

# *El Camino Real Academy*

## ***Wellness Policy***

### ***J.12 - Student Wellness and Welfare***

El Camino Real Academy shall maintain a coordinated school health and wellness program to maintain healthy students. This program shall promote the Coordinated School Health Model, which includes the following eight components:

- Nutrition
- Physical Education and Activity
- Family, School and Community Partnership
- Health Education and Life Skills
- Healthy and Safe Environment
- Social and Emotional Well-Being
- Health Services

### ***G.12 - Staff Wellness and Welfare***

El Camino Real Academy shall maintain a coordinated school health and wellness program to maintain healthy staff. This program shall promote the Coordinated School Health Model, which includes the following eight components:

- Nutrition
- Physical Education and Activity
- Family, School and Community Partnership
- Health Education and Life Skills
- Healthy and Safe Environment
- Social and Emotional Well-Being
- Health Services
- Staff Wellness

## **Family School and Community Involvement**

### **Position Statement**

**At El Camino Real Academy, we believe in addressing the whole child and incorporate that philosophy in all areas of our planning for every student's well-being. It is important to communicate and integrate our knowledge of each child's individual health in order to appropriately address their needs, "one child at a time". We also firmly believe in empowering our students with the knowledge they need in order to make positive and healthy decisions for themselves as they grow into adulthood.**

**Definition:**

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.

The family, school and community involvement component promotes long-term effective partnerships between families, schools, and communities in the planning and implementation of health promotion projects and events both within the school and throughout the community. The partnership can encourage and sustain environmental changes that support healthy lifestyles for children and their families.

**Requirement:**

ECRA shall establish a school health advisory council that consists of parent(s), school food authority personnel, school board member(s), school administrator(s), school staff, student(s), and community member(s).

The school health advisory council shall have the responsibility to make recommendations to the Governing Council in the development or revision, implementation, and evaluation of the school district wellness policy.

The school health advisory council shall meet for this purpose a minimum of two times annually.

**Goal:**

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.

## **Activities:**

A School Health Advisory Council will be established from the members of our Special Programs Team in order to develop, implement, monitor and evaluate the district wellness policy.

- ECRA has established guidelines that provide physical activity opportunities to students before, during and/or after school.
- ECRA follows the Nutrition guidelines for a la carte offerings minimally meeting guidelines as stated in the competitive food sales rule.
- We follow the nutrition guidelines for school sponsored fund raisers during normal school hours as stated in the competitive food sales rule.
- School sponsored fund raisers before and after school hours will ensure that at least 50% of the offerings shall be healthy choices as stated in the competitive food sales rule.
- ECRA offers a planned, sequential, K-12 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 6.30.2.19 NMAC.
- ECRA offers a planned, sequential K-12 physical education curriculum that 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 as set forth in 6.30.2.20 NMAC.
- ECRA is committed to addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being. This is included in each student's individual profile and Student Success Plan.
- ECRA has a Safe School Plan that focuses on supporting health and safe environments and including but not necessarily limited to prevention, policies and procedures, and emergency response.
- The staff at ECRA addresses the health services needs of students in the educational process through our RTI model, SAT team, screenings, clinics and individually in classrooms.
- ECRA staff policy minimally ensures an equitable work environment and meets the American with Disabilities Act Part III. In addition, personal staff wellness goals have become part of each person's professional development plan.
- The council will develop and continually improve the plan for measuring implementation and evaluation of the wellness policy.
- The principal and SHAC will be charged with operational responsibility for ensuring that our school fulfills the requirements of this wellness policy.
- ECRA is establishing a team that includes students and is charged with ongoing reviews of our healthful eating habits and fund-raising food sales. This team will be charged with educating students and parents regarding our healthy focus and our progress in that direction.

## **Evaluation**

See Appendix A & E.

## Physical Activity

Physical activity means body movement of any type which includes recreational, fitness and sport activities.

*Note: physical activity is a component of, but is not a substitute for, quality physical education. Physical education is an instructional program taught by a certified physical educator and focuses on developing skills, knowledge, and attitudes necessary to personally decide to participate in a lifetime of healthful physical activity.*

*Physical education is one source, but should not be the only source of physical activity before, during and/or after school.*

### **Requirement:**

This wellness policy includes guidelines to provide physical activity opportunities to students before, during and/or after school.

### **Goal:**

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.

