

Hobbs Municipal Schools

Wellness Policy

Purpose: To create a learning environment that allows students to achieve their full academic potential and enjoy lifelong health, while meeting the Public Education Department Wellness Policy rule 6.12.6.6 NMAC, section 204 of the Healthy, Hunger-free Kids Act of 2010, Public Law 111-296, 2-28-06 and the requirements of Section 204 of Public Law 108-265-June 30, 2004-Child Nutrition and WIC Reauthorization Act of 2004.

Therefore, the Hobbs Municipal Schools (HMS) shall create a School Health Advisory Council (SHAC) that consists of parents (s), school food authority personnel, school board member (s), school administrator (s), school staff, student (s) and community members (s). The SHAC shall have the responsibility to make recommendations to the school board in the development or revision, implementation, and evaluation of the wellness policy. The SHAC shall meet for this purpose a minimum of two times annually.

To afford students the opportunity to participate fully in the educational process, students must attend school with minds and bodies ready to take advantage of their learning environment. A coordinated school health approach following the “Healthier Schools-New Mexico model” is the foundation for the Hobbs Municipal Schools Wellness Policy.

Thus, this policy supports the mission of HMS by providing a school environment that cultivates maximum student potential that “All Students Will Learn” by developing and implementing a Wellness Policy.

The HMS Wellness Policy Manual outlines specific procedures and

activities to implement the HMS District Wellness Policy.

Created October 2006. Revised June
2017

Created **Hobbs Municipal Schools School Health Advisory Council (SHAC)**

Members-SY 2017-2018

As per the Public Education Department Wellness Policy rule 6.12.6.1 NMAC, the Hobbs Municipal Schools Board of Education shall establish a district School Health Advisory Council (SHAC) that consists of parent (s), school food authority personnel, school board member (s), school administrator (s), school staff, student (s) and community member (s).

Below is a list of the members of the HMS SHAC, their roles and contact information.

NAME ROLE NUMBER EMAIL Tamara James SHAC Chairman-

Director of Nursing October 2006. Revised June 2017 433-0600

jamest@hobbsschools.net Joe Calderon School Board

Member

390-5574 calderon@valornet.com

Debbie Cooper Assistant

Superintendent

433-0100 cooperd@hobbsschools.net

Gene Strickland Director of Operations

433-0100 stricklandg@hobbsschools.net

Dora Flores School Food

Authority

433-0220 floresd@hobbsschools.net

Peggy Gonzales School Food

Authority

433-0220 gonzalesp@hobbsschools.net

Michael Sims School Staff-PE 433-1100 simsm@hobbsschools.net Jennifer Norman

Parent 390-6088 normanj@hobbsschools.net Robbie Schoonover

Parent 441-0744 schoonoverr@hobbsschools.net

Phoebe Spencer Community
Member
390-8411 Phoebespencer77@gmail.com

Scot Youngblood Community
Member
390-8523 oandsquikchange@aol.com

Sandra Bolanos School Staff-nurse 433-0300 bolanoss@hobbsschools.net Carlie
Schoonover Student 441-0744 cgschoonover@gmail.com Sydney Norman Student
390-6088 sydneyjnorman@gmail.com

Hobbs Municipal Schools Wellness Policy

Family, School and Community Involvement

Definitio

n:

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.

Goa

I:

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.

Implementatio

n:

- The Hobbs Municipal Schools Board of Education established a district School

Health Advisory Council (SHAC) that consists of parent (s), school food authority personnel, school board member (s), school administrator (s), school staff, student (s) and community members (s).

