



Horizon Academy West

Horizon Academy West
School Wellness Policy
2017-2018

3021 Todos Santos NW
Albuquerque, Nm 87120

Table of Contents

Preamble	Pages 3-5
Section I: Wellness Policy Introduction	Pages 6-7
School Health Advisory Council (SHAC) Team	Page 8
Section II: Nutrition	Pages 9-12
Section III: Quality Physical Activity	Pages 13-14
Section IV: Health Education Content Standards and Benchmarks	Page 15
Section V: Physical Education Requirement	Page 16
Section VI: Social And Emotional Wellness	Pages 17-18
Section VII: Other Wellness Policy Components	Pages 19-20
Section VIII: Staff Wellness	Pages 21-22

Introduction:

Horizon Academy West's Wellness Policy

Preamble

Horizon Academy West (HAW) is committed to the optimal development of every student. HAW believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically.

This policy outlines HAW's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students at HAW have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus (See [6.12.5 Competitive Foods Requirements](#) per terms defined by federal laws and regulations, USDA competitive foods rules at 7 CFR 210.11 and 7 CFR 210.11a)—providing that all foods sold in schools and smart snacks provisions of the Healthy, Hunger Free Kids Act of 2010, the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966 are incorporated for purposes of these rules.
- Students receive quality nutrition education that helps them to develop lifelong healthy eating behaviors;
- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and

- HAW establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

In consideration of [requirements, governing possible food allergies in schools](#), children with food allergies may qualify for a Section 504 plan through the individualized education program's (IEP) individualized health plan (IHP). (See [Individualized Healthcare Plan memo, March 19, 2015 - PED.](#)) Schools are to follow these guidelines to ensure protection of students against allergic reaction to foods:

- Ensure that a copy of the student's current IHP is attached to the student's current IEP;
- Follow guidance from Section 504 of the 1973 Rehabilitation Act in regards to persons with disabilities to include substantial limitations for an individual based on his or her food allergies; and
- Adhere to instructions under [6.12.2.9 NMAC, Student's Right to Self Administer Certain Medications](#) in the potential case of anaphylaxis that may affect breathing and/or potentially affect other major life activities of students due to an allergic reaction.

School Health Advisory Council (SHAC)

Committee Role and Membership

HAW will convene a representative health advisory council (hereto referred to as the SHAC) that meets at least two times per year to establish goals and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of this wellness policy (heretofore referred to as "wellness policy").

The SHAC membership will represent all school levels and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (ex., school nutrition director or school food authority); physical education teachers; health education teachers; special education teachers; classroom teachers; school health professionals (ex., health education teachers, school health services staff [i.e., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [i.e., school counselors, psychologists, social workers, or psychiatrists]; school administrators (ex., director, assistant director, principal, assistant principal), school board members; health professionals (ex., dietitians, doctors, nurses, dentists); and the general public.

Leadership

The Director or designee(s) will convene the SHAC and facilitate development of and updates to the wellness policy, and will ensure HAW's compliance with the policy.

The names, titles, and contact information of these individuals are listed on Page 8. HAW has designated a school wellness policy lead, who will ensure compliance with the policy.

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

HAW will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions, and timelines specific to HAW, as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing (per [USDA Food & Beverage Marketing and Advertising policies](#)), nutrition promotion and education, physical activity, physical education, and other school-based activities that promote student wellness. It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

This wellness policy and the progress reports can be found at: www.hawest.net

Recordkeeping

HAW will retain records to document compliance with the requirements of the wellness policy at HAW's Administrative Offices, Room 104 and located on HAW's local network K Drive. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including: (1) efforts to actively solicit SHAC membership from the required stakeholder groups; and (2) the participants' involvement in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports for HAW;
- Documentation of the triennial assessment of the policy for HAW; and
- Documentation demonstrating compliance with public notification requirements, including: (1) methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports

HAW will compile and publish an annual report to share basic information about the wellness policy. This annual report will be published around the same time each year in May. This report will include, but is not limited to:

- The website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy;
- A description of each school's progress in meeting the wellness policy goals;
- A summary of each school's events or activities related to wellness policy implementation;
- The name, position title, and contact information of the designated policy leader identified in Section I; and
- Information on how individuals and the public can get involved with the SHAC.

