

*Texico Municipal School District
Wellness Policy*

Texico School District Goal:

To provide a school environment that promotes lifelong eating choices, habits and physical activity.

Therefore, Texico Municipal School District will follow and meet all requirements set forth by the Public Education Department in NMAC 6.12.6.8 & NMAC 6.12.5.8.

Each local board 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), and school staff, and student, and community members.

The SHAC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science information, and technology emerges; and new Federal or state guidance or standards are issued.

School Health Advisory Council

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Students

The School Health Advisory Council (SHAC) will:

Ensure all goals set in the wellness policy are carried out during the year

Meet twice a year to revise and monitor the district wellness plan and goals

Texico Municipal School District will make current wellness policy available to anyone through the district website

Will assess and update at least every three years following the triannual assessment

GOAL

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

NUTRITION

Nutrition refers to programs that provide access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all students.

GOAL

The goal of Student Nutrition is to implement all USDA guidelines as are required for the school breakfast and lunch programs and prepare nutritious, appealing student friendly meals, thus enhancing academic performance and encouraging students to develop a lifetime of healthy eating habits.

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 the District'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 in the District 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
The District 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

If emergency medications are available, will adhere to instructions under 7.30.12 NMAC: Emergency Medications in Schools 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.

This policy applies to all students, staff, and schools in the District.

Includes the Public Education Department (PED) requirements outlined in the School District Wellness Policy rule (6.12.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED. 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 6.29.6 NMAC.

A. Create procedures for the documentation of all foods available on the school campus including all foods sold to students that must minimally meet the competitive food standards as stated in 7 CFR 210.11 and 6.12.5.8 NMAC. B. Create procedures for the documentation of fundraisers that do not meet the competitive food standards that must be limited to no more than two occasions per semester or trimester term per school and may not be conducted during meal service or in the food service area.

C. Establish guidelines for other school-based activities to promote student wellness.

- *Health, Science, P.E. and Family and Consumer Science courses will meet nutrition-related benchmarks in NMAC 6.30.2.19 Performance Standards for Health Education.*
- *School facilities will be available for nutrition education activities.*
- *The SHAC will assist in guideline compliance for school sponsored fund raisers and a la carte.*
- *All foods made available through vending machines on campus during the school day must comply with Federal Smart Snacks standards*
- *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.*
- *To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day and throughout every school campus. The District will make drinking water available where school meals are served during mealtimes.*

Elementary Schools (K-5):

- *Elementary Schools may not serve, sell, or provide access to purchase competitive foods at anytime during normal school hours.*
- *Refer to Smart Snacks In School for appropriate snacks and nutrition for Elementary students*

Junior High (6-8):

- *May serve, sell, or provide access to purchase competitive foods during the day as long as they meet the standards.*
- *May only serve, sell, or provide access to purchase the following beverages (includes: vending, and fundraisers) during the regular academic school day:*
 - *Water*
 - *100% fruit juice that has no added sweeteners*
 - *Milk—2% or less*
 - *Soy milk*
 - *After the lunch period the following are allowed:*
 - *Non-carbonated flavored water with no added sweeteners*
 - *Sports drinks*

High School (9-12):

- *May serve, sell, or provide access to purchase competitive foods during the school day as long as they meet the standards.*
- *May only serve, sell, or provide access to purchase the following beverages (includes: vending, and fundraisers) during the regular academic school day:*
 - *Water*
 - *50-100% fruit juice that has no added sweeteners*
 - *Milk—2% or less*
 - *Soy milk*
 - *After the lunch period the following are allowed:*
 - *Sugar free/caffeine free soft drinks (must be both)*
 - *Non-carbonated flavored water with no added sweeteners*
 - *Sports drinks*

Celebrations and Rewards

1. *Celebrations and parties; the district will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas.*

2. *Encouragement of healthy Classroom snacks brought by parents.*
3. *Rewards and incentives; the District will provide 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. The District will make available to parents and teachers a list of healthy fundraising ideas.

Fundraising that does not meet competitive food standards is limited to no more than two per semester per school.

Food Safety inspections are conducted twice annually per USDA regulations and state rules, and reports are posted publicly.

