

Vista Grande High School Wellness Policy 2024-2025 School Year

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Vista Grande High School Wellness Policy Guidance Document

Introduction:

Developing a comprehensive school district wellness policy is essential to the academic success and lifelong well-being of students in New Mexico. This school district wellness policy guidance document is intended to assist school districts in developing and implementing wellness policies that create a learning environment that allows students to achieve their full academic potential and enjoy lifelong health, while meeting the Public Education Department Wellness Policy rule 6.12.6.6 NMAC and the requirements of Section 204 of Public Law 108-265–June 30, 2004–Child Nutrition and WIC Reauthorization Act of 2004.

The school district wellness policy rule adopted in New Mexico establishes that school districts create a wellness policy that includes areas related to the components of a coordinated school health approach to student health and well-being (see Appendix C School District Wellness Policy 6.12.6 NMAC). By [redacted] school districts are required to:

- Designate 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.
- Establish school health advisory councils;
- Develop guidelines for physical activity and nutrition;
- Develop guidelines for health education;
- Develop guidelines for physical education;
- Develop guidelines for behavioral health;
- Develop guidelines for school safety;
- Develop guidelines for health services;
- Develop guidelines for staff wellness;
- Develop a plan for measuring the implementation and evaluation of the wellness policy;

Wellness Policy Process

Step 1: Designate 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 local board of education/charter board will establish a district/charter SHAC that consist of parent(s), school food authority personnel, school board member(s), school administrator(s), school staff; student(s); and community member(s).

Additionally, the SHAC will be given the responsibility to make recommendations to the local school board in the development or revision, implementation, and evaluation of the wellness policy. The committee shall meet a minimum of two times annually for this purpose.

Finally, the school health advisory council should work with the school district to designate 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.

Step 2: The SHAC creates a draft wellness policy that addresses the following areas:

1. Physical activity guidelines for before, during and/or after school.
2. Family, school and community involvement guidelines.
3. Nutrition guidelines for a la carte offerings minimally meeting guidelines set forth in subsection B of 6.12.5.8 NMAC.
4. Nutrition guidelines for school sponsored fund raisers during normal school hours minimally meeting guidelines set forth in paragraph (1) of subsection C of 6.12.5.8 NMAC.

5. Nutrition guidelines for school sponsored fund raisers before and after school hours ensuring that at least fifty percent of the offerings shall be healthy choices in accordance with the requirements set forth in paragraph (2) of subsection C of 6.12.5.8 NMAC.
6. A plan for measuring the implementation and evaluation of physical activity guidelines; family, school and community guidelines; nutrition guidelines for school sponsored fundraisers during school hours; and nutrition guidelines for school sponsored fundraisers before and after school. School districts are asked to use the Evaluation Template (Attachment F) when creating the plan for measuring implementation and evaluation.
7. Guidelines for a planned, sequential, K-12 **health education** curriculum that addresses the physical, mental, emotional, and social dimensions of health and is aligned to the health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.
8. 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 personally decide to participate in lifetime healthful physical activity and is aligned to the physical education content standards with benchmarks and performance standards as set forth in 6.30.2.20 NMAC.
9. A plan addressing the **behavioral health** needs of all students in the educational process by focusing on students' social and emotional well-being.
10. A **school safety plan** at each school building focused on supporting health and safe environments and including but not necessarily limited to prevention, policies and procedures and emergency response.
11. A plan addressing the **health services** needs of students in the educational process.
12. A plan addressing the **staff wellness** needs of all staff that minimally ensures an equitable work environment and meets the American with Disabilities Act Part III.

Step 3: The local school board adopts the school district wellness policy no later than **August 1, 2024**

Step 4: The district/charter school submits, electronically, the following documents for Wellness Policy, no later than **August 1, 2024** to the Public Education Department:

1. The local school board adopted school district wellness policy that contains guidelines for physical activity; nutrition; and family, school and community involvement.
2. The SHAC members list (Appendix B).
3. An evaluation plan for the guidelines of physical activity; nutrition; and family, school and community involvement (Attachment D).
4. Guidelines for health education, physical education, behavioral health, school safety, health services and staff wellness.

Step 5: Each school will be required to monitor their school district wellness policy by completing the annual Healthy Kids Report Card.

The SHAC members list (Appendix B).

Vista Grande High School Wellness Policy Family, School and Community Involvement

An evaluation plan for the guidelines of physical activity; nutrition; and family, school and community involvement (Attachment D).

Definition:

Family, school and community involvement means an integrated family, school and community approach for enhancing the health and well-being of students by establishing a district school health advisory council that has the responsibility to make recommendations to the local school board in the development or revision, implementation and evaluation of the wellness policy.

The family, school and community involvement component promotes long-term effective partnerships between families, schools, and communities in the planning and implementation of health promotion projects and events both within the school and throughout the community. The partnership can encourage and sustain environmental changes that support healthy lifestyles for children and their families.

The VGHS wellness policy is published on the vistagrande.org website, and updated annually.

Requirement:

The local school board of Vista Grande High School has established a district school health advisory council that consists of parent(s), school food authority personnel, school board member(s), school administrator(s), school staff, student(s), and community member(s).

The Vista Grande High School health advisory council has the responsibility to make recommendations to the local school board in the development or revision, implementation, and evaluation of the school district wellness policy.

The Vista Grande High School health advisory council meets for this purpose a minimum of two times annually – once in August and once in May.

Goal:

The goal of family, school and community involvement within a coordinated school health approach is to create a total school environment that is conducive to student health and academic achievement. This inclusive atmosphere features a shared responsibility that supports healthy children and families. Effective partnerships between families, schools and communities support the development and the maintenance of this comprehensive learning environment.

Activities:

The activities below are broken up into two components. Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED. Component two (II) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the local school district.

I. PED required activities:

Assign responsibilities to School Health Advisory Council members (SHAC) to develop, implement, monitor and evaluate the district wellness policy.

