

# **Alice King Community Charter School Wellness Policy Family, School and Community Involvement**

## **Definition:**

Family, school and community involvement means an integrated family, school and community approach for enhancing the health and well-being of students by establishing a district school health advisory council that has the responsibility to make recommendations to the local school board in the development or revision, implementation and evaluation of the wellness policy.

The family, school and community involvement component promotes long-term effective partnerships between families, schools, and communities in the planning and implementation of health promotion projects and events both within the school and throughout the community. The partnership can encourage and sustain environmental changes that support healthy lifestyles for children and their families.

## **Requirement:**

Alice King Community Charter School shall have a school health advisory council that consists of parent(s), school food authority personnel, school board member(s), school administrator(s), school staff, student(s), and community member(s).

The school health advisory council shall have the responsibility to make recommendations to the school in the development or revision, implementation, and evaluation of the school wellness policy.

The school health advisory council shall meet for this purpose a minimum of two times annually.

## **Goal:**

The goal of 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.

## **Activities:**

The activities below are broken up into two components.

Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED.

Component two (II) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the local school district.

### **I. PED required activities:**

Assign responsibilities to School Health Advisory Council members (SHAC) to develop, implement, monitor and evaluate the district wellness policy.

- Create nutrition guidelines for a la carte offerings minimally meeting guidelines as stated in the competitive food sales rule.
- Create guidelines for school sponsored fund raisers during normal school hours minimally meeting guidelines as stated in the competitive food sales rule.
- Create guidelines for school sponsored fund raisers before and after school hours ensuring that at least 50% of the offerings shall be healthy choices as stated in the competitive food sales rule.
- Create 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.
- Create 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.
- Create a plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.
- Create 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.
- Create a plan addressing the health services needs of students in the educational process.
- Create 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.
- Create a plan for measuring implementation and evaluation of the wellness policy.
- Designate one or more persons within the school district, or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the district's wellness policy.

## **II. Other activities:**

- Review contracts with outside vendors that encourage healthful eating and reduction of school/district dependence on profit from foods of little nutritional value.
- Increase community awareness of student health needs.
- Partner with community to support policies and programs.

## **Evaluation**

See Appendix F.

## **Resources:**

1. New Mexico Public Education Department, School and Family Support Bureau – online <http://www.ped.state.nm.us> or phone: 505-827-1804.
2. Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.
3. School District Wellness Policy rule 6.12.6.6 NMAC.
4. Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.
5. Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): [http://www.fns.usda.gov/cnd/Governance/Legislation/PL\\_108-265.pdf](http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf).

7. *Improving School Health: A Guide to School Health Councils*, American Cancer Society, Inc., 1999: [http://actionforhealthykids.org/filelib/resources/Ntl\\_Guide\\_to\\_SHAC.pdf](http://actionforhealthykids.org/filelib/resources/Ntl_Guide_to_SHAC.pdf).

8. *Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Advisory Councils*, Iowa Department of Public Health, 2000: [http://www.idph.state.ia.us/hpcdp/promoting\\_healthy\\_youth.asp](http://www.idph.state.ia.us/hpcdp/promoting_healthy_youth.asp). Healthy Kids Make Better Students, Better Students Make Healthy Communities 6

9. Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: [www.fns.usda.gov/tn/Healthy/wellnesspolicy.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html).

10. Fit, Healthy and Ready to Learn, National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: [www.nasbe.org/HealthySchools/fithealthy.html](http://www.nasbe.org/HealthySchools/fithealthy.html).

11. *Changing the Scene: Improving the School Nutrition Environment*, a joint publication released by USDA's Team Nutrition and CDC, provides a roadmap for assessing and improving school policies, in order to provide students with a healthy school nutrition environment. In the classroom students are taught to eat healthfully and to be active, but they also need the opportunity to practice those behaviors. Wellness policies combine education with practice to create healthful school environments and encourage healthy behavior: [teamnutrition.usda.gov/Resources/changing.html](http://teamnutrition.usda.gov/Resources/changing.html).

