

Cloudfcroft Municipal Schools Wellness Policy

Board Approval completed, January 9, 2007

Revised - 2015

STUDENT WELLNESS

The School District strives to make a significant contribution to the general well being, mental and physical capacity and learning ability of each student while affording them the opportunity to fully participate in the educational process.

The District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Healthy eating is demonstrably linked to reduced risk of mortality and development of many chronic diseases as adults

To ensure the health and well being of all students, the Board shall promote and monitor student wellness in a manner that the Board determines is appropriate.

The Board shall establish a local school health advisory committee, known as the SHAC. The SHAC will involve:

- Parents
- Students
- School staff
- School food authority personnel
- School board members
- School administrators, and
- Community members

This council will meet a minimum of twice a year for the purpose of providing information for implementation, revision, and evaluation of the school health policy.

An annual report shall be made to the Board on the District's compliance with student wellness practices. The report may include but not be limited to:

- Evaluation of the food services program.
- Recommendations for policy and/or revisions.
- Review of all foods and beverages sold in schools for compliance with established nutrition guidelines.

- Assessment of school environments regarding student wellness issues.
- Listing activities and programs conducted to promote nutrition and physical activity.
- Providing feedback received from District staff, students, parents/guardians, and community members.

Family, School, and Community Involvement

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 partnerships can encourage and sustain environmental changes that support healthy lifestyles for children and their families.

Requirements:

Each local board of education shall establish 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 school health advisory council shall have 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 school health advisory council shall meet for this purpose a minimum of two times annually.

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.

PED Required Activities:

- Assign responsibilities to School Health Advisory Council members (SHAC) to develop, implement, monitor and evaluate the district wellness policy.
- Create guidelines to provide physical activity opportunities to students before, during and/or after school.
- Create nutrition guidelines for a la carte offerings minimally meeting guidelines as stated in the competitive food sales rule.
- Create guidelines for school sponsored fund raisers during normal school hours minimally meeting guidelines as stated in the competitive food sales rule.
- Create guidelines 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.
- Create 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.
- Create 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 make a personal decision 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.
- Create a plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.
- Create a school safety plan at each school building focused on supporting a healthy and safe environment and including but not necessarily limited to prevention, policies and procedures, and emergency response.
- Create a plan addressing the health services needs of students in the educational process.

- 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.
- Create 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, who will be charged with operational responsibility for ensuring that each school fulfills the district's wellness policy.

Optional Activities that the district may or may not provide as set forth by PED:

- Review contracts with outside vendors that encourage healthful eating and reduction of school/district dependence on profit from foods of little nutritional value.
- Increase community awareness of student health needs.
- Partner with the community to support policies and programs.

Evaluation: See Appendix F.

Physical Activity

Definition:

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

Requirements:

The 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.

PED Required Activities:

- Create guidelines to provide physical activity opportunities to students before, during and /or after school.
- All schools 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.

Optional Activities that the district may or may not provide as set forth by PED:

- Elementary schools in the district will provide daily recess for all students.
- All schools in the district prohibit withholding physical activity (i.e. physical education class, recess, etc.) as a means/method of punishment.
- All schools in the district will provide physical activity opportunities before and after school (i.e. intramurals, club activities, interscholastic sports, etc.).

- All schools in the district encourage basic physical activities of walking, biking and skating as transportation modes to and from school.
- All schools in the district will encourage the use of school facilities outside of school hours.
- All schools will create a plan to incorporate physical activity into the academic curriculum (i.e. brain breaks, etc.).
- All schools plan to promote community-based physical activities (i.e. sports clubs, bike club, hiking club).
- All schools plan for school-wide physical activities (i.e. fun days, family fitness nights, field days).
- Implement the Coordinated Approach to Child's Health (CATCH) program.

Evaluation: See Appendix F..

Nutrition

Definition:

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:

The 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.

The wellness policy shall include 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.

The wellness policy shall include guidelines for school sponsored fund raisers before and after school hours ensuring that at least 50% 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.

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.

