.

VISION

To promote healthy choices by providing high-quality meals and snacks that positively impact our students' well-being.

TCS acknowledges:

- A. Hunger affects student learning.
- B. Poor nutrition affects learning and overall health status.
- C. Obesity and diabetes rates are increasing in the United States and the Navajo Nation among children and teens.
- D. School meals provide essential nutrients and calories.
- E. Nutrition education promotes healthy eating practices and can have a positive effect on lifelong learning behavior.
- F. Nutrition services complement and enhance school health services.

GOAL:

To'Hajiilee Community School raises awareness and promotes healthy lifestyles among students, parents, and staff through nutrition and physical activity.

We will involve five primary intervention components:

- I. Food Service Department
- II. Early Childhood and K-12 Classrooms
- III. Physical and Health Education Classes
- IV. Diné Language and Culture
- V. Parent Advisory Committee

This program will involve our students from Early Childhood through 12th grade. The purpose of the School Wellness Policy/Nutritional Program is to introduce and familiarize students, parents, and staff with the need for healthy lifestyles and behaviors, central to the components: ●

Nutrition Promotion and Education

- Physical Activity
- Student Wellness
- Food Sale Nutritional Guidelines
- School Campus Guidelines for Food and Beverages
- Smart Snacks Marketing and Advertising

Preamble

To’Hajiilee Community School (here referred to as the TCS is committed to the optimal development of every student. The TCS believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. The local school wellness policy is completed following Federal 7 C.F.R pts 210 & 220 and PED NMAC 6.12.6.8.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture’s (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks.^{1,2,3,4,5,6,7} Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students.^{8,9,10} In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.^{11,12,13,14}

¹ Bradley, B, Green, AC. Do Health and Education Agencies in the United States Share Responsibility for Academic Achievement and Health? A Review of 25 years of Evidence About the Relationship of Adolescents’ Academic Achievement and Health Behaviors, *Journal of Adolescent Health*. 2013; 52(5):523–532. ² Meyers AF, Sampson AE, Weitzman M, Rogers BL, Kayne H. School breakfast program and school performance. *American Journal of Diseases of Children*. 1989;143(10):1234–1239.

³ Murphy JM. Breakfast and learning: an updated review. *Current Nutrition & Food Science*. 2007; 3:3–36. ⁴ Murphy JM, Pagano ME, Nachmani J, Sperling P, Kane S, Kleinman RE. The relationship of school breakfast to psychosocial and academic functioning: Cross-sectional and longitudinal observations in an inner-city school sample. *Archives of Pediatrics and Adolescent Medicine*. 1998;152(9):899–907.

⁵ Pollitt E, Mathews R. Breakfast and cognition: an integrative summary. *American Journal of Clinical Nutrition*. 1998; 67(4), 804S–813S.

⁶ Rampersaud GC, Pereira MA, Girard BL, Adams J, Metz J. Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents. *Journal of the American Dietetic Association*. 2005;105(5):743–760, quiz 761–762.

⁷ Taras, H. Nutrition and student performance at school. *Journal of School Health*. 2005;75(6):199–213. ⁸ MacLellan D, Taylor J, Wood K. Food intake and academic performance among adolescents. *Canadian Journal of Dietetic Practice and Research*. 2008;69(3):141–144.

⁹ Neumark-Sztainer D, Story M, Dixon LB, Resnick MD, Blum RW. Correlates of inadequate consumption of dairy products among adolescents. *Journal of Nutrition Education*. 1997;29(1):12–20.

¹⁰ Neumark-Sztainer D, Story M, Resnick MD, Blum RW. Correlates of inadequate fruit and vegetable consumption among adolescents. *Preventive Medicine*. 1996;25(5):497–505.

¹¹ Centers for Disease Control and Prevention. *The association between school-based physical activity, including physical education, and academic performance*. Atlanta, GA: US Department of Health and Human Services, 2010.

¹² Singh A, Uijtendwilligne L, Twisk J, van Mechelen W, Chinapaw M. *Physical activity and performance at school: A systematic review of the literature including a methodological quality assessment*. *Arch Pediatr Adolesc Med*, 2012; 166(1):49-55.

