

**SECTION XII:
SCHOOL WELLNESS POLICY**

TABLE OF CONTENTS

WELLNESS POLICY LEGISLATION AND STATE RULE	3
NM PUBLIC EDUCATION POLICY MODEL	3
WELLNESS POLICY RESOURCE LIST.....	5

WELLNESS POLICY LEGISLATION AND STATE RULE

FEDERAL LEGISLATION

In an effort to address obesity and to promote healthy eating and physical activity among students through changes in school environments, Congress passed the Child Nutrition and Women, Infants and Children's Reauthorization Act of 2004 (Sec. 204 of Public Law 108-265). This Act required every school district that participates in the federal school meals programs to enact a wellness policy by the first day of 2006-07 school year.

Congress subsequently passed the Healthy, Hunger-Free Kids Act of 2010, (Sec. 204 of Public Law 111-296) adding new provisions related to implementation, evaluation, and publicly reporting on progress of local school wellness policies. This Act requires local educational agencies (LEAs) participating in the National School Lunch Program (or other Child Nutrition programs) to establish a local school wellness policy for all schools under its jurisdiction and to designate one or more school officials to ensure that each school complies with the wellness policy. At a minimum, local school wellness policies must:

- Include goals for nutrition promotion/education, physical activities, and other school-based activities that promote student wellness;
- Include nutrition guidelines for all foods available in each school district, to support student health and reduce childhood obesity;
- Permit parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators and the general public to participate in the development, implementation, review and update of the school wellness policy;
- Inform and update the public (including parents, students and others in the community) about the content and implementation of local wellness policies;
- Be measured periodically on the extent to which schools are in compliance with the local wellness policy, the extent to which the LEA's local policy compares to model wellness policies, and the progress made in attaining the goals of the wellness policy, and make this assessment available to the public

The Healthy Hunger-Free Kids Act of 2010 further directed the USDA to establish science-based nutrition standards for all foods and beverages sold to students in school during the school day. The USDA "**Smart Snacks in School**" standards were implemented in 2014-2015, and can be referenced at <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>.

The New Mexico Public Education Department (PED) school district wellness policy requirements support the premise that providing comprehensive school health services is essential to the academic success and lifelong well-being of students in New Mexico.

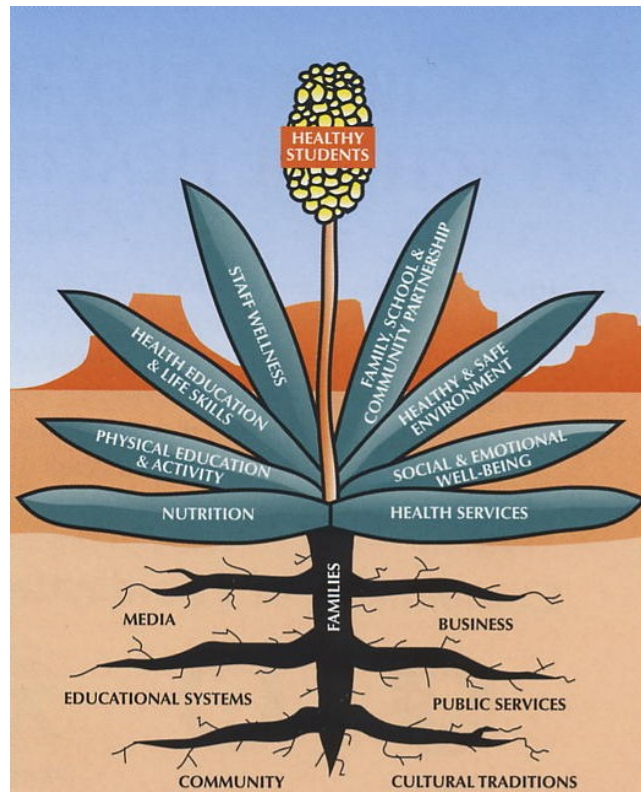
NEW MEXICO ADMINISTRATIVE CODE

In keeping with the federal legislation, New Mexico has updated its School District Wellness Policy and Nutrition rules in the State's Administrative Code (see <http://164.64.110.239/nmac/parts/title06/06.012.0005.htm> and <http://164.64.110.239/nmac/parts/title06/06.012.0006.htm>).

The Nutrition rule stipulates compliance with federal law/rules/guidance for school meal programs, limits the number of fundraisers to only one school day per semester or trimester, and specifies that no fundraiser may be conducted in competition with school meals in the food service area. *(Note: For the purpose of competitive food standards implementation, the period from the midnight before, to 30 minutes after the end of the official school day).*

The School District Wellness Policy rule expands on federal mandates and require the development of implementation guidelines for the other six components of coordinated school health in New Mexico. These eight total components are represented by the yucca and corn plant models of coordinated school health in New Mexico.