Healthy messages and nutrition promotion materials are made available though out the school and school related activities.

Nutrition education is included as part of the health education curriculum.

School nutrition staff meet or exceed hiring and professional development requirements per the USDA standards for child nutrition professionals.

Smarter Luncheon Techniques are used to encourage students by promoting healthier food and beverage choices. The district appropriately operates other programs, possibly Farm to School, fruit tasting, etc.

Student Right to Self-Carry Emergency Medications

In accordance with New Mexico Law 6.12.2.9, any student enrolled in Texico School District will be authorized to carry and self-administer provider prescribed asthma treatment medication, anaphylaxis emergency treatment medication, and diabetes treatment medication under specific conditions. Those include:

Appropriate instruction has been given by the provider to the student in the correct and responsible use of the medication

The student has demonstrated adequate skill level to the school nurse to carry and self-administer identified medication

There a written treatment plan on file with the school nurse

The extent and duration of the authorization has been discussed with the parent/guardian

Health Education

Health Education:

Goal

- *The goal of the health education curriculum of Texico Schools is to equip the students with life skills to live a healthy life.*
- *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. As well, Health Education meets the content standards with benchmarks and performance standards as set forth in 6.29.1 NMAC standards for excellence.

- *The wellness process 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.*
- *Texico 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.*
- *Texico School district shall implement a policy that will insure that parents have the ability to request that their children be exempted “opt out” from the parts of the health education curriculum that addresses the sexuality education standards. The process includes but is not limited to:*
 - a. *parents may request an exemption from the parts of the health education curriculum that addresses the sexuality education standards and;*
 - b. *Administrators will approve the curriculum and the instructors of said curriculum. Teachers are not allowed to teach the approved curriculum without prior permission.*
- *Texico Schools 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, the middle/junior high school grades, and in the senior high school grades as set forth in 6.12.2.10 C NMAC.*
- *Health education lessons can be taught using various methods of instruction approved by each building principal that provide developmentally and culturally appropriate participatory activities.*
- *P.E. and athletic students may be instructed in lifetime wellness.*
- *Science classes may incorporate a unit on healthy lifestyles, including preventable diseases, nutrition, and physical activity.*
- *Texico School personnel will serve as role models for the students of healthy lifestyles.*
- *Healthy foods and beverages may be promoted using posters, signs or displays throughout the school setting*
- *Lifesaving skills including psychomotor CPR, Automated External Defibrillator (AED) and Heimlich maneuver is included in Health Education.*
- *.5 credit of Health Education is offered in either middle or high school and is a graduation requirement.*

Physical Education

Goal

The goal of the physical education department at Texico Schools is to provide every student with daily physical activities. The certified physical educator will teach students the skills and knowledge required to be physically active during their lifetime.

- *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.*
- *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 6.29.1 NMAC.*
- *Opportunities for physical activity is also available outside of physical education.*
- *The K-12 physical education curriculum 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.*
- *Physical activity is encouraged in core subjects*

- *School grounds are available for community use outside of school hours*
- *Withholding students from physical education as punishment is prohibited.*
- *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 taught by a certified physical education teacher.*
- *The elementary physical educator may conduct the Presidential Fitness Test and Pacer Fitness running test each year. In addition may also have the 5-2-1-0- healthy eating and physical habits program, Woah and Go foods with games to reinforce this, PE day and bike safety day, 4-6th grade track meet and a field day for K-4th.*
- *One unit of Physical education (or allowable alternative) class will be required as a graduation requirement..*
- *Adapted PE is available to all students where appropriate.*
- *Elementary students may attend a Physical Education class every day.*
- *Secondary students must have one unit of Physical education (or allowable alternative) class will be required as a graduation requirement..*
- *Schools will provide every student, at the elementary and secondary level with opportunities to participate in physical education.*
- *Schools will provide an adequate time for physical education classes.*
- *Schools will provide physical education classes that meet NMAC 6.30.2.20 Physical Education Performance Standards.*
- *Physical Education will be taught by well-prepared teachers, who are certified by the state.*
- *Physical education classes may provide a variety of different physical activity choices.*
- *Physical education classes will devote at least 50-70% of class time to actual moderate to vigorous physical activity.*

Recess:

- *School leaders may schedule sufficient time within every school day for supervised elementary recess.*
- *Recess may compliment, not supplant physical education classes.*
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Physical Activity

Goal

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

Texico School District campus is open to the community use outside of school hours. Our schools provide physical activity opportunities before and after school (for example, afterschool programs, club activities, interscholastic sports, etc) Physical activity is included as a health education topic.

The elementary school provides at least 20 minutes of daily recess for all students.

Schools are restricted from withholding physical activity from students as a form of punishment.

Families are encouraged to assist children in using active means such as walking or biking to go to/from school as long as it's safe.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

- *Schools will provide opportunities for students to voluntarily participate in before and after school physical activity programs such as athletics.*
- *Schools may provide opportunities to involve family members in program decisions.*
- *Schools may provide opportunities for staff to be physically active.*
- *Schools may provide facilities that encourage educational movement experiences.*
- *Schools may provide opportunities for community access for students, staff, and community members to use the schools' physical activity facilities outside of the normal school day.*

Healthy & Safe Environment

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 support academic achievement.

- *Texico Schools believes a 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.*
- *Develop a safe schools plan at each school building that is focused on supporting healthy and safe environments, including, but not necessarily limited to: prevention, policies and procedures and an all-hazards emergency response plan, as described in the Safe Schools Guidance Document as found on the NM PED website's Safe Schools tab within the Coordinated School Health & Wellness Bureau. The plan must be submitted to the PED once every three years for review and approval, beginning in the 2013-2014 School Year.*
- *Create and maintain a Bullying Prevention Policy, which is established and communicated as outlined in 6.12.7 NMAC Bullying Prevention. Such bullying prevention policies must contain an absolute prohibition against bullying and must also be inclusive of cyberbullying prevention with specific requirements as set forth in 6.12.7.8 (D) NMAC.*
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Each building will have a safety procedure that is knowledgeable to the staff. As society and community expectations change, this plan will adjust. This plan will use the experience of the staff for promoting a safe environment and healthy relationships.

- *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.*
- *Texico schools will create safe school procedures at each school building focused on supporting healthy and safe environments and including, and procedures and emergency response plans.*
- *Perform 12 emergency drills in each public school in New Mexico. Emergency drills shall consist of 9 fire drills, 2 shelters in place drills and one evacuation drill at the intervals set forth in 6.29.1 NMAC.*
- *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 for current safety standards and are dept inviting, clean, safe and in good repair.*
- *All schools will abide by district policies which create and environment free of tobacco, alcohol, other drugs and weapons.*

Health Services

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

- *District Wellness Policy includes plan for addressing the health service needs of students in the educational process;*

- *Per the U.S. Office of Special Education (OSEP), 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. (See the PED School Health Manual, [Section V: Individualized Healthcare Plans](#) for instructions.)*

- *District policy is included to ensure all 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 \(HIV\)](#);*

- *District 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, medical records, proof of residency, or other documentation. If the child needs to obtain immunizations, or medical or immunization records, the enrolling school must immediately refer the parent or guardian of the child or youth to the designated local educational agency (LEA) homeless education liaison, who must assist in obtaining necessary immunizations, or immunization or medical records.

- District policy acknowledges all public and nonpublic schools must grant to any student in grades kindergarten through 12 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. More information on medications in the school may be found in Section VI. of the New Mexico School Health Manual (see link below).

- District 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. 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.

Health Services:

- 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
- Texico wellness process shall include a plan addressing the health services needs of students in the educational process.
- The goal of health services is to provide coordinated, accessible health and mental health services for students, families and staff.
- Health services needs of students are included in the EPSS Plan.
- Provides as needed an attendance policy with change for expectant and parenting teens
- Provides a full time school nurse for the district
- Provides a linkage to school and community health resources (for example primary care or public health)
- Services include but are not limited to preventative 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 such as speech therapy or occupational therapy.
- Services are provided in partnership with students, parents, staff and community.
- Health services 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 area of expertise.
- Health service programs shall strive to meet all reporting, record keeping and

confidentiality requirements.

- Immunization monitoring and provides a Vaccines for Children Immunization Program.
- Dental screenings and preventative care maybe available or referred.

