Safe and Healthy Schools Training
2018-2019
What is a Wellness Policy?

A written document that guides school district efforts to support health, wellness, and academic success for all New Mexico students

Can create equity among all schools, for all students within a school district
Why Does it Matter?

- Better health = better learners
- Kids with healthier eating patterns and enough physical activity tend to:
  - Earn better grades
  - Remember what was taught in class
  - Behave better in class
  - Miss less school time
Healthy Behavior and Academic Success
2015 NM YRRS

Ate Breakfast Daily
- Yes: 38.5%
- No: 35.8%

Physically active 5 days of past 7 days*
- Yes: 41.6%
- No: 34.1%

Watched TV more than 3 hours/day*
- Yes: 30.1%
- No: 40.5%

Drank soda two or more times/day*
- Yes: 24.6%
- No: 39.8%

*statistically significant association

% HS Students Who Get Mostly A Grades

Yes  No

*statistically significant association
Wellness Policy

- School Safety
- SHAC
- Physical Activity
- Other School-Based Activities
- Nutrition Guidelines
- Nutrition Promotion & Education
- Marketing & Advertising
- Public Notification
- Monitor & Evaluate
- Health Services
- Behavioral Health
- Health Education
- Physical Education
- Staff Wellness
- Wellness
- School Safety
- SHAC
- Physical Activity
- Other School-Based Activities
- Nutrition Guidelines
- Nutrition Promotion & Education
- Marketing & Advertising
- Public Notification
- Monitor & Evaluate
- Health Services
- Behavioral Health
- Health Education
- Physical Education
- Staff Wellness
School Health Advisory Committee

Requirements & goals for the SHAC

- Designate a lead
- Create a representative SHAC
- Meet regularly
- Update, implement, and evaluate the wellness policy
- Small working groups
- Student-led projects
Standards for all food available on the school campus

- School Meals
- Free water available during lunch
- Foods sold to students
- Classroom/school celebrations
- Fundraisers
Schools participating in the NSLP must make drinking water available for free during school meals.
**Smart Snacks** regulations standardize nutrition requirements to make sure all kids have access to healthy snacks that are consistent with the nutrition education they receive, and promote overall healthy eating habits.
# Keep Fundraising Healthy

<table>
<thead>
<tr>
<th>Fundraiser Type</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>During the School Day</td>
<td>Foods sold must meet Smart Snack standards</td>
</tr>
<tr>
<td></td>
<td>Two exceptions per semester</td>
</tr>
<tr>
<td>Outside of the School Day</td>
<td>No requirements</td>
</tr>
</tbody>
</table>

*School Day = the period from midnight before and up to 30 minutes after the end of the official school day.*
What’s Happening in New Mexico?

Socorro Independent School District
Socorro, NM
Exemplary RISD Policy Language:
Encourage the use of non-food fundraisers, and encourage those promoting physical activity, such as walk-a-thons, jump rope for heart, fun runs, etc.

Roswell Independent School District
Roswell, NM

Military Heights Elementary
Color run with pledges and donations
To fund: playground equipment and a walking track.

Del Norte Elementary
Walking Wednesday with pledges and donations
To fund: climbing wall and PE supplies

Berrendo Elementary
Color run with pledges and donations
To fund: teacher and student supplies

$6,000

$6,000

$7,000+
Foods Provided to Students

Classroom parties – birthdays, holidays, etc.

