

**Elida Municipal Schools  
2018-2019 Wellness Policy**

**School District: Elida Municipal School**

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## Elida Municipal Schools 2018-2019 Wellness Policy

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.

<b>Role</b>	<b>Name</b>	<b>Phone</b>	<b>E-Mail</b>
Principal	Waverly Criswell	575-274-6211	<a href="mailto:wcriswell@elidaschools.net">wcriswell@elidaschools.net</a>
Teacher	Darrell Chenault	575-274-6211	<a href="mailto:dchenault@elidaschools.net">dchenault@elidaschools.net</a>
Nurse	Jori Watson	575-274-6211	<a href="mailto:jwatson@elidaschools.net">jwatson@elidaschools.net</a>
Food Service Director	Debby Cannon	575-274-6211	<a href="mailto:dcannon@elidaschools.net">dcannon@elidaschools.net</a>
Cafeteria Manager	Debby Cannon	575-274-6211	<a href="mailto:dcannon@elidaschools.net">dcannon@elidaschools.net</a>
Custodian	Lorenzo Diaz	575-274-6211	<a href="mailto:ldiaz@elidaschools.net">ldiaz@elidaschools.net</a>
Parents	Lynde May	575-274-6211	<a href="mailto:lmay@elidaschools.net">lmay@elidaschools.net</a>
Students	Sadie Chenault and Alyssa Bargas	575-274-6211	
School Board Member	Cody Ferguson	575-274-6211	<a href="mailto:cferguson@elidaschools.net">cferguson@elidaschools.net</a>

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### **School District Wellness Policy Family, School and Community Involvement**

Goal: The goal of the 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.

- The Elida School Health Advisory Council will be responsible for implementation and evaluation of the wellness policy for the District. Responsibilities of the council will include:
  1. Meet at least twice per year to ensure implementation of the Wellness Policy.
  2. Completing Wellness Policy assessment forms annually.
  3. Setting physical activity guidelines.
  4. Setting guidelines for family, school, and community involvement.
  5. Setting guidelines for school sponsored fund raisers during and after school hours ensuring that at least 50% of the offerings shall be healthy choices in accordance with the requirements set forth in paragraph 2 of subsection C of 6.12.5.8 NMAC.
  6. Setting guidelines for health education curriculum beginning in Kindergarten that is aligned to the health education content standards and benchmarks as is set forth in 6.30.2.19 NMAC.
  7. Setting guidelines for physical education beginning in Kindergarten that is aligned to the content standards and benchmarks as set forth in 6.30.2.20 NMAC.
  8. A plan that addresses the behavioral health needs of students by focusing on social and emotional well-being.
  9. A safety plan that supports healthy and safe environments.
  10. A plan that addresses the health services needs of students.
  11. A plan addressing the staff wellness needs of all staff.
  12. Increase community awareness of student health needs.
  13. Offer revisions to guidelines annually if deemed necessary.
  14. Utilize SHAC committee during our meetings to help measure implementation and evaluation of the wellness policy.

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### PHYSICAL ACTIVITY

**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.

**Definition:** Physical activity means body movement of any type which includes recreational, fitness, and sports activities.

<b>GENERAL</b>	All students in grades Pre-Kindergarten through 12, including students with disabilities, special health-care needs and in alternative education settings have the opportunity and are encouraged to participate in moderate to vigorous physical activity on a regularly scheduled basis each school day during the entire school year.
<b>PHYSICAL EDUCATION CLASSES</b>	<ul style="list-style-type: none"> <li>• Elementary students receive a minimum of 120 minutes of physical education per week.</li> <li>• Middle School and High School receive a minimum of 240 minutes of physical education per week.</li> <li>• 1 full credit of Physical Education or allowable alternative is a graduation requirement.</li> <li>• During physical education classes, students engage in moderate to vigorous physical activity at least 15 minutes a day.</li> <li>• 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.</li> <li>• The physical education curriculum is sequential and consistent with New Mexico Public Education Department approved teaching standards for Pre-Kindergarten through 12.</li> <li>• Physical Education teachers are licensed by the New Mexico Public Education Department.</li> <li>• Adequate age-appropriate equipment if available for all students to participate in physical activity.</li> <li>• Physical activity facilities on school grounds are safe.</li> </ul>
<b>THROUGHOUT THE SCHOOL DAY</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• Physical activity is encouraged to be incorporated into other subject areas (i.e. math, language arts, social studies, etc).</li> <li>• Classroom teachers provide short physical activity breaks between lessons or classes as appropriate.</li> <li>• Prekindergarten thru 6<sup>th</sup> grade students receive a minimum of 30 minutes a day of recess.</li> </ul>
<b>PUNISHMENT</b>	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

