



Alamogordo Public Schools

Wellness Policy 2023-2024

Last Updated 2/23/2024

APS SHAC Established: 1-24-2024. Meetings will be held minimum twice per each school year
Members include: APS Student Nutrition Coordinator, Student Nutrition Manager, Health Services Director, School Nurses & Health Assistants, School Principals, School Board Member, Student, Teacher, Data Coordinator, Parent, School Chief of Safety & Security; NMDOH School Health Advocates, NMDOH Health Promotion Specialist
POC for APS Wellness Policy compliance & implementation: Leila Gillette, BSN, RN

APS SHAC & Wellness Policy will address the following pursuant to Federal 7 C.F.R pts 210 & 220 and PED NMAC 6.12.6.8:

1. Nutrition guidelines for school meals, competitive foods & beverages sold at school, exempt fundraisers, water, parties/celebrations, nutrition promotion & education, nutritional staff qualifications and professional standards, food & beverage marketing
2. Physical activity guidelines for before, during &/or after school
3. Guidelines for P.E. curriculum consistent with P.E. Content Standards & Benchmarks (6.29.9 NMAC)
4. Guidelines for health education curriculum aligned to Health Education Content Standards (6.29.6.8 NMAC)
5. Require all students to complete a course in health education prior to graduation, in either middle or high school to Health Education Content Standards (22-13-1.1 NMSA (1978)
6. Develop a plan that address behavioral health needs of all students
7. Provide & submit Safe School Plan at each school aligned with National Response Framework, Fourth Edition, Guide for Developing High-Quality School Emergency Operation Plans (2013)
8. A plan that addresses health service needs of students
9. Plan that address wellness needs of staff that at minimum meets Americans with Disabilities Act, Part III
10. Plan for measuring the implementation & evaluation of the wellness policy
11. The District Wellness Policy, including updates, is made available to the public annually along with the triennial assessments.

Evaluating APS Wellness Policy:

APS Wellness Policy will be evaluated at minimum every three years, with regular updates & evaluation of implementation throughout each school year, utilizing information from health services reports, student nutrition coordinator, school principals & teachers, SHAC meetings, Student Health Index & the NMPED Wellness Policy Review Rubric.
All updates to the Wellness Policy will be posted for public viewing.



APS Wellness Policy 23-24

Component: Nutrition & Nutrition Education

Definition: The Nutrition component includes programs & opportunities that provide access to a variety of nutritious and appealing meals that accommodate the health and nutritional needs of all APS students. Nutrition Education aims to teach, encourage and support healthy eating by students. Nutrition Education and healthy eating will encourage proper physical growth, physical activity, brain development, the ability to learn, emotional balance, a sense of well-being, obesity prevention and the ability to resist disease.

Goal: The goal of the nutrition component of the Wellness Policy is to promote the role of nutrition in academic performance & overall quality of life for students and to ensure the adoption of school policies which provide adequate nutrition education & opportunities.

PED Nutrition Requirements:

- A. 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 6.29.6 NMAC.
- B. Create procedures for the documentation of all foods available on the school campus including all foods sold to students that must minimally meet the competitive food standards as stated in 7 CFR 210.11 and 6.12.5.8 NMAC.
- C. Create procedures for the documentation of fundraisers that do not meet the competitive food standards that must be limited to no more than two occasions per semester or trimester term per school and may not be conducted during meal service or in the food service area.
- D. Establish guidelines for other school-based activities to promote student wellness.