Classroom snacks brought in by parents or teachers

Other foods given as a reward or incentive

Exemplary Deming Public Schools Policy Language:
“Research clearly indicates that the use of food to reward/reinforce desirable behavior and academic performance, etc. has negative, unintended consequences. The use of food as a reward and withhold food as punishment are strictly prohibited.”
Exemplary QISD Policy Language:
“Celebrations: Schools should limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). The district via the SHAC will disseminate a list of healthy celebration ideas to parents and teachers Fall of 2018.”
**Nutrition Education**

*Include specific goals for nutrition education*

- Classroom-based (incorporated into curriculum)
- Cafeteria interventions
- Staff training

Foodservice staff education

Sending home information
Nutrition Promotion

*Changing the school environment to support healthy eating*

- Become a Team Nutrition School
- Participate in USDA Fresh Fruit and Vegetable program (if eligible)
  - Staff modeling health eating and physical activity
    - Cafeteria ambiance/education
    - Harvest of the Month/Taste testing days
  - School Garden
Healthy school meals are just as important to academic achievement as the textbooks that students receive.” – Becky Domokos-Bays
Kendal Chavez
NM PED – Nutritionist/Farm to School Specialist
505-827-1807
kendal.chavez@state.nm.us
Other School-Based Activities

Include specific goals for other school-based activities

• School garden
• School Fun Run
• Fit Family Fun Night
• Health Fair
What’s Happening in New Mexico?

James Elementary School/Community Garden
Portales, NM
## Marketing & Advertising

*Images and messages in schools should support healthy choices and be consistent with the wellness policy.*

**Applies to:**
- Exterior of vending machines
- Posters
- Menu boards
- Coolers
- Trash cans
- Cups used for beverage dispensing

**Does not apply to:**
- Personal clothing
- Personal items
- Packaging of products brought from home
- Materials used for educational purposes
- Events outside of school hours (i.e. sporting events)
If you can’t SELL it,
You can’t MARKET it!
Physical Activity

Include specific goals for physical activity

- Recess
  - Classroom physical activity breaks
    - Recess before lunch
  - After-school access to school facilities
    - Safe routes to school
    - Walk-a-thon/clubs

Active transportation to and from school

Classroom physical activity breaks

Exemplary San Jon Municipal Schools Policy Language:
Physical educators promote academic achievement by helping classroom teachers incorporate physical education concepts in classroom activities.
What’s Happening in New Mexico?

Roswell Independent School District
Roswell, NM – Walk & Roll to School Program

Longfellow Elementary School
Raton, NM – Walk with a Principal

Valencia Elementary School
Portales, NM – Mileage Challenge
Physical Education

Requirements & goals for physical education

Curriculum

Graduation requirement

Amount and frequency (i.e. days or minutes per week)

Limit class sizes

Professional development
What’s Happening in New Mexico?

Central Consolidated School District
Shiprock, NM

Exemplary CCSD Policy Language:
All CCSD elementary students in each grade will receive physical education for at least 90-149 minutes per week throughout the school year.

San Jon Municipal Schools
San Jon, NM

Exemplary SJMS Policy Language:
San Jon Schools limits physical education class sizes so they are consistent with those of other subject areas and/or self-contained classes. Classes of similar grade levels are scheduled back-to-back to maximize teaching efficiency.
Health Education

Requirements & goals for health education

- "Opt Out" policy for sexuality component
- Incorporating across curriculum areas
- Lifesaving skills (i.e. CPR, AED, & Heimlich)
- Graduation requirement
- HIV instruction

"Health is Wealth!"
Exemplary GMCS Policy Language:
Health education, based on an assessment of student health needs and planned in collaboration with the community, ensures enforcement of health messages that are relevant for students and meet community needs (to address chronic issues/health conditions that are prevalent in our community...i.e., obesity, chronic conditions, consumption of energy drinks, diabetes) and reassures families, students, school staff that safety and health protection measures are in place.

Pursue implementation of the Diabetes awareness peer-teaching with the Navajo Area Indian Health Services Health Promotion and Disease Prevention curriculum, especially the Diabetes Education in Tribal Schools (DETS).
Behavioral Health

Requirements & goals for behavioral health

- Consider the use of incident reporting apps
- Survey to assess the knowledge, attitudes and beliefs of students, families, teachers, administrators and community.
- Invite local behavioral health providers into the classroom to create discussions on relevant topics.
- Provide community resources
- Plan to address behavioral needs
- Support services

- Substance abuse reporting
- Child abuse and neglect training
- NMYRRS: Youth Risk & Resiliency Survey
- Plan
What’s Happening in New Mexico?

