



Te Tsu Geh Oweenge School
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Te Tsu Geh Oweenge School Wellness Policy

Kindergarten through 6th Grade

This policy outlines the Te Tsu Geh Oweenge School's approach to ensure the environment and opportunities set fourth for all students to practice healthy eating with daily physical activities throughout the school year.

1.0 Mission Statement

1.1 Te Tsu Geh Oweenge School is committed to the Health and Wellness Development of every student. The School believes that our students have an opportunity to achieve academic fundamental development in social success and to create healthy positive habits.

1.2 This School Wellness Policy applies to all students and staff of the Te Tsu Geh Oweenge School.

2.0 Te Tsu Geh Oweenge School Nutrition

2.1 Te Tsu Geh Oweenge School is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk. Our School follows the USDA Guidelines for the child nutrition program.

2.2 The Te Tsu Geh Oweenge Tewa Program gives lessons on our traditional cooking. This includes games, farming practices, which are passed down from generations. These Traditional teachings go far into the Pueblo way of life from generation to generation.

2.3 The school has also partnership with the Tesuque Farms, and they provide seasonal fruits and vegetables, which are incorporated with daily meals. They provide education to the students and staff on how important it is to keep a healthy diet.

2.4 We provide and encourage the parents to send their children with Smart snacks. We do not advertise food marketing throughout the school, nor do we have snack machines.

2.5 The nutrition staff has introduced new vegetables and fruits to the students depending on seasonal crops. Students are served with a substitute fruit or vegetable depending their allergy. Parents are required to turn in a list of food allergies to the nutrition staff.

2.6 There are also water fountains available in the school's cafeteria and in each classroom.

2.7 Te Tsu Geh Oweenge School does not provide fundraisers on campus as well as foods sales.

3.0 Quality Physical Activity

3.1 The Community Health Representative and IHS Field Nurse, measure the students BMI at the beginning of the school year and again at the end of the school year.

3.2 After breakfast and lunch all the classrooms are given 20 minutes of physical activity daily. This supports our physical activity and is included as a health education topic.

3.3 Te Tsu Geh Oweenge School participates in the Santa Fe Ski Program.

3.4 The School has a partnership with The Tesuque Pueblo Library and Tesuque Pueblo Intergenerational Center every Tuesday from 12:30 pm to 2:30pm where the students get PE time and Library time.

3.5 Students bike or walk to and from school. The school provides a bike rack for students located in front of the school.

3.5 “Tesuque Pueblo Enrichment Program” is the afterschool program that provides 20 minutes of outdoor play time with occasional nature walks.

3.6 Physical activity is not withheld from students as a form of punishment.

Our SHAC (School Health Advisory Council)

4.1 Our SHAC meets two times a year to evaluate and update the wellness policies and procedures. Here is a list of our SHAC staff: Myra Archuleta IHS Community Health Educator, Gerald Mitchell Fitness Coordinator, Emigdio Ballon Tesuque Farms, Kathy Montoya School Cook, Rick Vigil Interim Health & Wellness Director, Michelle Dorame-Casiquito Health & Wellness Assistant, All teachers of Te Tsu Geh Oweenge School, 6th Grade students of Te Tsu Geh Oweenge School, Veronica Martinez Te Tsu Geh Oweenge School Principal, Marita Hinds Te Tsu Geh Oweenge School Community Liaison, Erica Leno Te Tsu Geh Oweenge Office Assistant.

4.3 This List is available to the Public in the Te Tsu Geh Oweenge School’s front office and will be soon up on our New and upcoming website!

Updated 1/1/20

Mission Statement:

Te Tsu Geh Oweenge School's mission is to involve staff, students, parents, and the community to work together to provide a positive and challenging educational program. The focus will be on academic, social and emotional development with a strong cultural foundation that prepares our students to be life-long learners and leaders in their community.