

GADSDEN INDEPENDENT SCHOOL DISTRICT WELLNESS POLICY

Federal Public Law (PL 108-265 Section 204) states that all schools must develop a local Wellness Policy.

The Gadsden Independent School District is committed to providing a school environment that enhances learning and development of lifelong wellness behaviors that support student achievement. Therefore, the Gadsden Independent School District Board of Education will meet all requirements set forth by the Public Education Department in NMAC 6.12.6.

Overview: The components of the Wellness Policy include

Section I: District Wellness Policy

The District Wellness Policy, as a coordinated school health approach will:

- Build a framework for linking health and education inclusive of all populations.
- Focus on the Whole School, Whole Community, Whole Child Model (WSCC)

Section II: Nutrition

Nutrition refers to programs that provide access to a variety of nutritious and appealing meals and snacks that accommodate the health and nutrition needs of all students, and comply with Federal, State and Local requirements. Student nutrition will meet the Content Standards with Benchmarks and Performance Standards as set forth in Section NMAC 6.12.6.

Section III: Quality Physical Activity

Physical activity refers to body movements of any type, which include recreational, fitness and sport activities. 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 healthful physical activity. It will meet the Content Standards with Benchmarks and Performance Standards as set forth in Section NMAC 6.12.6.

Section IV: Health Education Content Standards and Benchmarks

Health Education is 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 Section NMAC 6.12.6.

Section V: Physical Education Requirement

Physical education provides the instruction 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 healthful physical activity. It will meet the Content Standards with Benchmarks and Performance Standards as set forth in Section NMAC 6.12.6.

Section VI: Social Emotional Wellbeing

Social and emotional wellbeing offers services to maintain and/or improve all students' mental, emotional, behavioral, and social health.

Section VII: Other Wellness Policy Needs

Family, school and community involvement provides an integrated approach for enhancing the health and well-being of all students by focusing on the WSCC Model. Health Services are provided for all students and staff. The services are designed to ensure access to primary health care or behavioral health services. Schools provide, through Health Services, compliance with New Mexico Immunizations, health screenings, Individualized Health Plans (IHP), medication compliance, and chronic disease management while at school. The policy supports a total learning experience inclusive of all populations.

Section VIII: Staff Wellness

Staff wellness extends opportunities for school staff to improve their health status through a variety of activities that lead to healthy lifestyle, improved health status, improved morale, and a greater commitment to the school's overall coordinated school health approach.

Section Details

Section I: Wellness Policy

The Directors of Nursing and Health Services and Student Nutrition will jointly convene and oversee the School Health Advisory Council (SHAC) and updates to the Wellness Policy. Each campus administrator will ensure compliance with the policy and establish an on-going school wellness committee (SWC) that promotes health activity and nutrition standards as required by Public Law 111-296 "Healthy, Hunger Free Kids Act."

The SHAC along with GISD administration and staff will implement and execute the GISD Wellness Policy.

- The GISD SHAC will convene two (2) times per year for the purpose of making recommendations to the GISD School Board on the implementation, revisions, and assessment of the GISD Wellness Policy.
- The SHAC membership may include: Directors of Nursing and Health Services, Director of Student Nutrition, Parents, School Administrators, School Board Members, District Athletic Personnel, Community Members, New Mexico Department of Health (DOH) Representative, School Based Health Center (SBHC) Representative, Student Representative when available.
- The Wellness Policy will be reviewed annually and updated as district and community priorities change, wellness goals are met, new health science technology and information emerges and new State or Federal guidelines are issued.
- GISD will ensure communications are culturally and linguistically appropriate for the community.
- GISD is committed to being responsive to community input related to the GISD Wellness Policy and will be available for viewing on the GISD Website.

Section II: Nutrition

- The GISD Student Nutrition Program will strive to meet all local, state and federal nutrition requirements in all programs offered.
- The GISD Student Nutrition Program requires all foods and beverages sold by GISD student organizations on the school campus, during the school day, to follow all Federal standards for student meals and Smart Snacks.
- Foods and beverages provided, not sold, to the student during the school day for celebrations or rewards are strongly encouraged to meet all standards set by USDA. All items must be store bought and are required to have a nutrition/ingredient label.
- Documentation of fundraisers that do not meet the competitive food standards are limited to no more than two days per semester. The days must be recorded on the Activities Log.

