



Annual Progress Report May 2018

-The Wellness Policy was reviewed in May and Horizon continues to strive to reach our goals in all of our eight Wellness policy sections. Each member reviewed the Wellness Policy and no recommendations for improvement were recommended at this time. The new policy was recently implemented in November of 2017. The Wellness policy is posted on our website at www.hawest.net under programs. Parents and students are welcome to make recommendations and become involved by contacting any member of the Student Health Advisory Committee (SHAC). SHAC members and contact information can be found on Page 8 of the Wellness Policy. We continue to solicit program involvement and recommendations via the website and newsletters. Wellness Policy Lead – Aaron Peak 505-998-0459 ext. 104, apeak@hawest.net

-Section I Wellness - Horizon Academy continues to be actively involved in the community. We offer Math, Science, and Art nights throughout the year. We also have our annual Harvest Fest in October which provides a safe and fun environment for students and families. Each grade level is required to participate in at least one community event which includes food drives, clothing donations, volunteering at community centers and various other community projects.

-Section II Nutrition – Our school lunch continues to follow federal guidelines on promoting and providing healthy meals. We provide a salad bar during our lunch time for staff and students. On our website, we have posted ideas for Healthy Celebrations, ways to plan for Smart Snacks, Healthy Fundraisers, and more information on Facebook from a Healthier Generation on Making and Modeling Healthy habits.

-Section III Quality Physical Activity - We are continuing to provide more opportunities for moderate to vigorous physical activity. Horizon provides an after school program called the Marathon Club where students participating in running a distance equivalent to a marathon throughout the year. Students



receive three 15 minute recesses per day (morning, lunch, and afternoon). Classroom teachers provide short physical activity breaks incorporated into their lessons.

-Section IV Health Education Content Standards - All teachers incorporate and teach students life skills to be more healthy and successful in life. Teachers continue to implement the New Mexico Health Education Standards into daily and weekly lessons to ensure that students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

-Section V Physical Education Requirement - Physical Education is provided to all students on a weekly basis. Each student receives a 55 minute PE class which is taught by a certified physical educator who uses appropriate practices for skills, knowledge, and attitude needed to be physically fit and active for life.

-Section VI Social and Emotional Wellness - Our school continues to collaborate with parents and maintain open lines of communication by providing weekly newsletters informing parents of current events, safety policies, and contact information. HAW provides supports services which strengthens the instructional program to include: a school social worker, a speech language pathologist, an occupational therapist and diagnostic services.

-Section VII Other Wellness Policy Components - HAW continues to provide a Health Assistant on a daily basis which supports the healthcare needs that may affect or have the potential to affect safe and optimal school attendance and performance. HAW requires that all students enrolled present satisfactory evidence or commencement or completion of immunization in accordance with immunization schedule and rules and regulations of the Public Health Division. HAW adheres to the McKinney-Vento Homeless Act which allows students experiencing homelessness the ability to enroll in school immediately even without providing academic records. HAW provides vision screening for the required grades. We also provide a free shot clinic on campus and free dental screening and care through NM Smiles.



-Section VIII Staff Wellness - HAW continues to promote staff member participation in health programs. HAW encourages get involved in physical activity and do other stress reducing activities that will help make a more productive day. HAW offers several work rooms and private areas that employees can visit to vent or distress. HAW encourages staff to serve as role models for healthy habits.