- The SHAC has the responsibility to make recommendations to the local school board in the development or revision, implementation and evaluation of the Wellness Policy.
- The SHAC meets a minimum of two times annually.
- The Wellness Policy will be evaluated and revised yearly as needed
- HMS and City of Hobbs partnered to build the Center of Recreational Excellence
- HMS participates in “open school yards”
- Memorandum of Understanding between HMS and the City of Hobbs to provide numerous sports facility usage to the citizens of Hobbs free of charge
- Wellness Policy will be published on the HMS website for students, staff, parents and community to view and offer improvement on an annual basis

Created October 2006. Revised June 2017

Evaluatio

n:

- Components: Family, School and Community Involvement, SHAC, Physical Activity and Nutritional Guidelines were 100% in place by August 30, 2006.
- Components: Health Education, Physical Education, Healthy and Safe Environment, Health Services, Social and Emotional Well-being and Staff Wellness guidelines were in place by January 30, 2007.
- SHAC will submit a report to the school board annually concerning the Wellness Policy and its implementation, revision and/or evaluation

Created October 2006. Revised June
2017

**Hobbs Municipal Schools Wellness
Policy**

**Physical
Activity**

Definitio

n:

Physical activity means body movement of any type, which includes recreational, fitness and sport activities. Children and adolescents should participate in 60 minutes of physical activity every day.

Goa

I:

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.

Specific

Goals:

- Provide a duty teacher for playground before school begins for outside play or gym if weather is not appropriate
- Allow and provide community based sports groups practice areas outside of school hours
- Provide teachers with training opportunities which encourage integrating physical activities into the academic curriculum, i.e. teaching nutrition concepts in math class
- Provide information to elementary parents on the Boys and Girls Club after school programs
- 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
- Elementary schools in the district provide at least 20 minutes of daily recess for all students, ideally prior to lunch or snack times
- Recess/physical activity will not be withheld as punishment
- HMS participates in open school yards
- Encourage families to allow children to walk or bike to school individually or in a group

- Encourage using healthy initiatives that promote physical activity and healthy eating
- Encourage schools to consider implementing the Coordinated Approach to Child's Health (CATCH) program as a resource

Created October 2006. Revised June 2017

Evaluatio

n:

- Quality physical activity is a component of the district's wellness policy, which aligns with the NM Health Education Content Standards as set forth in 6.29.9 NMAC
- Building principal will report annually to SHAC the achievement of the goals of physical activity on each campus.

Created October 2006. Revised June
2017

**Hobbs Municipal Schools Wellness
Policy**

Health Education

Definitio

n:

Health Education means 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 6.30.2.19 NMAC.

Goa

l:

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.

Implementatio

n:

- HMS has a planned sequential, K-12 health education curriculum aligned to the New Mexico health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC beginning with the HMS health education curriculum adoption in 2006-2007. The health education curriculum addresses the physical, nutritional, mental, emotional and social dimensions of health.
- One credit of Health Education is offered at Freshman High School as a graduation requirement with a make-up Health Education credit at Hobbs High school
- A policy is in place that insures that parents have the ability to request that their child be exempted from the parts of the health education curriculum that addresses the sexuality performance standards.
- Instruction on HIV and related issues is provided in the curriculum of the required health education content area to students as set forth in 6.12.2.10C NMAC
- Instruction on CPR/AED/Heimlich lifesaving skills is provided in the curriculum of the required health education content area. This content is taught by the HMS

nursing staff

- HMS staff will be made aware of coordinated school health professional development opportunities

Evaluation:

n:

- Health Education contents standards with benchmarks and performance standards 6- 30.2.19 NMAC disseminated to each school
- Deputy Directors for Elementary Instruction and Secondary Instruction will report annually to SHAC on achievement in this area.

Created October 2006. Revised June 2017

Hobbs Municipal Schools Wellness Policy

Physical Education

Definition:

n:

Physical education means the instructional 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 healthy physical activity. It meets the content standards with benchmarks and performance standards as set forth in Section 6.30.2.20 NMAC.

Goal:

I:

To provide every 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. Activities are based on goals and objectives, which are appropriate for all children, and are planned after referring to a curriculum, which has an obvious scope and sequence that aligns with the content

standards with benchmarks and performance standards.