<https://webnew.ped.state.nm.us/wp-content/uploads/2018/01/Smart-Snacks-Beverages-Options.pdf>
<https://webnew.ped.state.nm.us/wp-content/uploads/2018/01/Smart-Snacks-Sold-in-Schools-Flyer-and-Rules.pdf>
<https://echalk-slate-prod.s3.amazonaws.com/private/groups/6282/resources/c4f674d2-1f82-4f96-989c-8628b6169c91?AWSAccessKeyId=AKIAJSZKIBPXGFLSZTYQ&Expires=1874957225&response-cache-control=private%2C%20max-age%3D31536000&response-content-disposition=%3Bfilename%3D%22Exhibit-2-GISD-Student-Activities-Log.pdf%22&response-content-type=application%2Fpdf&Signature=wgNAmZB2vmsVwjKQGo%2B379r9MUo%3D>

- The GISD is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. All advertising and marketing signage for non Smart Snacks products are prohibited on GISD properties.
- The GISD aims to teach, model, and promote healthy eating by students by providing nutrition education and encouraging nutrition promotion.
 - Student activities promoting nutrition which engage students, such as; cooking competitions, health eating posters, farmers market, music video, etc.
- Nutrition education will be part of health education classes and integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and electives which align with the NM Health Education Content Standards with Benchmarks and Performance Standards as set forth in 6.29.6 NMAC.
 - Staff members will be provided relevant professional development opportunities to deliver nutrition education.
- Drinking water is available for all students via water fountains in or close proximity to dining facilities during all meal services.
- The GISD nutrition program will accommodate students with special dietary needs. In order to make substitutions for items in reimbursable meals, the school must have on file a written statement signed by a licensed healthcare professional indicating what the child's disability is, what foods must be omitted from the child's diet, and what foods must be substituted. A copy of the licensed healthcare professional's statement must be provided to the Student Nutrition Department. The Student Nutrition Department will work with the parent(s) and nurse, if needed, to create a special diet for student needs.

Section III: Physical Activity / Education and Content Standards and Benchmarks

- GISD will provide opportunities for every student to develop the knowledge and skills for specific physical activities, such as: maintain physical fitness; reduce sedentary time; learn about cooperation and fair play; responsible participation that meets the needs of all students, including developing an appreciation for lifelong physical activity through a healthy lifestyle.
 - Students must satisfy the state and district physical education credit requirement.
 - Physical education component as a Health Education topic (6.29.9 NMAC).
 - The GISD will provide a planned, sequential and developmentally appropriate K-12 physical education curriculum aligned to the content standards with benchmarks and performance standards, one unit of PE or allowable unit (6.29.1 NMAC)
 - Adapted PE available to all students as appropriate.

- Provide health and physical education that will reinforce the knowledge and skills to maintain a physically active lifestyle.
 - Physical activity outside physical education may be provided by offering after-school intramural programs, physical activity programs, and structured athletic activities. After school programs shall encourage developmentally appropriate physical activity.
 - The district shall review safe routes for students who walk or bike to and school annually.
- Provide lunch recess.
- GISD 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.
- Encourage short three to five minutes energy release physical activity breaks.

Section IV: Health Education Content Standards and Benchmarks

- Provide health education instruction using NM PED approved content standards with benchmarks and performance standards (6.29.1 NMAC Standards for Excellence).
- Students must satisfy the state and district health education credit requirement of ½ credit in either middle or high school.
- Provide an opportunity for parents to opt out of the sexuality component of the health education curriculum.
- Provide Human Immunodeficiency Virus (HIV) instruction (6.12.2.10 NMAC).

Section V: Social and Emotional Well-being

- GISD Wellness Policy includes a plan to address the behavioral needs of all students in the educational process by focusing on students' social and emotional well being (6.12.6.8.D.6 NMAC)
 - GISD provides support services to all students via self-referral or adult/staff referral. Support services include, but not limited to, school counselors, school nurses, school social workers and school based health centers.
 - Curriculum in place for grades K-12 to address bully, harassment, positive social skills, healthy choices and conflict resolution.
 - School counselors, school nurses, school social workers are trained annually in the areas of suicide and threat assessments.
 - School staff members are trained in Child Abuse and Neglect Detection and Reporting (Section 22-10A-32, NMSA).
 - All GISD personnel are required by law to report substance abuse (Section 22-5-4, NMSA 1978).