Section I:

School Meals

- All APS school breakfasts & lunches will comply with the USDA & NM State Policies
 - For a chart detailing NSLP meal pattern requirements, please see: <https://www.fns.usda.gov/resource/national-school-lunch-program-meal-pattern-chart>.
 - For a chart detailing SBP meal pattern requirements, please see: <https://www.fns.usda.gov/sbp/meal-pattern-chart>
- APS offers students at least 5 different fruits each week during school meals
- All APS students Pre-K to 6th grade have the opportunity to participate in Breakfast After the Bell which allows them to still obtain breakfast up to 2 hours after it has been served

- APS participates in the NM ECECD Child and Adult Care Food Program dinners which provides 5 component snack like items at all schools with instructed after school programs for those students participating
- APS offers at least 15 minutes “seat time” for students to eat breakfast & 20 minutes for lunch (not including time to walk to & from class/waiting in line)
- APS schools comply with the Standards for Excellence lunch recess guidelines 6.29.1 NMAC
- APS encourages students to make healthy choices for themselves and promotes diverse options by providing high school students with several ethnically diverse food stations
- APS campuses participate in the Fresh Fruit & Vegetable Program & Summer Food Service Program, complying with federal regulations and state policies
- APS encourages students to reduce food waste and to fill up on healthy options by utilizing Share Table’s at all schools

Section II.

Foods Sold in Schools

- All foods & beverages sold in APS schools along with fundraisers (for fundraisers, two, documented, one-day exceptions per semester per site) within the school day will comply with USDA’s Smart Snacks in School “All Foods Sold in Schools” Standards (see below) from the midnight before to 30 mins after end of school day
- <https://webnew.ped.state.nm.us/wp-content/uploads/2018/01/Smart-Snacks-Sold-in-Schools-Flyer-and-Rules.pdf>
 - Be a “whole grain-rich” grain product; or have a fruit, vegetable, dairy product or a protein as the 1st ingredient; or be a combination food that contains at least ¼ cup of fruit &/or vegetable
 - Calorie limits:
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 350 calories
 - Sodium limits:
 - Snack items: ≤ 200 mg
 - Entrée items: ≤ 480 mg
 - Fat limits:
 - Total fat: ≤35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
 - Sugar limit: ≤ 35% of weight from total sugars in foods
- No energy or other high sugar or highly caffeinated beverages will be sold at APS school property 24 hours a day

Section III.

Food Provided in Schools

- All foods & beverages provided (not sold) in APS campuses during the school day during classroom celebrations, activities, parties, etc. must be prepared in an institutional kitchen with ingredient labels attached due to sanitation & food allergy concerns. This

includes but is not limited to baked goods, fruit & vegetable trays, candies. No homemade goods will be allowed in the classroom.

- Treats that meet above criteria may be served without meeting criteria for foods SOLD in schools. Teachers & school staff are encouraged to model healthy lifestyle habits & choices & refrain from offering food as rewards.
- Teachers & school staff will be made aware of food allergies in their classrooms by Health Services. If a parent notifies a teacher of a health concern, the teacher is to notify health services & encourage parents to discuss said concern with the school nurse.
- For classroom parties & celebrations, parents will be made aware via written communication of food ingredients to avoid when selecting items to bring to the campus if there are food allergy concerns.
- APS encourages teachers & school staff to limit celebrations involving food & to pair classroom celebrations that include food with physical activity opportunities (i.e. extra recess time, dance parties, themed parades, stimulating dance or exercise videos)

Section IV:

Nutrition Promotion:

- APS promotes participation in the National School Lunch Program (NSLP) & School Breakfast Program (SBP). Monthly menus are posted on APS's website along with the APS Nutrition Facebook page for students & families to view. APS Nutrition also provides a link to Nutrislice so families can view meal details & nutrition information
- Schools are encouraged to provide daily announcements to promote menu options
- APS provides healthy food options that are clearly identified on school menus including fresh picks & vegetarian options
- APS promotes healthy choices through posters & signage in school cafeterias
- APS encourages students to provide input on foods offered in the cafeteria through communication with nutrition services staff & student participation in the SHAC

Section V:

Nutrition Education

APS district is committed to incorporating nutrition education that will provide students with the knowledge and skills necessary to promote and protect their health

