

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

To address obesity and to promote healthy eating and physical activity among students through changes in school environments, the 2004 Child Nutrition and Women, Infants and Children's Reauthorization Act requires 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. 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.

NM ADMINISTRATIVE CODE

In keeping with the federal legislation, New Mexico adopted rules in the State's Administrative Code (<http://www.nmcpr.state.nm.us/nmac/parts/title06/06.012.0006.htm>) establishing a requirement for a wellness policy in each school district with start-up implementation by August 30, 2006 and completion by January 30, 2007. The August deadline complies with the federal requirements for nutrition and physical activity policies; it includes establishing a school health advisory council and developing a plan for measuring the implementation and evaluation of the policy. The January deadline requires 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 (www.nmschoolhealthmanual.org/shm_01.pdf) in New Mexico.

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

NM PUBLIC EDUCATION DEPARTMENT POLICY MODEL

POLICY DEVELOPMENT TOOLS

The PED web site (http://www.ped.state.nm.us/div/sipds/health/wellness_TA.html) houses a guidance document along with a number of tools to facilitate the policy development process. 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 can help 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. In addition, it is the SHAC'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 areas for physical activity and nutrition.
 - Physical activity guidelines for before, during and/or after school
 - Family, school and community involvement guidelines
 - Nutrition guidelines for a la carte offerings minimally meeting guidelines set forth in 6.12.5.8 NMAC (<http://www.nmcpr.state.nm.us/nmac/parts/title06/06.012.0005.htm>) and guidelines that address fundraisers during normal school hours as well as before and after school
 - Plan of implementation and evaluation for each component
- At a minimum the other New Mexico required components should address the areas listed below for the referenced component where alignment with State standards and benchmarks (<http://www.nmcpr.state.nm.us/nmac/parts/title06/06.030.0002.htm>) is indicated.
 - Health education: K-12 curriculum aligned with PED standards and benchmarks
 - Physical education: K-12 curriculum aligned with PED standards and benchmarks
 - Behavioral health: Students' social and emotional well-being
 - School safety plan: Prevention and emergency response
 - Health services: Health needs related to educational process
 - Staff wellness: Equitable work environment and meets American with Disabilities Act
- 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.
- Each school is required by PED to monitor its wellness policy by completing the annual Healthy Kids Report Card once it has been developed.

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>

<http://www.cdc.gov/HealthyYouth/KeyStrategies>

Centers for Food & Justice Urban and Environment Policy Institute

www.uepi.oxy.edu

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

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

Farm-to-School

www.farmtoschool.org

Fit, Healthy and Ready to Learn

www.nasbe.org/HealthySchools/fithealthy.html

National Alliance for Nutrition and Activity

www.cspinet.org

New Mexico Action for Healthy Kids Wellness Tool Kit

http://www.actionforhealthykids.org/filelib/toolsforteam/recom/NM_AFHK%20Nutrition%20Toolkit%20-%20FINAL.pdf

New Mexico Administrative Code for Nutrition: Competitive Food Sales

http://www.ped.state.nm.us/div/sipds/health/dl/022706_docs/6%2012%205%20NMAC%20Nutrition%20Rule.pdf

New Mexico Administrative Code for School District Wellness Policy

<http://www.nmcpr.state.nm.us/nmac/parts/title06/06.012.0006.htm>

New Mexico Competitive Foods Sale Rule Grid

http://www.ped.state.nm.us/div/sipds/health/dl/022706_docs/Nutrition%20Rule%20grid.pdf

New Mexico Public Education Department Wellness Policy Rule Documents

http://www.ped.state.nm.us/div/sipds/health/wellness_TA.html

Team Nutrition: Local Wellness Policy

www.fns.usda.gov/tn/Healthy/wellnesspolicy.html

Youth Risk and Resiliency Survey

<http://www.health.state.nm.us/yrrs.html>