Clovis Municipal School District
Clovis, NM – Providing a positive, supportive environment using the STOPit app

STOPit empowers students with an easy app to safely and anonymously report anything of concern to school officials

What Students Report
• Bullying/Cyberbullying
• Inappropriate student/teacher relationships
  • Violence/Threats
  • Hazing
• Weapons Possession
• Drugs/Alcohol
• Substance Abuse
• Intolerance/Discrimination
Health Services & Other Elements

Requirements for health services & other elements

- Self-administer certain medications
- Adherence to McKinney-Vento
- Vision screenings
- HIV/AIDS compliance
- Licensed staff develop and supervise IHPs and BHPs
What’s Happening in New Mexico?

Mountainair Public Schools
Mountainair, NM

All students PK-12 will have their hearing and vision checked annually.

All students grades PK-5 will be offered free/reduced dental care on site 2x a year.
“The first item on the principal’s agenda is the high rate of staff absenteeism.”
Staff Wellness

Requirements & goals for staff wellness

Healthy role models

Reduced price gym memberships
Exemplary MPS Policy Language:
Make available a variety of exercise equipment (i.e. treadmills, stationary bikes) plus unrestricted access to the weight room.

Exemplary GPS Policy Language:
• Grady Schools encourage each faculty and staff member to serve as a healthy role model for students.
• Each faculty and staff member is encouraged to develop a wellness goal for the school year. A form is provided.
• At least one school-wide activity will be conducted each year that promotes staff wellness.
Public Notification

Inform and update the public about content, implementation, and compliance

Communicate policy with:
- community members
- school staff
- parents
- students
- teachers

Include:
- Its rationale
- Specific guidelines
- Implementation plan

Identify stakeholders who support the policy as they can help create widespread acceptance.
Be intentional

A message that resonates

Keep it positive

Multiple modes & methods

Repetitive and on-going

Valverda Elementary School
Aug 2 at 4:29pm

We are starting something new this school year! Valverda will be the first Elementary school in the parish to have Breakfast in the Classroom! Studies show that students who eat a great breakfast are more likely to concentrate more in the classroom, have increased learning throughout the day, and have better attention and memory! We are so excited to bring this to Valverda!

#kittenproud
Monitor and Evaluate

Assess and evaluate compliance

- Student health trends, e.g. fitness tests, nutrition habits
  - Time spent on physical activity
  - Nutrition education programs conducted
- Financial impact, e.g. cafeteria a la carte sales, vending machines
2 Basic Questions:

What are the district’s or schools’ current practices that support the wellness policy?

What is in the policy that the district or schools are not currently doing?
3 Basic Steps:

1. Assess your policy
2. Develop an action plan
3. Communicate and build support
<table>
<thead>
<tr>
<th>Wellness Goal</th>
<th>What is being done to support wellness goal?</th>
<th>Possible Improvements</th>
<th>Is goal being met?</th>
</tr>
</thead>
<tbody>
<tr>
<td>All PreK-12 student will receive daily physical education (elementary: PE - 90 minutes/week plus recess daily; middle school: 90 min/week or more; high school: 130 hours/semester to fulfill the 1 credit of Fundamental of Fitness required for graduation).</td>
<td></td>
<td></td>
<td>NO</td>
</tr>
<tr>
<td>Physical Education will be standards-based, using national and state-developed standards. Physical Education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. Physical education programs will meet the needs of all students, including those who are not athletically gifted, and actively teach cooperation, fair play, and responsible participation. Students will be able to demonstrate competency through application of skills.</td>
<td></td>
<td></td>
<td>YES</td>
</tr>
<tr>
<td>Physical education classes will count toward graduation and GPA.</td>
<td></td>
<td></td>
<td>YES</td>
</tr>
<tr>
<td>Teacher to student ratio will be no greater than 1:25.</td>
<td></td>
<td></td>
<td>NO</td>
</tr>
<tr>
<td>The school will provide adequate space/equipment and conform to all safety standards.</td>
<td></td>
<td></td>
<td>YES</td>
</tr>
</tbody>
</table>
### Local Wellness Policy Implementation Plan