¹³ Haapala E, Poikkeus A-M, Kukkonen-Harjula K, Tompuri T, Lintu N, Väistö J, Leppänen P, Laaksonen D, Lindi V, Lakka T. *Association of physical activity and sedentary behavior with academic skills – A follow-up study among primary school children*. *PLoS ONE*, 2014; 9(9): e107031.

¹⁴ Hillman C, Pontifex M, Castelli D, Khan N, Raine L, Scudder M, Drollette E, Moore R, Wu C-T, Kamijo K. *Effects of the FITKids randomized control trial on executive control and brain function*. *Pediatrics* 2014; 134(4): e1063-1071.

¹⁵ Change Lab Solutions. (2014). *District Policy Restricting the Advertising of Food and Beverages Not Permitted to be Sold on School Grounds*. Retrieved from

<http://changelabsolutions.org/publications/district-policy-school-food-ads>.

This policy outlines the TCS approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the TCS have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards;
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school; ▪ Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the TCS in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and ▪ To’Hajiilee Community School establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

This policy applies to all students, staff, and schools in the TCS.

- *To’Hajiilee Community School will coordinate the wellness policy with other aspects of school management, including the (TCS) School Improvement Plan, when appropriate.*

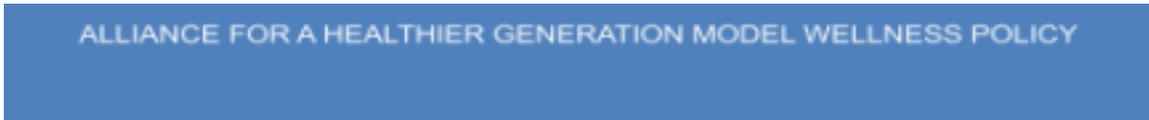
I. School Wellness Committee

Committee Role and Membership

To’Hajiilee Community School will convene a representative TCS wellness committee (here to referred to as the TCS that meets two times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this TCS-level wellness policy (heretofore referred as “wellness policy”). The TCS membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents/guardians; students; representatives food services program ; health/physical education teacher; health professionals, and mental health and social services staff (i.e., school counselors, psychologists); school administrators, supervisors (academics, facilities, transportation, front office personnel, etc.). To the extent possible, the TCS will include representatives from each school building and reflect the diversity of the community. Potential stakeholders are made aware of their ability to participate in the development, review, update, and implementation of the local school wellness policy.

Leadership

The (TCS) or designee(s) will convene the TCS and facilitate the development of and updates to the wellness policy and will ensure each school’s compliance with the policy. The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is:



Wellness Committee SY25-26

Name	Job Title	Email Address	Role
Carol Begay	Commodity Clerk; Committee Chair	carol.begay@tohajiilee.com	Chair
Kimberly Bruce	PAC/ Committee Vice-Chair	kbruce@tohajiilee.com	Vice-Chair
Madeline Edwards	PAC / Committee Secretary	medwards@tohajiilee.com	Secretary
Willinda Castillo	Chief School Administrator	willinda.castillo@tohajiilee.com	Member
Michael Carroll	Supervisory Instructional Leader	mcarroll@tohajiilee.com	Member
Timothy Chavez	Food Services tchavez@		Member

Myles Abeyta	Student	jceniza@tohajiilee.com	Member
Jojie Ceniza	G&T Teacher/Sped Coordinator	ljuaton@tohajiilee.com	Member
Leomar Juaton	Health/PE/Performi ng Arts Teacher	melissa.begay@tohajiilee.co m	Member
Melissa Begay	School Counselor	diane.sandoval@tohajiilee.co m	Member
Diane Sandoval	PAC		Member
Benjamin Keith	Facility Supervisor	bkeith@tohajiilee.com	Member
Joshua Barbone	Student		Member
Elayne Costello	Early Childhood Mentor Teacher	ecostello@tohajiilee.com	Member

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

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

Implementation Plan

To'hajiilee Community School will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines, and includes information about who will be responsible to make what change, by how much, where, and when, as well as specific goals and objectives for nutrition

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standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness.

