

ARTESIA PUBLIC SCHOOLS



WELLNESS POLICY

**ARTESIA PUBLIC SCHOOLS
BOARD OF EDUCATION**

Adopted May 11th, 2015

The School District strives to make a significant contribution to the general well being, mental and physical capacity and learning ability of each student while affording them the opportunity to fully participate in the educational process.

The District is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Healthy eating is demonstrably linked to reduced risk for mortality and development of many chronic diseases as adults.

To ensure the health and well being of all students, the Board shall promote and monitor student wellness in a manner that the Board determines is appropriate in the following areas:

1. Nutrition Education: The goal is to influence students' eating behaviors by providing nutrition education that is appropriate for students' ages; reflects students' cultures; is integrated into health education or core curricula; and provides opportunities for students to practice skills and have fun.

2. Standards for USDA School Meals: All foods available in each school during the day will have as a primary goal the promotion of student health and the reduction of childhood obesity. All guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture, as those regulations and guidance apply to schools.

3. Other School-Based Activities: The goal is to create a total school environment that is conducive to healthy eating and physical activity.

4. Physical Activity: The goals for physical activity are to provide opportunities for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short- and long-term benefits of a physically active and healthful lifestyle.

5. Wellness Promotion and Marketing: Schools will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the District Wellness Policy.

6. Implementation, Evaluation, and Communication:

- A primary goal will be to regularly evaluate the effectiveness of this policy in promoting healthy eating and exercise. A primary goal will be to engage family members, students, and representatives of the school food authority, the Governing Board, school administrators, and the public in development and regular review of this school policy.

1. Nutrition Education

Nutrition education shall focus on students' eating behaviors, be based on theories and methods proven effective by research and be consistent with state and local District health education standards. Nutrition education at all levels of the curriculum shall include, but not be limited to, the following essential components designed to help students learn:

- Age-appropriate nutritional knowledge, including the benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, handling and storage and cultural diversity related to food and eating;
- Age-appropriate nutrition-related skills including, but not limited to, planning a healthy meal, understand and using food labels and critically evaluating nutrition information, misinformation and commercial food advertising; and
- How to assess one's personal eating habits, set goals for improvement and achieve those goals.

In order to reinforce and support nutrition education efforts, the guidelines will ensure that:

- Nutrition instruction provides sequential, comprehensive health education in accordance with the New Mexico Public Education Department curriculum regulations and academic standards.

The goal for other school-based activities is to ensure whole-school integration with the wellness program. The District will achieve the goal by addressing elements that include, but are not limited to, school meal times, dining environment, food as an incentive, marketing and advertising, staff wellness, and staff development and training.

2. Standards for USDA School Meals

The District will create procedures that address all foods available to students throughout the school day in the following areas:

- National School Lunch, Breakfast, and After School Snack Programs.
- À la carte offerings in the food service program.
- Vending machines and school stores.
- Classroom parties, celebrations, fund-raisers, rewards and school events.

In keeping with the District's nutrition program goals, only food prepared or obtained or approved by the District's food services program should be served in classroom reward or incentive programs involving food

items as well as foods and beverages offered or sold at school-sponsored events. Approval is required to ensure that the foods served meet the guidelines as specified within this “Wellness Policy”.

Artesia Public Schools will comply with USDA standards for the National School Lunch Program, School Breakfast Program and After School Snack Program. The district will not administer standards that are more or less restrictive. The standards can be viewed at www.usda.gov or at www.bulldogs.org.

Artesia Public Schools have “closed” campuses in grades Kindergarten through ninth grade. Artesia High School has an “open” campus for grades ten through twelve. The Artesia Public Schools has no intention in closing the AHS campus. Participation in school meal programs will be promoted in all grade levels. Parents will be notified of the availability of the breakfast and lunch program and will be encouraged to complete lunch applications on an annual basis. Lunch applications are utilized to determine eligibility for free or reduced priced meals.

The Artesia Public Schools will provide training for food and nutrition services staff regarding the USDA meal plans/reimbursable meals as well as cooking techniques, recipe implementation, sanitation and food safety.

The Artesia Public Schools will provide the opportunity for students to choose free drinking water during meals. Students will be allowed to bring drinking water from home into the classroom.

The Artesia Public Schools administration will encourage elementary principals to schedule recess before lunch, but will not make it mandatory.

3. Nutrition Standards for Competitive and Other Foods and Beverages

The Artesia Public Schools will comply with the USDA Smart Snack Standards. The standards can be viewed at www.usda.gov or at www.bulldogs.org.

The Artesia Public Schools will provide water fountains in locations within each school that are easily available to students.

Competitive food sales and marketing will be consistent with nutrition education and health promotion. Artesia Public School District will adhere to the guidelines as set forth under 6.12.5.8 NMAC.