1. Vista Grande High School has created guidelines to provide physical activity opportunities to students before, during and/or after school.
2. Vista Grande High School has guidelines for school sponsored fund raisers during normal school hours minimally meeting guidelines as stated in the competitive food sales rule.
3. Guidelines are established for school sponsored fund raisers before and after school hours ensuring that at least 50% of the offerings shall be healthy choices as stated in the competitive food sales rule.
4. Guidelines are established for a planned, sequential, PreK-12 health education curriculum that addresses the physical, mental, emotional, and social dimensions of health and is aligned to the health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.
5. Guidelines are established for a planned, sequential PreK-12 physical education curriculum that provides the optimal opportunity for all students to learn and develop skills, knowledge and attitudes necessary to personally decide to participate in lifetime healthful physical activity and is aligned to the physical education content standards with benchmarks and performance standards as set forth in 6.30.2.20 NMAC.
6. A plan has been established addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.
7. The VGHS school safety plan is focused on supporting health and safe environments and including but not necessarily limited to prevention, policies and procedures, and emergency response.
8. A plan addressing the health services needs of students in the educational process.
9. A plan addressing the staff wellness needs of all staff that minimally ensures an equitable work environment and meets the American with Disabilities Act Part III.
10. A plan for measuring implementation and evaluation of the wellness policy.

Designate 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.

II. Other activities:

Review contracts with outside vendors that encourage healthful eating and reduction of school/district dependence on profits from foods of little nutritional value.

Increase community awareness of student health needs.

Partner with community to support policies and programs. VGHS partners with Rocky Mountain Youth Corp, Dream Tree, and Taos Pueblo.

VGHS will develop a plan addressing the behavioral health needs of all students in the educational process by focusing on the student's social and emotional well-being.

VGHS will create a school safety plan focused on supporting health and safe environments and including but not necessarily limited to prevention, policies and procedures, and emergency response. The Governing Board and School Director will oversee the revision of all school safety plans.

VGHS will create a plan addressing the staff wellness needs of all staff that minimally ensures an equitable work environment and meets the American with Disabilities Act Part III. VGHS will create a plan for measuring implementation and evaluation of the wellness policy.

Evaluation

See Appendix D.

Resources:

Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.

School District Wellness Policy rule 6.12.6.6 NMAC.

Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.

Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.

The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

Improving School Health: A Guide to School Health Councils, American Cancer Society, Inc., 1999: http://actionforhealthykids.org/filelib/resources/Ntl_Guide_to_SHAC.pdf.

Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Advisory Councils, Iowa Department of Public Health, 2000: http://www.idph.state.ia.us/hpcdp/promoting_healthy_youth.asp.

Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: www.fns.usda.gov/tn/Healthy/wellnesspolicy.html.

Fit, Healthy and Ready to Learn, National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: www.nasbe.org/HealthySchools/fithealthy.html.

Changing the Scene: Improving the School Nutrition Environment, a joint publication released by USDA's Team Nutrition and CDC, provides a roadmap for assessing and improving school policies, in order to provide students with a healthy school nutrition environment. In the classroom students are taught to eat healthfully and to be active, but they also need the opportunity to practice those behaviors. Wellness policies combine education with practice to create healthful school environments and encourage healthy behavior: teamn nutrition.usda.gov/Resources/changing.html.

Coordinated Approach to Child Health (CATCH), an intervention based on a trial funded by National Heart, Lung and Blood Institute, supports the need for involvement by school food service and family reinforcement to create an environment that allows children to make necessary changes in health behaviors: www.sph.uth.tmc.edu/catch/.

Vista Grande High School Wellness Policy

Physical Activity

Definition:

Physical activity means body movement of any type which includes recreational, fitness and sport activities.

Note: physical activity is a component of, but is not a substitute for, quality physical education. Physical education is an instructional program taught by a certified physical educator and 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/or after school.

Requirement:

The Vista Grande High School wellness policy shall include guidelines to provide physical activity opportunities to students before, during and/or after school.

Goal:

The goal of physical activity within the coordinated school health approach provides students with increased opportunities to engage in moderate to vigorous physical activity before, during and/or after school.

Activities:

The activities below are broken up into two components. Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED. Component two (II) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the local school district.

I. PED required activities:

Vista Grande High School will create guidelines to provide physical activity opportunities to students before, during and/or after school.

Vista Grande High School will provide education on the health benefits of physical activity that align with the New Mexico health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.

II. Other Activities:

Vista Grande High School prohibits withholding physical activity (i.e. physical education, wilderness trips, etc.) as a means/method of punishment.

Vista Grande High School will provide physical activity opportunities before and after school (i.e. intramurals, club activities, interscholastic sports, mountain biking, hiking, wilderness adventures, etc.).

Vista Grande High School will encourage basic physical activities of walking, biking and skating as transportation modes to and from school.

Vista Grande High School will create a plan to incorporate physical activity into the academic curriculum (i.e. brain breaks, wilderness activities, etc.).

Vista Grande High School plans to promote community-based physical activities (i.e. boys & girls club, sports clubs, bike club, hiking club. VGHS will encourage participation in Taos Municipal School's sports teams).

Vista Grande High School will plan for school-wide physical activities (i.e. fun days, family fitness nights, field days, camping and hiking trips).

Evaluation

See Appendix D.

Resources:

New Mexico Public Education Department, School and Family Support Bureau – online <http://www.ped.state.nm.us> or phone: 505-827-1804.

Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.

School District Wellness Policy rule 6.12.6.6 NMAC.

Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.

Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.

The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: www.fns.usda.gov/tn/Healthy/wellnesspolicy.html.

Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: www.nasbe.org/HealthySchools/fithealthy.html.

CDC and Prevention: www.cdc.gov/nccdphp/dnpa/physical/index.htm.

Action for Healthy Kids: www.actionforhealthykids.org/resources.php Select Topics.

American Alliance for Health, Physical Education, Recreation, and Dance: www.aahperd.org/naspe , click on: Media and Advocacy and/or Publications.

National Association of State Boards of Education: www.nasbe.org.

Vista Grande⁹ Wellness Policy Nutrition

Definitions:

Nutrition means programs that provide access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students.

Nutrition Education aims to teach, encourage and support healthy eating by students. Nutrition Education and healthy eating will allow for proper physical growth, physical activity, brain development, ability to learn, emotional balance, a sense of well-being, obesity prevention and the ability to resist disease.

Requirement:

Our meals meet the federal food program requirements.

VGHS will not allow any food or drink items to be sold during the regular school day.

The Vista Grande High School wellness policy shall include nutrition guidelines for a la carte offerings minimally meeting guidelines set forth in Subsection B of 6.12.5.8 NMAC.

Goal:

The goal of nutrition is to promote the role of nutrition in academic performance and quality of life, and to ensure the adoption of school policies which provide adequate nutrition opportunities.

Activities:

The activities below are broken up into two components. Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED. Component two (II) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the local school district.