Recordkeeping

To'hajiilee Community School will retain records to document compliance with the requirements of the wellness policy at the (TCS) Administrative Office and/or on the (TCS) central computer network. Documentation maintained in this location will include, but will not be limited to: ▪ The written wellness policy;

- Documentation demonstrating compliance with community involvement requirements, including (1) Efforts to actively solicit TCS membership from the required stakeholder groups; and (2) These groups' participation in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for each school under its jurisdiction; and ▪ Documentation of the triennial assessment of the policy for each school under its jurisdiction; ▪ Documentation demonstrating compliance with public notification requirements, including:
 - (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of the wellness policy.

Annual Progress Reports

To'hajiilee Community School will compile and publish an annual report to share basic information about the wellness policy and report on the progress of the schools within the TCS in meeting wellness goals. This annual report will be published around the same time each year, in May, and will include information from each school within the TCS. This report will include, but is not limited to:

- A. The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy: www.tohajiileeschool.com
- B. A description of the school's progress in meeting the wellness policy goals; C. A summary of the school's events or activities related to wellness policy implementation; D. The name, position title, and contact information of the designated TCS policy leader(s) identified in Section I; and
- E. Information on how individuals and the public can get involved with the TCS Wellness

Committee

To'Hajiilee Community School will actively notify households/families of the availability of the annual report.

The TCS will establish and monitor goals and objectives for the TCS schools, specific and appropriate to each instructional unit (elementary or secondary, or elementary, middle, and high school, as appropriate).

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Triennial Progress Assessments

At least once every three years, the TCS will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the TCS are in compliance with the wellness policy;
- The extent to which the TCS wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of the TCS wellness policy. The position/person responsible for managing the triennial assessment and contact information is Carol Begay, Committee Chair, 505-908-2426.

The TCS, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

To'Hajiilee Community School will actively notify households/families of the availability of the triennial progress report.

Revisions and Updating the Policy

The TCS will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments and/or as TCS priorities change, community needs change, wellness goals are met, new health science, information, and technology emerge, and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated, as indicated, at least every three years following the triennial assessment.**

Community Involvement, Outreach, and Communications

To'Hajiilee Community School is committed to being responsive to community input, which begins with awareness of the wellness policy. TCS will actively communicate ways for TCS representatives and others to participate in the development, implementation, and periodic review and update of the wellness policy through a variety of appropriate means. TCS will also inform parents of the improvements made to school meals, compliance with school meal standards, the availability of child nutrition programs and how to apply, and a description of Smart Snacks in School nutrition standards and compliance with them. And To'Hajiilee Community school will use electronic mechanisms, such as email or displaying notices on the TCS website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. TCS will ensure that communications are culturally and linguistically appropriate to the community

and delivered through methods similar to those used by TCS and individual schools to communicate other important school information to parents.

To'Hajiilee Community School will actively notify the public of the content of, or any updates to, the wellness policy annually. At a minimum, TCS will also use these mechanisms to inform the community about the availability of the annual and triennial reports. It will be the policy of

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To'hajiilee Community School to implement a school wellness plan that incorporates New Mexico Public Education Department/Student Success Wellness/Coordinated School Health and Wellness through regulations and requirements. The school will establish a School Health and Wellness Committee that consists of parents, School Food Service Personnel, School Administrators, Academic Staff, students, Parent Advisory Committee, To'Hajiilee Clinic Public Health nurse, and a community member.

The School Wellness Committee will be responsible for making recommendations to the Local School Board for the development, revision, implementation, and evaluation of the school wellness Policy.

The School Wellness Committee will meet every semester to evaluate areas for improvement, create action plans for policy changes, implement plans and activities, and evaluate the school Wellness Policy to benefit our students, parents, families, staff, and community. The coordinated school health program will be successful through the combined efforts of To'hajiilee Community School and the border Community.

VII. Nutrition

Our School Nutrition Policy strives to:

1. Offer meals that meet the Dietary Guidelines for American and USDA Healthy Meals

Initiatives, the following standards are:

- Menus are written in accordance with the Healthy, Hunger-Free Kids Act of 2010. And guidelines—menus are analyzed to ensure that they are within recommended dietary guidelines by age, calories, total fat, saturated fat, trans fat, protein, and Calcium, Iron, Vitamins A & C, Fiber, and Sodium.
- Foods high in sugar are limited.
- Foods high in sodium are limited.
- Foods low in total fat, saturated fat, and cholesterol are included in menus (on a weekly basis, menu averages than that 30% of total fat and less than 10% of saturated fat with zero trans fat).
- A variety of foods are used: adequate foods from grain, vegetables, and fruit groups are used, including a variety of fresh salad, grains, vegetables, and fruit groups, vegetable sticks and fresh fruit; whole grains; and dark green and orange vegetables are included each week.
- Water is always available for students.
- A share box is available for students to leave unopened food items and unwrapped food for other students to access.

