

**La Academia Dolores Huerta Charter Middle School**

**PURPOSE**

La Academia Dolores Huerta (LADH) recognizes that student wellness and proper nutrition are related to students' physical well-being, growth, development, and readiness to learn. LADH is committed to providing a healthy school environment that promotes student wellness, by providing nutritious foods and beverages, physical education, nutrition education, and regular physical activity as part of the total learning experience. LADH is committed to keeping students more active to improve their health, reduce the likeliness of obesity, and improve their thought processes.

Family, school, and community involvement means an integrated family, school and community approach for enhancing the health and well-being of students. 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.

LADH will address the family, school, and community involvement component by establishing a School Health Advisory Council that consists of parent(s), School food authority personnel, governing council member(s), School administrator(s), School staff, student(s) and community members. The School Health Advisory Council will have the responsibility to make recommendations to the Governing Council in the development or revision, implementation, and evaluation of the Wellness Policy consistent with this rule. The School Health Advisory Council will meet for this purpose a minimum of two times annually.

**II. NUTRITION EDUCATION**

LADH nutrition education includes teaching, encouraging, and supporting healthy lifelong eating habits of our students. Nutrition education and healthy eating support 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.

A. Nutrition Guidelines. LADH will adhere to or exceed the nutrition guidelines set forth in 6.12.5.8. NMAC, to include:

- i. If and when LADH provides school sponsored fund raisers during the normal school hours, LADH will meet or exceed the minimum guidelines set forth in 6.12.5.8 (1)(C) NMAC.
- ii. Guidelines for school sponsored fund raisers before and after school hours ensuring that at least fifty percent (50%) of the offerings shall be healthy choices in accordance with the requirements set forth in 6.12.5.8 (2)(C) NMAC.

B. Nutrition Education: LADH 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. LADH contracts with food service entities who have experience in

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nutritious meal planning to include introduction of unfamiliar healthy foods regularly. Meals are prepared on sight using select, non-bulk food items for lunch and breakfast preparation, e.g. salads, fruits, whole grains and milk.

III. PHYSICAL EDUCATION AND OTHER SCHOOL-BASED ACTIVITIES DESIGNED TO PROMOTE STUDENTS WELLNESS

LADH emphasizes and encourages physical activity before, during and after the school day.

LADH will have a planned, sequential physical education curriculum that:

- i. addresses the physical, mental, emotional, and social dimensions of health and is aligned to the health education content standards with benchmarks and performance standards in accordance with applicable state regulations; and
- ii. 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 in accordance with state regulations.

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

LADH will have safety plans at each School building focused on supporting healthy and safe environments and including but not limited to prevention, policies and procedures, and tactical emergency response plan.

LADH will have a plan addressing the health services needs of students in the educational process.

IV. STAFF WELLNESS

LADH will have plan addressing the staff wellness needs of all school staff that minimally ensures an equitable work environment and meets the Americans with Disabilities Act, Part III.

The following definitions apply to this School Wellness Policy:

- 1. "Health education" means the instruction 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 in accordance with applicable state regulations.
- 2. "Health services" means services provided for students to appraise, 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,

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behavioral health services, prevent and control communicable diseases 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 .

3. "Healthy and safe environment" means the physical and aesthetic surroundings and 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.
4. "Nutrition " means programs that provide access to a variety of nutritious and appealing meals and snacks that accommodate the health and nutrition needs of all students.
5. "Physical activity" means body movement of any type which include recreational, fitness and sport activities.
6. "Social and emotional well-being" means services provided to maintain and/or improve students' mental, emotional, behavioral, and social health.
7. "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.
8. "Tactical emergency response plan" means that portion of a safe school plan that details risk assessments and establishes the plans or procedures to manage an emergency event after it has occurred and includes, but is not limited to, emergency routes and staff assignments as they relate to immediate actions, delayed actions, mitigation actions, facility evacuations and facility reentry.

This School Wellness Policy was adopted by resolution of the Governing Council of La Academia Dolores Huerta, effective as of

Wellness Policy.

La Academia Dolores Huerta

Legal reference: 6.12.6 NMAC