

STUDENT AND STAFF HEALTH AND WELLNESS POLICY

At San Diego Riverside Charter School, we believe that keeping our bodies healthy helps us feel good and learn better. We think that when kids and adults have healthy habits, it makes our school a better place to learn. That's why we follow the rules from the directives outlined in the New Mexico Public Education Department Wellness Policy rule 6.12.6.6. NMAC, as well as the stipulations of Public Law 108-265, commonly known as the Child Nutrition and WIC Reauthorization Act of 2004, the institution sets forth the ensuing policies about health, wellness, and nutrition. These rules help us make sure we're all staying healthy and eating well while we're at school.

A. Definitions:

1. "A la carte" in the context of this policy and the state nutrition regulations means a beverage or food product sold in schools to students during the lunch period that is not part of the United States Department of Agriculture school meal program.
2. "Competitive food" means a food or beverage sold at school other than one served as part of the United States Department of Agriculture's school meal program. The term includes any item sold in vending machines, a la carte, or through other school fundraising efforts.
3. "Coordinated school health approach" means the framework for linking health and education. The focus is on healthy and successful students. There are eight interactive components of coordinated school health: health education; physical education and activity; nutrition; social and emotional well-being; healthy and safe environment; health services; staff wellness; fundraising; and family, school, and community involvement.
4. "Family, school, and community involvement" means an integrated family, school, and community approach for enhancing the health and well-being of students accomplished through the establishment of a district school health advisory council with the responsibility for making recommendations to the school board in the development or revision, implementation, and evaluation of the wellness policy.

5. "Fundraisers" means beverage or food products sold to raise money not sold in vending machines or a la carte sales as defined in A. 1., or as part of the United States Department of Agriculture school meal program.
6. "Health education" means the instructional program that can motivate and assist all students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. The health education program will allow students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. Students will meet the content standards with benchmarks and performance standards outlined in 6.30.2.19 NMAC.
7. "Health services" means services provided for students to appraise, 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, and behavioral health services, prevent and control communicable diseases 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.
8. "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.
9. "Nutrition" means programs that provide access to a variety of nutritious and appealing meals and snacks that accommodate the health and nutritional needs of all students.
10. "Physical activity" means body movement of any type, including recreational, fitness, and sports activities.
11. "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 healthful physical activity. It meets the

content standards with benchmarks and performance standards as outlined in Section 6.30.2.20 NMAC.

12. "Social and emotional well-being" means services provided to maintain and/or improve students' mental, emotional, behavioral, and social health.
13. "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.
14. "Vended beverages and foods" means a beverage or food product sold in vending machines to students in schools.
15. "Emergency Operation Plan (EOP)" is a document that outlines and explains the function, resources, and coordination procedures for responding to and supporting crisis, emergency, terrorist-response, and disaster operations, and is that portion of a safe school plan that details the risk assessment and establishes the plans or procedures to manage a crisis.

B. Family, School, and Community Involvement:

The goal of family, school, and community involvement within a coordinated school health approach is to create a total school environment conducive to student health and academic achievement. Shared responsibility and effective partnerships among families, schools, and communities support the development and maintenance of this comprehensive learning environment.

1. San Diego Riverside Charter School's Wellness Policy will be accessible on the school website.
Public input on the plan will be welcomed at School Board meetings.
2. Following Public Education Department Rule 6.12.6.6. NMAC, San Diego Riverside Charter School shall establish a School Health Advisory Council (SHAC) that consists of parent(s), school food authority personnel, school board member(s), school

administrator(s), school staff, student(s), and community member(s). It shall be the responsibility of the Superintendent or designee to appoint members of the SHAC by federal and state requirements.

3. The SHAC will have the responsibility to make recommendations to the local school board in the development or revision, implementation, and evaluation of the wellness policy consistent with this rule and will meet for this purpose a minimum of two times annually.