Social & 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.

- *Social and Emotional well-being means services provided to maintain and/or improve student's mental, emotional, behavioral and social health.*
 - *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.*
 - *Addresses the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.*
 - *Provide an environment in which students are able to request assistance when needed.*
 - *Provide a guidance counselor for the district.*
 - *Support services are available to all students, including a referral system that is clearly conveyed to all members of the school community*
 - *Collaborate with parents, staff, and community partnerships as appropriate to ensure student well-being.*
 - *Adhere to administrative and/or school board policy regarding student discipline.*
 - *Implement school safety plan.*
 - *May participate in character education and prevention awareness activities.*
- 6.29.1 NMAC Standards for Excellence General Provisions require districts and charter schools to provide or make provisions for support service programs, which strengthen the instructional program. Required support service programs include school counseling. Support services must: (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.*
 - *Substance Abuse: [Section 22-5-4.4 NMSA 1978](#)*
 - *“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.”*
 - *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. Except as otherwise provided in this subsection, this requirement shall be completed within the licensed school employee's first year of employment by a school district. Licensed school employees hired prior to the 2014-2015 school year shall complete the sexual abuse and assault component of the required training during the 2014- 2015 school year.*
 - *Section [32A-4-3 NMSA](#)*

1978.

Duty to report child abuse and child neglect; responsibility to investigate child abuse or neglect; penalty.

Schools adhere to substance abuse reporting per Section 22-5-4,4

Staff Wellness

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.

- *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 and be healthy role models.*
- *The wellness policy shall include a plan addressing the staff wellness needs of all school staff that minimally insures an equitable work environment and meets the Americans with Disabilities Act, Part III.(6.12.6 NMAC Section K*
- *Ensure that all school boards, districts, and charter schools implement a policy that will ensure that the rights to privacy of all school employees infected with HIV are protected.*
- *The goal of 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.*
- *Provides opportunities to participate in a health promotion program such as our Health Fair and Wellness Clinic.*
- *Provides staff and facility with accurate, evidenced based information or activities related to exercise, stress management or nutrition.*
- *The track, gyms and weight lifting room are all open for staff to use.*
- *Health insurance is available for full time staff.*
- *Promote exercise or walking program and challenges.*
- *Health services are available to our staff through school nurse.*
- *Staff will promote healthy non-food fundraisers.*
- *Schools provide staff with the information on activities related to personal health promotion and with the opportunity for every staff member to participate in these as feasible.*
- *Members of the school staff are included as participants on the district's SHAC as per 6.12.6.8NMAC Section E*

Family School and Community Involvement

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 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 partnership can encourage and sustain environmental changes that support healthy lifestyles for children and their families.*
- *Texico School Board shall establish a district school health advisory council that consists of parents, school food authority personnel, school board member, school administrator, school staff, students and community member.*
- *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.*
- *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 leaning environment.*
- *Texico Schools established a school health advisory council in the fall semester of 2005 and assigned responsibility to the SHAC members to develop, implement, monitors and evaluates the district wellness policy.*
- *Opportunities for physical activity for students, families and community are provided before, during and/or after school. Some examples of how this is being met are: the track and playground are open for use (extra lighting for these areas are being considered), the gyms are available for use by community sports groups such as Play, Inc. or CGAA basketball, community golf scramble for staff and community*
- *Community activities may be provided by having school programs such as Rock Ragouts, Character Counts, attending Kids and Cows or Farm Safety Camp or activities by FCCLA, Booster club, Child Find or a school-community health fair.*
- *Communication may be provided by Parent-teacher conferences, wellness presentation to the community, providing suggested lists for snacks to parents, encouraging healthy eating habits to students and their families.*
- *The SHAC designated the principals and a SHAC council member for each school to monitor and evaluate the school's wellness policy.*
- *Support Farm to School programs and/or school edible gardens.*
- *The use of food as a reward or punishment is discouraged.*
- *Vender contracts shall encourage healthful eating according to the wellness policy guidelines.*
- *In-service training for staff will be provided on the wellness policy.*
- *The Wellness policy will be considered in planning all school-based activities, such as school events, field trips, and assemblies.*
- *Schools will provide suggestions for parents. Parents will assist children with healthy food options for snacks and lunches brought from home which are intended to be consumed at school.*
- *The district may ensure that the establishment of new food or beverage vending contracts do not undermine the health of students.*
- *The district may include opportunities for staff wellness.*
- *All school personnel will be responsible for monitoring the District Wellness Policy. Reports should be in the following of chain of command. Principals, then to the SHAC, and then to the School Board.*

Evaluation

Committee members will meet and evaluate wellness policy annually for compliance with the Texico Wellness Policy and report to Texico School Board.