I. PED required activities:

Nutrition guidelines for a la carte offerings minimally meeting guidelines set forth in Subsection B of 6.12.5.8 NMAC. VGHS has no a la carte offerings.

VGHS will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages.

Fundraising Activities – When children are taught in the classroom about good nutrition and the value of health food choices but are surrounded by fast food options, candy sales, and other unhealthy food options, they receive the message that good nutrition is merely an academic exercise that is not supported by the school administration and is therefore not important to their health or education. Therefore, in order to support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only food that meet the nutritional guidelines. VGHS will encourage fundraising activities that promote physical activity.

All schools will provide nutrition education activities that align with the New Mexico health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.

II. Other Activities:

Vista Grande High School will ensure that students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media.

Vista Grande High School will support the school breakfast program.

Vista Grande High School has created a plan to provide collaboration between the cafeteria and the classroom to provide healthy selections and reinforce nutrition education.

Vista Grande High School will not allow food items to be sold at anytime before, during or after school.

Snacks – Fresh fruits are available during the day for students. There is no snack program during the school day or in after-school clubs/programs or enrichment programs. VGHS will create a plan to ensure that any after-school clubs/programs or enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage.

If eligible, VGHS will provide snacks through after-school programs will pursue receiving reimbursements through the National School Lunch Program. **Any marketing on food or beverages must meet the Smart Snacks in School nutrition standards.**

VGHS will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through school meals) as punishment.

VGHS will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages.

VGHS will meet the nutrition standards for meals or for foods and beverages offered at school-sponsored events.

VGHS will support the school breakfast program.

VGHS will ensure that students receive consistent nutrition messages throughout classrooms, cafeterias, homes, community and media.

VGHS has an ice and water machine that is available to all students during the school day. The machine is located in the commons area where meals are served. All classrooms have fresh water available.

VGHS has procedures in place for students with possible food allergies. VGHS contracts with The Farmhouse Cafe for the breakfast and lunch program. Special meals are prepared to comply with all regulations for students with possible food allergies.

Implement the Coordinated Approach to Child’s Health (CATCH) program.

Evaluation

See Appendix D.

Resources:

Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.

School District Wellness Policy rule 6.12.6.6 NMAC.

Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.

Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.

The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

Team Nutrition: Local Wellness Policy: A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: www.fns.usda.gov/tn/Healthy/wellnesspolicy.html.

Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: www.nasbe.org/HealthySchools/fithealthy.html.

Team Nutrition Website: www.fns.usda.gov/tn.

Dietary Guidelines for Americans 2005: www.fns.usda.gov.

My Pyramid Food Guidance System: www.fns.usda.gov.

Vista Grande¹² High School Wellness Policy Health Education

Definition:

Health Education means the instructional program that provides the opportunity to motivate and assist all students to maintain and improve their health, prevent disease and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. It meets the content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.

Requirement:

The wellness policy shall include a planned, sequential, PreK-12 health education curriculum that addresses the physical, mental, emotional and social dimensions of health and is aligned to the health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.

Goal:

The goal of a comprehensive health education curriculum within a coordinated school health approach is to acquire life skills in order to attain personal, family, community, consumer and environmental health. Vista Grande High School will align Health Education curriculum to the Health Education content standards with benchmarks and performance standards for implementation in the 2015-16 school year, 2nd Semester. By January 2016 Health education curriculum will be available for review.

Activities:

The activities below are broken up into two components. Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED. Component two (II) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the local school district.

I. PED required activities:

The Vista Grande High School wellness policy shall include a planned, sequential, PreK-12 health education curriculum that addresses the physical, mental, emotional and social dimensions of health.

The health education curriculum will be aligned to the health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.

Vista Grande High School offers a .5 of Health Education credit as a graduation requirement.

Vista Grande High School will provide activities in comprehensive health education that align with the New Mexico health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC. Included in the Health education policy is information on lifesaving skills including psychomotor CPR, Automated External Defibrillator (AED) and Heimlich maneuver.

VGHS will implement a policy that will insure that parents have the ability to request that their child be exempted from the parts of the health education curriculum that addresses the sexuality performance standards. The policy includes but is not limited to:

- The process for parents to request an exemption from the parts of the health education curriculum that addresses the sexuality performance standards and
- How alternative lessons are established for the exempted parts of the curriculum.

VGHS will provide instruction about HIV and related issues in the high school curriculum of the required health education content to all students in 9th grade as a graduation requirement.

Vista Grande High School shall implement a policy that will insure that parents have the ability to request that their child be exempted from the parts of the health education curriculum that addresses the sexuality performance standards. The policy includes but is not limited to: the process for parents to request an exemption from the parts of the health education curriculum that addresses the sexuality performance standards and how alternative lessons are established for the exempted parts of the curriculum.

Vista Grande High School shall provide instruction about HIV and related issues in the curriculum of the required health education content area to all students in the elementary grades, in the middle/junior high school grades, and in the senior high school grades as set forth in 6.12.2.10.C NMAC.

II. Other Activities:

Vista Grande High School will offer Health education lessons will be taught in a manner that is culturally sensitive.

Health education lessons are taught using a variety of instructional strategies (i.e. role playing, projects, media literacy, etc.).

Vista Grande High School Health education will be integrated into the core curriculum and the Expedition.

Vista Grande High School faculty and staff are made aware of coordinated school health professional development opportunities (School Health Institute, Head to Toe, NM Association for Health, Physical Education, Recreation and Dance).

Evaluation

See Appendix D.

Resources:

Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.

School District Wellness Policy rule 6.12.6.6 NMAC.

Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.

Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.

The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: www.fns.usda.gov/tn/Healthy/wellnesspolicy.html

Fit, Healthy and Ready to Learn, National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: www.nasbe.org/HealthySchools/fithealthy.html.

American Association for Health Education. Online at www.aahperd.org/aahe/.

American Alliance for Health, Physical Education, Recreation and Dance. Online at www.aahperd.org/.

Coordinated School Health Program Infrastructure Development Process Evaluation Manual. Atlanta: CDC, 1997. Available at www.cdc.gov/nccdphp/dash/publications/index.htm.

Evaluating a national program of school-based HIV prevention. Collins J, Rugg D, Kann L, Pateman B, Banspach S, Kolbe L. *Evaluation and Program Planning* 1996; 19(3): 209–18.

Handbook for Evaluating HIV Education. Atlanta: CDC, 1992. Available at www.cdc.gov/nccdphp/dash/publications/index.htm.

