

## Capitan Schools Wellness Plan and Guidelines

### Component: 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:** The Board of Education of Capitan School District shall establish the Capitan Municipal School District's school health advisory council (CMSD SHAC) that may consist of parent(s), school food authority personnel, school board member(s), school administrator(s), school staff, student(s), and community member(s).

The Capitan Municipal Schools SHAC will have the responsibility to make recommendations to the Board of Education of Capitan School District in the development or revision, implementation, and evaluation of the Capitan school district policy and guidelines.

The Capitan Municipal Schools SHAC shall meet a minimum of two times per year and submit a written report to the Board of Education of Capitan School District.

**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:**

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

In Planning  In Process  In Place

2. Create guidelines to provide physical activity opportunities to students before, during and/or after school.

In Planning  In Process  In Place

3. Create nutrition guidelines for a la carte offerings minimally meeting guidelines as stated in the competitive food sales rule. (See Attachment B)

In Planning  In Process  In Place

4. Create guidelines for school-sponsored fundraisers during normal school hours minimally meeting guidelines as stated in the competitive food sales rule. (See Attachment B)

In Planning  In Process  In Place

5. 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. (See Attachment B)

In Planning  In Process  In Place

6. 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.

In Planning  In Process  In Place

7. 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.

In Planning  In Process  In Place

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

In Planning  In Process  In Place

9. 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.

In Planning  In Process  In Place

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

In Planning  In Process  In Place

11. 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.

In Planning  In Process  In Place

12. Create a plan for **measuring implementation** and evaluation of the wellness policy. (See Attachment C)

In Planning  In Process  In Place

13. The CMSD SHAC, in conjunction with each building principal, will ensure that each school fulfills the district's wellness policy. The SHAC facilitator will be responsible for monitoring the overall implementation and progress of the school wellness plan and guidelines.

In Planning  In Process  In Place

**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. School District Wellness Policy rule 6.12.6.6 NMAC.

3. Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.

4. 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).
5. The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.
6. 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).
7. 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).

## **Component: Nutrition**

**Definition:** 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:** Capitan Municipal Schools Nutrition Guidelines are summarized in Attachment B. These guidelines include:

- 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 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 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:**

1. Create nutrition guidelines for a la carte offerings minimally meeting guidelines set forth in Subsection B of 6.12.5.8 NMAC. (See Attachment B)  
 In Planning  In Process  In Place
2. 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. (See Attachment B)  
 In Planning  In Process  In Place
3. 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. (See Attachment B)  
 In Planning  In Process  In Place
4. 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.  
 In Planning  In Process  In Place
5. All schools in the district will support the school breakfast program.  
 In Planning  In Process  In Place

**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. School District Wellness Policy rule 6.12.6.6 NMAC.
3. Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.
4. 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).
5. The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.
6. 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).
7. 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).

## **Component: Physical Activity**

**Definition:** Physical activity means body movement of any type, which includes recreational, fitness and sport activities. Physical education is one source, but should not be the only source of physical activity before, during and/or after school.

**Requirement:** The Capitan Municipal Schools shall 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:**

1. Create guidelines to provide physical activity opportunities to students before, during and/or after school.

In Planning  In Process  In Place

2. 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.

In Planning  In Process  In Place

3. Elementary schools in the district will provide daily recess for all students.

In Planning  In Process  In Place

4. All schools in the district will provide physical activity opportunities before and after school (i.e. intramurals, club activities, interscholastic sports, etc.).

In Planning  In Process  In Place

5. All schools in the district will encourage the use of school facilities outside of school hours for community sponsored activities.

In Planning  In Process  In Place

6. All schools plan to promote school-wide and community-based physical activities (i.e. sports clubs, bike club, hiking club, fun days, family fitness nights, field days).

In Planning  In Process  In Place

### **Resources:**

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