

The Board recognizes the importance of promoting a comprehensive, integrated, interdisciplinary Wellness Policy that focuses on understanding the relationship between personal behavior, individual health, and life-long healthy choices.

I. FAMILY, SCHOOL AND COMMUNITY INVOLVEMENT

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 (SHAC) that has the responsibility to make recommendations to the local school board in the development or revision, implementation, monitoring, and evaluation of the district wellness policy. The SHAC shall meet for this purpose a minimum of two times annually.

In addition, the district School Health Advisory Council will create guidelines:

- To provide physical activity opportunities to students before, during, and/or after school.
- For a la carte offerings minimally meeting guidelines as stated in the competitive food sales rule.
- For school sponsored fund raisers during normal school hours minimally meeting guidelines as stated in the competitive food sales rule.

The district School Health Advisory Council will consist of parent(s), school food authority personnel, school board members(s), school administrator(s), school staff, students(s), and community members(s).

The family, school and community involvement component of school wellness 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 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.

II. PHYSICAL ACTIVITY AND HEALTH INSTRUCTION

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

Guidelines for providing physical activity opportunities to students include:

- Elementary schools will provide daily recess for all students.

- Elementary schools are encouraged to plan field trips involving moderate to vigorous physical activity.
- All schools will encourage basic physical activities of walking, biking, and skating as transportation modes to and from school as appropriate.
- All schools will be discouraged from withholding physical activity (i.e. physical education class, recess, etc.) as a means/method of punishment.
- The district encourages the use of school facilities outside of school hours.
- The district supports and partners with non-district groups such as the Police Athletic League and Little League in their efforts to provide students with healthful physical activity.

All schools will provide education on the health benefits of physical activity, healthy lifestyles, and sexuality concepts 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 schools will follow and support the Social and Emotional Well-Being Plan and the Health Services Plan so that students are able to access assistance and health services when needed.

All schools will promote the Staff Wellness plan so that staff can improve their health status through health and wellness activities.

All schools will maintain a Healthy and Safe school by following the building safety plan with drills so that staff and students will be prepared for emergencies.

III. NUTRITION

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.

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.

Guidelines for providing adequate nutrition opportunities to students include:

- Prohibiting the sale of a la carte offerings in all district schools.
- All schools will participate in the school breakfast program.
- All schools will ensure that students receive consistent nutrition messages in both classrooms and the cafeteria.
- Parents will be encouraged to bring nutritious snacks and treats to classroom parties. Suggestions concerning appropriate healthy food choices will be provided to parents at the beginning of the school year.

- **Complying with Paragraph (1) of Subsection C of 6.12.5.8 NMAC governing school sponsored fund raisers during normal school hours, to wit;**
 - (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 limitations:**
 - (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 less; soy milk; water; and one hundred percent fruit juice that has no added sweeteners and no more than 125 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, cheese, yogurt, and fruit may be sold and are not subject to restrictions; food products other than nuts, seeds, cheese, yogurt and fruit shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams 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.**
 - (c) High schools:**
 - (i) Beverages sold shall only include: milk with a fat content of 2 percent or less; soy milk; 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, cheese, yogurt, and fruit may be sold and are not subject to restrictions; food products other than nuts, seeds, cheese, yogurt and fruit shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams 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.**
- **Complying with Paragraph (2) of Subsection C of 6.12.5.8 NMAC governing school sponsored fund raisers before and after school hours, to wit;**
 - (2) Beverages and food products may be sold as fund raisers outside of normal school hours provided that at least 50 percent of the offerings meet the following requirements:**
 - (a) Beverages: milk with a fat content of 2 percent or less; soy milk; 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.**
 - (b) Food products: nuts, seeds, cheese, yogurt, and fruit may be sold and are not subject to restrictions; food products other than nuts, seeds, cheese, yogurt, and fruit shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams 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.

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.

IV. VENDED FOODS AND BEVERAGES

Vended foods and beverages may be sold to students as a fund raiser and as a means of providing students with a nutritious snack.

Guidelines for selling vended foods and beverages to students include:

- Elementary schools are prohibited from selling vended foods and beverages to students.
- Dugan-Tarango Middle School will comply with Paragraph (2) of Subsection A of 6.12.5.8 NMAC governing vended foods and beverages, to wit:
 - (2) Middle schools:
 - (a) Beverages sold in vending machines to students in middle schools shall only include:
 - (i) milk with a fat content of two percent or less;
 - (ii) soy milk;
 - (iii) water; and
 - (iv) 100 percent fruit juice that has no added sweeteners and no more than 125 calories per container and a serving size not to exceed 20 ounces.
 - (b) Carbonated beverages shall not be sold in vending machines to students in middle schools.
 - (c) Food products 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 only be sold after the last lunch period is completed and are subject to the following restrictions: shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams 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 package or amount served.
- Lordsburg High School will comply with Paragraph (3) of Subsection A of 6.12.5.8 NMAC governing vended foods and beverages, to wit:
 - (2) 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 two percent or less;
 - (ii) soy milk;
 - (iii) water; and

(iv) juice that is at least 15 percent fruit and that has no added sweeteners and a 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) sports 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 subject to the following restrictions: shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams 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 package or amount served.

- Soft drinks will be available to the faculty in the employee lounge. Soft drinks in the original container must be consumed in the lounge. Not following this procedure may result in the removal of the soft drink vending machines in the lounge. The purpose of this procedure is to prevent modeling consumption of soft drinks to the students during the school day, especially since these items will be unavailable to students.

V. EVALUATION

Implementation and evaluation of this policy will be evaluated by use of the Evaluation Plan developed by the Public Education Department and Healthier Schools – New Mexico which is hereby adopted in its entirety and can be found in Forms and Procedures section of this policy manual.

- The Process Evaluation form will be used by the SHAC during SY 06-07 to measure implementation.
- The Outcome Evaluation form will be filled out each April by the SHAC for each school site.
- The SHAC has designated the Director of Support Services to be charged with operational responsibility for ensuring that each school fulfills the district's wellness policy.