**District:** Deming Public Schools  
**Date:** 9/14/2017

#### Physical Activity

<table>
<thead>
<tr>
<th>Policy Item</th>
<th>Action Steps</th>
<th>Person Responsible</th>
<th>Expected Outcomes</th>
<th>Due Date/Time Frame</th>
<th>Monitoring and Evaluation</th>
<th>Report Results to Whom</th>
</tr>
</thead>
<tbody>
<tr>
<td>The school prohibits the use of physical activity and withholding of physical education class and other forms of physical activity as punishment; Discipline referrals and detention forms will not document the use of restricted physical activity as a means/method of punishment.</td>
<td>Make teachers aware of the policy. Provide a list of alternatives to teachers.</td>
<td>Matt can assist</td>
<td>Teachers use resources to determine other forms of punishment.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physical education staff will receive professional development on a yearly basis.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Short (3-5 minute) “energy release” physical activity breaks will be provided between classes in elementary school, for example, programs such as Take 10! And ABC for Fitness will be used to incorporate short activity breaks into the day.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
What's Happening in New Mexico?

Farmington Municipal School District
Farmington, NM

Each school site has a "Wellness Policy Compliance Team", which is required to complete a “Site Evaluation Tool” and turn in to the to the district SHAC lead at least once a year.

<table>
<thead>
<tr>
<th>Policy Section</th>
<th>Goals</th>
<th>What is already happening in our school site</th>
<th>What could be improved?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition, Promotion &amp; Education</td>
<td>Promote healthy lifestyles through nutrition education; decrease the amount of empty and junk food in middle school student diet</td>
<td>Enhance nutrition education, healthy food choices in cafeteria, “Second chance” breakfast</td>
<td>More variety in choices of foods.</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>Provide opportunities for students to increase movement during the day</td>
<td>recess daily. Fitness. Volleyball, track, cross country, basketball, archery, wrestling</td>
<td>Classroom breaks in which physical activity is encouraged. Offer more activities in which students that are not sports-oriented can participate.</td>
</tr>
<tr>
<td>Fundraisers</td>
<td>Raise funds for the school with no use of food as incentive.</td>
<td>Dance, light outfits, the darkness dance, end of school year dance</td>
<td>Incorporate fundraising activities that encourage movement, not just food.</td>
</tr>
<tr>
<td>Food &amp; Beverage Marketing</td>
<td>Enhance student exposure to healthy food and beverage choices through positive marketing practices.</td>
<td>Vending machines stocked with water, poppers with healthy food items on offerings</td>
<td>Add healthy snacks in vending machines for student use.</td>
</tr>
<tr>
<td>Food Provided, Not Sold</td>
<td>Limit the use of outside vendors and staff to provide foods unless those foods comply with the District guidelines.</td>
<td>Healthy and quality ofonolet inc items. Second chance breakfast. 94%-95% for students that missed breakfast.</td>
<td>Utilize community resources that promote a healthy food and beverage.</td>
</tr>
<tr>
<td>Physical Education</td>
<td>Promote healthy lifestyles and physical strength through education and body movement.</td>
<td>7th grade p.e. requirement. 8th and 8th grade electives. Health Fair for students in May. Full Engagement Training.</td>
<td>Increase movement of students by providing more equipment for recess. i.e. swings and volleyball nets.</td>
</tr>
<tr>
<td>Behavioral Health</td>
<td>Provide opportunities for students to utilize resources to ensure mental and emotional wellbeing.</td>
<td>Motivational speaker, funny, PBIS (Positive Behavior Intervention and Support) intervention in classes. Natural healing.</td>
<td>Maintain a healthy school environment by encouraging bullying and student intimidation.</td>
</tr>
<tr>
<td>School Safety</td>
<td>Maintain a safe school environment.</td>
<td>Lock down drill, fire drill, SRO 4 days a week (with 3 schools). Crisis response team, radios</td>
<td>Staff will be trained in SRO. Secure front entrance of school for student and staff safety.</td>
</tr>
<tr>
<td>Health Services</td>
<td>Provide services for students so that they can maintain physical, emotional, and spiritual health.</td>
<td>8th grade nutrition. 8th grade STC. HIV. 9th grade school of progression sexual health education. 9th grade violence and abuse.</td>
<td>Implement health education sessions early in the school year.</td>
</tr>
<tr>
<td>Staff Wellness</td>
<td>Maintain commitment to staff for healthy lifestyle practices.</td>
<td>nut store, daily health fair, weight loss challenge, healthy vending machine options.</td>
<td>Monitor current health issues and increase staff education and available resources. Make FET available for MVMU staff.</td>
</tr>
</tbody>
</table>
PED Wellness Policy Review