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<b>PHYSICAL ACTIVITY CONT.</b>	teams.
<b>RECESS</b>	<ul style="list-style-type: none"> <li>• Elementary students will have at least two 15-minute supervised recess periods daily.</li> <li>• Moderate to vigorous physical activity is encouraged verbally and through the provision of adequate space and age-appropriate equipment.</li> <li>• Recess is offered before and after lunchtime for Prekindergarten thru 3<sup>rd</sup> grade.</li> </ul>
<b>BEFORE AND AFTER SCHOOL</b>	<ul style="list-style-type: none"> <li>• Daily periods of moderate to vigorous physical activity for all students are encouraged by providing adequate space, equipment and opportunities.</li> <li>• Although Elida Schools are rural in nature, walking and biking to and from school are encouraged for those that live close enough to the school.</li> <li>• The District will work with local public works, public safety, and/or the local police department to make walking and biking to and from school as safe as possible.</li> </ul>
<b>FAMILY AND COMMUNITY</b>	<ul style="list-style-type: none"> <li>• Information is provided to help families incorporate physical activity into the lives of all household members.</li> <li>• Family and community members are encouraged to institute programs that support physical activity such as health walks and daily aerobics.</li> <li>• Access is provided to community members to use the physical activity facilities of the district outside the normal school day. School policies concerning school safety will apply at all times.</li> </ul>

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### NUTRITION

**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.

**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 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.

<p><b>SCHOOL MEALS</b></p> <ul style="list-style-type: none"> <li>• National School Lunch (NSLP)</li> <li>• School Breakfast Program (SBP)</li> </ul>	<ul style="list-style-type: none"> <li>• All school meals comply with USDA regulations and state policies.</li> <li>• The lunchroom/cafeteria is clean, orderly, and inviting.</li> <li>• Adequate time is allowed for each meal.</li> <li>• Adequate seating is available to accommodate all students.</li> <li>• Adequate supervision is provided in the dining area.</li> <li>• Whole grains are offered regularly in compliance with regulations.</li> <li>• Fresh fruits and vegetables are offered regularly in compliance with regulations.</li> <li>• Low-fat and/or skim milk is offered and encouraged daily.</li> <li>• Water is available to students where lunch meals are served, during meal service.</li> <li>• A list of students and their allergies are posted in the cafeteria kitchen, to assure possible food allergies are being monitored.</li> <li>• Food and beverage marketing and advertising are not allowed if they do not meet the Smart Snack nutrition standards.</li> <li>• Educational pamphlets have been sent home with students and with their lunch invoices encouraging healthy eating habits. Recipes are listed as activities to do at home to promote healthy eating habits as well.</li> </ul>
<p><b>A LA CARTE ITEMS</b></p>	<p>A La Carte items are offered at Elida Schools, which include extra milk, juice, extra cereal, or extra yogurt.</p>
<p><b>FUND RAISERS</b> <b>During School Hours</b> 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><b>BEVERAGES</b></p> <ol style="list-style-type: none"> <li>1. Elementary: After lunch period             <ul style="list-style-type: none"> <li>• Milk 2% or less</li> <li>• Soy Milk</li> <li>• Water</li> </ul> </li> </ol>