Introduction to Program Evaluation for Comprehensive Tobacco Control Programs. MacDonald G, Starr G, Schooley M, Yee SL, Klimowski K, Turner K. Atlanta: CDC, 2001.

U.S. Department of Health and Human Services. The Surgeon General's call to action to prevent and decrease overweight and obesity. Rockville, MD.: U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 2001. Online at www.surgeongeneral.gov/topics/obesity/.

U.S. Department of Health and Human Services. The Surgeon General's call to promote sexual health and responsible sexual behavior. Rockville, MD.: U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 2001. Online at www.surgeongeneral.gov/library/sexualhealth/default.htm.

U.S. Department of Health and Human Services. The Surgeon General's call to action to prevent suicide. Rockville, MD.: U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 1999. Online at www.surgeongeneral.gov/library/calltoaction/default.htm.

Health is Academic: www.edc.org/HealthIsAcademic.

The American School Health Association (ASHA): <http://www.ashaweb.org>.

Vista Grande High School Wellness Policy Physical Education

Definition:

Physical education means the instructional program that provides cognitive content and learning experiences in a variety of activity areas. It provides the opportunity for all students to learn and develop the skills, knowledge and attitudes necessary to personally decide to participate in a lifetime of healthy physical activity. It meets the content standards with benchmarks and performance standards as set forth in Section 6.30.2.20 NMAC.

Vista Grande High School will align Physical Education curriculum to the Physical Education content standards with benchmarks and performance standards for implementation in the 2015-16 school year.

Requirement:

A planned, sequential, PreK-12 physical education curriculum that provides the optimal opportunity for all students to learn and develop skills, knowledge and attitudes necessary to personally decide to participate in lifetime healthful physical activity and is aligned to the physical education content standards with benchmarks and performance standards as per 6.30.2.20 NMAC.

Goal:

To provide every 9th grade student with daily physical education during which a certified physical educator uses appropriate practices to teach the skills, knowledge, and attitudes needed to be physically fit and active for a lifetime. Activities are based on goals and objectives which are appropriate for all children, and are planned after referring to a curriculum which has an obvious scope and sequence which aligns with the content standards with benchmarks and performance standards.

Activities:

The activities below are broken up into two components. Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED. Component two (II) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the local school district.

I. PED required activities:

The Vista Grande High School wellness policy shall include a planned, sequential, PreK-12 physical education curriculum that provides the optimal opportunity for all students to learn and develop skills, knowledge and attitudes necessary to personally decide to participate in lifetime healthful physical activity.

The physical education curriculum will be aligned to the physical education content standards with benchmarks and performance standards as per 6.30.2.20 NMAC.

One unit of PE, or allowable alternative, is included as a district graduation requirement.

II. Other Activities:

Vista Grande High School will hire certified physical educators to teach physical education and plan additional opportunities for physical activity.

Vista Grande High School will prompt wilderness activities.

Vista Grande High School will limit physical education class sizes so they are consistent with those of other subject areas and/or self-contained classes.

Physical educators promote academic achievement by helping classroom teachers incorporate physical education concepts in classroom activities.

Physical educators are provided professional development opportunities such as workshops, conventions, and collaboration for the purpose of receiving the latest information, innovations, and ideas in their field and implementing them in their physical education classes.

In the absence of a certified physical educator on campus, regular education teachers are encouraged to participate in professional development opportunities as made available in the community and through in-service trainings. Whenever possible the trainings should be “Train the trainers” model so that teachers can bring the expertise back to their school site staff for sharing.

Evaluation

See Appendix D.

Resources:

Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.

School District Wellness Policy rule 6.12.6.6 NMAC.

Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.

Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.

The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

Team Nutrition: Local Wellness Policy: A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: www.fns.usda.gov/tn/Healthy/wellnesspolicy.html.

Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: www.nasbe.org/HealthySchools/fithealthy.html.

Action for Healthy Kids: www.actionforhealthykids.org/resources.php.

American Alliance for Health, Physical Education, Recreation, and Dance: www.aahperd.org/naspe, click on: Media and Advocacy and/or Publications.

PE Central: www.pecentral.org.

18
**Vista Grande High School
Wellness Policy
Healthy and Safe Environment**

Definition:

Healthy and safe environment means the physical and aesthetic surroundings and the psychosocial climate and culture of the school. It supports a total learning experience that promotes personal growth, healthy interpersonal relationships, wellness and freedom from discrimination and abuse.

Requirement:

The Vista Grande High School wellness policy shall include school safety plans at each school building focused on supporting healthy and safe environments and including, but not necessarily limited to, prevention, policies and procedures and emergency response plans.

Goal:

The goal of Vista Grande High School is to have a healthy and safe environment and to promote a climate and culture before, during and after school for students, teachers, staff, parents and community members that supports academic achievement.

Activities:

The activities below are broken up into two components. Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED. Component two (II) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the local school district.

I. PED Required Activities:

Create school safety plans at each school building focused on supporting healthy and safe environments and including, but not necessarily limited to, prevention, policies and procedures and emergency response plans.

Perform 12 emergency drills in each BIA/ public school in New Mexico. Emergency drills shall consist of 9 fire drills, 2 shelter in place drills and one evacuation drill at the intervals set forth in subsection M of 6.30.2.10 NMAC.

II. Other Activities:

All schools will research recovery strategies and consider adding this to the safe school plans.

Vista Grande High School will consider providing safety procedures and appropriate training for students, teachers and staff that support personal safety and a violence/harassment-free environment.

Vista Grande High School will ensure that all school buildings and grounds, structures, buses and equipment will strive to meet current safety standards and are kept inviting, clean, safe and in good repair.

Vista Grande High School will abide by Taos Municipal district policies which create an environment free of tobacco, alcohol and other drugs.

Evaluation

See Appendix D.

Resources:

New Mexico Public Education Department, School and Family Support Bureau – online <http://www.ped.state.nm.us> or phone: 505-827-1804.

Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.

School District Wellness Policy rule 6.12.6.6 NMAC.

Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.

Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.

The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: www.fns.usda.gov/tn/Healthy/wellnesspolicy.html.

Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: www.nasbe.org/HealthySchools/fithealthy.html.

U.S. Department of Education: Safe and Drug Free Schools Office: www.ed.gov/offices/OESE/SDFS/index.html.

Federal Emergency Management Agency: www.fema.gov.

American Red Cross: www.redcross.org.