Section I: Wellness Policy

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 (SHAC) that is responsible for making recommendations to the local school board regarding 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.

Goal:

The goal of family, school and community involvement within a coordinated school health approach is to create a wholistic 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.

Horizon Academy West Public Charter School (HAW) is committed to providing a healthy, safe, and secure environment for students, parents and employees. The purpose of HAW's Wellness Policy is essential to enhance the wellness culture of our school. The overall health of school staff also has a profound effect on the academic success and well-being of all of our students

Connecting Community:

At Horizon Academy, we believe in addressing the whole child and incorporate that philosophy in all areas of our planning for every student's well-being. It is important to communicate and integrate our knowledge of each child's individual health in order to appropriately address their needs, "one child at a time". We also firmly believe in empowering our students with the knowledge they need in order to make positive and healthy decisions for themselves as they grow into adulthood. Because we see parents and community members as co-educators in fostering cognitive development and school achievement, Horizon Academy West, in 2005, established the Office of Family and Community Engagement (FCE) to initiate and maintain consistent communication and to develop constructive partnerships with families, community stakeholders, and agencies building on their strengths and recognizing them as co-educators.

Among the guiding principles of HAW, our goal is to recognize parents and community members as co-educators, and to align the schools' and the community resources to support the development of students in areas required to be successful in and out of school.

The chief objective of HAW is to organize and restructure the home-school connection so that parents and teachers become effective teams and, under a shared commitment to diversity, parents and educators each renew their commitment to maintaining a school that treats each student, parent, and Horizon employee with respect, dignity, and sensitivity to their unique needs and culture.

Our family and community engagement model consists of a broad portfolio of some traditional and not so traditional dimensions used to align the school's and the community's resources to support the development of students in areas required to be successful in and out of the classroom.

HAW is committed to the optimal development of every student. HAW believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year.

School Health Advisory Council:

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 parents, school food service personnel, school board members, school administrators, school staff, students, and community members.

Role	Name	Phone	E-Mail
Assistant Principal Wellness Policy Lead	Aaron Peak	505-998-0459	apeak@hawest.net
Physical Education Teacher	Randy Gutierrez	505-998-0459	rgutierrez@hawest.net
Preschool Teacher	Chris Ortiz	505-998-0459	cortiz@hawest.net
1 st Grade Teacher	Jennifer Olivas	505-998-0459	jolivas@hawest.net
2 nd Grade Teacher	Linda Stoffan	505-998-0459	lstoffan@hawest.net
4 th Grade Teacher	Janet Sanchez	505-998-0459	jsanchez@hawest.net
School Health Assistant	Jolene Rael	505-998-0459	jrael@hawest.net
Food Service Director	Isabel Hunkins	505-998-0459	ihunkins@hawest.net
Custodian	Bertha Roybal	505-410-7959	abqstrong@gmail.com
Parents	Jamie Montano	505-550-2676	jcampos17@msn.com
Students			
School Board Member			

Section II: 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. Nutrition Education and healthy eating inspire proper physical growth, physical activity, brain development, learning ability, emotional balance, a sense of well-being, obesity prevention and disease resistance.

Goal:

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

School Meals:

HAW is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free, flavored, and low-fat, non-flavored milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer's specification), and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns, and support healthy choices while accommodating cultural food preferences and special dietary needs.

HAW participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and *[include here any additional Federal child nutrition programs in which the district participates, including the Fresh Fruit & Vegetable Program (FFVP), Seamless Summer Option, Summer Food Service Program (SFSP), Afterschool Snack Program (ASSP), Supper programs, or others]*. The District also operates additional nutrition-related programs and activities including *[if applicable, insert here a list of other programs such as Farm to School programs, school gardens, Breakfast after the Bell, Mobile Breakfast carts, Grab 'n' Go Breakfast, or others]*. All schools within the District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations. (The District offers reimbursable school meals that meet USDA nutrition standards.) (Further guidelines on food handling, food service and food processing can be located in 7.6.2 NMAC.)