4. Physical Education and Physical Activity

Physical Activity

District schools shall strive to provide opportunities for developmentally appropriate physical activity during the school day for all students.

Artesia Public School District follows the guidelines set forth by PED Content Standards with Bench Marks for Kindergarten through 12th grade in Physical Education and Health. Each campus has a copy of the Curriculum Guide in the Principal's office.

Artesia Public Schools will insure that all physical education staff receives professional development on a yearly basis.

Physical Activity Goals

The primary goal for the District's physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short- and long-term benefits of a physically active and healthy lifestyle.

Recess to promote physical activity: Grades kindergarten (K) through six (6) will have recess or physical education classes daily.

Prohibition of use of punishment: The District will discourage the use of physical activity as punishment, the withholding of participation in physical education classes as punishment or the use of physical education class time to complete assignments from other classes.

Community use: The District shall encourage community access to, and student and community use of the school's physical activity facilities outside the normal school day.

5. Wellness Promotion and Marketing

The Artesia Public School staff will do our best to model healthy eating/drinking behaviors as well as physical activity.

The Artesia Public Schools utilizes USDA generated posters and other appropriate visual publications to educate students on proper healthy food/beverage choices and physical education opportunities.

The Artesia Public Schools will refrain from utilizing posters and publications that promote food/beverage items that do not meet the USDA Smart Snack Nutrition Standards.

6. Implementation, Evaluation and Communication

A primary goal will be to engage family members, students, and representatives of the school food authority, the Governing Board, school administrators, and the public in development and regular review of this school policy.

A health advisory council consisting of parent(s), school food authority personnel, school board member(s), school administrator(s), school staff, student(s) and community member(s) shall be established by the

Superintendent or designee with the advice and consent of the Board. This council shall meet a minimum of twice a year for the purpose of making recommendations to the local board on the implementation, revision and evaluation of the wellness program. The Superintendent or designee shall be the presiding officer of the health advisory council and shall provide:

- A written, specific statement of the purpose of the council.
- The dates on which reports of the council are to be rendered.
- Recommendations on replacements required upon a council member's unavailability or resignation.
- The extent to which facilities, supplies, equipment, and clerical support will be provided to the council.
- Posting of all Notices and agendas of meetings of the council.

The Superintendent or designee is directed to seek the input of the council in the development of recommendations and administrative regulations to implement this policy, including such provisions as may be necessary to address all food and beverages sold and/or served to students at school (i.e., competitive foods, snacks and beverages sold from vending machines, school stores, and fund-raising activities and refreshments that are made available at school parties, celebrations and meetings), including provisions for staff development, family and community involvement and program evaluation. Regulations and exhibits created for the purpose of implementing this policy shall be considered, in effect, to be an extension of this policy.

An annual report shall be made to the Board on the District's compliance with student wellness practices. The report may include, but not be limited to:

- Evaluation of the food services program;
- Recommendations for policy and/or program revisions;
- Review of all foods and beverages sold in schools for compliance with established nutrition guidelines;
- Assessment of school environment regarding student wellness issues;
- Consistent nutrition messages are disseminated from the District throughout the schools, communities, homes and media; and Nutrition education is extended beyond the school environment by engaging and involving families and community through our district website, www.bulldogs.org, and parent meetings.

In each school, the principal will ensure compliance with PED Content Standards and Benchmarks at his/her campus. The principal will monitor compliance through a regular review of instructor lesson plans and classroom evaluation.

The individual schools within the District will, as necessary, develop and revise action plans to facilitate the implementation of the approved programs.

The Superintendent or designee is responsible to implement and oversee the School Health Advisory Council (SHAC). The SHAC, along with Artesia Public Schools' administration and staff, will implement and execute a School District Wellness Policy. This plan will address all Public Education Department requirements pertaining to healthier schools in the areas of:

1. Nutrition Education
2. Standards for USDA School Meals
3. Nutrition Standards for Competitive and other Foods and Beverages
4. Physical Education and Physical Activity.
5. Wellness Promotion and Marketing
6. Implementation, Evaluation, and Communication

Adopted: May 11th, 2015

LEGAL REFERENCES:

Public Law 111-296 "Healthy Hunger Free Kids Act"

6.12.5.8 NMAC, New Mexico Requirements for Competitive Foods Sold to Students

6.12.6.8 NMAC, Wellness Requirements

6.30.2.19 NMAC, Health Education

6.30.2.20 NMAC, Physical Education

CROSS REF.: ABA - Community Involvement in Education

ABAA - Parental Involvement

BBA - Board Powers and Responsibilities

EF - Food Services

EFE - Competitive Food Sales/Vending Machines

IHA - Basic Instructional Programs