### **Activities:**

- ECRA has established guidelines that provide physical activity opportunities to students before, during and/or after school.
- ECRA will 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 students are provided daily recess for all students.
- ECRA policy prohibits withholding physical activity (i.e. physical education class, recess, etc.) as a means/method of punishment.
- encourages basic physical activities of walking and biking as transportation modes to and from school. Students often walk on community field trips.
- ECRA plans for school-wide physical activities (i.e. fun days, family fitness nights, field days).

### **Evaluation**

See Appendix B.

# Nutrition

## **Definitions:**

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.

## **Requirement:**

This wellness policy addresses nutrition guidelines for a la carte offerings minimally meeting guidelines set forth in Subsection B of 6.12.5.8 NMAC.

This wellness policy addresses guidelines for school sponsored fund raisers during the normal school hours minimally meeting guidelines set forth in Paragraph (1) of Subsection C of 6.12.5.8 NMAC.

This wellness policy addresses guidelines for school sponsored fund raisers 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.

## **Goal:**

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 which provide adequate nutrition opportunities.

## **Activities:**

ECRA will:

- Establish nutrition guidelines for a la carte offerings minimally meeting guidelines set forth in Subsection B of 6.12.5.8 NMAC.
- Establish guidelines for school sponsored fund raisers during the normal school hours minimally meeting guidelines set forth in Paragraph (1) of Subsection C of 6.12.5.8 NMAC.
- Establish guidelines for school sponsored fund raisers 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.
- 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.
- Ensure that students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media.
- Support the school breakfast program.
- Create a plan to provide collaboration between the cafeteria and the classroom to provide healthy selections and reinforce nutrition education.

## **Evaluation**

See Appendix B, C, & D.

# Health Education

## **Definition:**

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.

## **Requirement:**

This wellness policy shall incorporate a planned, sequential, K-12 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 6.30.2.19 NMAC.

## **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.

## **Activities:**

The ECRA wellness policy shall incorporate a planned, sequential, K-12 health education curriculum that addresses the physical, mental, emotional and social dimensions of health.

- The health education curriculum will be aligned to the health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.
- ECRA will provide activities in comprehensive health education that align with the New Mexico health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.
- ECRA shall implement a policy that will insure 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. The policy includes but is not limited to:
  - the process for parents to request an exemption from the parts of the health education curriculum that addresses the sexuality performance standards and
  - how alternative lessons are established for the exempted parts of the curriculum.
- shall provide instruction about HIV and related issues in the curriculum of the required health education content area to all students in the elementary grades, in the middle/junior high school grades, and in the senior high school grades as set forth in 6.12.2.10.C NMAC.
- ECRA health education lessons will be taught in a manner that is culturally sensitive and utilizing a variety of instructional strategies (i.e. role playing, projects, media literacy, etc.).

## **Evaluation**

See Appendix B.

# Physical Education

## **Definition:**

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.

## **Requirement:**

A planned, sequential, K-12 physical education curriculum that 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 as per 6.30.2.20 NMAC.

## **Goal:**

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 which aligns with the content standards with benchmarks and performance standards.

## **Activities:**

ECRA will

- utilize a planned, sequential, K-12 physical education curriculum that 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.
- align the physical education curriculum with the physical education content standards with benchmarks and performance standards as per 6.30.2.20 NMAC.
- hire certified physical educators to teach physical education and plan additional opportunities for physical activity.
- support physical educators in promoting academic achievement by helping classroom teachers incorporate physical education concepts in classroom activities.

## **Evaluation**

See Appendix B.

## Healthy and Safe Environment

### **Definition:**

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.

### **Requirement:**

This wellness policy includes a school safety plan focused on supporting healthy and safe environments and including, but not necessarily limited to, prevention, policies and procedures and emergency response plans.

### **Goal:**

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 support academic achievement.

### **Activities:**

ECRA will

- Continue to update our safe school plan focused on supporting healthy and safe environments and including, but not necessarily limited to, prevention, policies and procedures and emergency response plans.
- Perform 12 emergency drills in each public school in New Mexico. Emergency drills shall consist of 9 fire drills, 2 shelter in place drills and one evacuation drill at the intervals set forth in subsection M of 6.30.2.10 NMAC.
- Research recovery strategies and consider adding this to the safe school plans.
- Continue providing safety procedures and appropriate training for students, teachers and staff that support personal safety and a violence/harassment-free environment, including CPI for all staff members.
- Will strive to meet current safety standards for all school buildings and grounds, structures, and equipment and keep the school clean, safe and in good repair.
- Will follow policy which creates an environment free of tobacco, alcohol and other drugs.