- Promote healthy food and beverage choices using at least ten of the following Smarter Lunchroom techniques:
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans).
 - Daily fruit options are displayed in a location in the line of sight and reach of students.
 - All available vegetable options have been given creative or descriptive names.
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - White milk is placed in front of other beverages in all coolers; flavored milk is allowed if non-fat.
 - Alternative entrée options (e.g., salad bar) is highlighted on posters or signs within all service and dining areas.
 - Daily announcements are used to promote and market menu options.
 - The report on the most recent food safety inspection must be posted in a publically visible place in the school and copies of the report provided to any member of the public upon request. (Follow guidelines for submission of the Food Safety Inspections Assurance form in the Safe Schools Guidance Document.)

Water:

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day (*defined as midnight the night before to 30 minutes after the end of the instructional day) and throughout every school campus (**defined as areas that are owned or leased by the school and used at any time for school-related activities that are accessible to students). HAW has drinking water available where school meals are served during mealtimes.

Competitive Foods and Beverages:

HAW is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., “competitive” foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day [and *ideally, the extended school day*] will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Celebrations and Rewards:

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards including:

1. Celebrations and parties; HAW provides a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
2. Classroom snacks brought by parents; HAW provides to parent a list of foods and beverages that meet Smart Snacks nutrition standards.

3. Rewards and incentives; HAW provides teachers (including special education teachers and related service personnel) and other relevant school staff a list of alternative ways to reward children. Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.
4. Withholding food, water or bathroom privileges from a student for any reason is unlawful. (Ref: 6.11.2 NMAC.)

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day. HAW provides a list of healthy fundraising ideas to teachers and parents.

Food and Beverage Marketing in Schools:

HAW is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. HAW strives to teach students how to make informed choices about nutrition, health, and physical activity. These efforts will be weakened if students are subjected to advertising on HAW property that contains messages, inconsistent with the health information HAW imparting through nutrition education and health promotion efforts. It is the intent of HAW to protect and promote student’s health by permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District’s wellness policy.

Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.

Competitive Food Sales Grid

“Competitive Food” means a food or beverage sold at school other than one served as part of the United States Department of Agriculture school meal program. The term includes any item sold in vending machines, a la carte or through other school fundraising efforts during normal school hours.

<p>SCHOOL MEALS</p> <ul style="list-style-type: none"> • National School Lunch (NSLP) • School Breakfast Program (SBP) 	<ul style="list-style-type: none"> • All school meals comply with USDA regulations and state policies. • The lunchroom/cafeteria is clean, orderly, and inviting. • Adequate time is allowed for each meal. • Adequate seating is available to accommodate all students. • Adequate supervision is provided in the dining area. • Whole grains are offered regularly in compliance with regulations. • Fresh fruits and vegetables are offered regularly. • Low-fat and/or skim milk is offered and encouraged daily.
<p>A LA CARTE ITEMS</p>	<p>A La Carte items are offered at Horizon Academy West, which include extra milk.</p>
<p>FUND RAISERS</p>	<p>BEVERAGES</p>

<p>During School Hours :Fund raisers means beverage or food products sold to raise money that are not sold in vending machines, a la carte sales, or part of the USDA school meal program.</p> <p>During Normal School Hours</p>	<p>1. Elementary: After lunch period</p> <ul style="list-style-type: none"> • Milk 2% or less • Soy Milk • Water • No Carbonated Drinks <p>FOODS</p> <p>1. Elementary: None allowed</p>
<p>FUND RAISERS</p> <p>Outside of Normal School Hours</p>	<p>Beverages and food products may be sold as fund raisers outside of normal school hours for Elementary, provided that at least 50% of the offerings meet the following requirements:</p> <ul style="list-style-type: none"> • Milk 2% or less • Soy Milk • Water • At least 50% fruit juice that has no added sweeteners, no more than 125 calories, and serving size not to exceed 20 oz. • Foods that have no more than 200 calories per container, package or amount served. • No more than 8 grams of fat per serving with no more than 2 grams from saturated and trans fats per container, package, or amount served. • No more than 15 grams of sugar per container, package or serving.

Section III: Quality Physical Activity

Definition:

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

Physical activity is a component of, but is not a substitute for, quality physical education. Physical education is an instructional program taught by a licensed physical educator that 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.

Goal:

Within the coordinated school health approach, the goal of HAW is to provide more opportunities for moderate to vigorous physical activity before, during and/or after school.