Evaluate, revise and make available to the public annually

Rubric
<table>
<thead>
<tr>
<th>Requirement/Required Activity</th>
<th>Current CMS Practice</th>
<th>Goal:</th>
<th>Timeline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Create guidelines to provide physical activity opportunities to students before, during and/or after school.</td>
<td>All CMS campuses are open to the public before and after school to allow for physical movement and activity. CMS provides a 15 minute and a 20 minute lunch recess for grades K-5 daily in addition to a 15 minute rest time after lunch for K students during the first semester. CMS provides a 10-15 minute recess for grades 6-8 daily.</td>
<td>All students will have the opportunity for healthy physical movement and activity throughout the school day. CMS does not allow for physical activity to be withheld as a punishment.</td>
<td>In place, 2018-2019 School Year</td>
</tr>
<tr>
<td>All schools will provide education on the benefits of physical activity that align with the New Mexico Health Education Content Standards using benchmarks and performance standards as set forth in 6.29.9 NMAC.</td>
<td>All CMS elementary students participate in physical education classes two to three times per week. The program is aligned to NM Standards and Benchmarks and includes an educational component on benefits of physical activity as part of the instructional framework. All 6th grade students will be required to take one year of physical education.</td>
<td></td>
<td>In place, Fall 2018</td>
</tr>
</tbody>
</table>

**Additional Activities Offered/Recommended**

<table>
<thead>
<tr>
<th>CMS Current Practice</th>
<th>Goal</th>
<th>Timeline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Activity or “Brain” Breaks (Elementary and Secondary)</td>
<td>Daily Schedule for all grade levels K-5 provides planned breaks in the schedule</td>
<td>Consistent implementation of “Brain Breaks”</td>
</tr>
<tr>
<td>Active Transport</td>
<td>CMS currently offers a crosswalk for students who live in proximity to the school and storage for bikes ridden to school.</td>
<td></td>
</tr>
</tbody>
</table>
School Health Advisory Committee

Collaborative community team to develop, implement and review policy

PE Teachers
Parents
Principals
School Nutrition Services
School Nurses
School Counselors
Students
School Board
Community Leaders

Join the Team!
Who else can you invite to join your SHAC?

What items should be addressed at your next SHAC meeting? What is your district doing well? What areas need work? Is your district meeting all the minimum requirements?
PLEASE take advantage of 1-on-1 assistance with your wellness policy and safe school plans TODAY from 1-4pm
THANK YOU!

Jimmie Thompson, NM PED
505-827-1804
jimmie.thompson@state.nm.us

Leah Yngve, NM DOH
505-476-7610
leah.yngve@state.nm.us

Alyssa Renwick, NM DOH
505-476-7623
alyssa.renwick@state.nm.us