### **Evaluation**

See Appendix B.



## Social and Emotional Well-Being

### **Definition:**

Social and Emotional well-being means services provided to maintain and/or improve student's mental, emotional, behavioral and social health.

### **Requirement:**

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

### **Goal:**

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.

### **Activities:**

ECRA will:

- Continue using Student Success Plans and Individual profiles that reflect students social and emotional well-being.
- Utilize the school guidance counselor and social worker to assist students as needed.
- Offer small support groups for students dealing with specific issues.
- Provide an environment in which students are able to request assistance when needed.
- Provide a supportive school environment that links to community resources.

### **Evaluation**

See Appendix B.

## Health Services

### **Definition:**

Health services means services provided for students to apprise, 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

### **Requirement:**

The wellness policy shall include a plan addressing the health services needs of students in the educational process.

### **Goal:**

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

### **Activities:**

ECRA will:

- Create a plan addressing the health services needs of students in the educational process.
- Provide a linkage for students and families to school and community health resources (e.g., primary care, public health, community health agencies and faith based groups, school-based health centers).
- Provide services that include but are not limited to preventive services, behavioral health services, screenings and referrals; evaluations and assessments; first aid and emergency care; follow-up care; school safety; health education and ancillary services (e.g., speech therapy or physical therapy and or occupational therapy).
- Provide health service professionals with professional development opportunities such as workshops, conventions and collaboration for the purpose of receiving the latest information, innovations and ideas in their field and implementing them in their areas of expertise.
- Continue to strive to meet all reporting, record-keeping and confidentiality requirements

### **Evaluation**

See Appendix B.

## Staff Wellness

### **Definition:**

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.

Our staff wellness program allows the staff to learn and practice skills to make personal decisions about health-enhancing daily habits.

### **Requirement:**

Our wellness policy shall include a plan addressing the staff wellness needs of all school staff that minimally insures an equitable work environment and meets the Americans with Disabilities Act, Part III.

### **Goal:**

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.

### **Activities:**

- ECRA requires staff to add an individual wellness goal to their professional development plan.
- ECRA's plan addresses the staff wellness needs of all school staff that minimally insures an equitable work environment and meets the Americans with Disabilities Act, Part III.
- ECRA will provide staff and faculty the opportunity to participate in a health promotion program focusing on exercise, stress management and nutrition (i.e. health fairs, fun runs, walks etc).
- ECRA will provide staff and faculty with accurate, evidence based information or activities related to exercise, stress management and nutrition (i.e. newsletters, yoga, pilates, menopause information, weight lifting, cardio improvement classes, etc).

### **Evaluation**

See Appendix B & E .

**Appendix A**

**SCHOOL HEALTH ADVISORY COUNCIL (SHAC)  
MEMBERS**

**As per the Public Education Department Wellness Policy rule 6.12.6.1 NMAC, all New Mexico local boards 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).**

**Identify below the members of your SHAC, their roles and contact information. Please note that you are not limited to only one person representing each category.**

**Each school district is to identify a wellness policy champion(s) within the school district, or at each school, as appropriate, charged with the operational responsibility for ensuring that each school fulfills the school district's wellness policy.**

<b>NAME</b>	<b>ROLE</b>	<b>PHONE NUMBER</b>	<b>E-MAIL</b>
	Wellness Policy lead		
	School administrator		
	School board member		
	School staff		
	School food authority personnel		
	Parent		
	Student		
	Community member		
	Other (indicate)		
	Other (indicate)		

## Appendix B

**TITLE 6            PRIMARY AND SECONDARY EDUCATION**  
**CHAPTER 12      PUBLIC SCHOOL ADMINISTRATION - HEALTH AND SAFETY**  
**PART 6            SCHOOL DISTRICT WELLNESS POLICY**

**6.12.6.1            ISSUING AGENCY:** Public Education Department

[6.12.6.1 NMAC - N, 02-28-06]

**6.12.6.2            SCOPE:** This regulation applies to public schools in New Mexico unless otherwise expressly limited.

[6.12.6.2 NMAC - N, 02-28-06]

**6.12.6.3            STATUTORY AUTHORITY:** This regulation is adopted pursuant to Sections 22-2-1 and 9-24-8 NMSA 1978.