2. Offer a variety of healthy, culturally diverse, student-acceptable food choices that are served in age-appropriate portions, a suitable variety, and prepared with methods that emphasize high-quality nutrition.

3. Follow the HACCP (Hazard Analysis Critical Control Point) guidelines, Federal and State for purchasing and food safety/sanitation.

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4. Monitor students' acceptance of meals on an ongoing basis. Make menu adjustments as needed to keep plate waste at a minimum by using Offer vs. Serve for Breakfast and Lunch. 5. Omit food with minimal nutritional value during school days.

6. Maintain the dining room as a pleasant, clean, and inviting place to eat school meals. 7.

Promote eating as a positive experience; recommend that students and staff should have adequate time to eat, relax, and socialize—at least 10 minutes after sitting down for breakfast and 20 minutes after sitting down to lunch.

8. Promote regular physical activity as a component of healthy living through physical education.

9. Promoting healthy food choices and regular physical activity needs to become a long-term behavior.

10. Promote and facilitate nutrition education in the classroom. Using the cafeteria and classroom as a learning lab for Nutrition Education.

11. A four-to-six-week cycle of menus is followed by USDA regulations.

12. Food allergies and exceptions must be documented by a Physician's note as per USDA guidelines. All Kitchen staff, teachers, and staff are to familiarize themselves with notifications of

any student allergies.

13. Confidential: Student allergy form must be kept on file in the kitchen and Academic. 14. The To'hajiilee Wellness Policy will be available on [tohajiileeschool.com/Food Service](http://tohajiileeschool.com/Food%20Service) department for families, staff, and the community.

Essential Healthy Eating Topics in Health Education

To'hajiilee Community School will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating and personal health and disease prevention ▪ Food guidance from [MyPlate](#)
- Reading and using the USDA's food labels
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables, and whole-grain products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans* fat ▪ Choosing foods and beverages with little added sugar
- Eating more calcium-rich foods
- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- Making healthy choices when eating at restaurants
- Eating disorders
- The Dietary Guidelines for Americans
- Reducing sodium intake
 - Social influences on healthy eating, including media, family, peers, and culture



- How to find valid information or services related to nutrition and dietary behavior ▪ How to develop a plan and track progress toward achieving a personal goal to eat healthfully ▪ Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

Food and Beverage Marketing in Schools

To'Hajiilee Community School is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. TCS strives to teach students how to

make informed choices about nutrition, health, and physical activity. These efforts will be weakened. If students are subjected to advertising on TCS property that contains messages inconsistent with the health information. TCS is imparting education through nutrition education and health promotion efforts. It is the intent of the TCS to protect and promote student's health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the TCS wellness policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards.

Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community

To'Hajiilee Community School will promote healthy food and beverage choices for all students across the school campus and encourage participation in school meal programs. This promotion will occur through at least:

- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at www.healthiergeneration.org/smartsnacks.
- Healthier snacks such as 100% fruit juice, water, diet sodas and sugar free products. In addition, we will introduce healthier foods and snacks that contain no more than 200 calories, 8 grams of fat per serving and no more than 15 grams of sugar per package, with the exception of fresh fruits.

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- The policy will place greater emphasis on student/parent and staff interventions, as well as on active parent involvement. School Health Wellness Committee will provide an intervention forum throughout the school year with students, parents and staff to provide research data through USDA, Navajo Nation Diabetes Program, Indian Health Services and other resources or information on implementation of healthy, behavioral lifestyle changes in becoming positive role models in all aspects of Healthy choices.

Nutrition – Sysco Healthy School Celebration

As of 2025 -2026 school year, all New Mexico Schools that receive reimbursement through USDA. This plan shall be updated and readopted annually or as needed for any changes.

As part of the Wellness Policy, procedures are implemented to improve the nutrition of all foods

served at school and sold during and after school fundraisers.