Implementatio

n:

- HMS has a planned, sequential K-12 physical education curriculum aligned to the New Mexico health education content standards with benchmarks and performance standards as set forth in 6.30.2.20 NMAC adopted in 2006-2007 with the health education curriculum
- HMS planned, sequential K-12 physical education curriculum 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
- provides suitable adapted physical education as a part of individual education plans for students with chronic health problems, disabling conditions or other special needs that preclude student's participation in regular physical education instruction or activity
- HMS hire certified physical educators to teach physical education and provide opportunity for planning physical education activities during the 4th Professional Learning Community (PLC) session of each month
- Encourages staff to participate in professional development opportunities
- Elementary schools limit physical education classes to a single class at one time, with no doubling up, except for special occasions or coordinated activity.
- PE is offered a minimum of two times a week for a minimum of 30 minutes at the Elementary level
- At least one unit of PE, or allowable alternative, is a district graduation requirement

Created October 2006. Revised June
2017

Evaluatio

n:

- Physical education is included in schools' required programs and is based on the Section 6.30.2.20 NMAC, NM Physical Education content standards with

benchmarks and performance standards

- Deputy Directors for Elementary Instruction and Secondary Instruction will report annually to SHAC on achievement of this area.

Hobbs Municipal Schools Wellness Policy

Healthy and Safe Environment

Definitio

n:

Healthy and safe environment means the physical and aesthetic surroundings and the 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.

Goa

l:

The goal of a healthy and safe environment is to promote a climate and culture before, during and after school for students, teachers, staff, parents and community members that supports academic achievement.

Implementatio

n:

- The HMS Wellness policy includes school safety plans at each school building/site focused on supporting healthy and safe environments and including, but not necessarily limited to prevention, policies and procedures and tactical emergency response plans, including the plan or procedures for dealing with a crisis or emergency and addressing risk assessments and tactical emergency security procedure plans.
- Each school building/site individualized a Crisis Management Plan
- Each school site in the HMS district will perform 12 emergency drills annually. Such emergency drills shall include nine fire drills, two shelter in place drills and one evacuation drill which shall be conducted as set forth in Subsection M of 6.30.2.10 NMAC as follows:
 1. At least once per week during the first four weeks of the school year and at least once per month during the remainder of the school year
 2. Two of these drills shall be shelter-in-place drills
 3. One of these drills shall be an

evacuation drill 4. Nine of these drills shall be fire drills, with one fire drill required each week

during the first four weeks of school 5. A member of the Hobbs Fire Department shall be requested to be in

attendance during the emergency drills for the purpose of giving instruction and constructive criticism 6. It shall be the responsibility of the person in charge of a school to carry out the

provisions related to emergency drills 7. It shall be the responsibility of the superintendent of HMS to ensure that each

school under their authority follows the requirements set forth in Subsection M of 6.30.2.10 NMAC

Created October 2006. Revised June 2017

- Each school site in the HMS district will abide by district policies which create an environment free of tobacco, alcohol and other drugs using 6.12.4 NMAC as the reference
- Maintain a Bullying Prevention Policy, which is established and communicated as outlined in 6.12.7 NMAC Bullying Prevention. Such bullying prevention policies must contain an absolute prohibition against bullying and must also be inclusive of cyberbullying prevention with specific requirements as set forth in 6.12.7.8 (D) NMAC
- Specific to use of pesticides 6.29.1.9 NMAC, a procedure is in place for the implementation of pest management with consideration for reducing the possible impact of pesticide use on human health and the environment, including people with special sensitivities to pesticides
- HMS will strive to meet current safety standards for all school buildings and grounds, structures are kept inviting, clean, safe, and in good repair. The HMS Safety Committee will meet once a month with a representative from each school site to report on and/or address such issues
- The HMS Safe Schools/Healthy Student Committee will provide encouragement for implementing safety procedures and appropriate training for students, teachers and staff that support personal safety and a violence/harassment-free environment.

Evaluatio

n:

- Each school has an approved Safe School Plan that is compliant with wellness policy rule 6.12.6 NMAC.
- A school safety plan at each school building focused on supporting healthy and safe environments and including but not necessarily limited to prevention, policies and procedures and emergency response with 100% of school staff aware of and knowing how to implement the school level safety plans.
- The Building Principal of each site will be responsible for this evaluation.