PED Required Activities:

- Create nutrition guidelines for a la carte offerings minimally meeting guidelines set forth in Subsection B of 6.12.5.8 NMAC.

- Create 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.
- Create guidelines for school sponsored fund raisers before and after school hours ensuring that at least 50% 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.
- 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.

Optional Activities that the district may or may not provide as set forth by PED:

- Ensure that students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media.
- All schools in the district will support the school breakfast program.
- All schools will create a plan to provide collaboration between the cafeteria and the classroom to provide healthy selections and reinforce nutrition education.
- All schools will consider scheduling recess before lunch so that children are less distracted and ready to eat a healthy diet.
- Implement the Coordinated Approach to Child's Health (CATCH) program.

Evaluation: See Appendix F.

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 6.302.19 NMAC.

Requirement:

The wellness policy shall include 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.

Goal:

The goal of a comprehensive health education curriculum within a coordinated approach is to acquire life skills in order to attain personal, family, community, consumer and environmental health.

PED Required Activities:

- The wellness policy shall include a planned, sequential, K-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.
- All schools 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.
- All school districts shall implement a policy that will ensure 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.

- All school district 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.

Optional Activities that the district may or may not provide as set forth by PED:

- 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.).
- Health education is integrated into the core curriculum.
- Teachers, staff and administrators 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 F.

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.

Requirements:

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 per 6.30.2.20 NMAC.

Goal:

To provide every 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 and aligns with the NM Content Standards and Benchmarks.

PED Required Activities:

- The wellness policy shall include 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.
- 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.

Optional Activities that the district may or may not provide as set forth by PED:

- Schools hire certified physical educators to teach physical education and plan additional opportunities for physical activity.
- Schools limit physical education class sizes so they are consistent with those of other subject areas and/or self-contained classes. Classes of similar grade levels are scheduled back-to-back to maximize teaching efficiency.
- 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.

Evaluation: See Appendix F.

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' 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.

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.

Optional Activities that the district may or may not provide as set forth by PED:

- Provide an environment in which students are able to obtain assistance when needed.
- Provide a supportive school environment that links to community resources.

Evaluation: See Appendix F.

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 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 a healthy and safe environment is to promote a climate and culture before, during and after school for students, teachers, staff, parents and community members that supports academic achievement.

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. 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.

Optional Activities that the district may or may not provide as set forth by PED:

- All schools will research recovery strategies and consider adding this to the safe school plans.
- All schools will consider providing safety procedures and appropriate training for students, teachers and staff that support personal safety and a violence/harassment-free environment.
- 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.

- All schools will abide by district policies which create an environment free of tobacco, alcohol and other drugs.

Evaluation: See Appendix F.

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 wellness policy shall include a plan addressing the health service needs of students in the educational process.

Goal:

The goal of health services is to provide coordinated, accessible health and mental health services for students, families and staff.

PED Required Activities:

- Create a plan addressing the health services needs of students in the educational process.

Optional Activities that the district may or may not provide as set forth by PED:

- Services provide a linkage to school and community health resources (i.e. 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 (i.e. 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.
- Health service programs shall strive to meet all reporting, record-keeping and confidentiality requirements.

Evaluation: See Appendix F.

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

Goal:

The goal of a 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.

PED Required Activities:

- Create a plan addressing the staff wellness needs of all school staff that minimally ensures an equitable work environment and meets the Americans with Disabilities Act, Part III.

Optional Activities that the district may or may not provide as set forth by PED:

- All schools 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.).

- All schools 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 lifting, cardio improvement classes, etc.).

Evaluation: Appendix F.

Adoption Statement

The local school board adopted the school district wellness policy that contains guidelines for Physical Activity; Nutrition; and Family, School and Community Involvement on September 12, 2006. Signatures are on file to that effect.

On January 9, 2007 the school board adopted the school district wellness policy that contains guidelines for Health Education; Physical Education; Social and Emotional Well-Being; Healthy and Safe Environment; Health Services; and Staff Wellness. Signatures are on file to that effect.

Appendix B

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.