This procedure addresses the food and beverages at school parties or special events.

REQUIREMENTS.

- Parties or special events must occur after lunch and not during lunch.
- Beverages served must meet the following: 100% Fruit Juice, water, sugar free drinks.
- The following beverages are not to be served: carbonated drinks, fruit drinks, powdered drinks, non-carbonated flavored with added sweeteners, sports drinks - Gatorade.
- Foods served must meet the following rules.
 - Cakes, cupcakes may be served once per month as a group party or birthday party or a special celebration.
- Nuts, seeds, cheese, yogurt and fresh fruit are allowable foods to be served anytime in moderation.
- All other foods served at parties or special events must meet the nutrition criteria (use nutrition fact labels for evaluation) except cultural traditional foods.

Food and beverages must not be used as a reward. It is well documented that when food or beverages are used to reward behavior, that compulsive eating of those foods previously used to reward may result in future “comfort eating” which contributes to overweight and or obesity as well as diabetes.

A list of snack items may be used for parties and special events is available (Sysco Healthy Celebration). This list is ever-evolving as new qualifying foods are identified and added. A new update to date list will be posted as changes occur and updated information.

- No candy, soft drinks or chewing gum will be sold, served, or given away during school hours, starting from morning to 3:30 pm. Monday – Friday. Halfday Wednesdays from morning to 1:45 p.m.

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- This standard applies to school meals and our food and beverages served through School Nutrition Program, vending machines, fundraisings events or classroom activities.
- No candy, soft drinks or chewing gum will be given to students as an incentive reward.
- Soft drinks will still be available to the faculty in the employees lounge. Be a role model of consumption of soda to the students during the school day, especially since these items are unavailable to students.
- Fruit juice or juice products sold or served must contain a minimum of 100% fruit juice.
- No food containing 40% or more sugar by weight will be sold unless served as a part of a nutritional analyzed meal, where USDA dietary guidelines are followed, and the desserts being met to help meet Dietary Guidelines.
- All other foods available during instructional days and served will reflect Dietary Guidelines.

- School fundraising will include water, 100% fruit juice, fresh fruit, and healthy smart snack items.

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* and throughout every school campus* (“school campus” and “school day” are defined in the glossary). The (TCS) will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day. ▪ *Water cups/jugs will be available in the cafeteria if a drinking fountain is not present.* ▪ *All water sources and containers will be maintained on a regular basis to ensure good*

hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, and other methods for delivering drinking water.

Competitive Foods and Beverages

To’Hajiilee Community School committed to ensuring that all foods and beverages available to students on the school campus* during the school day* support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. School sales forms are completed by the class sponsors and approval documentation will be available at the business office.

Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. A summary of the standards and information are available at:

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day* will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are



sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including through:

1. Celebrations and parties. TCS will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. TCS will provide to parents a list of foods and beverages that meet Smart Snacks nutrition standards; and
3. Rewards and incentives. TCS will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or

withheld as punishment for any reason, such as for performance or behavior. **Fundraising**
Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. The (TCS) will make available to parents and teachers a list of healthy fundraising ideas [*examples from the [Alliance for a Healthier Generation](#) and the [USDA](#)*]. Exempt fundraisers will be limited to two occasions per semester. Record keeping for two occasions will be on file with the wellness policy chair/food service.

Physical Activity

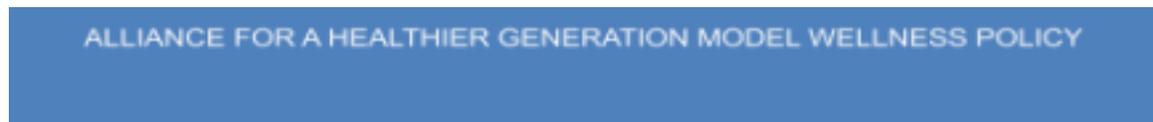
Children and adolescents are recommended to participate in 60 minutes of physical activity every day. A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities and TCS is committed to providing these opportunities. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). TCS will be encouraged to participate in *Let's Move! Active Schools* (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) **will not be withheld** as punishment for any reason. TCS will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, TCS will ensure that its grounds and facilities are safe and that equipment is available to students to be active. TCS will conduct necessary inspections and repairs.