American School Counselors Association: www.schoolcounselor.org.

New Mexico Homeland Security Office: www.governor.state.nm.us/homeland.php?mm=4.

National School Safety and Security Services: www.schoolsecurity.org.

U.S. Department of Homeland Security: www.ready.gov.

Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.

School District Wellness Policy rule 6.12.6.6 NMAC.

Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.

Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265):
http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.

The Centers for Disease Control and Prevention, Division of Adolescent and School Health:
<http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: www.fns.usda.gov/tn/Healthy/wellnesspolicy.html.

Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: www.nasbe.org/HealthySchools/fithealthy.html.

Vista Grande High School Wellness Policy Health Services

Definition:

Health services means services provided for students to apprise, protect and promote health. These services are designed to ensure access or referral to primary health care or behavioral health services or both, foster appropriate use of primary health care services, behavioral health services, prevent and control communicable disease and other health problems, provide emergency care for illness or injury, promote and provide optimum sanitary conditions for a safe school facility and school environment and provide educational and counseling opportunities for promoting and maintaining individual, family and community health

Requirement:

The Vista Grande High School wellness policy shall include a plan addressing the health services needs of students in the educational process.

Goal:

The goal Vista Grande High School has of health services is to provide coordinated, accessible health and mental health services for students, families and staff. VGHS will coordinate with the Taos Middle School to insure that students have access to the TMS health clinic located at the Taos Middle School.

Activities:

The activities below are broken up into two components. Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED. Component two (II) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the local school district.

I. PED Required Activities:

VGHS will create a plan addressing the health services needs of students in the educational process. VGHS believes in the importance of counseling students and providing resources for all health related issues. VGHS contracts with a nurse to monitor and support health programs.

II. Other Activities:

Services provide a linkage to school and community health resources (e.g., primary care, public health, community health agencies and faith based groups, school-based health centers).

Services include but are not limited to preventive services, behavioral health services, screenings and referrals; evaluations and assessments; first aid and emergency care; follow-up care; school safety; health education and ancillary services (e.g., speech therapy or physical therapy and or occupational therapy).

Services are provided in partnership with students, parents, staff and community.

Health service professionals are provided professional development opportunities such as workshops, conventions and collaboration for the purpose of receiving the latest information, innovations and ideas in their field and implementing them in their areas of expertise.

VGHS implements statute 6.12.2.8 NMAC and follows the statute which makes it unlawful for any student to enroll in school unless the students is

properly immunized or in the process of being properly immunized and can provide satisfactory evidence of such immunization, unless the properly exempted (7.5.3 NMAC). All immunization records are checked a registered nurse, student must have exemptions to VGHS by October 1st.

VGHS ensures that students who are identified as homeless are not prevented from attending VGHS, based on their inability to produce records normally required for enrollment, as per the McKinney-Vento Homeless Assistant Act.

Health service programs shall strive to meet all reporting, record-keeping and confidentiality requirements.

Students with healthcare needs that may affect their school attendance and/or performance have Individualized Health Plans (IHP). The IHP's are separated from the students Individualized Education Plan or a 504 plan. All IHP's, 504 and IEP's are kept confidential and are based on student needs.

VGHS wellness policy includes the provision for any student at VGHS to carry and self-administer health care practitioner prescribed asthma treatment and anaphylaxis emergency treatment medications, as well as the right to self-management of diabetes in school settings. (6.12.2.9; 6.12.8 NMAC)

Evaluation

See Appendix D.

Resources:

Youth Risk and Resiliency Survey – online at www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.

School District Wellness Policy rule 6.12.6.6 NMAC.

Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.

Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.

The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

Team Nutrition: Local Wellness Policy: A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: www.fns.usda.gov/tn/Healthy/wellnesspolicy.html.

Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: www.nasbe.org/HealthySchools/fithealthy.html.

American School Counselors Association: www.schoolcounselor.org.

National Mental Health Association: www.nmha.org.

National Association of School Psychologists: www.nasponline.org/index2.html.

National Association of School Nurses: <http://nasn.org/positions/positions.htm>

Crisis Response Team: www.healthinschools.org/sh/CrisisResponse.pdf or www.healthinschools.org/sh/schoolresponse.asp.

Vista Grande High School Wellness Policy Staff Wellness

Definition:

Staff wellness means opportunities for school staff to improve their health status through activities such as health assessments, health education and health-related fitness activities. These opportunities encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale and a greater personal commitment to the school's overall coordinated school health approach.

A staff wellness program allows the staff to learn and practice skills to make personal decisions about health-enhancing daily habits.

Requirement:

The Vista Grande High School wellness policy shall include a plan addressing the staff wellness needs of all school staff that minimally insures an equitable work environment and meets the Americans with Disabilities Act, Part III.

Goal:

The goal of Vista Grande High School staff wellness is to promote activities for staff that are designed to promote the physical, emotional and mental health of school employees as well as to prevent disease and disability.

Activities:

The activities below are broken up into two components. Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED. Component two (II) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the local school district.

I. PED Required Activities:

Vista Grande High School will create a plan addressing the staff wellness needs of all school staff that minimally insures an equitable work environment and meets the Americans with Disabilities Act, Part III.

II. Other Activities:

Vista Grande High School will provide staff and faculty the opportunity to participate in a health promotion program focusing on exercise, stress management and nutrition (i.e. health fairs, fun runs, walks etc).

VGHS will sponsor a monthly staff wellness activity during the weekly staff meeting.

VGHS will partner with other Charter Schools, Holy Cross Hospital, Taos County Health Department, IHS wellness department.

Vista Grande High School will provide staff and faculty with accurate, evidence based information or activities related to exercise, stress management and nutrition (i.e. newsletters, yoga, Pilates, menopause information, weight cardio improvement classes, etc.).

VGHS and its governing board have implemented a policy to ensure the right to privacy for all school employees infected with HIV keeping these safe and confidential.

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Evaluation

See Appendix D.

Resources:

Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.

School District Wellness Policy rule 6.12.6.6 NMAC.

Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.

Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265):
http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.

The Centers for Disease Control and Prevention, Division of Adolescent and School Health.
<http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: www.fns.usda.gov/tn/Healthy/wellnesspolicy.html.

Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: www.nasbe.org/HealthySchools/fithealthy.html.

The National Wellness Institute: www.wellnessnw.org.

Vista Grande High School Wellness Policy Social and Emotional Well-Being

Definition:

Social and Emotional well-being means services provided to maintain and/or improve student's mental, emotional, behavioral and social health.

