Pecos Cyber Academy Wellness Policy
Regulations and Exhibits

I. Purpose

The purpose of this policy is to establish a school environment that promotes students' health, well-being, and ability to learn by supporting healthy eating, physical activity, mental health, and overall wellness in alignment with New Mexico wellness policy standards.

II. Wellness Committee

A school wellness committee will be formed to assess, plan, and monitor the implementation of this policy. The committee will include school administration, teachers, parents, students, health professionals, and other community members as appropriate.

III. Nutrition Education and Promotion

The school is committed to teaching students about the importance of nutrition through:

- Incorporating nutrition education into the health curriculum and across subjects.
- Promoting healthy eating choices during school-sponsored events.
- Ensuring that nutrition information is accessible to students and their families through the school website, emails, or newsletters.
- Encouraging student and family participation in meal planning and preparation activities.

IV. Physical Activity

Even in an online learning environment, students must engage in regular physical activity. The school will:

- Provide resources and recommendations for students to meet the CDC’s recommended 60 minutes of daily physical activity.
- Encourage participation in physical activity breaks during the school day, especially between classes.
- Offer virtual physical education classes that teach lifelong fitness skills and incorporate student participation.
- Collaborate with local community programs as needed to help connect students with recreational sports, fitness programs, and other physical activity opportunities.

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V. Mental Health and Social-Emotional Learning

Supporting students' mental health and emotional well-being is a priority. The school will:

- Offer virtual counseling services and resources to support students' mental health needs.
- Incorporate Social-Emotional Learning (SEL) into the curriculum to help students develop self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.
- Provide professional development for staff to identify and support students experiencing mental health challenges.
- Collaborate with community mental health services to provide additional support for students and families as needed.

VI. Health and Wellness Services

The school will provide access to health and wellness services, including:

- Health screenings, immunization monitoring, and other state-required services provided through school partnerships with local healthcare providers.
- Promoting wellness resources and information related to physical and mental health on the school's online platforms.
- Supporting families in accessing healthcare and wellness services in their communities.

VII. Family and Community Engagement

The school values the role of families and the community in supporting student wellness. The school will:

- Regularly communicate with families about wellness programs, initiatives, and resources.
- The school will ensure that communications are culturally and linguistically appropriate to the community.
- Offer workshops, webinars, and resources that promote healthy living for families and students.
- Engage with community organizations as needed to support students and families or to help host school events.

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VIII. Implementation, Monitoring, and Evaluation

The wellness committee will meet at least twice a year to:

- Monitor the implementation of the wellness policy.
- Evaluate progress towards wellness goals.
- Update the policy as needed to reflect changes in state guidelines or school needs.
- Provide an annual report on the school's wellness initiatives, including student participation and outcomes.

IX. Compliance

This policy aligns with the New Mexico Public Education Department's wellness policy requirements and complies with state and federal laws. The school administration is responsible for ensuring compliance and will work with the wellness committee to oversee its execution.