Conduct periodic assessments every 3 years of the Wellness Policy and update policy as needed. Update parents, students and teachers annually about content and implementation of Wellness Policy, the permit participation by the general public.

Evaluation Plan

Name(s) of Designated Person(s) monitoring the district's wellness policy development and ongoing assessment:

District/Charter School: Texico Municipal Schools

Date of most recent review:

10/13/2017

Yes	No		
N/A			<input type="checkbox"/> The district appropriately operates other programs, including: Farm to School, Breakfast after the Bell, school gardens, etc.
X			<input type="checkbox"/> Smarter Luncheon Techniques are used to encourage students by promoting healthier food and beverage choices
X			<input type="checkbox"/> School nutrition staff meet or exceed hiring and professional development requirements per the USDA standards for child nutrition professionals
X			<input type="checkbox"/> Free, safe unflavored drinking water is made available to all students throughout the school day
X			<input type="checkbox"/> Celebrations, rewards and fundraising in schools meet or exceed nutrition standards for USDA Smart Snacks in Schools
X			<input type="checkbox"/> Nutrition education is included as part of the health education curriculum
X			<input type="checkbox"/> Healthy messages and nutrition promotional materials are made available throughout the school and school-related activities
X			<input type="checkbox"/> Food Safety Inspections are conducted twice annually per USDA regulations and state rules, and reports are posted publicly
			Health Education contents standards with benchmarks and performance standards (6.29.1 NMAC Standards for Excellence) disseminated to each school
X			<input type="checkbox"/> Health Education curriculum for each school validated as comprehensive, per PED standards and benchmarks
X			<input type="checkbox"/> Life skills training is integral part of health education curriculum
X			<input type="checkbox"/> Schools apply PED's "opt-out" policy, regarding sexuality component of health education curriculum
X			<input type="checkbox"/> Assurance that HIV instruction is provided (6.12.2.10 NMAC)
X			<input type="checkbox"/> Lifesaving skills training is included in Health Education courses
			Quality physical activity is a component of the district's wellness policy, which aligns with the NM Health Education Content Standards as set forth in 6.29.9 NMAC
X			<input type="checkbox"/> Schools provide physical activity opportunities before and after school
X			<input type="checkbox"/> Elementary schools provide at least 20 minutes of daily recess for all students
X			<input type="checkbox"/> Playground facilities and equipment are regularly inspected for safety and accessibility
X			<input type="checkbox"/> Schools are restricted from withholding physical activity from students as a form of punishment
X			<input type="checkbox"/> Physical activity is included as a health education topic
X			<input type="checkbox"/> Families are encouraged to assist children in using active means (walking or biking) to go to/from school
			Physical education (PE) is included in schools' required programs and is based on Section 6.29.6 NMAC, NM Physical Education Content Standards with benchmarks and Performance Standards
X			<input type="checkbox"/> The wellness policy includes a planned, sequential, and developmentally appropriate K-12 physical education curriculum
X			<input type="checkbox"/> PE instruction aligns with 6.29.1 NMAC Primary and Secondary Education Standards for Excellence General Provision
X			<input type="checkbox"/> One unit in physical education is included as a district graduation