- APS schools provide nutrition education activities that align with NM Health Education Content Standards with Benchmarks & Performance Standards (6.29.6 NMAC)
- Nutrition education will be provided by a licensed teacher as well as through other opportunities such as the Fresh Fruit Program with worksheets & information disseminated to students weekly
- APS uses qualified personnel and community organizations to provide nutrition education to students under the supervision of a teacher at least once per year
- Nutrition education will be integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subject
- APS provides nutrition education and information to families via resource links in the Student Nutrition section of the APS website

Section VI:

Water Availability

- Students at all APS campuses have access to free, safe, unflavored drinking water throughout the school day, including during meals
- APS allows & encourages students to bring and carry approved water bottles filled with only water before, during, and after the school day
- Water sources at all APS campuses (e.g., drinking fountains, water jugs, hydration stations) will be maintained regularly to ensure adherence to health and safety standards

Section VII:

Food Allergies

- APS adheres to NM requirements regarding possible food allergies in school. School nurses when notified of a student's food allergies will ensure daily management of food allergies, prepare for food allergy emergencies, educate children & families regarding food allergies & maintain a healthy environment for students with food allergies
- APS staff receive education about common allergens yearly and as needed
- APS nutrition service staff utilize confidential allergy alert tags provided to students at the front of the meal line to prevent students with food allergies from receiving or touching items that they are allergic to
- All schools in APS district have readily accessible epinephrine auto-injectors that staff are trained yearly to use in the event of a food allergy emergency
- APS does not allow any outside food to be brought to students during meal times
- APS food service personnel receive food safety handler training every 3 years, with additional food service training provided yearly. Training meets federal & state requirements.

Section VIII

Food & Beverage Marketing

- APS allows marketing of only foods & beverages that meet the requirements of Smart Snacks Rules on the school campus at all times

Component: Physical Activity

Definition: Physical activity is defined as body movement of any type, which includes recreational, fitness, and sport activities

Goal: While physical education is an important source of activity, the goal of including physical activity specifically within the coordinated school health approach is to provide students with increased opportunities to engage in moderate to vigorous physical activity before, during and/or after school.

Requirements:

- A. The wellness policy will include guidelines to provide physical activity opportunities to students before, during and/or after school.
- B. APS will provide education on the benefits of physical activity that align with the NM Health Education Content standards set forth in 6.29.9 NMAC.
- C. All schools will be encouraged to incorporate physical activity into the academic curriculum

Section I:

Physical Activity

- APS provides & encourages physical activity opportunities for its students before, during & after school including but not limited to:
 - Encouraging students to walk to/from school in groups along safe paths with security staff available near school entrances to provide crosswalk safety during student drop off & pick up
 - APS middle & high schools provide opportunities for physical activity through extracurricular athletic programs throughout the school year
 - Encouraging schools to plan school-wide physical activities, (i.e. water days, field days, walking parades, fun runs etc.).
 - APS coordinates with Alamogordo Park & Recreation and other after school programs that promote physical activity for those students participating
 - APS encourages teachers to allow for 5-10 minute movement breaks throughout the school day outside of scheduled recess/P.E class
- APS provides elementary students with at least 15 minutes a day of supervised recess outdoors, when weather permits. Health services provides schools with guidelines regarding outdoor recess during extreme weather conditions
- APS encourages teachers/school staff to not exclude students from physical activity as a form of disciplinary or academic performance
- APS never allows for physical activity to be used as punishment
- Physical activity is included as a health education topic at APS schools

Component: Health Education

Definition: Health Education is the instructional program that teaches students essential health topics and skills necessary to adopt, practice and maintain healthy behaviors to assist to maintain & improve their health, prevent disease and reduce health-related risk behaviors.

Goal: The goal of a comprehensive health education curriculum within a coordinated school health approach is to acquire life skills in order to attain personal, family, community, consumer and environmental health.

Requirements:

APS will implement a planned, sequential, K12 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 6.12.6 NMAC and 6.30.2.19 NMAC.