Requirement:

The wellness policy shall include a plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.

Goal:

The goal of social and emotional well-being is to collaborate with students, parents, staff and community to influence student success by building awareness and promoting strategies to maintain and/or improve student mental health.

Activities:

The activities below are broken up into two components. Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED. Component two (II) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the local school district/charter school.

I. PED Required Activities:

Create a plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.

All VGHS staff is trained in child abuse and neglect detection and reporting.

VGHS adheres to substance abuse reporting per Section 22.5-4, 4 NMSA 1978

II. Other Activities:

- VGHS students are given time to schedule appointments with a social worker.
- VGHS has structured "Crew" advisory groups that provide assistance.
- VGHS works with all local & state agencies that provide services to teens and families.

Evaluation

See Appendix D.

Resources:

1. Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.
2. School District Wellness Policy rule 6.12.6.6 NMAC.
3. Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.

4. *Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265):*
http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.
6. The Centers for Disease Control and Prevention, Division of Adolescent and School Health:
<http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.
7. Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: www.fns.usda.gov/tn/Healthy/wellnesspolicy.html.
8. Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: www.nasbe.org/HealthySchools/fithealthy.html.

Appendix A**School District Wellness Policy****Component Work Sheet****District: Vista Grande High School**

Component: (health education; physical education; physical activity; nutrition; social and emotional well-being; healthy and safe environment, health services; staff wellness; family, school and community involvement)

Definition: (note: Take from rule—additional information if needed)

Requirement: (note: Take from rule—additional district level requirement as appropriate)

Goal: (note: can use suggested language from Guidance Document)

Activities: (note: see PED required and other activities in Guidance Document)

Resources:

New Mexico Public Education Department, School and Family Support Bureau – online <http://www.ped.state.nm.us> or phone: 505-827-1804.

School District Wellness Policy rule 6.12.6.6 NMAC.

Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.

Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265):
http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.

The Centers for Disease Control and Prevention, Division of Adolescent and School Health.
<http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: www.fns.usda.gov/tn/Healthy/wellnesspolicy.html.

Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: www.nasbe.org/HealthySchools/fithealthy.html.

Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or
<http://hsc.unm.edu/chpd/projects/pyrrs.htm>.

Appendix B

SCHOOL HEALTH ADVISORY COUNCIL (SHAC)

MEMBERS

As per the Public Education Department Wellness Policy rule 6.12.6.1 NMAC, all New Mexico local boards of education shall establish a district School Health Advisory Council (SHAC) that consists of parent(s), school food authority personnel, school board member(s), school administrator(s), school staff, student(s), and community member(s).

Identify below the members of your SHAC, their roles and contact information. Please note that you are not limited to only one person representing each category.

Each school district is to identify a wellness policy champion(s) within the school district, or at each school, as appropriate, charged with the operational responsibility for ensuring that each school fulfills the school district's wellness policy.

Appendix C

TITLE 6 PRIMARIES AND SECONDARY EDUCATION CHAPTER 12 PUBLIC SCHOOL ADMINISTRATION - HEALTH AND SAFETY

PART 6 SCHOOL DISTRICT WELLNESS POLICY

6.12.6.1 ISSUING AGENCY: Public Education Department

[6.12.6.1 NMAC - N, 02-28-06]

6.12.6.2 SCOPE: This regulation applies to public schools in New Mexico unless otherwise expressly limited.

[6.12.6.2 NMAC - N, 02-28-06]

6.12.6.3 STATUTORY AUTHORITY: This regulation is adopted pursuant to Sections 22-2-1 and 9-24-8 NMSA 1978. [6.12.6.3 NMAC - N, 02-28-06]

6.12.6.4 DURATION: Permanent [6.12.6.4 NMAC - N, 02-28-06]

6.12.6.5 EFFECTIVE DATE: February 28, 2006, unless a later date is cited at the end of a section. [6.12.6.5 NMAC - N, 02-28-06]

6.12.6.6 OBJECTIVE: This rule requires the adoption of local school district wellness policies. [6.12.6.6 NMAC - N, 02-28-06]

6.12.6.7 DEFINITIONS:

A. “Coordinated school health approach” means the framework for linking health and education. The focus is healthy and successful students. There are eight interactive components of coordinated school health: health education; physical education and activity; nutrition; social and emotional well-being; healthy and safe environment; health services; staff wellness; and family, school and community involvement.

B. “Family, school and community involvement” means an integrated family, school and community approach for enhancing the health and well-being of students by establishing a district school health advisory council that has the responsibility to make recommendations to the local school board in the development or revision, implementation, and evaluation of the wellness policy.

C. “Health education” means the instructional program that provides the opportunity to motivate and assist all students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. It meets the content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.

D. “Health services” means services provided for students to appraise, protect, and promote health. These services are designed to ensure access or referral to primary health care or behavioral health services or both, foster appropriate use of primary health care services, behavioral health services, prevent and control communicable diseases and other health problems, provide emergency care for illness or injury, promote and provide optimum sanitary conditions for a safe school facility and school environment, and provide educational and counseling opportunities for promoting and maintaining individual, family, and community health.

E. “Healthy and safe environment” means the physical and aesthetic surroundings and the psychosocial climate and culture of the school. It supports a total learning experience that promotes personal growth, healthy interpersonal relationships, wellness, and freedom from discrimination and abuse.

F. “Nutrition” means programs that provide access to a variety of nutritious and appealing meals and snacks that accommodate the health and nutrition needs of all students.

G. “Physical activity” means body movement of any type which include recreational, fitness, and sport activities.

H. “Physical education” means the instructional program that provides cognitive content and learning experiences in a variety of activity areas. It provides the opportunity for all students to learn and develop the skills, knowledge and attitudes necessary to personally decide to participate in a lifetime of healthful physical activity. It meets the content standards with benchmarks and performance standards as set forth in Section 6.30.2.20 NMAC.

I. “Social and emotional well-being” means services provided to maintain and/or improve students’ mental, emotional, behavioral, and social health.

J. “Staff wellness” means opportunities for school staff to improve their health status through activities such as health assessments, health education and health-related fitness activities. These opportunities encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall coordinated school health approach.

[6.12.6.7 NMAC - N, 02-28-06]

6.12.6.8 REQUIREMENTS:

A. This section applies to local school boards, local school districts, and charter schools and governs policies to be implemented by local school districts with regards to student and school employee wellness.