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<p><b>FUND RAISERS CONT. During Normal School Hours</b></p>	<ul style="list-style-type: none"> <li>• No Carbonated Drinks</li> </ul> <p>2. Middle School and High School: Not allowed during lunch period</p> <ul style="list-style-type: none"> <li>• Milk 2% or less</li> <li>• Soy Milk</li> <li>• Water</li> <li>• 100% fruit juice for Middle School and 50% fruit juice for High School that has no added sweeteners, no more than 125 calories, and a serving size not to exceed 20 oz.</li> <li>• No Carbonated Drinks</li> <li>• Elida Middle and High School has a water vending machine available for all students.</li> </ul> <p><b>FOODS</b></p> <p>1. Elementary: None allowed</p> <p>2. Middle School and High School: Except during lunch period</p> <ul style="list-style-type: none"> <li>• No more than 200 calories per container, package or amount served.</li> <li>• 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.</li> <li>• No more than 15 grams of sugar per container, package, or amount served.</li> </ul>
<p><b>FUND RAISERS Outside of Normal School Hours</b></p>	<p>Beverages and food products may be sold as fund raisers outside of normal school hours for Elementary, Middle School, and High School provided that at least 50% of the offerings meet the following requirements:</p> <ul style="list-style-type: none"> <li>• Milk 2% or less</li> <li>• Soy Milk</li> <li>• Water</li> <li>• At least 50% fruit juice that has no added sweeteners, no more than 125 calories, and serving size not to exceed 20 oz.</li> <li>• Foods that have no more than 200 calories per container, package or amount served.</li> <li>• 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.</li> <li>• No more than 15 grams of sugar per container, package or serving.</li> </ul>
<p><b>NUTRITION ACTIVITIES: HEALTHY KIDS NM ACTIVITIES During Normal School Hours</b></p>	<ul style="list-style-type: none"> <li>• Kindergarten Students participate in fruit and vegetable tastings accompanied with nutrition lessons.</li> <li>• 2<sup>nd</sup> – 3<sup>rd</sup> grade: 5.2.1.0 Challenge – a 21 day challenge for students who eat 5 servings of fruit and vegetables, 2 hours or less os screen time, 1 hour of physical activity and drinking lots of water. This is also accompanied with nutrition lessons and students earn a medal if they complete the challenge.</li> <li>• 4<sup>th</sup> – 5<sup>th</sup> grade: Eat Smart to Play Hard – a 6 week program that has students cook a meal and engage</li> </ul>

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	<p>in physical activity with their families. The students take home recipes and ideas every week in a newsletter, participate in nutritional lessons, and all students earn a medal when completed.</p> <ul style="list-style-type: none"> <li>• 4<sup>th</sup> – 5<sup>th</sup> grade: Walk Around the School Day – In October, students walk a mile around the school track.</li> </ul>
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**HEALTH EDUCATION**

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

**Definition:** 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. It meets the content standards with benchmark and performance standards as set forth in 6.30.2.19 NMAC.

<b>GENERAL</b>	All students in grades Pre-Kindergarten through 12, including students with disabilities, special health-care needs, and in alternative education settings, have the opportunity to participate in a variety of learning experiences that support development of healthy living.
<b>CLASSROOM</b> Curriculum is to address physical, mental, emotional, and social dimensions of health.	<ul style="list-style-type: none"> <li>• Elida Schools teaches health components in elementary physical education classes, .5 credit earned for health in the 9<sup>th</sup> grade according to the NM statute, and health components taught in high school athletics and physical education classes.</li> <li>• The health education curriculum is sequential and consistent with the current teaching standards and benchmarks for pre-kindergarten through 12.</li> <li>• Lifesaving skills including psychomotor CPR, Automated External Defibrillator (AED) and Heimlich maneuver is included in the schools Health Education course.</li> <li>• Elementary, Middle School, and High School will provide instruction about HIV and related issues as is appropriate for each grade level.</li> <li>• Teachers are encouraged to integrate health education throughout the curriculum in subject areas such</li> </ul>