Physical Activity:

Children and adolescents should participate in 60 minutes of physical activity every day (<http://www.cdc.gov/physicalactivity/basics/children/index.htm>). A substantial percentage of students' physical activity can be provided through a comprehensive, school-based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, walk and bicycle to school, and out-of-school time activities, and the district is committed to providing these opportunities. HAW will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection).

Throughout the School Day:

- Classroom health education reinforces the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television.
- When circumstances make it necessary for students to remain indoors and inactive for two or more hours, the students are given periodic breaks which they are encouraged to stand and be moderately active.
- Physical activity is encouraged to be incorporated into other subject areas (i.e. math, language arts, social studies, etc).
- Classroom teachers provide short physical activity breaks between lessons or classes as appropriate.
- Using physical activity as a punishment is discouraged; such as making a student do push-ups or running laps, or withholding recess or Physical Education. This guideline does not include extra-curricular sports teams.

Recess:

HAW offers at least **20 minutes of recess** on all or most days, not included as part of the instructional day, during the school year.

Moderate to vigorous physical activity is encouraged verbally and through the provision of adequate space and age-appropriate equipment.

Outdoor recess will be offered when weather is feasible for outdoor play. Students will be allowed outside for recess except when outdoor temperature is above 100 degrees and below 32 degrees Fahrenheit or during storms with imminent lightning or when thunder is heard, or at the discretion of the building administrator based on his/her best judgment of safety conditions.

In the event that HAW must conduct **indoor recess**, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable. Students will be given ample opportunity to physically move around the room in a safe and orderly fashion.

Physical Activity Breaks:

HAW recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. The HAW recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom times. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

Before and After School Activities:

HAW encourages students to be physically active before and after school by: participating in clubs, physical activity in before/afterschool programs, intramurals, or other active sports. HAW offers a marathon club every Monday after school which allows students the opportunity to run or walk with the physical education teacher.

Active Transport:

HAW supports active transport to and from school, such as walking, biking and skating as transportation modes to and from school. HAW promotes active transport by posting bicycle tips and walking tips periodically in the HAW weekly newsletter.

Section IV: Health Education Content Standards and Benchmarks:

Definition:

Health education is 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. As well, Health Education meets the content standards with benchmarks and performance standards as set forth in 6.29.1 NMAC Standards for Excellence.

Goal:

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

New Mexico Health Education Standards:

1. Students will comprehend concepts related to health promotion and disease prevention.
2. Students will demonstrate the ability to access valid health information and health-promoting products and services.
3. Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
4. Students will analyze the influence of culture, media, technology, and other factors on health.
5. Students will demonstrate the ability to use interpersonal communication skills to enhance health.
6. Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
7. Students will demonstrate the ability to advocate for personal, family, peer, and community health.

Activities:

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

-HAW will provide activities in comprehensive health education that aligns with the New Mexico health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.

-HAW has an “opt-out policy” that ensures that parents have the option to request that their child(ren) be exempt from any parts of the health education curriculum that address the sexuality performance standards. The policy includes: 1) the process for parents to request an exemption from any part of the health education curriculum that addresses the sexuality performance standards; and 2) how alternative lessons are established for the exempted parts of the curriculum.

-HAW will provide instruction about HIV related issues. HAW will use the video tutorial from the website <https://www.helpstopthevirus.com/> to provide necessary training on HIV and related issues.

Section V: Physical Education Requirement:

Definition:

Physical education (PE) is an academic subject and serves as the foundation of a Comprehensive School Physical Activity Program (CSPAP). As such, PE demands the same education rigor as other core subjects. Physical education provides students with a planned, sequential K-12 standards-based program of curricula and instruction, designed to develop motor skills, knowledge and behaviors for active living, physical fitness, sportsmanship, self-efficacy and emotional intelligence.

Physical education is the instructional program that provides cognitive content and learning experiences in a variety of activity areas. It also provides the opportunity for all students to learn and develop the skills, knowledge and attitudes necessary to choose a lifetime of healthy physical activity. It meets the Content Standards with Benchmarks and Performance Standards as set forth in Section 6.29.6 NMAC. New Mexico Physical Education Content Standards with Benchmarks and Performance Standards are mandated for students in grades K-12. All instruction must be aligned with 6.29.1 NMAC Primary and Secondary Education Standards for Excellence General Provision.