Physical Education

To'Hajiilee Community School will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of



a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the "*Essential Physical Activity Topics in Health Education*" subsection). To'Hajiilee Community School students will be provided equal opportunity to participate in physical education classes. TCS will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

To'Hajiilee Community School **elementary students** in each grade will receive physical education for at least 60-89 minutes per week throughout the school year. [*NOTE: Additional optional policy language substitutions include: All TCS elementary students in each grade will receive physical education for at least 90-149 minutes per week throughout the school year (Meets HSP Silver level). OR All TCS elementary students in each grade will receive physical education for at least 150 minutes per week throughout the school year (meets HSP Gold level).*]

To'Hajiilee Community School **secondary students** (middle and high school) are required to take the equivalent of one academic year of physical education.

To'Hajiilee Community School physical education program will promote student physical fitness through individualized fitness and activity assessments.

Essential Physical Activity Topics in Health Education

To'Hajiilee Community School will include in the health education curriculum the following essential topics on physical activity *when health education is taught*.

- The physical, psychological, or social benefits of physical activity
 - How physical activity can contribute to a healthy weight
 - How physical activity can contribute to the academic learning process ▪
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
 - Differences between physical activity, exercise, and fitness
 - Phases of an exercise session, that is, warm up, workout, and cool down ▪
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
 - Opportunities for physical activity in the community
 - Preventing injury during physical activity
 - Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
 - How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
 - Developing an individualized physical activity and fitness plan
 - Monitoring progress toward reaching goals in an individualized physical activity plan ▪
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture ▪
- How to find valid information or services related to physical activity and fitness ▪
- How to influence, support, or advocate for others to engage in physical activity ▪
- How to resist peer pressure that discourages physical activity

ALLIANCE FOR A HEALTHIER GENERATION MODEL WELLNESS POLICY

Recess (Elementary)

To'Hajiilee Community School elementary will offer at least **15 minutes of recess** on all or most days during the school year. *This policy may be waived on early dismissal or late arrival days.* If recess is offered before lunch, schools will have appropriate hand-washing facilities and/or hand-sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating and students are required to use these mechanisms before eating. Hand-washing time, as well as time to put away coats/hats/gloves, will be built into the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or TCS must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks (Elementary and Secondary)

To'Hajiilee Community School recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most

days during a typical school week. TCS recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom time. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. To'Hajiilee Community School will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., Science, Math, Language Arts, Social Studies, and others) and do their part to limit sedentary behavior during the school day.

To'Hajiilee Community School will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

To'Hajiilee Community School offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. TCS will encourage students to be physically active before and after school by: access to athletic equipment for check-out before school, during recess, and at lunchtime; elementary and middle school sports programs; high school junior varsity and varsity sports.



Other Activities that Promote Student Wellness

To'Hajiilee Community School will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. TCS will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

To'Hajiilee Community School efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the wellness policy, including but not limited to ensuring the involvement of the TCS/SWC.

Community Partnerships

To'Hajiilee Community School will develop relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this wellness policy's implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the wellness policy and its goals.

Community Health Promotion and Engagement

To'Hajiilee Community School will promote to parents/guardians, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the "Community Involvement, Outreach, and Communications" subsection, TCS will use electronic mechanisms (such as email or displaying notices on the TCS website, as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

Staff Wellness and Health Promotion

The To'Hajiilee Community School Sunshine Committee will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies school will use, as well as specific actions staff members can take, include after-school Zumba classes, lunchtime walking groups, healthy snack birthday celebrations.

Professional Learning

When feasible, TCS will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help TCS staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing academic improvement plans/efforts.



Glossary:

Extended School Day - time during before and after -school activities that includes clubs, intramural sports, etc.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields, and stadiums (e.g. on scoreboards, coolers, cups, and water bottles), or parking lots.

School Day - midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.



The updated School Wellness Policy will begin implementation during the 2025-2026 School Year. Any changes to policy will be updated by the School Health Advisory Committee (SHAC).

Carol Begay
SHAC Chair

Kimberly Bruce
SHAC Vice-Chair

Madeline Edwards
SHAC Secretary

Adopted by To'Hajiilee Community School Board on February 06, 2026.

School Board President

School Administrator

Appendix A: School Level Contact

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