B. Each school district and charter school shall develop and implement a policy that addresses student and school employee wellness through a coordinated school health approach.

C. Each school district and charter school shall submit the wellness policy to the public education department for approval.

(1) Sections of the wellness policy that meet the requirements set forth in Paragraphs (3), (4), (5), (6) and (11) of Subsection D and the requirements set forth in Subsection E of this section shall be submitted to the public education department on or before August 30, 2006.

(2) Sections of the wellness policy that meet the requirements set forth in Paragraphs (1), (2), (7), (8), (9) and (10) of Subsection D of this section shall be submitted to the public education department on or before January 30, 2007.

D. The wellness policy shall include, but shall not be limited to:

(1) a planned, sequential, PreK-12 health education curriculum that addresses the physical, social dimensions of health and is aligned to the health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC;

(2) a planned, sequential, PreK-12 physical education curriculum that provides the optimal IIs, knowledge and attitudes necessary to personally participate in lifetime healthful physical activity and is aligned to the physical education content standards with benchmarks and performance standards as set forth in 6.30.2.20 NMAC;

Provide physical activity opportunities to students before, during and/or after school;

- (4) nutrition guidelines for a la carte offerings minimally meeting guidelines set forth in subsection B of 6.12.5.8 NMAC;**
- (5) guidelines for school sponsored fund raisers during the normal school hours minimally meeting guidelines set forth in Paragraph (1) of Subsection C of 6.12.5.8 NMAC;**
- (6) guidelines for school sponsored fund raisers before and after schools hours ensuring offerings shall be healthy choices in accordance with the requirements set worth in Paragraph (2) of Subsection C of 6.12.5.8 NMAC;**
- (7) a plan addressing the behavioral health needs of all students in the educational process y focusing on students' social and emotional well-being;**
- (8) school safety plans at each school building focused on supporting healthy and safe environments and including but not necessarily limited to prevention, policies and procedures, and emergency response; addressing the health services needs of students in the educational process;**
- (10) a plan addressing the staff wellness needs of all school staff that minimally ensures an equitable work environment and meets the American with Disabilities Act, Part III;**
- (11) a plan for measuring implementation and evaluation of the wellness policy, including 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.**

E. Family, school and community involvement. Each local board of education shall establish council that consists of parent(s), school food authority personnel, school tor(s), school staff; student(s); and community member(s). The ability to make recommendations to the local school , and evaluation of the wellness policy consistent with this rule. The school health advisory council shall meet for this purpose a minimum of two times annually.

AC: [Reserved]

Appendix D

**TITLE 6 PRIMARY AND SECONDARY EDUCATION
PUBLIC SCHOOL ADMINISTRATION - HEALTH AND SAFETY
NUTRITION: COMPETITIVE FOOD SALES**

ISSUING AGENCY: Public Education Department

.6.12.5.2 SCOPE: This rule applies to public schools in New Mexico unless otherwise

6.12.5.3 STATUTORY AUTHORITY: This rule is adopted pursuant to Sections 22-2-1 and

6.12.5.4 DURATION: Permanent

6.12.5.5 EFFECTIVE DATE: February 28, 2006, unless a later date is cited at the end of a section.

6.12.5.6 OBJECTIVE: This rule addresses the sale of competitive food sold to children attending public schools in New Mexico.

6.12.5.7 DEFINITIONS:

A. "A la carte" means a beverage or food product sold in schools to students during the lunch e United States department of agriculture school meal program.

B. "Competitive food" means a food or beverage sold at school other than one served as part meal program. The term includes any item sold in ending machines, a la carte or through other school fundraising efforts.

C. "Fund raisers" means beverage or food products sold to raise money that are not sold in ending machines, a la carte sales or as part of the United States department of agriculture school meal program.

D. "Vended beverages and foods" means a beverage or food product sold in vending machines o students in schools. 6.12.5.7 NMAC - N, 02-28-06]

6.12.5.8 REQUIREMENTS FOR COMPETITIVE FOODS SOLD TO STUDENTS:

A. Vended foods and beverages:

(1)Elementary schools:

(a) Beverages sold in vending machines to students in elementary schools shall only be sold after the last lunch period is completed and shall only include:

- (i) milk with a fat content of 2 percent or less;
- (ii) soy milk; and
- (iii) water.

(b) Carbonated beverages shall not be sold in vending machines to students in elementary schools.

(c) Food products shall not be sold in vending machines to students in elementary schools.

(2) Middle schools:

(a) Beverages sold in vending machines to students in middle schools shall only include:

- (i) milk with a fat content of 2 percent or less;
- (ii) soy milk; and
- (iii) water.

(b) Carbonated beverages shall not be sold in vending machines to students in middle schools.

(c) Food products shall not be sold in vending machines to students in middle schools are subject to the following requirements:

(i) Nuts, seeds, cheese, yogurt, and fruit may be sold in vending machines in Middle schools at any time and are not subject to the restrictions in item (ii) of this subparagraph.

(ii) Food products other than those listed in item (i) of this subparagraph shall after the last lunch period is completed and are subject to the following restrictions: shall er or per package or amount served and shall contain no per or per package or amount served with no more than 2 grams of m saturated and trans-fats and shall contain no more than 15 grams of sugar per package or mount served.

(3) High schools:

(a) Beverages sold in vending machines to students in high schools at any time shall only include:

- (i) milk with a fat content of 2 percent or less;**
- (ii) soy milk;**
- (iii) water; and**
- (iv) juice that is at least 50 percent fruit and that has no added sweeteners and serving size not to exceed**

20 ounces.

(b) Beverages sold in vending machines to students in high schools after the last lunch period is completed shall only include the items in subparagraph (a) and:

- (i) carbonated soft drinks that are both sugar free and caffeine free;**
- (ii) non-carbonated flavored water with no added sweeteners; and**
- (iii) sport drinks**

(c) Food products sold in vending machines to students in high schools may be sold at any time subject to the following requirements:

(i) Nuts, seeds, cheese, yogurt, and fruit may be sold in vending machines in High schools at any time and are not subject to the restrictions in item (ii) of this subparagraph.

(ii) Food products other than those listed in item (i) of this subparagraph are ing restrictions: shall contain no more than 200 calories per container or per an 8 grams of fat per container or per package or with no more than 2 grams of fat from saturated and trans-fats and shall contain no more than 15 grams of sugar per container or per package or amount served.