12. Coordinated Approach to Child Health (CATCH), an intervention based on a trial funded by National Heart, Lung and Blood Institute, supports the need for involvement by school food service and family reinforcement to create an environment that allows children to make necessary changes in health behaviors: [www.sph.uth.tmc.edu/catch/](http://www.sph.uth.tmc.edu/catch/).

# Alice King Community Charter School

## Wellness Policy

### 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.*

#### **Requirement:**

The Alice King Community Charter School wellness policy shall include guidelines to provide physical activity opportunities to students 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.

#### **Activities:**

The activities below are broken up into two components.

Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED.

Component two (II) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the local school district.

#### **I. PED required activities:**

- Create guidelines to provide physical activity opportunities 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.

#### **II. Other Activities:**

- Elementary schools in the district will provide daily recess for all students.
- All schools in the district prohibit withholding physical activity (i.e. physical education class, recess, etc.) as a means/method of punishment.
- All schools in the district will provide physical activity opportunities before and after school (i.e. intramurals, club activities interscholastic sports, etc.).
- All schools in the district encourage basic physical activities of walking, biking and skating as transportation modes to and from school.
- All schools in the district will encourage the use of school facilities outside of school hours.
- All schools will create a plan to incorporate physical activity into the academic curriculum (i.e. brain breaks, etc.).
- All schools plan to promote community-based physical activities (i.e. sports clubs, bike club, hiking club).
- All schools plan for school-wide physical activities (i.e. fun days, family fitness nights, field days).
- Implement the Coordinated Approach to Child's Health (CATCH) program.

# **Alice King Community Charter School**

## **Wellness Policy**

### **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.

#### **Requirement:**

The Alice King Community Charter School wellness policy shall include nutrition guidelines for a la carte offerings minimally meeting guidelines set forth in Subsection B of 6.12.5.8 NMAC.

The wellness policy shall include guidelines for school sponsored fund raisers during the normal school hours minimally meeting guidelines set forth in Paragraph (1) of Subsection C of 6.12.5.8 NMAC.

The wellness policy shall include guidelines for school sponsored fund raisers 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.

#### **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.

#### **Activities:**

The activities below are broken up into two components.

Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED.

Component two (II) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the local school district.

#### **I. PED required activities:**

- Create nutrition guidelines for a la carte offerings minimally meeting guidelines set forth in Subsection B of 6.12.5.8 NMAC.
- Create guidelines for school sponsored fund raisers during the normal school hours minimally meeting guidelines set forth in Paragraph (1) of Subsection C of 6.12.5.8 NMAC.
- Create guidelines for school sponsored fund raisers 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.
- Alice King Community Charter School 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.



## **II. Other Activities:**

- Ensure that students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media.
- Alice King Community Charter School will support the school breakfast program.
- Alice King Community Charter School will create a plan to provide collaboration between the cafeteria and the classroom to provide healthy selections and reinforce nutrition education.
- All schools will consider scheduling recess before lunch so that children are less distracted and ready to eat a healthy diet.
- Implement the Coordinated Approach to Child's Health (CATCH) program.

## **Evaluation**

See Appendix F.

## **Resources:**

1. New Mexico Public Education Department, School and Family Support Bureau – online <http://www.ped.state.nm.us> or phone: 505-827-1804.
2. Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.
3. School District Wellness Policy rule 6.12.6.6 NMAC.
4. Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.
5. Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): [http://www.fns.usda.gov/cnd/Governance/Legislation/PL\\_108-265.pdf](http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf).
6. The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.
7. Team Nutrition: Local Wellness Policy: A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: [www.fns.usda.gov/tn/Healthy/wellnesspolicy.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html).
8. Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: [www.nasbe.org/HealthySchools/fithealthy.html](http://www.nasbe.org/HealthySchools/fithealthy.html).
9. Team Nutrition Website: [www.fns.usda.gov/tn](http://www.fns.usda.gov/tn).
10. Dietary Guidelines for Americans 2005: [www.fns.usda.gov](http://www.fns.usda.gov).
11. My Pyramid Food Guidance System: [www.fns.usda.gov](http://www.fns.usda.gov).