Section I:

Health Education

- APS Health Education
 - Elementary level: provided by school nurses & classroom teachers
 - Middle School level: provided by classroom teachers and school nurses
 - High School level: provided by a certified teacher with 0.5 credit of health education as a graduation requirement.
 - APS health education curriculum is aligned with NMPED Standards & Benchmarks:
 - <https://webnew.ped.state.nm.us/bureaus/safe-healthy-schools/health-education/>
 - APS provides HIV instruction at the appropriate grade level that includes content pursuant to NMAC 6.12.2.10. APS provides communicable disease prevention education to students at all grade levels.

Section II:

Sexual Health Education

- APS ensures that parents/guardians have the ability to request that their student is exempt from the parts of the health education curriculum that include sexuality performance standards
- At the high school and middle school level prior to any topics related to sexual health/the sexuality performance standards being discussed in health education, a form will be sent home to parents & guardians with the option to either allow or deny permission for each specific topic that will be covered
- At the elementary level prior to any topics related to sexual health/the sexuality performance standards being discussed by the school nurse, a form will be sent home to parents & guardians to make them aware of this upcoming topic discussion with the option to either allow or deny permission for their student to participate
 - Lessons are available for parents/guardians for the exempted parts of the curriculum for those students not allowed to participate

Component: Physical Education

Definition: Physical education is the instructional program that provides cognitive content and learning experiences in a variety of activity areas. It also provides the opportunity for all students to learn and develop the skills, knowledge and attitudes necessary to choose a lifetime of healthy physical activity. P.E. demands the same education rigor as other core subjects.

Goal: To provide every APS student with daily physical education during which a certified physical educator uses appropriate practices to teach the skills, knowledge, and attitudes needed to be physically fit and active for a lifetime.

Requirements:

APS will use a physical education curriculum that is aligned to the Content Standards with Benchmarks and Performance Standards as outlines in the NM Public Education Content Standards with Performance Standards and Benchmarks: K-4; 5-8; 9-12

Section I:

Physical Education

- One unit of P.E. or an allowable alternative is a graduation requirement for APS students
- APS Physical Education curriculum standards include:
 1. Demonstrated competency in many movement forms & proficiency in a few movement forms
 2. Applies movement concepts & principles to the learning & development of motor skills
 3. Exhibits knowledge & ability to participate in a physically active lifestyle
 4. Achieves & maintains a health enhancing level of physical fitness
 5. Demonstrates responsible personal and social behavior in physical activity settings
 6. Demonstrates understanding and respect for differences among people in physical activity settings.
 7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction.

Component: Social & Emotional Well-Being

Definition: Social & emotional health is the ability to understand & manage emotions, establish & maintain positive relationships and maintain skills that will allow students to be productive, healthy members of the community.

Requirements:

APS will create a plan to address behavioral health needs of all students in the educational process by focusing on students' social & emotional well-being. 6.12.6.8-6 NMAC

Section I:

Student Supports

- APS is committed to ensuring the behavioral health needs of all students are met. The district will support these needs by:
 - Ensuring access for students at all APS campuses to qualified, mental health professionals & a referral pathway for connecting students to community-based providers as needed
 - School counselors at school sites help provide a secure, safe environment for students. Addressing the emotional, social, mental, and physical well-being of our students is vital to learning. School counselors can also support students & encourage the use of coping tools when something traumatic happens and/or when a student faces an emergency/disaster event.
 - APS ensures suicide prevention is a priority, utilizing the SOS Signs of Suicide prevention program taught by school counselors annually in middle & high school
 - APS ensures school counselors & health services staff are trained in identifying students at risk of suicide and referring them to appropriate services
 - Coordinating with caregivers & students to address students' behavioral health needs
 - APS empowers families and students to access services within their school & community through the HOPE program which includes resources such as food & housing resources, assistance with transitions back to school environments, Grief Camp, crisis intervention services
- All APS employees shall be required to complete training in the detection & reporting of child abuse & neglect, including sexual abuse & assault & substance abuse. This requirement is completed within the school employee's first year of employment
- All APS employed who knows, or in good faith suspects, any student of using or abusing alcohol or drugs shall report such use or abuse pursuant to APS school board [Policy JLF, J-6250 Reporting Child Abuse](#)
- No APS employee who in good faith reports any known or suspected instance of alcohol or drug use or abuse, shall be held liable for any civil damages as a result of such report or his efforts to enforce APS policies regarding drug or alcohol use or abuse

Component: Health Services

Definition: Health services are designed to ensure access or referral to primary health care or behavioral health services, or both. The services also foster appropriate use of primary health care services and behavioral health services; prevent and control communicable disease 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 to improve individual, family and community health.