B. A la carte offerings must meet the following requirements:

(1) Beverages sold in a la carte offerings may only be sold during lunch period and shall only include:

(a) Elementary schools:

- (i) milk with a fat content of 2 percent or less;**
- (ii) soy milk; and**
- (iii) water**

(b) Middle Schools

- (i) milk with a fat content of 2 percent or less;**
- (ii) soy milk;**
- (iii) water; and**
- (iv) 100 percent fruit juice that has no added sweeteners and no more that 125 calories per container and**

a serving size not to exceed 20 ounces.

(c) High schools:

- (i) milk with a fat content of 2 percent or less;**
- (ii) soy milk;**
- (iii) water; and**
- (iv) juice that is at least 50 percent fruit and that has no added sweeteners and serving size not to exceed**

20 ounces.

(2) Carbonated beverages or soft drinks, non-carbonated flavored water and sports drinks shall not be sold in a la carte offerings.

(3) Food products sold in a la carte offerings may only be sold during lunch and are subject to the following requirements:

(a) Nuts, seeds, cheese, yogurt, and fruit are not subject to the restrictions in subparagraph (b) of this paragraph.

(b) Food products other than those listed in subparagraph (a) of this paragraph are subject to the following restrictions:

- (i) shall contain no more than 400 calories per container or per package or mount served; and**

(ii) shall contain no more than 16 grams of fat per container or per package or amount served, of which no more than 2 grams come from saturated and trans fats combined; and

(iii) shall contain no more than 30 grams of total sugar per package or amount served.

C. Fund raisers:

(1) Beverages and food products may be sold as fund raisers at any time during normal school hours except during the lunch period and are subject to the following requirements and imitations:

(a) **Elementary Schools**

(i) Beverages sold shall only include: milk with a fat content of 2 percent or less; soy milk; and water.

Carbonated beverages shall not be sold.

(ii) Food products shall not be sold as fund raisers to students in elementary schools:

(b) **Middle Schools**

(i) Beverages sold shall only include: milk with a fat content of 2 percent or water; and one hundred percent fruit juice that has no added sweeteners and no more than 25 calories per container and a serving size not to exceed 20 ounces. Carbonated beverages shall not be sold.

(ii) Food products sold are subject to the following requirements: nuts, seeds, etc to restrictions; food products other than nuts, than 200 calories per container or per package or s of fat per container or per package or amount with no more than 2 grams of fat from saturated and trans-fats and shall contain no more than 15 rams of sugar per container or per package or amount served.

(c) **High schools:**

(i) Beverages sold shall only include: milk with a fat content of 2 percent or water and juice that is at least 50 percent fruit and that has no added sweeteners and a serving size not to exceed 20 ounces.

(ii) Food products sold are subject to the following requirements: nuts, seeds, etc to restrictions; food products other than nuts, than 200 calories per container or per package or s of fat per container or per package or amount with no more than 2 grams of fat from saturated and trans-fats and shall contain no more than 15 rams of sugar per container or per package or amount served.

(2) Beverages and food products may be sold as fund raisers outside of normal school hours provided that at least 50 per cent of the offerings meet the following requirements:

(a) Beverages: milk with a fat content of 2 percent or less; soy milk, water and juice t least 50 percent fruit and that has no added sweeteners and a serving size not to exceed 20 ounces.

(b) Food products: nuts, seeds, cheese, yogurt, and fruit may be sold and are not ts other than nuts, seeds, cheese, yogurt and fruit shall contain no per or per package or amount served and shall contain no more than 8 rams of fat per container or per package or amount served with no more than 2 grams of fat from saturated and trans-fats, and shall contain no more than 15 grams of sugar per container or per package or amount served.

[6.12.5.8 NMAC-N, 02-28-06]

AC: [Reserved]

Appendix F

Vista Grande High School Safety Plan

Appendix B

SCHOOL HEALTH ADVISORY COUNCIL (SHAC) MEMBERS

As per the Public Education Department Wellness Policy rule 6.12.6.1 NMAC, all New Mexico local boards of education shall establish a district School Health Advisory Council (SHAC) that consists of parent(s), school food authority personnel, school board member(s), school administrator(s), school staff, student(s), and community member(s).

Identify below the members of your SHAC, their roles and contact information. Please note that you are not limited to only one person representing each category.

Each school district is to identify a wellness policy champion(s) within the school district, or at each school, as appropriate, charged with the operational responsibility for ensuring that each school fulfills the school district's wellness policy.

The VGHS School Health Advisory Council meet in April & December of each school year.

NAME	ROLE	PHONE #	E-MAIL
Sam Starsiak	Wellness Policy lead	575-758-5100 x132	sstarsiak@vghs.org
Jim Smith	School administrator	575-758-5100 x130	jsmith@vghs.org
Eleanor Romero	School board member	575-770-6314	gb.eromero@vghs.org
Ernestine Chacon	School staff	575-758-5100 x133	echacon@vghs.org
Yvette Aguilar	School Food Authority Personnel	575-758-5100 x131	yaguilar@vghs.org
Deseree Calhoun	Parent	575-776-6278	dcalhoun@vghs.org
Estevan Martinez	Student		estevanmartinez@vghs.org
Melissa Bullock	Community member	317-408-4874	mkbullock89@gmail.com
	Student		
	Other (indicate)		
	Other (indicate)		
	Other (indicate)		
	Other (indicate)		
	Other (indicate)		
	Other (indicate)		

Vista Grande High School 2024-25

Evaluation Wellness Policy

Process Evaluation: Measuring implementation of Wellness Policy

Component/Activity	In Planning	In Process	In Place
School Board established a School Health Advisory Council.			X
School Health Advisory Council contain all required members: parent(s), school food authority personnel, school board member(s), school administrator(s), school staff student(s); and community member(s).			X
The School Health Advisory council reports to the local school board recommendations for development/revision, implementation and evaluation of the wellness policy at least annually.			X
The School Health Advisory Council has met at least twice this year for the purpose of development or revision, implementation, an evaluation of the wellness policy.			X
The School Health Advisory council 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.			X
The school board has adopted physical activity guidelines for before, during and/or after school.			X
Nutrition guidelines for a la carte offerings minimally meeting guidelines set forth in subsection B of 6.12.5.8 NMAC.			X
Nutrition guidelines for school sponsored fund raisers during normal			X

Governing Board Approved VGHS Wellness Plan on:

Date: _____

Signature: _____

Eleanor Romero, Board Vice President