Created October 2006. Revised June
2017

Hobbs Municipal Schools Wellness Policy

Social and Emotional Well-being

Definitio

n:

Social and Emotional well-being means services provided to maintain and/or improve student's mental, emotional, behavioral and social health. School behavioral and mental health programs should focus on breaking down health and social barriers to students' learning with emphasis on meeting each student's individual health needs. Behavioral health programs should support the student's process to become a fully

functioning and happy member of society. Programs should encourage and support links among youth, families, schools, communities and private and government agencies to create and maintain an environment in which all students can learn and thrive.

Goal:

I:

The goal of social and emotional well-being is to collaborate with students, parents, staff and community to influence student success by building awareness and promoting strategies to maintain and/or improve student mental health.

Implementation:

n:

- provides an environment in which students are able to obtain assistance when needed. Each HMS school site is assigned and has access to a licensed school nurse, school counselor and/or social worker
- licensed staff, including the school social worker/counselor, school nurse and school psychologist develop and supervise the Behavioral Health Plan
- ensures that every student has access to individual and/or small group counseling through the school counselors, social workers, school nursing offices or receive appropriate referral services to community mental health programs/agencies
- networks with community mental health programs/agencies to ensure timely referral services to students
- ensures prevention measures/services are provided to each student on an individual basis through the local school site's Student Assistant Team (SAT) and the Three-Tiered Model of Student Intervention, plus the Professional Learning Community (PLC) process
- provides activities and programs which enhance and develop lifetime social skills and promote the emotional well-being of students, for example, a wide variety of extracurricular activities, health education sessions and classes, mentoring and tutoring programs
- ensures that students who are identified as homeless are not prevented from entering schools, based on inability to produce records normally required for enrollment, as per the McKinney-Vento Homeless Assistance Act

Created October 2006. Revised June 2017

- all staff members are trained in substance abuse reporting (Section 22-5-4, 4 NMSA 1978) and child abuse and neglect detection and reporting (Section 22-10A-32, NMSA 1978)

Evaluation:

n:

- A plan addressing the behavior health needs of all students in the educational process by focusing on students' social and emotional well-being
- Director of Special Education, Human Resource Director and Building principal at each will evaluate these implementations.

Created October 2006. Revised June
2017

**Hobbs Municipal Schools Wellness
Policy**

**Health
Services**

Definitio

n:

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, 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 for promoting and maintaining individual, family and community health.

Goa

l:

The goal of health services is to provide coordinated, accessible health and mental health services for students, families and staff.

Implementatio

n:

- Ensures that each school building/site has access to a school nurse to provide services which include but are not limited to preventative services, behavioral health services, screenings (vision and hearing as stipulated in the NM School Health Manual) and referrals, evaluation and assessments, first aid and emergency care, follow-up care, school safety and health education that follows the HMS health services yearly program plan, the HMS School Health Manual and the New Mexico School Health Manual under the direction of the Nursing Coordinator
- Participates in the Vaccines for Children (VFC) program, in partnership with the Department of Health, to coordinate immunization efforts to ensure immunization compliance and communicable disease prevention
- Students with healthcare needs that may affect their school attendance and/or performance have Individualized Health Plans (IHP) which are separated from Individualized Education Plans (IEP) but attached to the IEP or 504 plan based on student needs and reviewed annually
- Ensure all student with HIV/AIDS have appropriate access to public education and that their rights to privacy are protected as set in 6.12.2.10 NMAC
- Provides appropriate training/in-service for staff members, in addition to

coordinating service/communications with primary care providers and specific HMS departments (i.e. Nutritional services, custodial services) as needed

- Provide homebound educational services when health/medical conditions prohibit the student from school attendance for a period greater than ten days
- Student in K-12 with an authorization to carry and self-administer health care practitioner prescribed asthma treatment and anaphylaxis emergency treatment