# Alice King Community Charter School

## Wellness Policy

### 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 6.30.2.19 NMAC.

#### **Requirement:**

The wellness policy shall include 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.

*Note: Districts should align health education curriculum to the health education content standards with benchmarks and performance standards for implementation in the 2006-07 school year.*

#### **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.

#### **Activities:**

The activities below are broken up into two components.

Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED.

Component two (II) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the local school district.

#### **I. PED required activities:**

The wellness policy shall include a planned, sequential, K-12 health education curriculum that addresses the physical, mental, emotional and social dimensions of health.

The health education curriculum will be aligned to the health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 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 6.30.2.19 NMAC.

All school district shall implement a policy that will 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 school district 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



## II. Other Activities:

- 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 is 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).

### Evaluation

See Appendix F.

### Resources:

1. New Mexico Public Education Department, School and Family Support Bureau – online <http://www.ped.state.nm.us> or phone: 505-827-1804.
2. Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.
3. School District Wellness Policy rule 6.12.6.6 NMAC.
4. Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.
5. Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): [http://www.fns.usda.gov/cnd/Governance/Legislation/PL\\_108-265.pdf](http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf).
6. The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.
7. Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: [www.fns.usda.gov/tn/Healthy/wellnesspolicy.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html)
8. Fit, Healthy and Ready to Learn, National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: [www.nasbe.org/HealthySchools/fithealthy.html](http://www.nasbe.org/HealthySchools/fithealthy.html).
9. American Association for Health Education. Online at [www.aahperd.org/aahe/](http://www.aahperd.org/aahe/).
10. American Alliance for Health, Physical Education, Recreation and Dance. Online at [www.aahperd.org/](http://www.aahperd.org/).
11. *Coordinated School Health Program Infrastructure Development Process Evaluation Manual*. Atlanta: CDC, 1997. Available at [www.cdc.gov/nccdphp/dash/publications/index.htm](http://www.cdc.gov/nccdphp/dash/publications/index.htm).
12. Evaluating a national program of school-based HIV prevention. Collins J, Rugg D, Kann L, Pateman B, Banspach S, Kolbe L. *Evaluation and Program Planning* 1996; 19(3): 209–18.
13. *Handbook for Evaluating HIV Education*. Atlanta: CDC, 1992. Available at [www.cdc.gov/nccdphp/dash/publications/index.htm](http://www.cdc.gov/nccdphp/dash/publications/index.htm).
14. *Introduction to Program Evaluation for Comprehensive Tobacco Control Programs*. MacDonald G, Starr G, Schooley M, Yee SL, Klimowski K, Turner K. Atlanta: CDC, 2001.
15. U.S. Department of Health and Human Services. *The Surgeon General's call to action to prevent and decrease overweight and obesity*. Rockville, MD.: U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 2001. Online at [www.surgeongeneral.gov/topics/obesity/](http://www.surgeongeneral.gov/topics/obesity/). *Healthy Kids Make Better Students, Better Students Make Healthy Communities* 13

16. U.S. Department of Health and Human Services. *The Surgeon General's call to promote sexual health and responsible sexual behavior*. Rockville, MD.: U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 2001. Online at [www.surgeongeneral.gov/library/sexualhealth/default.htm](http://www.surgeongeneral.gov/library/sexualhealth/default.htm).
17. U.S. Department of Health and Human Services. *The Surgeon General's call to action to prevent suicide*. Rockville, MD.: U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 1999. Online at [www.surgeongeneral.gov/library/calltoaction/default.htm](http://www.surgeongeneral.gov/library/calltoaction/default.htm).
18. Health is Academic: [www.edc.org/HealthIsAcademic](http://www.edc.org/HealthIsAcademic).
19. The American School Health Association (ASHA): <http://www.ashaweb.org>.