C. Physical Education:

Physical education is an instructional program taught by a certified physical educator. Physical education is one source; however, it should not be the only source of physical activity.

1. San Diego Riverside Charter School shall offer a planned, sequential K-12 physical education curriculum aligned to the physical education content standards with benchmarks and performance standards outlined in 6.30.2.20 NMAC. Activities shall be based on goals and objectives that are appropriate for all children.

D. Physical Activity:

1. Physical activity covers a broad spectrum of opportunities for students to move and exercise their brains and bodies outside of the physical education curriculum. These may include but are not limited to the integration of movement into core courses in classrooms to the provision of sports, fitness, and recreational activities before and after school.
2. Students shall be provided with opportunities to engage in moderate to vigorous physical activity before, during, and/or after school. The district shall create guidelines to provide such physical activity opportunities to students and those provided through physical education classes.
3. All schools will provide education on the health benefits of physical activity that align with the New Mexico health education content standards, benchmarks, and performance standards as outlined in 6.30.2.19 NMAC.

4. All schools will avoid the use of physical activity as a punishment. All schools will also avoid excluding students from physical education or activity as a punishment.
5. San Diego Riverside Charter School encourages teachers to utilize “Brain Breaks” (3-5 minutes of exercise or mindfulness) in the classroom during school hours in addition to other physical activity opportunities.

E. Nutrition:

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

1. San Diego Riverside Charter School shall promote the role of nutrition in academic performance and quality of life and will adhere to or exceed the nutrition guidelines outlined in 6.12.5.8. NMAC, to include:
 - a. Nutrition guidelines for a la carte offerings that meet or exceed the minimum guidelines outlined in Subsection B of 6.12.5.8. NMAC.
2. All schools will provide nutrition education activities that align with the New Mexico health education content standards, benchmarks, and performance standards as outlined in 6.30.2.19. NMAC. The district aims to teach, encourage, model, and support nutrition among students. The district will encourage students to participate in USDA nutrition programs and challenges.
3. School Meals:

Our school district is committed to serving healthy meals to children with plenty of fruits and vegetables; whole grains; fat-free or low-fat flavored and/or non-flavored milk; moderate to low in sodium; low in saturated fat; zero grams trans-fat per serving (nutrition label or manufacturer’s specification); and appropriate caloric intake for each student. 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.

The District Child Nutrition Program will accommodate students with special dietary needs. Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meals and are seated. Students are served lunch at a reasonable and appropriate time of day. Lunch will follow the recess period to better support learning, healthy eating, and an increased appetite. Participation in federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

4. Provided Foods:

- a. All foods provided on campus should be held to standards that promote nutrition and overall health. San Diego Riverside Charter School will follow Smart Snack standards for foods and beverages provided, not sold, to the students on campus during regular school hours. This will ensure that all foods provided remain nutritious and healthy.

5. Food Safety:

- a. All food should be stored in a refrigerator that stores food only. Food will not be stored in any refrigerators that hold science specimens or that are not considered food-safe.
- b. San Diego Riverside Charter School will accommodate dietary needs. Parents are to take a doctor's statement to the school to make the staff aware of the students' restrictions and appropriate accommodation.
- c. All meals will be served in a clean, pleasant, and social environment with supervision by staff members.
- d. Students will not use a shared water fountain. Students will utilize personal water bottles and refill stations.

6. Water:

To promote hydration, free, safe, unflavored drinking water will be available to all students on the school campus during the school day and throughout every school

campus. The district will make drinking water available where school meals are served during mealtimes.

7. Competitive Foods and Beverages:

The district 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 aims to improve student health and well-being, increase the 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 will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through 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. Personal students or staff sales of foods/ beverages that do not meet Smart Snack guidelines will be prohibited. If a student or staff member is caught selling such items, those items will be confiscated, and disciplinary action may be taken.

8. Nutrition Promotion:

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques, and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias.

Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers, parents, students, and the community. The district will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

9. Nutrition Education:

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 the ability to develop disease resistance.