- Nutrition
- Physical Activity
- Health Education
- Physical Education
- Behavioral Health
- School Safety
- Health Services
- Staff Wellness



NM PUBLIC EDUCATION DEPARTMENT WELLNESS POLICY MODEL

POLICY DEVELOPMENT TOOLS

The PED Tools for Schools web site (<http://ped.state.nm.us/sfsb/tools/>) houses Wellness Policy Guidance documents. Included are templates for each of the policy components that can be customized to fit the local situation and resources. When developing policies, school districts should take into account unique circumstances, challenges and opportunities in their respective communities. Among factors to consider are socio-economic status of the student body; school size; rural or urban location; and presence of immigrant, dual-language, or limited English-speaking students.

It may be helpful to begin the process by conducting a baseline assessment of the school's existing nutrition and physical activity environments. This assessment process can continue over time as other components are added to the district policy

POLICY DEVELOPMENT GUIDELINES

The following steps will assist in moving through the policy development process.

- In New Mexico each district board of education is charged with establishing a district school health advisory council (SHAC) with broad representation. It is the responsibility of this body to meet at least twice annually and make recommendations to the local school board in the development/revision, implementation and evaluation of the district's wellness policy. It is the school board's/district's responsibility to designate who will be charged with the operational responsibility for ensuring each school fulfills the policy requirements.
- The SHAC is responsible for drafting a wellness policy that addresses the following:
 - Health education: K-12 curriculum aligned with PED standards and benchmarks;
 - Physical education: K-12 curriculum aligned with PED standards and benchmarks;
 - Physical activity: Guidelines for before, during and/or after school opportunities;
 - Nutrition: Guidelines for meeting federal and state requirements (see above);
 - Fundraisers: Guidelines for meeting federal & state requirements (see above);
 - Behavioral health plan for addressing the behavioral health needs of students by focusing on their social and emotional well-being;
 - School safety: Plans at each school building focused on supporting healthy & safe learning environments (policies/procedures, prevention & emergency response);
 - Health services: Plan that addresses health services needs of students in the educational process;

- Staff wellness: Plan addressing staff wellness that minimally ensures an equitable work environment and meets American with Disabilities Act;
 - Implementation & evaluation: Plan for measuring implementation and evaluation of the wellness policy, including designation of one or more persons charged with operational responsibility for ensuring that each school fulfills the district's wellness policy;
 - Family, school & community involvement:
- When completed, the wellness policy should be presented to the school board or appropriate body/person in the individual school district for approval and adoption as policy.
 - Once adopted by the school district the policy with its evaluation plan is submitted to PED.
 - Districts are required by PED to monitor their wellness policy and evaluate annually.

WELLNESS POLICY RESOURCE LIST

Action for Healthy Kids

www.ActionForHealthyKids.org

Center for Ecoliteracy

www.ecoliteracy.org

Centers for Disease Control and Prevention, Division of Adolescent and School Health

<http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>

Centers for Food & Justice Urban and Environmental Policy

Institute <http://www.fairfoodnetwork.org/list/center-food-justice-urban-and-environmental-policy-institute-occidental-college>

Child and WIC Reauthorization Act of 2004 (Public Law 108-265)

<http://www.fns.usda.gov/TN/Healthy/108-265.pdf>

Fair Food Network

<http://www.fairfoodnetwork.org/list/center-food-justice-urban-and-environmental-policy-institute-occidental-college>

Farm-to-School

www.farmtoschool.org

Healthy, Hunger-Free Kids Act of 2012

http://www.fns.usda.gov/cnd/Governance/Legislation/CNR_2010.htm

Healthy Kids New Mexico

<http://nmhealth.org/about/phd/cdb/hknl/> and <http://archive.healthykidsnm.org/>

National Alliance for Nutrition and Activity

www.cspinet.org

New Mexico Administrative Code for School District Wellness Policy
<http://164.64.110.239/nmac/parts/title06/06.012.0006.htm>

New Mexico Administrative Code for Nutrition: Implementation of Federal Requirements for Competitive Foods Schools
<http://164.64.110.239/nmac/parts/title06/06.012.0005.htm>

New Mexico PED Coordinated School Health & Wellness Bureau Tools for Schools
<http://www.ped.state.nm.us/sfsb/tools/>

Smart Snacks at School Guidance Tools for Schools
<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>

Team Nutrition: Local Wellness Policy
www.fns.usda.gov/tn/Healthy/wellnesspolicy.html

Youth Risk and Resiliency Survey
<http://youthrisk.org/>