# Alice King Community Charter School

## Wellness Policy

### 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.*

*Districts should align health education curriculum to the health education content standards with benchmarks and performance standards for implementation in the 2006-07 school year.*

#### **Requirement:**

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.

#### **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.

#### **Activities:**

The activities below are broken up into two components. Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED. Component two (II) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the local school district.

#### **I. PED required activities:**

The wellness policy shall include 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.

The physical education curriculum will be aligned to the physical education content standards with benchmarks and performance standards as per 6.30.2.20 NMAC.

#### **II. Other Activities:**

Schools hire certified physical educators to teach physical education and plan additional opportunities for physical activity.

Schools limit 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

See Appendix F.

**Resources:**

1. New Mexico Public Education Department, School and Family Support Bureau – online <http://www.ped.state.nm.us> or phone: 505-827-1804.
2. Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.
3. School District Wellness Policy rule 6.12.6.6 NMAC.
4. Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.
5. Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): [http://www.fns.usda.gov/cnd/Governance/Legislation/PL\\_108-265.pdf](http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf).
6. The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.
7. Team Nutrition: Local Wellness Policy: A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: [www.fns.usda.gov/tn/Healthy/wellnesspolicy.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html).
8. Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: [www.nasbe.org/HealthySchools/fithealthy.html](http://www.nasbe.org/HealthySchools/fithealthy.html).
9. Action for Healthy Kids: [www.actionforhealthykids.org/resources.php](http://www.actionforhealthykids.org/resources.php).
10. American Alliance for Health, Physical Education, Recreation, and Dance: [www.aahperd.org/naspe](http://www.aahperd.org/naspe), click on: Media and Advocacy and/or Publications.
11. PE Central: [www.pecentral.org](http://www.pecentral.org).
12. National Association of State Boards of Education: [www.nasbe.org](http://www.nasbe.org).

# **Alice King Community Charter School**

## **Wellness Policy**

### **Healthy and Safe Environment**

#### **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.

#### **Requirement:**

The Alice King Community Charter School 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.

#### **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.

#### **Activities:**

The activities below are broken up into two components.

Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED.

Component two (II) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the local school district.

##### **I. PED Required Activities:**

- Create 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.
- 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.

##### **II. Other Activities:**

- 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 policies which create an environment free of tobacco, alcohol and other drugs.

#### **Resources:**

1. New Mexico Public Education Department, School and Family Support Bureau – online <http://www.ped.state.nm.us> or phone: 505-827-1804.
2. Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or

4. Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.
5. Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265):  
[http://www.fns.usda.gov/cnd/Governance/Legislation/PL\\_108-265.pdf](http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf).
6. The Centers for Disease Control and Prevention, Division of Adolescent and School Health.  
<http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.
7. Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: [www.fns.usda.gov/tn/Healthy/wellnesspolicy.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html).
8. Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model:  
[www.nasbe.org/HealthySchools/fitthealthy.html](http://www.nasbe.org/HealthySchools/fitthealthy.html).
9. U.S. Department of Education: Safe and Drug Free Schools Office: [www.ed.gov/offices/OESE/SDFS/index.html](http://www.ed.gov/offices/OESE/SDFS/index.html).
10. Federal Emergency Management Agency: [www.fema.gov](http://www.fema.gov).
11. American Red Cross: [www.redcross.org](http://www.redcross.org).
12. American School Counselors Association: [www.schoolcounselor.org](http://www.schoolcounselor.org).
13. New Mexico Homeland Security Office: [www.governor.state.nm.us/homeland.php?mm=4](http://www.governor.state.nm.us/homeland.php?mm=4).
14. National School Safety and Security Services: [www.schoolsecurity.org](http://www.schoolsecurity.org).
15. U.S. Department of Homeland Security: [www.ready.gov](http://www.ready.gov).

# **Alice King Community Charter School**

## **Wellness Policy**

### **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.

#### **Requirement:**

The wellness policy shall include a plan addressing the behavioral health needs of all students in the educational process by focusing on students' 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.