The district will provide nutrition education and engage in nutrition promotion that:

- a. Are designed to provide students with the knowledge and skills necessary to promote and protect their health.
- b. Are part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects.
- c. Include enjoyable, developmentally appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits, and school gardens.
- d. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation meals.
- e. Emphasize caloric balance between food intake and energy expenditure (promote physical activity/exercise).

- f. Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm-To-School programs, other school foods, NM Grown program, and nutrition-related community services.
- g. Teach media literacy with an emphasis on food and beverage marketing.
- h. Include nutrition education training for teachers and other staff.
- i. Encourage accurate portion sizes and discourage food waste.
- j. Remind students about the importance of adequate handwashing before eating; and
- k. Prohibit withholding of food as a punishment.

F. Fundraisers:

- 1. When fundraising is during school hours and on school property, items must meet Smart Snack standards.
- 2. Encourage the use of non-food-related fundraisers. Encourage fundraisers that promote physical activity.
- 3. Guidelines for school-sponsored fundraisers during normal school hours that meet or exceed the minimum guidelines outlined in Paragraph (1) of Subsection C of 6.12.5.8. NMAC.
- 4. Guidelines for school-sponsored fundraisers before and after school hours ensure that at least 50% of the offerings shall be healthy choices following the requirements outlined in Paragraph 92) of Subsection C of 6.12.5.8. NMAC.

G. Health Education:

- 1. San Diego Riverside Charter School will provide a planned, sequential, K to 8th-grade health education curriculum that addresses the physical, mental, emotional, and social dimensions of health and is aligned with the health education content standards with benchmarks and performance standards as outlined in 6.30.2.19. NMAC. The curriculum will provide the mechanism to help students acquire life skills that promote personal, family, community, consumer, and environmental health.
- 2. All schools will provide activities in comprehensive health education that align with the New Mexico health education content standards, benchmarks, and performance standards as outlined in 6.30.2.19. NMAC and federal ESSA requirements.

3. Parents and guardians may request an exemption from the parts of the health education curriculum that addresses sexuality performance standards.
 - a. Parents or guardians will be provided with a permission or exclusion form including the course of study and the sexual content of the classes to be provided. If the parent or guardian chooses not to let their child participate in the curriculum, their child will be given alternate lessons to be determined by the district.
4. Schools shall provide age-appropriate instruction about STDs, including HIV, and related issues in the curriculum of the required health education content area to all students in the elementary grades, in the middle/high school grades as outlined in 6.12.2.10.C. NMAC.
5. 0.5 credit of Health Education is a requirement for graduation and will be offered in either Middle or High School.
6. 1 unit of Physical Education, or another allowable alternative, is a requirement for graduation and will be offered in High School.

H. Healthy and Safe Environment:

A healthy and safe school environment is vital to academic achievement and includes both the physical and aesthetic surroundings of the school and the creation of a climate and culture before, during, and after school that promotes personal growth, healthy interpersonal relationships, and respect for all members of the school community.

1. San Diego Riverside Charter School will develop and regularly review school safety plans that meet state requirements. These plans must include prevention strategies, policies, and procedures in line with federal and state law and board policy, and emergency response plans.
2. All schools will comply with state law requiring that a minimum of 12 emergency drills will be conducted each year. These drills must include nine fire drills, two shelter-in-place drills, and one evacuation drill (which may be conducted as a tabletop exercise) at the intervals described in subsection M of 6.30.2.10. NMAC.