[6.12.6.3 NMAC - N, 02-28-06]

**6.12.6.4            DURATION:** Permanent

[6.12.6.4 NMAC - N, 02-28-06]

**6.12.6.5            EFFECTIVE DATE:** February 28, 2006, unless a later date is cited at the end of a section.

[6.12.6.5 NMAC - N, 02-28-06]

**6.12.6.6            OBJECTIVE:** This rule requires the adoption of local school district wellness policies.

[6.12.6.6 NMAC - N, 02-28-06]

**6.12.6.7            DEFINITIONS:**

A.        “Coordinated school health approach” means the framework for linking health and education. The focus is healthy and successful students. There are eight interactive components of coordinated school health: health education; physical education and activity; nutrition; social and emotional well-being; healthy and safe environment; health services; staff wellness; and family, school and community involvement.

B.        “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.

C.        “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.

D.        “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 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.

E.        “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.

F.        “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.

G.        “Physical activity” means body movement of any type which include recreational, fitness, and sport activities.

H.        “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 healthful physical activity. It meets the content standards with benchmarks and performance standards as set forth in Section 6.30.2.20 NMAC.

I.        “Social and emotional well-being” means services provided to maintain and/or improve students’ mental, emotional, behavioral, and social health.

J.        “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.

[6.12.6.7 NMAC - N, 02-28-06]

**6.12.6.8 REQUIREMENTS:**

A. This section applies to local school boards, local school districts, and charter schools and governs policies to be implemented by local school districts with regards to student and school employee wellness.

B. Each school district and charter school shall develop and implement a policy that addresses student and school employee wellness through a coordinated school health approach.

C. Each school district and charter school shall submit the wellness policy to the public education department for approval.

(1) Sections of the wellness policy that meet the requirements set forth in Paragraphs (3), (4), (5), (6) and (11) of Subsection D and the requirements set forth in Subsection E of this section shall be submitted to the public education department on or before August 30, 2006.

(2) Sections of the wellness policy that meet the requirements set forth in Paragraphs (1), (2), (7), (8), (9) and (10) of Subsection D of this section shall be submitted to the public education department on or before January 30, 2007.

D. The wellness policy shall include, but shall not be limited to:

(1) a planned, sequential, K-12 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 6.30.2.19 NMAC;

(2) a planned, sequential, K-12 physical education curriculum that 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 as set forth in 6.30.2.20 NMAC;

(3) guidelines to provide physical activity opportunities to students before, during and/or after school;

(4) nutrition guidelines for a la carte offerings minimally meeting guidelines set forth in Subsection B of 6.12.5.8 NMAC;

(5) guidelines for school sponsored fund raisers during the normal school hours minimally meeting guidelines set forth in Paragraph (1) of Subsection C of 6.12.5.8 NMAC;

(6) guidelines for school sponsored fund raisers before and after schools hours ensuring that at least fifty percent 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;

(7) a plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being;

(8) school safety plans 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;

(9) a plan addressing the health services needs of students in the educational process;

(10) a plan addressing the staff wellness needs of all school staff that minimally ensures an equitable work environment and meets the American with Disabilities Act, Part III;

(11) a plan for measuring implementation and evaluation of the wellness policy, including the designation of one or more persons within the school district, or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the district's wellness policy.

E. Family, school and community involvement. Each local board of education shall establish a district school health advisory council that consists of parent(s), school food authority personnel, school board member(s), school administrator(s), school staff; student(s); and community member(s). The school health advisory council shall have the responsibility to make recommendations to the local school board in the development or revision, implementation, and evaluation of the wellness policy consistent with this rule. The school health advisory council shall meet for this purpose a minimum of two times annually.

[6.12.6.8 NMAC - N, 02-28-06]

**History of 6.12.6 NMAC:** [Reserved]

## Appendix C

**TITLE 6            PRIMARY AND SECONDARY EDUCATION**  
**CHAPTER 12       PUBLIC SCHOOL ADMINISTRATION - HEALTH AND SAFETY**  
**PART 5            NUTRITION: COMPETITIVE FOOD SALES**

**6.12.5.1            ISSUING AGENCY:** Public Education Department  
[6.12.5.1 NMAC - N, 02-28-06]

**6.12.5.2            SCOPE:** This rule applies to public schools in New Mexico unless otherwise expressly limited.  
[6.12.5.2 NMAC - N, 02-28-06]