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<p><b>HEALTH ED. CONT.</b></p>	<p>as math, science, language arts, and social studies.</p> <ul style="list-style-type: none"> <li>• Teachers are encouraged to attend health-related professional development training.</li> <li>• Each elementary classroom will be encouraged to develop a wellness goal for the 2018-2019 school year. A form will be provided.</li> <li>• Each individual middle school and high school student will be encouraged to develop a wellness goal for the 2018-2019 school year. A form will be provided.</li> <li>• Hands on activities are encouraged in each grade level.</li> <li>• The suggested topics below may be addressed at more than one grade level and can be covered in increasing depth in higher grades.             <ol style="list-style-type: none"> <li>1. Proper hand washing</li> <li>2. Importance of drinking adequate amounts of water</li> <li>3. Food groups</li> <li>4. Relationship of food intake and physical activity</li> <li>5. The importance of proper oral health</li> <li>6. Healthy body image</li> <li>7. Diseases that come from long-term unhealthy lifestyles</li> <li>8. Eating disorders</li> <li>9. Basic nutrient requirements</li> <li>10. Body hygiene</li> </ol> </li> </ul>
<p><b>FAMILY AND COMMUNITY</b></p>	<ul style="list-style-type: none"> <li>• Family and community members are encouraged to become actively involved in school programs.</li> <li>• Parents are invited to join students for school meals.</li> <li>• Families are provided with information that encourages them to teach their children about health.</li> <li>• Parents are encouraged to share their healthful food and physical activity practices with the school and community.</li> </ul>
<p><b>STAFF WELLNESS</b></p>	<ul style="list-style-type: none"> <li>• Elida Schools encourage each faculty and staff member, both certified and non-certified, to serve as a healthy role model for students.</li> <li>• Each faculty and staff member is encouraged to develop a wellness goal for the 2018-2019 school year. A form is provided.</li> <li>• At least one school-wide activity will be conducted each year that promotes staff wellness.</li> </ul>

**HEALTHY AND SAFE ENVIRONMENT**

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**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.

**Definition:** 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.

<b>School Safety Plan and Policies</b>	<ul style="list-style-type: none"> <li>• A safety plan will be in place at the school.</li> <li>• Each plan will include prevention components</li> <li>• Each plan will include procedure components</li> <li>• Each plan will include emergency response components</li> <li>• The school will abide by district policies which create an environment free of tobacco, alcohol and other drugs.</li> </ul>
<b>Emergency Drills</b>	<ul style="list-style-type: none"> <li>• 9 fire drills will be conducted each school year</li> <li>• 2 shelter in place drills will be conducted each school year</li> <li>• One evacuation drill will be conducted each school year</li> <li>• All drills will be conducted at the intervals set forth in subsection M of 6.30.2.10 NMAC</li> </ul>
<b>Safe Buildings and Grounds</b>	<ul style="list-style-type: none"> <li>• Elida School will strive to see that all buildings and grounds meet current safety standards</li> <li>• All buildings and grounds will be kept clean and in good repair</li> <li>• All buildings and grounds will be in ADA compliance.</li> </ul>

**SOCIAL AND 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.

**Definition:** Social and Emotional well-being means services provided to maintain and/or improve student’s mental, emotional, behavioral and social health.