- Homeless Students:
 - Have the right to immediate school enrollment regardless of health or immunization record, proof of guardianship or proof of residency.
 - Have the right to remain enrolled in their selected school for as long as they remain homeless or if the student becomes permanently housed, until the end of the school year.
 - Have the right to transportation services.

Section VI: Other Wellness Policy Components

- Individual Health Plans (IHP) are developed by New Mexico Board of Nursing (NMBON)/NMPED licensed School Nurses in conjunction with student, family and health care providers as part of the IEP or 504 process for students with health care needs that affect school performance, attendance, access and or safety. The IHP is a document that is reviewed and updated annually or as health needs change. The IHP is maintained in the students' health file located in the Health Office.
- Students with HIV or AIDS have appropriate access to public education and their rights to privacy are protected as set in 6.12.2.10 NMAC.
- Students may receive authorization to carry and self-administer health care prescribed asthma treatment medications and emergency anaphylaxis treatment medication as well as the right to self manage their diabetes in the school environment as long as certain conditions are met. Rules have been established in 6.12.2.9 NMAC and 6.12.8 NMAC.
- The GISD complies with NMAC 6.12.2.8 which requires by law any student that enrolls must be properly immunized or in the process of being properly immunized and can provide satisfactory evidence of such immunization unless the child is properly exempted, homeless, or parent/guardian is on active military assignment (7.5.3 NMAC).
- Hearing and vision screenings are administered to students enrolled in the school in Pre-Kindergarten, Kindergarten, First, Third grades as well as transferring in students in those grades, unless the parent elects to opt out (7.30.11 NMAC)

Section VII: Staff Wellness

- Implement policies to ensure the right to privacy of all school employees including those infected with HIV/AIDS, keeping records safe and confidential.
- Address staff wellness needs to ensure an equitable work environment and meets the Americans with Disabilities Act, Title III (6.12.6.8.D.9 NMAC).
- School staff are provided the opportunity to participate in the district SHAC, as per 6.12.6.8 NMAC Section E.

GISD Website: <http://www.gisd.k12.nm.us/>

Cross Reference GISD Policies: http://www.gisd.k12.nm.us/groups/15512/school_board/policies

ABA	Community Involvement in Education
ABAA	Parental Involvement
BBA	Board Powers and Responsibilities
EF	Food Services
EFE	Competitive Food Sales/Vending Machines
GBGCA	Wellness Programs (Employee)
IHA	Basic Instructional Program
IHAMB	Family Life Education
IHAMC	HIV/AIDS Education
IHBA	Special Instructional Programs and Accommodations for Disabled Students
IKF	Graduation Requirements
JB	Equal Educational Opportunities
JFABD	Admission of Homeless Students
JJE	Student Fund-Raising Activities
JLC	Student Health Services and Requirements
JLCA	Physical Examinations of Students
JLCAA	Vision Screening of Students
JLCAB	School-Based Health Clinic
JLCB	Immunization of Students
JLCC	Communicable/Infectious Diseases
JLCCA	Acquired Immune Deficiency Syndrome and Human Immunodeficiency Virus Infections
JLCD	Administering Medicines to Students
JLD	Guidance and Counseling
JLDA	School Counselors and Psychologists
JLF	Reporting Child Abuse/Child Protection
KD	Public Information and Communications

Nutrition links:

<https://www.srca.nm.gov/wp-content/uploads/attachments/06.012.0005.pdf>

<https://webnew.ped.state.nm.us/wp-content/uploads/2018/01/Smart-Snacks-Standards-and-Fundraisers-Memo.pdf>

<https://webnew.ped.state.nm.us/wp-content/uploads/2018/01/Smart-Snacks-USDA-Guide.pdf>

<https://webnew.ped.state.nm.us/wp-content/uploads/2018/01/Smart-Snacks-Sold-in-Schools-Flyer-and-Rules.pdf>

<https://webnew.ped.state.nm.us/wp-content/uploads/2018/01/Smart-Snacks-Beverages-Options.pdf>