Goal:

To provide all students with daily physical education taught by a certified physical educator who uses appropriate practices for the skills, knowledge, and attitudes needed to be physically fit and active for life. Activities are based on goals and objectives appropriate for all children and are planned according to a curriculum with an obvious scope and sequence that follow 6.29.9 NMAC Physical Education Standards for Excellence.

Physical Education Classes:

- Elementary students receive physical education classes every week.
- During physical education classes, students engage in moderate to vigorous physical activity at least 15 minutes a day.
- The school provides a physical and social environment that encourages safe and enjoyable physical activity for all students, including those who are not athletically gifted.
- The physical education curriculum is sequential and consistent with New Mexico Public Education Department approved teaching standards for Pre-Kindergarten through 5.
- Physical Education teachers are licensed by the New Mexico Public Education Department.
- Adequate age-appropriate equipment is available for all students to participate in physical activity.
- Physical activity facilities on school grounds are safe.

Section VI: Social and Emotional Wellness

Definition:

Social and Emotional well-being are services provided to maintain and/or improve students' mental, emotional, behavioral and social health. School behavioral and mental health programs should focus on breaking down health and social barriers to students' learning with emphasis on meeting each student's individual health needs. Behavioral health programs should support the student's process to become a fully functioning and happy member of society. Programs should encourage and support links among youth, families, schools, communities, and private and government agencies to create and maintain an environment in which all students can learn and thrive.

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:

- Haw addresses the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.
- HAW provides support services which strengthen the instructional program to include: school counseling, speech language pathologists, occupational therapy and diagnostic services.
- The support services have: (1) have a written, delivered, and assessed program, K-12; (2) provide licensed staff to develop and supervise the program; (3) be assessed as part of the educational plan for student success (EPSS) process (see 6.29.1.8 NMAC); and (4) support the local curriculum and EPSS.
- School personnel are required by law to report substance abuse, child abuse and neglect.
- HAW follows the Substance Abuse code: Section 22-5-4.4 NMSA 1978 o "A. A school employee who knows, or in good faith suspects, any student of using or abusing alcohol or drugs shall report such use or abuse pursuant to procedures established by the local school board.
B. No school employee who in good faith reports any known or suspected instances of alcohol or drug use or abuse, shall be held liable for any civil damages as a result of such report or his efforts to enforce any school policies or regulations regarding drug or alcohol use or abuse."
- HAW employees have received training and adhere to the Child Abuse and Neglect code: Section 22-10A-32 NMSA 1978 **A.** All licensed school employees shall be required to complete training in the detection and reporting of child abuse and neglect, including sexual abuse and assault, and substance abuse.
- HAW employees have a duty to report child abuse and child neglect; responsibility to investigate child abuse or neglect; penalty.

Other Activities:

- Haw provides a positive, supportive in which are able to request assistance when needed.
- Haw ensures that school personnel know how to recognize and respond to a student who is showing signs of suicidal ideation
- Haw has a referral network to get help quickly.
- Haw has a school counselor available to provide an emotionally and psychologically safe environment. They are able to address emotional, social, spiritual, mental, and the physical well-being of our students.

Section VII: Other Wellness Policy Components

Definition:

Health services are 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. The services also foster appropriate use of primary health care services and 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 to improve individual, family and community health.

Goal:

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

Activities:

- Haw addresses students with healthcare needs that may “affect or have the potential to affect safe and optimal school attendance and academic performance requires the professional school nurse to write an Individualized Health Plan (IHP) in collaboration with the student, family, educators, and healthcare care providers” NASN Position Statement: Individualized Healthcare Plan). The IHP should be reviewed annually at a minimum. The need for an IHP is based upon each child’s required health care, not upon “educational entitlement such as special education or Section 504 of the Rehabilitation Act of 1973.” OSEP considers that the IHP should be a separate document from the Individualized Education Program (IEP) and should be attached to the student’s IEP or 504 plan based upon the student’s needs.
- HAW’s policy ensures that students with HIV/AIDS have appropriate access to public education and that their rights to privacy are protected as set in 6.12.2.10 NMAC Human Immunodeficiency Virus (HIV).
- HAW policy acknowledges that all students enrolled in the public, nonpublic, or home schools in the state must present satisfactory evidence of commencement or completion of immunization in accordance with the immunization schedule and rules and regulations of the Public Health Division (PHD)/Department of Health (DOH), with an allowance for exemption by the PHD/DOH if certain conditions are met. Statute 6.12.2.8 NMAC makes it unlawful for any student to enroll in school unless the student is properly immunized or in the process of being properly immunized and can provide satisfactory evidence of such immunization, unless the child is properly exempted: 7.5.3 NMAC: Vaccinations and Immunizations Exemptions. An exception is provided to a student experiencing homelessness. Pursuant to the McKinney-Vento Homeless Assistant Act [42 USC§ 11432(g)(3)(C)], children experiencing homelessness must be able to enroll in school immediately, even if they are unable to produce records normally required for enrollment, such as previous academic records.
- HAW grants any student in our school (grades prekindergarten through 5th) authorization to carry and self-administer health care practitioner prescribed asthma treatment medications and anaphylaxis emergency treatment medication as well as the right to self-manage their diabetes care in the school setting and to develop mechanisms that support safe diabetes self-management in the school environment as long as certain conditions are met. Such rules are established in