#### **Activities:**

The activities below are broken up into two components. Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED. Component two (II) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the local school district.

##### **I. PED Required Activities:**

Create a plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.

##### **II. Other Activities:**

- Provide an environment in which students are able to request assistance when needed.
- Provide a supportive school environment that links to community resources.

#### **Resources:**

1. New Mexico Public Education Department, School and Family Support Bureau – online <http://www.ped.state.nm.us> or phone: 505-827-1804.
2. Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.
3. School District Wellness Policy rule 6.12.6.6 NMAC.
4. Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.
5. Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): [http://www.fns.usda.gov/cnd/Governance/Legislation/PL\\_108-265.pdf](http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf).

7. Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: [www.fns.usda.gov/tn/Healthy/wellnesspolicy.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html).
8. Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: [www.nasbe.org/HealthySchools/fithealthy.html](http://www.nasbe.org/HealthySchools/fithealthy.html).



# **Alice King Community Charter School**

## **Wellness Policy**

### **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

#### **Requirement:**

The wellness policy shall include a plan addressing the health services needs of students in the educational process.

#### **Goal:**

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

#### **Activities:**

The activities below are broken up into two components. Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED. Component two (II) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the local school district.

#### **I. PED Required Activities:**

- Create a plan addressing the health services needs of students in the educational process.

#### **II. Other Activities:**

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

**Resources:**

1. New Mexico Public Education Department, School and Family Support Bureau – online <http://www.ped.state.nm.us> or phone: 505-827-1804.
2. Youth Risk and Resiliency Survey – online at [www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf](http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf) or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.
3. School District Wellness Policy rule 6.12.6.6 NMAC.
4. Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.
5. Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): [http://www.fns.usda.gov/cnd/Governance/Legislation/PL\\_108-265.pdf](http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf).
6. The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.
7. Team Nutrition: Local Wellness Policy: A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: [www.fns.usda.gov/tn/Healthy/wellnesspolicy.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html).
8. Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: [www.nasbe.org/HealthySchools/fithealthy.html](http://www.nasbe.org/HealthySchools/fithealthy.html).
9. American School Counselors Association: [www.schoolcounselor.org](http://www.schoolcounselor.org).
10. National Mental Health Association: [www.nmha.org](http://www.nmha.org).
11. National Association of School Psychologists: [www.nasponline.org/index2.html](http://www.nasponline.org/index2.html).
12. National Association of School Nurses: <http://nasn.org/positions/positions.htm>
13. Crisis Response Team: [www.healthinschools.org/sh/CrisisResponse.pdf](http://www.healthinschools.org/sh/CrisisResponse.pdf) or [www.healthinschools.org/sh/schoolresponse.asp](http://www.healthinschools.org/sh/schoolresponse.asp)

# **Alice King Community Charter School**

## **Wellness 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 school'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.

#### **Requirement:**

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.

#### **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.

#### **Activities:**

The activities below are broken up into two components.

Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED.

Component two (II) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the local school district.

##### **I. PED Required Activities:**

☐ Create 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.

##### **II. Other Activities:**

☐ All schools will provide staff and faculty the opportunity to participate in a health promotion program focusing on exercise, stress management and nutrition (i.e. health fairs, fun runs, walks etc).

☐ All schools will 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).

**Resources:**

1. New Mexico Public Education Department, School and Family Support Bureau – online <http://www.ped.state.nm.us> or phone: 505-827-1804.
2. Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.
3. School District Wellness Policy rule 6.12.6.6 NMAC.
4. Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.
5. Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): [http://www.fns.usda.gov/cnd/Governance/Legislation/PL\\_108-265.pdf](http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf).
6. The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.
7. Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: [www.fns.usda.gov/tn/Healthy/wellnesspolicy.html](http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html).
8. Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: [www.nasbe.org/HealthySchools/fithealthy.html](http://www.nasbe.org/HealthySchools/fithealthy.html).
9. The National Wellness Institute: [www.wellnessnw.org](http://www.wellnessnw.org).