3. San Diego Riverside Charter School should encourage discipline that teaches/encourages appropriate behavior, character building, bullying/harassment prevention, and personal growth.
4. Counseling will be available to all grade levels during school hours.
5. The district will ensure that all students with diseases or disabilities have appropriate access to public education.
6. All San Diego Riverside Charter Schools staff and school employees will be required to complete training in the detection and reporting of child abuse/neglect, as well as substance abuse. This training should be completed within one year of the employee's hire date. All staff will abide by mandatory reporting laws and will report all suspicions of child abuse, neglect, and substance abuse among students and staff. No staff member shall be held liable for any civil damage because of such reports that were completed in good faith.
7. All students at San Diego Riverside Charter Schools must be current on immunizations as set forth by the New Mexico Department of Health or have an exemption filed through the state of New Mexico to be enrolled in school as described in subsection 6.12.2.8. NMAC. The district ensures that any students who identify as homeless are not prevented from enrolling in school based on the inability to produce immunization records as per the McKinney-Vento Homeless Assistance Act.

I. Social and Emotional Well-Being:

A safe and healthy school environment where all students are effective learners requires creating a respectful and nurturing climate where students' mental, emotional, behavioral, and social health needs are supported and, as necessary, improved.

1. San Diego Riverside Charter School shall develop and maintain plans addressing the behavioral health needs of all students in the educational process. Where possible, the district will collaborate with community agencies to provide services and promote strategies that maintain and/or improve students' social and emotional well-being.

J. Health Services:

1. San Diego Riverside Charter School is committed to providing health services through its schools that are appropriate to the school setting and that meet the needs of students in the educational process.
 2. San Diego Riverside Charter School shall develop and maintain plans providing health services that meet the needs of all students in the educational process. Such services shall be defined, coordinated, and evaluated through the district's Health Services Plan.
 3. School personnel will meet all federal and state reporting record-keeping and confidentiality requirements.
 4. Individualized Healthcare Plans (IHPs) will be evaluated and revised if needed annually by the school nurse.
 5. The district acknowledges that all schools, K through 8th grade, should allow students to carry and administer health care prescribed asthma and anaphylaxis emergency treatment medications.
 6. Students have the right to self-manage their diabetes with appropriate health care prescribed treatment and parental consent.
 7. San Diego Riverside Charter School will perform hearing and vision screenings on at least all Kindergarten, 1st, and 3rd graders at the beginning of each school year.
- K. Staff/Student Wellness:
1. Staff wellness activities are designed to promote the physical, emotional, and mental health of school employees as well as prevent disease and disability. A staff wellness program allows the staff to learn and practice skills to make personal decisions about health-enhancing daily habits.
 2. San Diego Riverside Charter Schools staff wellness plan will address the staff wellness needs of all school and district employees that minimally ensures an equitable work environment and meets the Americans with Disabilities Act, Part III.
 3. Employees will be provided with opportunities to learn and participate in strategies supporting a healthy lifestyle.

The district will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The

The district will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components, so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting staff/student wellbeing, optimal development, and strong educational outcomes.

4. Schools in the district are encouraged to coordinate content across curricular areas that promote student health, such as teaching nutrition concepts in mathematics, with consultation provided by either the school or the district's curriculum experts. All efforts related to obtaining federal, state, or association recognition or grants/funding opportunities for healthy school environments will be coordinated with and complementary to the wellness policy, including but not limited to ensuring the involvement of the SHAC.

L. Evaluation:

1. District health and wellness plans for family, school, and community involvement, physical activity, nutrition, health education, physical education, healthy and safe environment, health services, social and emotional well-being, and staff wellness will include measurable targets and benchmarks for evaluating the implementation of the policy.
2. As per the provisions of rule 6.12.6.6. NMAC, one or more persons shall be delegated operational responsibility for ensuring that each school in the district complies with this policy.
3. The SHAC will provide an annual progress report to the board.

Procedural Appendices:

- A. Definitions
- B. Family, School, and Community Involvement Plan

- C. Physical Education Plan
- D. Physical Activity Plan
- E. Nutrition Plan
- F. Fundraising Plan
- G. Health Education Plan
- H. Healthy/Safe Environment Plan
- I. Health Services plan
- J. Social and Emotional Well-Being Plan
- K. Staff/Student Wellness Plan
- L. Evaluation Plan