<b>Grady Schools</b> address the behavioral needs of all students in the educational process by focusing on	<ul style="list-style-type: none"> <li>• Elida School will provide alternative educational settings in all grade levels for non-traditional, troubled, at-risk, and disruptive students to assure that they can remain in school and graduate.</li> <li>• Elida School will provide skill-based health education across the curriculum that includes life skills,</li> </ul>
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<p>students' social and emotional well-being.</p>	<p>conflict resolution, and character education.</p> <ul style="list-style-type: none"> <li>● Students will be made aware of the influence of culture, media, technology, and other factors on emotional and social well-being.</li> <li>● Students will be made aware of the dangers of negative social pressure.</li> <li>● Students will be taught strategies to manage anger, settle disagreements, handle frustration, and deal with conflict in a peaceful, nonviolent manner.</li> <li>● An open door communication policy by the Administration will be available for all grade levels.</li> <li>● Elida School recognizes that all students have individual needs.</li> <li>● School staff members are trained in child abuse, neglect detection and reporting during staff development days prior to the first day of school each year.</li> <li>● Elida Schools enforces that substance abuse is be reported immediately to administration. This is a topic discussed during staff development days prior to the first day of school each year.</li> </ul>
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**HEALTH SERVICES**

**Goal:** The goal of health services is to provide coordinated, accessible health and mental health services for students, families and staff.

**Definition:** 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.

<p><b>Mental Health Services</b></p>	<p><b>School mental health programs should focus on breaking down health and social barriers to students' learning with emphasis on meeting each student's mental health needs. Emphasis should be made on:</b></p> <ol style="list-style-type: none"> <li>1. Breaking down barriers to student's learning.</li> <li>2. Increasing awareness of student's social and emotional needs.</li> <li>3. Decreasing stigma around mental health issues.</li> <li>4. Linking systems to improve support, resources, advocacy, and assessment.</li> <li>5. Creating school-linked programs that are family-friendly, accessible, integrated and comprehensive.</li> </ol> <p><b>The following procedures will be followed when referring a student for mental health services:</b></p> <ol style="list-style-type: none"> <li>1. A student will first meet with the school counselor.</li> <li>2. If it is determined a student needs more services than the school can provide, a meeting will be scheduled</li> </ol>
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	<p>with the parents/guardians of said student.</p> <ol style="list-style-type: none"> <li>3. Elida Schools will make every effort to coordinate with parents/guardians to see that the student is served appropriately.</li> <li>4. Students may be referred or immediate services such as crisis intervention, mediation support or referral to an outside agency such as Social Services or to a family-counseling agency.</li> </ol>
<b>Physical Health Services</b>	<ol style="list-style-type: none"> <li>1. The Elida School Nurse will conduct health screenings for students throughout the year that consist of the following:             <ol style="list-style-type: none"> <li>A. Height and Weight</li> <li>B. Hearing</li> <li>C. Eyesight</li> <li>D. Vaccination updates – All students at Elida Schools must submit proof of proper immunizations prior to enrollment. It is unlawful for any student to be enrolled in Elida Schools unless they are properly immunized. (Unless child is properly exempted 7.5.3 NMAC.)</li> <li>E. Yearly lice screening</li> </ol> </li> <li>2. If needed, the school nurse will refer students to the appropriate health provider.</li> <li>3. Grady School Wellness Policy allows students K-12 providing authorization to carry and self-administer health care practitioner prescribed asthma treatments and anaphylaxis emergency treatment medications, as well as the right to self-management of diabetes in school settings. All medications and instruments needed, must be marked with students name along with copies of prescription paperwork, medications and instruments needed must also be approved through the office, as well as, listed on enrollment forms upon registration. Any and all changes must be submitted in writing to the office. 0</li> </ol>
<b>Community Health Services</b>	<ol style="list-style-type: none"> <li>1. Roosevelt County Health Department- 575-356-4453</li> <li>2. Roosevelt General Hospital- 575-359-1800</li> <li>3. Children, Youth and Families Department-800-832-1321</li> </ol>

**Other Wellness Policy Components**

<b>Students</b>	<ul style="list-style-type: none"> <li>• Should a student or staff member with HIV attend Elida Schools, age appropriate curriculum as well as their rights to privacy, will be made available to each student or staff member. If the curriculum is needed it will be approved by the school board as well as administration prior to being introduced to student or staff member. The school nurse and administration will work closely with the student or staff member to ensure safety precautions and privacy will be utilized at all times.</li> </ul>
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