NAME	ROLE	PHONE NUMBER	E-MAIL
Molly Flotte	Wellness Policy Lead	575-601-4416	molly.flotte@cmsbears.org
Travis Dempsey	Superintendent	575-601-4416	travis.dempsey@cmsbears.org
Tana Daugherty	High School Principal	575-601-4416	tana.daugherty@cmsbears.org
Robyn Cook	Elementary/Middle School Principal	575-601-4416	robyn.cook@cmsbears.org
Ben Lukoski	School Counselor	575-601-4416	ben.lukoski@cmsbears.org
Bill Denney	School Board Member	575-601-4416	bill.denney@cmsbears.org
Cindy Preslar	School Staff (Phys. Ed. Rep.)	575-601-4416	cindy.preslar@cmsbears.org
Kelly Goss	High School Teacher	575-601-4416	kelly.goss@cmsbears.org
Ardia Gray	School Food Authority Personnel	575-601-4416	ardia.gray@cmsbears.org
Kody Adams	School Safety	575-601-4416	kody.adams@cmsbears.org
Adrienne West	Community Member/Parent		
Trinia Gilliam	Community Member/Parent		
Sharlene Judah	Community Member/Parent		

Appendix F

EVALUATION

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

Process Evaluation Measuring implementation of Wellness Policy

Component/ Activity	In Planning	In Process	In Place
School Board established a School Health Advisory Council.			
School Health Advisory Council contains all required members: parent(s), school food authority personnel, school board member(s), school administrator(s), school staff, student(s), and community member(s).			
The School Health Advisory Council reports to the local school board, recommendations for development/revision, implementation and evaluation of the wellness policy at least annually.			
The School Health Advisory Council has met at least twice this year for the purpose of development or revision, implementation, and evaluation of the wellness policy.			
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 fulfills the district’s wellness policy.			
The school board has adopted physical activity guidelines for before, during and /or after school.			
Nutrition guidelines for a la carte offerings minimally meeting guidelines set forth in subsection B of 6.12.5.8 NMAC			
Nutrition guidelines for school sponsored fund raisers during normal school hours minimally meeting guidelines for school set forth in paragraph (1) of subsection C of 6.12.5.8 NMAC.			
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.			

Component/ Activity	In Planning	In Process	In Place
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			
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			
A plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.			
A school safety plan at each school building focused on supporting health and safe environments and including but not necessarily limited to prevention, policies and procedures and emergency response.			
A plan addressing the health services needs of students in the educational process.			
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.			

Outcome Evaluation: Measuring impact of Wellness Policy

Component/Activity	Outcome Measures
School Health Advisory Council	The local school board adopts <u>80%</u> of the recommendations from the School Health Advisory Council.
Physical Activity	<u>75 %</u> of students participated in physical activity offerings.
Nutrition	<p><u>100%</u> of the offerings in al la carte meet the guidelines set forth in subsection B of 6.12.5.8 NMAC.</p> <p><u>100%</u> of the clubs/ sports/etc are following 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.</p> <p><u>100%</u> of the clubs/sports/etc are following 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.</p>
Health Education	<u>75%</u> of students receive instruction in health education that meets content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.
Physical Education	<u>75 %</u> of students receive instruction in physical education that meets content standards with benchmarks and performance standards as set forth in 6.30.2.20.
Behavior Health	Data will be collected to assess the number of students who are referred for discipline issues due to behavioral health problems.
School Safety	<u>100%</u> of teachers and other school staff are aware of and know how to implement the school level safety plans.
Health Services	<p>Maintain at least a <u>91%</u> attendance rate.</p> <p>With each two year block, <u>100%</u> of students will be screened for vision/hearing.</p> <p><u>100%</u> of teachers will be encouraged to have their classes participate in the annual Health Fair.</p>
Staff Wellness	Begin to collect data to assess the number of staff absences due to illness.

Cloudfcroft Municipal School Board

Approval of Revisions, 2015

Bill Denney, President

Gerald Green, Vice-President

Lance Wright, Secretary

Arlan Ponder, Member

Asa Wimsatt, Member