6.12.2.9 NMAC Students Rights to Self-Administer Certain Medications and 6.12.8 NMAC Diabetes Self-Management by Students in the school setting.

-HAW policy acknowledges that all schools are required to ensure that vision screening tests are administered to students enrolled in the school in pre-kindergarten, kindergarten, first grade and third grade and for transfer and new students in those grades, unless a parent affirmatively prohibits the visual screening.

-HAW also adheres to The Save our Children's Sight Fund, created in 2007, through 7.30.10 NMAC further allows DOH to promulgate rules for the award of money for certain eligible students and to establish vision screening test standards.

-HAW provides vision screening for the required grades, we provide a free flu shot clinic on campus and free dental screening and care through NM Smiles Go. We provide the necessary services every six months.

Section VIII: Staff Wellness

Definition:

Staff wellness is defined as opportunities for school staff to improve their health status through activities such as health assessments, health education, wellness education, nutrition education, fitness education and health-related fitness activities. These offerings encourage school staff to pursue a healthy lifestyle that improves health status and morale and provides 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 that help them to make personal decisions about healthy daily habits.

Goal:

The goal of staff wellness is to promote activities for staff designed to promote the physical, emotional and mental health of school employees along with disease and disability prevention activities.

Activities:

-HAW ensures an equitable work environment and meets the Americans with Disabilities Act, Title III (6.12.6.8.D.9 NMAC). HAW ensures that Title III of the Americans with Disabilities Act (“ADA”) prohibits discrimination on the basis of any employee with disabilities.

Individuals with Disabilities The civil right protections provided by the ADA offers comprehensive protections for individuals with disabilities. An “individual with a disability” is a person who:

- Has a physical or mental impairment that substantially limits one or more major life activities, or
- Has a record of such an impairment, or
- Is regarded as having such impairment.

According to Title III of the ADA, some examples of physical or mental impairments include, but are not limited to, contagious and non-contagious diseases and conditions, cerebral palsy, epilepsy, muscular dystrophy, multiple sclerosis, cancer, heart disease, diabetes, mental retardation, emotional illness, specific learning disabilities, HIV, tuberculosis, drug addiction, and alcoholism. Furthermore, the ADA defines a “major life activity” to include such functions as caring for oneself, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, and working.

In Accordance with our school wellness plan:

-HAW has implemented a policy that ensures that the Governing Board and School ensure that the right to privacy of all school employees infected with HIV are protected.

-When feasible, HAW will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help HAW staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

-HAW promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

-HAW encourages staff to walk during lunch time or 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. This space is available for employees that need to get this out of their system without being in the eyes of the public

-HAW encourages staff to serve as role models for healthy habits. Staff members have been provided the opportunity to read Action for Healthy Kids, Staff as Healthy Role Models at <http://www.actionforhealthykids.org/component/content/article/39-step-3-challenges/1514-staff-as-healthy-role-models>.

-HAW will continue to work with the community leaders so that the use of school facilities, outside of school hours, can be utilized by community organizations or agencies to increase the physical activity opportunities for students and their families.

-HAW provides on their website a Fitness Event Planning Guide which offers ideas and detailed plans at <https://healthymeals.fns.usda.gov/state-sharing-center/kansas/family-fun-food-andfitness-event-planning-guide>.