Person responsible
Principals

Fela Sena
Dana Harris

Fela Sena

Principals

Principals

Principals

Fela Sena

Principals

Principals

Principals

Principals

Principals

Principals

Principals

Principals

Robert Brown

Principals

Principals

Robert Brown

Principals

Principals

Principals

X		<input type="checkbox"/> requirement <input type="checkbox"/> Any alternative course offered by the district in lieu of PE is compliant with state content and performance standards	Principals
X		<input type="checkbox"/> Adapted physical education is available to all students where appropriate	Principals
X		<input type="checkbox"/> Physical educators are appropriately trained and certified/licensed to teach the subject	Robert Brown
X		<input type="checkbox"/> Each school has an approved Safe School Plan that is compliant with wellness policy rule 6.12.6 NMAC. (A separate Safe School Plan guidance document is provided to schools from the PED, which has detailed information and supplemental materials to guide districts/schools)	Robert Brown
X		<input type="checkbox"/> Schools perform 12 emergency drills each year, consisting of: 9 fire drills; 2 Shelter-in-Place drills; and one evacuation drill	Robert Brown
X		<input type="checkbox"/> A fully developed Bullying Prevention Policy is available at each school, which prohibits bullying/cyberbullying and is made available to students and parents/guardians, according to 6.12.7.8 (D) NMAC	Robert Brown
X		<input type="checkbox"/> The school policies include full compliance with 6.12.4 NMAC: Tobacco, Alcohol and Drug Free Schools; communication of such policy includes posting of signs on campuses to prohibit ATOD in all campuses and campus-related activities	Robert Brown
X		<input type="checkbox"/> All schools are compliant with 6.11.2 NMAC: Rights and Responsibilities of Public Schools and Public Students in providing schools that are absolutely gun free	Robert Brown
X		<input type="checkbox"/> Schools are compliant with 6.29.1.9 NMAC: Standards for Excellence General Provisions, Part O in requiring full implementation of procedures for pest management	Robert Brown
X		<input type="checkbox"/> All other Assurance forms have been completed and submitted through WebEPPS to the PED	Robert Brown
X		<input type="checkbox"/> District Wellness Policy includes a plan to address the behavioral health needs of students	Brenda Wren
X		<input type="checkbox"/> Support services are available for all students, including a referral system that is clearly conveyed to all members of the school community	Brenda Wren
X		<input type="checkbox"/> Schools provide licensed staff to develop and supervise the behavioral health program	Brenda Wren
X		<input type="checkbox"/> Students' behavioral health needs are assessed as part of the education plan process for student success	Principals
X		<input type="checkbox"/> Schools adhere to substance abuse reporting per Section 22-5-4, 4 NMSA 1978	Robert Brown
X		<input type="checkbox"/> School staff members are trained in child abuse and neglect detection and reporting, per Section 22-10A-32, NMSA 1978	Robert Brown
X		<input type="checkbox"/> Students with healthcare needs that may affect their school attendance and/or performance have Individualized Health Plans, which are separated from Individualized Education Program (IEP) plan but attached to the IEP or 504 plan based upon students' needs	Karen Stevenson
X		<input type="checkbox"/> Schools are compliant with 6.12.2.10 NMAC in reference to students who may be diagnosed with HIV/AIDS	Karen Stevenson

X			Schools enroll students who provide satisfactory evidence of commencement or completion of NM's Public Health Division schedule NOTE: District ensures that students who are identified as homeless are not prevented from entering schools, based on inability to produce records normally required for enrollment, as per the McKinney-Vento Homeless Assistant Act	Principals
X			The Wellness Policy includes the provision for any student in K – 12 the authorization to carry and self-administer health care practitioner prescribed asthma treatment and anaphylaxis emergency treatment medications, as well as the right to self-management of diabetes in school settings	Karen Stevenson
X			Vision screenings are administered to students enrolled in pre-K, Kindergarten, 1 st and 3 rd grades at a minimum	Karen Stevenson
X			Schools provide a plan to address staff wellness needs based upon state statute guidelines, 6.12.6 NMAC Section K: Staff Wellness for all school staff, insuring an equitable environment in compliance with the Americans with Disability Act, Title III	Robert Brown
X			District and its governing boards and schools, implement policy to ensure rights to privacy of all school employees infected with HIV, keeping these safe and confidential	Robert Brown
X			Schools provide staff with the information on activities related to personal health promotion and with the opportunity for every staff member to participate in these as feasible	Robert Brown
X			Members of the school staff are included as participants on the district's SHAC, as per 6.12.6.8 NMAC Section E	Robert Brown