

## J.20 STUDENT WELLNESS

The Albuquerque Public Schools recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. The Board of Education is committed to providing healthy school environments that promote student wellness, nutritious foods and beverages, physical education, nutrition education, and regular physical activity as part of the total learning experience. A healthy school environment provides students with the skills, social support, and environmental reinforcement they need to adopt long-term, healthy eating, physical activity and other health-promoting behaviors that can improve student achievement.

Procedural Directive Cross Ref: Student Wellness

NSBA EPS Classification: JL

Approved:

# STUDENT WELLNESS

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## Components

Components of this Procedural Directive include:

- I. Family, School & Community Involvement
- II. Nutrition
- III. Physical Activity
- IV. Other School-Based Activities Designed to Promote Student Wellness
- V. Measuring Implementation & Evaluation Plan

### **I. Family, School & Community Involvement**

- A. Definition: Family, school and community involvement means an integrated family, school and community approach for enhancing the health and well-being of students by establishing a district School Health Advisory Council that has the responsibility to make recommendations to the local school board in the development or revision, implementation and evaluation of the wellness policy.
- B. Goal: The goal of family, school and community involvement within a coordinated school health approach is to create a total school environment that is conducive to student health and academic achievement. This inclusive atmosphere features a shared responsibility that supports healthy children and families. Effective partnerships between families, schools and communities support the development and the maintenance of this comprehensive learning environment.
- C. Activities: The district shall establish a School Health Advisory Council that consists of parent (s), school food authority personnel, school board member(s), school administrator(s), school staff, student(s), community member(s), and a representative from each of the components of the coordinated school health program.\*

The APS School Health Advisory Council shall have the responsibility to make recommendations to the Board of Education in the development, revision, implementation, monitoring and evaluation of the school district wellness policy.

The APS School Health Advisory Council shall meet for this purpose a minimum of two times annually, and report to the board of education a minimum of one time per year.

The APS School Health Advisory Council shall be responsible for the following:

1. Create guidelines to provide physical activity opportunities to students, before, during and/or after school.
2. Create nutrition guidelines for a la carte offerings minimally meeting guidelines as stated in the competitive food sales rule.
3. Create guidelines for school sponsored fund raisers during normal school hours minimally meeting guidelines as stated in the competitive food sales rule.
4. Create guidelines for school sponsored fund raisers before and after school hours ensuring that at least 50% of the offerings shall be healthy choices as stated in the competitive food sales rule.
5. Create guidelines for a planned, sequential, K-12 health education curriculum that addresses the physical, mental, emotional, and social dimensions of health and is aligned to the health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.
6. Create guidelines for a planned, sequential K-12 physical education curriculum that provides the optimal opportunity for all students to learn and develop skills, knowledge and attitudes necessary to personally decide to participate in lifetime healthful physical activity and is aligned to the physical education content standards with benchmarks and performance standards as set forth in 6.30.2.20 NMAC.
7. Create a plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.
8. Create a school safety plan at each school building focused on supporting health and safe environments and including but not necessarily limited to prevention, policies and procedures, and emergency response.
9. Create a plan addressing the health services needs of students in the educational process.
10. Create a plan addressing the staff wellness needs of all staff that minimally ensures an equitable work environment and meets the American with Disabilities Act Part III.
11. Create a plan for measuring implementation and evaluation of the wellness policy.
12. Designate one or more persons within the school district, or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the district's wellness policy. In APS, a District Wellness Coordinator will assist in the implementation, integration, evaluation, and coordination of school wellness policies and programs.
13. Review contracts with outside vendors that encourage healthful eating and reduction of school/district dependence on profits from foods of little nutritional value.
14. Increase community awareness of student health needs.
15. Partner with community to support policies and programs.

Each school will develop and submit a wellness policy implementation plan. Each school principal will designate a committee charged with operational responsibility for ensuring that their school fulfills the district's wellness policy.

*\* Components of Coordinated School Health: Nutrition; Physical Activity & Education; Health Education & Life Skill; Staff Wellness; Family, School & Community Partnerships; Health & Safe Environment; Social & Emotional Well-being; and Health Services.*

## **II. Nutrition**

- A. Definition: Nutrition means programs that provide access to a variety of nutritious and appealing meals and snacks that accommodate the health and nutrition needs of all students.

Nutrition Education aims to teach, encourage and support healthy eating by students. Nutrition Education and healthy eating will allow for proper physical growth, physical activity, brain development, ability to learn, emotional balance, a sense of well-being, obesity prevention and the ability to resist disease.

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

C. Activities: All foods and beverages made available through vending machines, a la carte, student stores, food vendors, snack bars, and school-sponsored fundraisers before, during and after normal school hours shall minimally meet nutrition standards set forth in Subsection B and C in the New Mexico Public Education Department's Competitive Foods Nutrition Regulations (6.12.5.8 NMAC). See Addendum: Nutrition Rule Grid.

Foods and beverages sold or served in the school meal programs shall be in compliance with the Dietary Guidelines for Americans and the USDA regulations for the National School Lunch and Breakfast Programs set forth under the 7 CFR Part 210 and Part 220.

All schools will provide nutrition education activities that align with the New Mexico health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.

### **III. Physical Activity**

A. Definition: Physical activity means body movement of any type which includes recreational, fitness and sport activities. *Note: physical activity is a component of, but is not a substitute for, quality physical education. Physical education is an instructional program taught by a certified physical educator and 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.*

B. Goal: The goal of physical activity within the coordinated school health approach provides students with increased opportunities to engage in moderate to vigorous physical activity before, during and/or after school.

C. Activities: Schools will encourage and offer opportunities for all students to participate in before, during and/or after school physical activity programs outside of physical education programs (i. e., 10-minute "brain breaks" integrated into curriculum, intramurals, clubs, and at the secondary level, interscholastic athletics). Those opportunities will offer diverse and developmentally appropriate activities for all students of a competitive and non-competitive nature.

All schools will provide education on the health benefits of physical activity that align with the New Mexico health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.

### **IV. Other school-based activities designed to promote student wellness**

Wellness policy goals shall be considered and supported in planning all school-based activities (such as advertising of foods and beverages, school events, celebrations, field trips, and assemblies) in order to provide consistent wellness messages conducive to healthy eating and physical activity.

**V. Plan for measuring implementation and evaluation**

The district School Health Advisory Council shall assist school district leaders with general oversight, planning evaluation, and periodic revisions of all aspects of the district's school health program. Schools will submit required monitoring and evaluation documentation to the district and the Public Education Department, as requested.

References: *Board Policy J.20 Student Wellness*

*Legal Reference: 6.30.2 NMAC*

*Addendum: Competitive Food Sales Grid*

NSBA/NEPN Classification:

Approved: