QUEMADO/DATIL INDEPENDENT LOCAL SCHOOL WELLNESS POLICIES AND PROCEDURES

For Healthier Schools --New Mexico

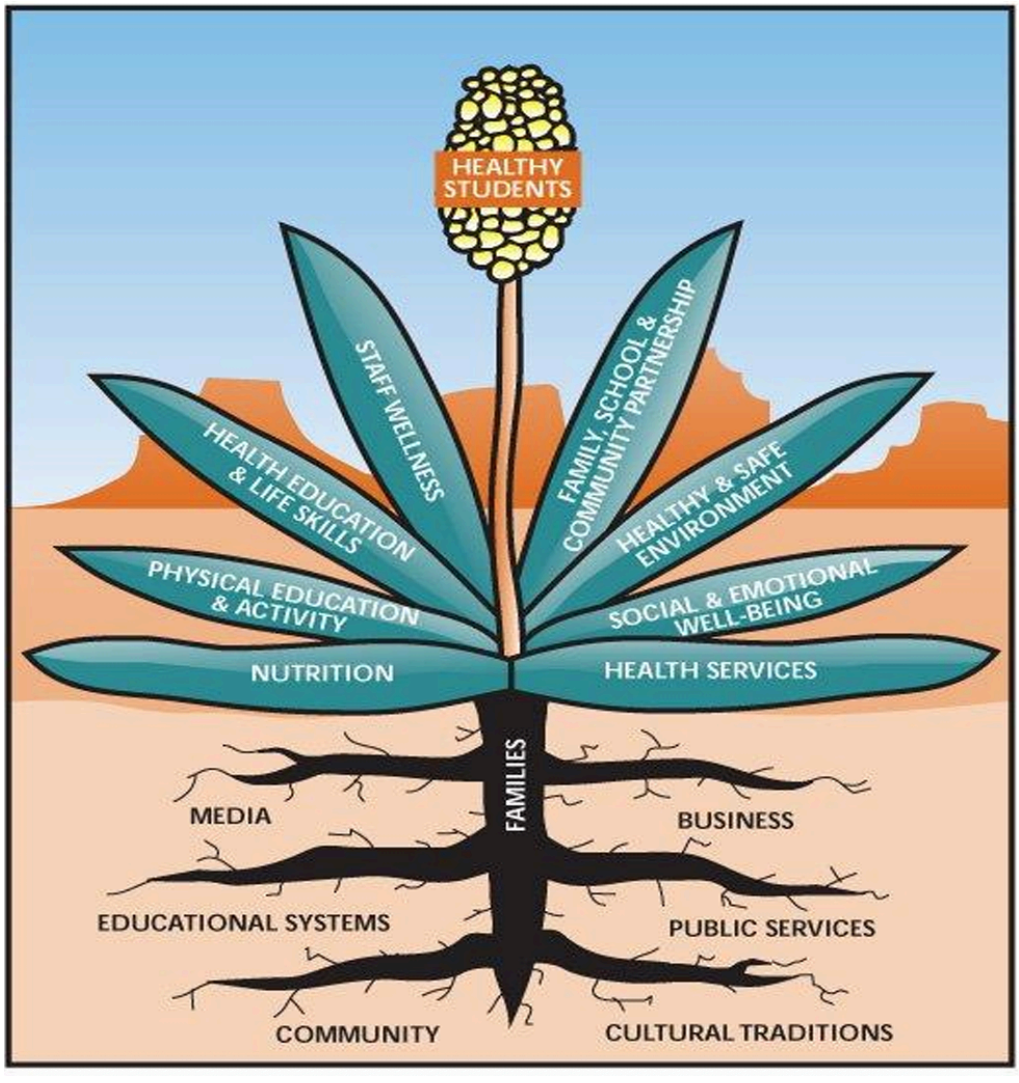


TABLE OF CONTENTS

INTRODUCTION..... 3
FAMILY, SCHOOL, AND COMMUNITY INVOLOVMENT..... 4
PHYSICAL ACTIVITY..... 6
NUTRITION..... 8
HEALTH EDUCATION..... 11
PHYSICAL EDUCATION..... 13
HEALTHY AND SAFE ENVIRONMENTS..... 15
SOCIAL AND EMOTIONAL WELL-BEING..... 16
HEALTH SERVICES..... 17
STAFF WELLNESS..... 21
APPENDIX..... 22
School Health Advisory Committee (SHAC)..... 23

INTRODUCTION

The Quemado Board of Education has approved these comprehensive wellness policies to foster the essential academic success and lifelong well-being of students within the Quemado Schools. This wellness policy is intended to create a learning environment that allows students to achieve their full academic potential and enjoy lifelong health, while meeting the Public Education Department Wellness Policy rule 6.12.6.8 NMAC, requirements of Section 204 of Public Law 111-296—Dec 13, 2010, Child Nutrition and WIC Reauthorization Act of 2004 and Federal 7 C.F.R pts 210 & 220

This policy further establishes procedures that include areas related to the components of a coordinated school health approach to student health and well-being (6.12.6 NMAC).

Recordkeeping requirement: Quemado will retain records to document compliance with the requirements of this section. These records include but are not limited to:

(1) The written local school wellness policy. The Quemado Independent School District *School Wellness Policy* will be available on the district website at www.quemadoschools.org or by requesting a hard copy at the district office located at: 3484 US 60, Quemado, NM 87829, 575-773-4700.

(2) Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as required in paragraph (e) of this section; and

(3) Documentation of the triennial assessment of the local school wellness policy for each school under its jurisdiction.

FAMILY, SCHOOL, AND COMMUNITY INVOLOVMENT

The Quemado School Board will designate a School Health Advisory Committee (SHAC), consisting of parent(s), school food authority personnel, a school board member, school administrator(s), school staff; student(s); and community member(s) charged with the operational responsibility for ensuring that each school fulfills the district's wellness policy. These potential stakeholders are made aware of their ability to participate in the development, review, update, and implementation of the local school wellness policy. This committee shall work with the District to:

- Develop guidelines for physical activity and nutrition;
- Develop guidelines for health education;
- Develop guidelines for physical education;
- Develop guidelines for behavioral health;
- Develop guidelines for school safety;
- Develop guidelines for health services;
- Develop guidelines for staff wellness;
- Develop a plan for measuring the implementation and evaluation of the wellness policy;

Additionally, this committee will be given the responsibility to make recommendations to the local school board in the development or revision, implementation, and evaluation of the wellness policy. The committee members are listed on page 22.

The committee shall meet a minimum of two times annually for this purpose. Finally, the school health advisory council shall work with the school district to designate one or more persons at each school charged with operational responsibility for ensuring that each school fulfills the district's wellness policy. The school principal is responsible for ensuring the wellness policy is fully implemented.

The Quemado District's Policies and Procedures shall address the following areas:

1. **Physical activity** guidelines for before, during and/or after school.
2. Family, school, and **community involvement** guidelines.
3. Nutrition guidelines for **a la carte offerings** minimally meeting guidelines set forth in subsection B of 6.12.5.8 NMAC Healthy Kids Make Better Students, Better Students Make Healthy Communities
4. Nutrition guidelines for school sponsored **fund raisers** during normal school hours minimally meeting guidelines set forth in paragraph (1) of subsection C of 6.12.5.8 NMAC.
5. **Nutrition** guidelines for school sponsored fund raisers before and after school hours ensuring that at least fifty percent 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. A plan for measuring the implementation and evaluation of **physical activity** guidelines; family, school and community guidelines; nutrition guidelines for school sponsored fundraisers during school hours; and nutrition guidelines for school sponsored fundraisers before and after school.
7. 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.
8. 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.
9. A plan addressing the **behavioral health** needs of all students in the educational process by focusing on students' social and emotional well-being.

10. 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.
11. A plan addressing the **health services** needs of students in the educational process.
12. 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.
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.

Quemado Board of Education Policies:

4.20 – Safety Procedure
4.23 - Emergencies
4.26 – Student Nutrition Services
4.27 – Competitive Food Sales/Vending Machines
5.4.11-Child abuse, Neglect, Substance abuse
5.6.2.3-Bloodborne Pathogen Training
5.37 – Reporting student abuse of alcohol/drugs
5.38 – Suspected Child Abuse and Neglect
5.40 – Tobacco Free Schools Policy
6.5.4 – Interscholastic Activities and Athletics
6.14.1 – Sex Education
8.2.2 – Home-School Communications
8.6 – Community Involvement Decision Making
8.12 – School Community Programs
8.12.1 – Partners in Education Programs

PHYSICAL ACTIVITY

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.*

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.

Required Activities:
Physical activity opportunities will be provided to students before, during and/or after school. 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. Physical Activity is included as a health education topic.

Transportation Modes:
The District will support active transport to and from school, such as walking or biking or skating. The District will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

- Designation of safe or preferred routes to school
- Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking/bicycling safety provided to students (Districts are required to provide opportunities to educate students and their families on bicycle safety best practices.)
- Promotion of safe routes program to students, staff, and parents via newsletters, websites, local newspaper
- Crossing guards are used
- Crosswalks exist on streets leading to schools
- "Walking school buses" are used
  Documentation of number of children walking and or biking to and from school
- Creation and distribution of maps of school environment (e.g., sidewalks, crosswalks, roads, pathways, bike racks, etc.) "

Other Activities May Include:
Elementary schools provide daily morning and afternoon recesses for all students. Schools encourage the use of school facilities outside of school hours. Schools are prohibited from withholding physical activity from students as a form of punishment. Schools are encouraged to create a plan to incorporate physical activity into the academic curriculum (i.e. brain breaks, etc.). Schools may plan to promote community-based physical activities (i.e. sports clubs, bike club, hiking club). All schools are encouraged to plan for school-wide physical activities (i.e. fun days, family fitness nights, field days).

Elementary schools will provide a minimum of forty-five minutes of Physical Education 2-3 times per week for all students. Jr. High School provides a daily sixty minute Physical Education class for all

students. Quemado High School offers PE and Athletic classes to all students on a daily basis. One HS PE credit is required for graduation.

Quemado Board of Education Policies:
Graduation Requirements

NUTRITION

Definitions:
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.

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. Quemado will meet or exceed local, state and federal nutrition requirements and/or USDA nutrition standards.

Requirements:
The wellness policy shall include the following guidelines:

- Nutrition guidelines for a la carte offerings minimally meeting guidelines set forth in Subsection B of 6.12.5.8 NMAC;
- Guidelines for school sponsored fund raisers, celebrations and rewards during the normal school hours minimally meeting guidelines set forth in Paragraph (1) of Subsection C of 6.12.5.8 NMAC;
- Guidelines for school sponsored fund raisers, celebrations and rewards before 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.
- 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.

Water

To promote hydration; free, safe, unflavored drinking water will be available to all students throughout the school day (*defined as midnight the night before to 30 minutes after the end of the instructional day) and throughout every school campus (**defined as areas that are owned or leased by the school and used at any time for school-related activities that are accessible to students). The District will make drinking water available where school meals are served during mealtimes.

- Free drinking water is available throughout all school buildings and in the cafeterias during meal times in all schools.

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 aim to improve student health and well-being, increase consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits. The Smart Snacks Calculator can be found at: Smart Snacks Product Calculator.

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* *[and ideally, the extended school day]* * will meet or exceed the USDA Smart Snacks nutrition standards. These standards will apply in all locations and through all 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.

- All snack and drink options offered from vending machines on campus will meet or exceed the USDA Smart Snacks nutrition standards.
- Any offerings from a school store or food cart are required to meet USDA Smart Snacks nutrition standards.
- All food and drink provided for class parties/awards will meet USDA Smart Snacks nutrition standards. The school may have one instance per semester where the snacks do not meet USDA Smart Snacks nutrition standards.
- All fundraising done during school hours involving food, drinks, or snacks will meet USDA Smart Snacks nutrition standards.

Nutrition Promotion

Quemado School District will provide nutrition promotion and education that positively influences 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 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 and teachers, parents, students, and the community. The Quemado District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

• Implementing evidence-based healthy food promotion techniques through the school meal programs, using Smarter Lunchroom techniques; and

• Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards.

Additional possible promotion techniques that the Quemado School District may use are available at www.healthiergeneration.org/smartsnacks.

- Quemado schools allows advertising within the school for fund raisers that meet USDA Smart Snacks nutrition standards. Advertising for food/beverages that do not meet USDA Smart Snacks nutrition standards is not allowed within the schools.

Food Allergies

Quemado School District will address food allergies per "Accommodating Children with Special Dietary Needs in School Nutrition Programs," from the United States Department of Agriculture (USDA 2013) which states that Regulation 7 CFR Part 15b, requires schools to modify their meals to meet the individual needs of the students whose disabilities restrict their diets. Documentation from a licensed physician must include:

- The child's disability;
- The explanation of why the disability restricts the child's diet;
- The major life activity affected by the disability;
- The foods to be eliminated from the child's diet; and
- The food or choice of foods that must be substituted

Children who do not have a disability, but may have other special dietary needs (non-life threatening allergies, food intolerances such as milk or gluten, religious/cultural beliefs), can request that schools make meal and snack accommodations. The decision to accommodate non-disability related dietary needs is at

the discretion of the school and is to be made on a case-by-case basis. For more information: http://www.ped.state.nm.us/sfsb/tools/

Other Activities May Include:
All schools will provide consistent nutrition messages throughout schools, classrooms, and cafeterias, and will work to make sure nutrition messages heard at home are consistent by educating parents on the schools nutritional guidelines and providing nutrition information to parents.
All schools in the district support the school breakfast program.
All schools will consider scheduling recess before lunch so that children are less distracted and ready to eat a healthy diet.

Quemado Board of Education Policies:
4.26 – Student Nutrition Services
4.27 – Competitive Food Sales/Vending Machines

HEALTH EDUCATION

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 benchmarks and performance standards as set forth in ***6.29.1 NMAC***.

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.

Required Activities:
Quemado/Datil Schools shall have 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 ***6.29.1 NMAC***.

All 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 ***6.29.1 NMAC.***

All schools shall insure that parents have the ability to request that their child be exempted from the parts of the health education curriculum that addresses the sexuality performance standards. The policy includes but is not limited to:

- the process for parents to request an exemption from the parts of the health education curriculum that addresses the sexuality performance standards and
- how alternative lessons are established for the exempted parts of the curriculum.

All 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, in the middle/junior high school grades, and in the senior high school grades as set forth in ***6.12.2.10.C NMAC***

Section 22-13-1 NMSA 1978, Section H was amended in 2016 to include a required lifesaving skills training for hands-on (compression only) psychomotor skills cardiopulmonary resuscitation training including training to recognize the signs of a heart attack, training on the use of an automated external defibrillator, and training on how to perform the Heimlich maneuver for choking victims. Section K (2) of this same rule further states that this training must be included as part of the Health Education course that is required by all students to graduate. *This requirement was made law in 2016 and should be implemented for the ninth grade class graduating in 2020 and after per NMSA 22-13-1.1part F which indicates "F. Once a student has entered the ninth grade, the graduation requirements shall not be changed for that student from the requirements specified in the law at the time the student entered the ninth grade."*

Other Activities May Include:
Health education lessons will be taught in a manner that is culturally sensitive.
Health education lessons are taught using a variety of instructional strategies (i.e. role

playing, projects, media literacy, etc.).
Health education integrated into the core curriculum.
Teachers, staff and administrators are made aware of coordinated school health professional development opportunities (School Health Institute, Head to Toe, NM Association for Health, Physical Education, Recreation and Dance).

Quemado Board of Education Policies:
7.17.3 – Student Health Services ***7.18 – Student Social Services***
Graduation Requirements

PHYSICAL EDUCATION

Definition:
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.

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.
Aligned health education curriculum to the health education content standards with benchmarks and performance standards.

Goal:
To provide every student with daily physical education during which a certified physical educator uses appropriate practices to teach the skills, knowledge, and attitudes needed to be physically fit and active for a lifetime. Activities are based on goals and objectives which are appropriate for all children, and are planned after referring to a curriculum which has an obvious scope and sequence which aligns with the content standards with benchmarks and performance standards.

Required Activities:
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 6.30.2.20 NMAC.

Per NMSA 22-13-1.1., Quemado Independent School District requires one unit of physical education to graduate. Accordingly, students may choose to participate in interscholastic sports sanctioned by the New Mexico Activities Association in order to meet this requirement.

Schools must offer developmentally appropriate physical education. Adapted physical education (APE) is physical education which may be adapted or modified to address the individualized needs of children and youth who have gross motor developmental delays. This service should include the following:

- **Assessment and instruction** by qualified personnel professionals who are prepared to gather assessment date and provide physical education instruction for children and youth with disabilities and developmental delays.
- **Accurate assessment data**, including diagnostic and curriculum-based data collected by qualified personnel.
- **Individualized Education Program (IEP) Goals and Objectives / Benchmarks** That are measurable and objective statements written by the physical education instructor. The goals and objectives are reflective of the physical education instructional content and monitored/evaluated according to district policy to ensure that goals and objectives are being met in a timely manner.
- **Instruction in a Least Restricted Environment (LRE)** that adapts or modifies the physical education curriculum and/or instruction to address the

individualized abilities of each child. Adaptations are made to ensure that each student will experience success in a safe environment. Placement is outlined in the IEP and may include one or more of the following options:

- The general physical education setting;
- The general physical education setting with a teaching assistant or peers;
- A separate class setting with peers;
- A separate class setting with assistants; and/or
- A one-to-one setting between students and the instructor.

Other Activities May Include:

- Schools hiring certified physical educators to teach physical education and plan additional opportunities for physical activity.
- Schools limiting physical education class sizes so they are consistent with those of other subject areas and/or self-contained classes. Classes of similar grade levels are scheduled back-to-back to maximize teaching efficiency.
- Physical educators promote academic achievement by helping classroom teachers incorporate physical education concepts in classroom activities.
- Physical educators 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 physical education classes.

Quemado Board of Education Policies:

480-Fitness and Health ***587-Fitness Policy***
408-Graduation Requirements

HEALTHY AND SAFE ENVIRONMENTS

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.

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 supports academic achievement.

Required Activities:
The wellness policy shall include school safety plans at each school building focused on supporting healthy and safe environments and including, but not necessarily limited to, prevention, policies and procedures, and emergency response plans.

School safety plans are available at each school building focused on supporting healthy and safe environments and including prevention, policies 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 shelter in place drills and one evacuation drill at the intervals set forth in subsection M of 6.30.2.10 NMAC.

Other Activities May Include:
All schools will research recovery strategies and consider adding this to the safe school plans.
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 to meet current safety standards and are kept inviting, clean, safe, and in good repair.
All schools will abide by district/charter school policies which create an environment free of tobacco, alcohol, and other drugs.

School District Wellness Policy
Quemado Board of Education Policies:

5.3 Employee Code of Ethics and Conduct	7.5.4 – Rules of Conduct
7.6 – Discipline Policy	7.9 – Gang Activity
7.11 – Prohibiting Violence, Intimidating, Hostile/Intimidating Contact	
7.12 – Prohibiting Hazing	7.13 – Sexual harassment
7.14 – Dress Code	

Refer to: Quemado Independent Schools Safety Plan

SOCIAL AND EMOTIONAL WELL-BEING

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

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.

Required Activities:
The wellness policy includes a plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.

I. PED Required Activities: includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.8-6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED.

- Create a plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.
- 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.
  - o 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.
  - o 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."
- Child Abuse and Neglect: Section 22-10A-32 NMSA 1978.
  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.

Section 32A-4-3 NMSA 1978. Duty to report child abuse and child neglect; responsibility to investigate child abuse or neglect; penalty.

Other Activities May Include:
Providing an environment in which students are able to request assistance when needed.
Providing a supportive school environment that links to community resources.

Quemado Board of Education Policies:
5.3 Employee Code of Ethics and Conduct
7.5.4 – Rules of Conduct
7.6 – Discipline Policy
7.9 – Gang Activity
7.11 – Prohibiting Violence, Intimidating, Hostile/Intimidating Contact
7.12 – Prohibiting Hazing
7.13 – Sexual harranssment
7.14 – Dress Code
School Based Health Center

HEALTH SERVICES

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.

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

Required Activities:
A plan addressing the health services needs of students in the educational process.

I. PED Required Activities: includes the Public Education Department (PED) requirements that are 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. Please use the checklist below to ensure that all required components are included:

- 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.

Other Activities May Include:

Services providing a linkage to school and community health resources (e.g., primary care, public health, community health agencies and faith based groups, school-based health centers).

Services including, but are not limited to preventive 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 (e.g., speech therapy or physical therapy and or occupational therapy.

Services are provided in partnership with students, parents, staff and community.

Health service 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 areas of expertise

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Health service programs shall strive to meet all reporting, record-keeping and confidentiality requirements.

Quemado Board of Education Policies:

405-Special Education Services
407-Minimum Requirements
408-Graduation Requirements
410-Homebound Instruction
411-Sex Education Programs
428-Family Life Education
480-Fitness and Health
585-School Based Health Clinics
589-Fitness Policy

STAFF WELLNESS

Definition:
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 District'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.

Goal:
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.

Requirement Activities:
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.

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

Other Activities May Include:
Schools may provide staff and faculty the opportunity to participate in the district's SHAC, health promotion
program focusing on exercise, stress management and nutrition (i.e. health fairs, fun runs, walks etc).

Schools may provide staff and faculty with accurate, evidence based information or activities related to exercise, stress management and nutrition (i.e. newsletters, yoga, pilates, menopause information, weight lifting, cardio improvement classes, etc).

Quemado Board of Education Policies:
5.1.1 – Release of Personnel Information
5.2 – Equal Employment Opportunity
5.3 – Employee Code of Ethics and Conduct

APPENDIX

Board Policies 100 Series
Board Policies 200 Series
Board Policies 300 Series
Board Policies 400 Series
Board Policies 500 Series
Board Policies 600 Series
Competitive Food Sales and Vending Machines

School Health Advisory Committee (SHAC)

Quemado Independent School District
SY 25-26

Andrea Olson, Quemado Health Assistant
Cindy Orthman, Quemado Schools Principal
Gina Cracianescu, Quemado School Board Member & community member/parent
Mary Guthridge, Quemado High School Student Advisor & Teacher
Kristen Carver, Food Service Coordinator
Jill Andrews RN, school nurse