Created October 2006. Revised June 2017

medications, as well as the right to self-management of diabetes in school settings as long as certain conditions are met

- Ensure ancillary services (i.e. speech therapy, physical therapy, occupational therapy) are available to assess students and recommend educational related services, provide services and monitor services for all students through the SAT referral process and IEP under the direction of the Special Education Director
- Form community partnerships with primary care providers, NM public health, community health agencies and faith based groups
- Provide health service professionals opportunities for professional development through innovations and ideas in their field and implementing them in their areas of expertise
- Provide opportunities for planning health service activities, reviewing/updating policy and training during the fourth PLC session of each month
- Meeting all reporting, record-keeping and confidentiality requirements

Evaluation:

- Evaluation of this component will be the responsibility of the Special Education Director and the Nursing Coordinator

Created October 2006. Revised June
2017

Hobbs Municipal Schools Wellness Policy

Staff Wellness

Definitio

n:

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. A staff wellness program allows the staff to learn and practice skills to make

personal decisions about health-enhancing daily habits.

Goal:

I:

The goal of staff wellness is to promote activities for staff that are designed to promote the physical, emotional and mental health of school employees as well as to prevent disease and disability.

Implementation:

n:

- ensures an equitable work environment and meets the Americans with Disabilities Act, Part III through the Human Resources Department
- provides all staff and faculty the opportunity to participate in annual health promotion programs including annual flu/immunization clinics and wellness screening through corporate medical based partnerships. Annual health promotion programs will be coordinated through the HMS nursing department.
- HMS corporate wellness profile provides HMS accurate, evidence based information to plan focused health related activities best suited for HMS employees. All schools are encouraged to utilize the annual corporate wellness profile (available from the Nursing Coordinator). Staff wellness information is promoted through the HMS district Effective Schools Advisory Committee (ESAC) and the Safe Schools committee
- Encourage all schools to provide staff and faculty with accurate, evidence based information or activities related to exercise, stress management and nutrition through school newsletters, emails, website, staff meetings and school nurse consultations
- Ensure right to privacy and confidentiality for employees with health related conditions (including communicable diseases)
- Encourage employees to role model the nutritional and physical activities set forth in the HMS nutritional and physical activity section of the wellness policy
- Staff members will be an integral part of the SHAC

Created October 2006. Revised June
2017

Evaluatio

n:

- Schools provide a plan to address staff wellness needs based upon state statute guidelines, 6.12.6 NMAC Section K: Staff Wellness for all school staff, insuring an equitable environment in compliance with the Americans with Disability Act, Title III
- District will implement policy to ensure rights to privacy of all school employees infected with HIV, keeping these safe and confidential
- Schools provide staff with the information on activities related to personal health promotion and with the opportunity for every staff member to participate in these as feasible
- Members of the school staff are included as participants on the SHAC, as per 6.12.6.8 NMAC Section E
- Director of Human Resources, Nursing Coordinator and building principal will be responsible for this evaluation.

Created October 2006. Revised June
2017

**Hobbs Municipal Schools Wellness
Policy**

**Nutrition and Nutrition
Education**

**Definitio
n:**

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.

Goal

I:

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 that provide adequate nutritional opportunities.

Specific

Goals:

- follows nutritional guidelines for a la carte offerings set forth in Subsection B of 6.12.5.8 NMAC. "A la carte" means a beverage or food product sold in schools to students during the lunch period that is not part of the United State Department of Agriculture (USDA) school meal program. Such a la carte offerings will meet the following minimal requirements:

1. Beverages sold in a la carte offerings may only be sold during lunch period and

shall only
include:

- a) Elementary
Schools:

Milk with a fat content of 2% or less, soy milk or water b) Middle Schools:

Milk with a fat content of 2% or less, soy milk, water, or 100% fruit juice that has no added sweeteners and no more than 125 calories per container and a serving size not to exceed 20 ounces c) High Schools:

Milk with a fat content of 2% or less, soy milk, water, juice that is at least 50% fruit and that has no added sweeteners and a serving size not to exceed 20 ounces 2. Carbonated beverages or soft drinks,

non-carbonated flavored water and

sports drinks shall not be sold in a la carte offerings 3. Food products sold in a la carte offerings may only be sold during lunch and

are subject to the following requirements:

a) Nuts, seeds, cheese, yogurt and fruit are not subject to the

Created October 2006. Revised June 2017

restrictions in the next bullet b) Food products other than those listed in the above bullet are

subject to the following restrictions:

^shall contain no more than 400 calories per container or per

package or amount served ^shall contain no more than 16 grams of fat per container or

per package or amount served, of which no more than 2 grams come from saturated and trans fats combined ^shall contain no more than 30 grams of total sugar per

container or per package or amount served

• follows guidelines for school-sponsored fundraisers during the normal school hours minimally meeting guidelines set forth in paragraph (1) of Subsection C of 6.12.5.8 NMAC. "Fundraisers" means beverage or food products sold to raise money that are not sold in vending machines, a la carte or part of the USDA school meal program. Beverages and food products may be sold as fundraisers at any time during normal school hours except during the lunch period and are subject to the following requirements and limitations:

1. Elementary schools: a) beverages sold shall only include: milk with a fat

content of 2% or less, soy milk and water. Carbonated beverages shall not be sold, b) food products shall not be sold as fundraisers to students in elementary schools 2. Middle schools: a) beverages sold shall only include: milk with a fat

content of 2% or less, soy milk, water and one hundred percent fruit juice that has no added sweeteners and no more than 125 calories

per container and a serving size not to exceed 20 ounces. Carbonated beverages shall not be sold, b) food products sold are subject to the following requirements: nuts, seeds, cheese, yogurt, and fruit may be sold and are not subject to restrictions, food products other than nuts, seeds, cheese, yogurt and fruit shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams of fat per container or per package or amount served with no more than 2 grams of fat from saturated and trans-fats and shall contain no more than 15 grams of sugar per container or per package or amount served 3. High schools: a) beverages sold shall only include: milk with a fat content of 2% or less, soy milk, water and juice that is at least 50% fruit and that has no added sweeteners and a serving size not to exceed 20 ounces, b) food products sold are subject to the following requirements: nuts, seeds, cheese, yogurt and fruit may be sold and are not subject to restrictions, food products other than nuts, seeds, cheese, yogurt and fruit shall contain no more than 200 calories per container or per

Created October 2006. Revised June
2017

package or amount served and shall contain no more than 8 grams of fat per container or per package or amount served with no more than 2 grams of fat from saturated and trans-fats and shall contain no more than 15 grams of sugar per container or per package or amount served

- follows the nutritional guidelines for school-sponsored fundraisers 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. "Fundraisers" means beverage or food products sold to raise money that are not sold in vending machines, a la carte sales or as part of the UDSA school meal program.

1. Beverages and food products may be sold as fundraisers outside of normal school hours provided that at least 50% of the offerings meet the following requirements: a) beverages: milk with a fat content of 2% or less, soy milk, water and juice that is at least 50% fruit and that has no added sweeteners and a serving size not to exceed 20 ounces, b) food products: nuts and seeds, cheese,

yogurt and fruit may be sold and are not subject to restrictions, food products other than nuts, seeds, cheese, yogurt and fruit shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams of fat per container or per package or amount served with no more than 2 grams of fat from saturated and trans-fats and shall contain no more than 15 grams of sugar per container or per package or amount served 2. Encourages non-food fund raisers like fun runs, auctions, etc... 3. fundraisers that do not meet Smart Snack standards are limited to no

more than two occasions per semester per school

- follows the nutritional guidelines for vended beverages and foods set forth in Subsection A of 6.12.57 NMAC. "Vended beverages and foods" means a beverage or food product sold in vending machines to students in schools. Such vended foods and beverages will meet the following minimal requirements:

1. Elementary Schools: a) beverages sold in vending machines to

students in elementary schools shall only be sold after the last lunch period is completed and shall only include: milk with a fat content of 2% or less, soy milk, and water, b) carbonated beverages shall not be sold in vending machines to students in elementary schools, and c) food products shall not be sold in vending machines to students in elementary schools. 2. Middle schools: a) beverages sold in vending machines to students in middle schools shall only include: milk with a fat content of 2% or less, soy milk, water and 100 percent fruit juice that has no added

Created October 2006. Revised June 2017

sweeteners and no more than 125 calories per container and a serving size not to exceed 20 ounces, b) carbonated beverages shall not be sold in vending machines to students in middle schools, and c) food products sold in vending machines to students in middle schools are subject to the following requirements: nuts and seeds, cheese, yogurt and fruit may be sold in vending machines in middle schools at any time and are not subject to the restrictions in the

next sentence. Food products other than those listed in the above sentence shall only be sold after the last lunch period is completed and are subject to the following restrictions: shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams of fat per container or per package or amount served with no more than 2 grams of fat from saturated and trans-fats and shall contain no more than 15 grams of sugar per package or amount served. 3. High schools: a) beverages sold in vending machines to students in

high schools at any time shall only include: milk with a fat content of 2% or less, soy milk, water and juice that is at least 50% fruit and that has no added sweeteners and a serving size not to exceed 20 ounces, b) beverages sold in vending machines to students in high schools after the last lunch period is completed shall only include the times listed above and carbonated soft drinks that are both sugar free and caffeine free, non-carbonated flavored water with no added sweeteners and sports drinks, c) food products sold in vending machines to students in high schools may be sold at any time subject to the following requirements: nuts, seeds, cheese, yogurt and fruit may be sold in vending machines in high schools at any time and are not subject to the restrictions in the next sentence. Food products other than those listed in the previous sentence are subject to the following restrictions: shall contain no more than 200 calories per container or per package or amount served and shall contain no more than 8 grams of fat per container or per package or amount served with no more than 2 grams of fat from saturated and trans-fats and shall contain no more than 15 grams of sugar per container or per package or amount served.

- provides 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
- utilizes Smart Snacks (product calculator) in setting school nutrition standards. Only foods and beverages that meet this standard will be marketed or advertised

- sites will be supported for the school breakfast program
- Promotes healthy foods and beverages throughout each school setting
- Supports the establishment of school edible gardens
- Encourages nutrition education that teaches skills that are behavior focused
- Students are allowed to carry water bottles that can remain with them throughout the day and are provided water during lunch for no extra cost
- Withholding food, water or bathroom privileges from a student is unlawful and will not be allowed
- Encourage using healthy initiatives that promote physical activity and healthy eating by encouraging non-food celebrations, not using food and beverages as rewards but rather games, crafts, dance parties, extra recess or free time, show and tell, scavenger hunts, free home-work pass etc...
- conducts two annual food safety inspections (FSI) per USDA regulations and state rules. The reports will be posted publicly. Any findings will be addressed within the set time allocated with verifiable proof of completion
- Addresses life-threatening food allergies in students who attend and eat meals/snacks in district schools and provides guidelines for families, students, school administration, nursing services and nutritional services to assist with these allergies

Evaluation:

n:

- 100% of the offerings in a la carte meet the guidelines set forth in Subsection B of 6.12.5.8 NMAC
- 100% of the clubs/sports/etc. are following the guidelines for school sponsored fund raisers during normal school hours minimally meeting guidelines set forth in paragraph (1) of Subsection C of 6.12.5.8 NMAC
- 100% of the clubs/sports/etc. are following the guidelines for school sponsored fund raisers before and after school hours ensuring that at least fifty percent of the offerings shall be healthy choices in accordance with the requirements set forth in

paragraph (s) of Subsection C of 6.12.5.8 NMAC

- 100% of the vending machines meet the guidelines set forth in Subsection A of 6.12.5.8 NMAC
- Director of Operations and Coordinator of Nutritional services will be responsible for the evaluation of the nutrition component of the wellness policy.

Created October 2006. Revised Jan
2020