Requirements:

APS health services will address health service needs of students in the educational process, providing services in partnership with students, parents, staff & community.

Section I:

Health Services:

- APS students with healthcare needs that may affect school attendance and/or performance have Individualized Health Plans (IHP's) created by the school nurse which may be attached to an IEP or 504 based on students' needs.
- APS ensures any students with HIV/AIDS have access to public education and their rights to privacy are protected by school employees
- APS requires all students to be properly immunized, in the process of being properly immunized according to NM state school entry immunization requirements, or have a NM state approved exemption.
 - Students in APS district identified as homeless are not prevented from entering schools based on inability to produce records normally required for enrollments, as per the McKinney-Vento Homeless Assistance Act
 - APS homeless education liaison can work with families to obtain immunization records on the students behalf
 - APS students have the opportunity, with parental consent, to receive state required vaccines through the Vaccine for Children (VFC) program
- APS students with written authorization from a parent/guardian and healthcare provider may carry and self-administer prescribed asthma treatment & anaphylaxis emergency treatment medications, as well as the right to self-manage their diabetes while in school as long as certain conditions are met. An APS nurse is available for student assessment & assistance with managing chronic conditions.
- APS health services staff will, at minimum, administer vision and hearing screenings to students enrolled in Pre-kindergarten, Kindergarten, First, Third, Fifth & Seventh grades, as well as all students referred by teachers, school staff, parents, or healthcare providers, students who are new to the district or do not have documentation of a hearing screening & all students referred for special education evaluation
- APS provides students, with parental consent, access to Telehealth Services supported by the school nurse & local urgent care facility to promote student wellness and to help prevent students from unnecessarily missing school days with quicker access to a physician diagnosis & prescriptions when needed

Component: Staff Wellness

Definition: Staff wellness is opportunities for school staff to improve their health status through activities such as health assessments, health education, wellness education, nutrition education, fitness education and health-related fitness activities. These offerings encourage school staff to pursue a healthy lifestyle that improves health status and morale and provides a greater personal commitment to the school's overall coordinated school health approach.

Goal: The goal of staff wellness is to implement & promote activities for staff that focus on the physical, emotional and mental health of school employees. These activities will empower staff, reduce stress, improve job satisfaction and support employees to perform their best, as well as addressing employee needs that meet the American with Disabilities Act, Title III.

Section I:

Staff Wellness

- APS district ensures the right to privacy of ALL school employees infected with HIV, keeping records safe and confidential.
- APS district is committed to supporting the physical and mental health and well-being of all district employees. The district will support employee health and well-being by:
 - Designating employee wellness (both physical and mental) as a priority
 - Disseminating physical and mental health information resources to school staff
 - Providing opportunities for staff to receive annual vaccines at various school sites (i.e. flu, pneumonia, covid)
 - Providing access to and encouraging participation in and use of physical and mental health resources including but not limited to physical fitness classes & equipment, sessions with a mental health counselor, massage chairs, relaxation rooms
 - Providing monthly newsletters from APS Benefits Department that include Wellness events & resources
 - Providing access to an Employee Assistance Program that includes short-term counseling for employees and their household members as well as wellness resources
- Several APS employees participate in the Student Health Advisory Council (SHAC), while all employees are always encouraged to participate in the SHAC

This institution is an equal opportunity provider.

- In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should

contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

- To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

program.intake@usda.gov