**6.12.5.3            STATUTORY AUTHORITY:** This rule is adopted pursuant to Sections 22-2-1 and 9-24-8, NMSA 1978.  
[6.12.5.3 NMAC - N, 02-28-06]

**6.12.5.4            DURATION:** Permanent  
[6.12.5.4 NMAC - N, 02-28-06]

**6.12.5.5            EFFECTIVE DATE:** February 28, 2006, unless a later date is cited at the end of a section.  
[6.12.5.5 NMAC - N, 02-28-06]

**6.12.5.6            OBJECTIVE:** This rule addresses the sale of competitive food sold to children attending public schools in New Mexico.  
[6.12.5.6 NMAC - N, 02-28-06]

**6.12.5.7            DEFINITIONS:**

A.        "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 States department of agriculture school meal program.

B.        "Competitive food" means a food or beverage sold at school other than one served as part of the United States department of agriculture school meal program. The term includes any item sold in vending machines, a la carte or through other school fundraising efforts.

C.        "Fund raisers" 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 United States department of agriculture school meal program.

D.        "Vended beverages and foods" means a beverage or food product sold in vending machines to students in schools.

[6.12.5.7 NMAC - N, 02-28-06]

**6.12.5.8            REQUIREMENTS FOR COMPETITIVE FOODS SOLD TO STUDENTS:**

A.        Vended foods and beverages:

(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:

(i)      milk with a fat content of 2 percent or less;

(ii)     soy milk; and

(iii)    water.

(b)      Carbonated beverages shall not be sold in vending machines to students in elementary schools.

(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:

(i)      milk with a fat content of two percent or less;

(ii)     soy milk;

(iii)    water; and

(iv)     100 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.

(b)      Carbonated beverages shall not be sold in vending machines to students in middle schools.

(c)      Food products sold in vending machines to students in middle schools are subject to the following requirements:

(i)      Nuts, 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 item (ii) of this subparagraph.

(ii) Food products other than those listed in item (i) of this subparagraph 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:

- (i) milk with a fat content of 2 percent or less;
- (ii) soy milk;
- (iii) water; and
- (iv) juice that is at least 50 percent 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 items in subparagraph (a) and:

- (i) carbonated soft drinks that are both sugar free and caffeine free;
- (ii) non-carbonated flavored water with no added sweeteners; and
- (iii) 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:

(i) 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 item (ii) of this subparagraph.

(ii) Food products other than those listed in item (i) of this subparagraph 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.

B. A la carte offerings must meet the following requirements:

(1) Beverages sold in a la carte offerings may only be sold during lunch period and shall only include:

(a) Elementary schools:

- (i) milk with a fat content of 2 percent or less;
- (ii) soy milk; and
- (iii) water.

(b) Middle schools:

- (i) milk with a fat content of two percent or less;
- (ii) soy milk;
- (iii) water; and
- (iv) 100 percent fruit juice that has no added sweeteners and no more that 125 calories per

container and a serving size not to exceed 20 ounces.

(c) High schools:

- (i) milk with a fat content of 2 percent or less;
- (ii) soy milk;
- (iii) water; and
- (iv) juice that is at least 50 percent 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 restrictions in subparagraph (b) of this paragraph.

(b) Food products other than those listed in subparagraph (a) of this paragraph are subject to the following restrictions:

- (i) shall contain no more than 400 calories per container or per package or amount served; and
- (ii) 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; and
- (iii) shall contain no more than 30 grams of total sugar per package or amount served.

C. Fund raisers:

(1) Beverages and food products may be sold as fund raisers at any time during normal school hours except during the lunch period and are subject to the following requirements and limitations:

(a) Elementary schools:

(i) Beverages sold shall only include: milk with a fat content of 2 percent or less; soy milk; and water. Carbonated beverages shall not be sold.

(ii) Food products shall not be sold as fund raisers to students in elementary schools.



(b) Middle schools:

(i) Beverages sold shall only include: milk with a fat content of 2 percent 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.

(ii) 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.

(c) High schools:

(i) Beverages sold shall only include: milk with a fat content of 2 percent or less, soy milk, water and juice that is at least 50 percent fruit and that has no added sweeteners and a serving size not to exceed 20 ounces.

(ii) 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.

(2) Beverages and food products may be sold as fund raisers outside of normal school hours provided that at least 50 per cent of the offerings meet the following requirements:

(a) Beverages: milk with a fat content of 2 percent or less; soy milk, water and juice that is at least 50 percent fruit and that has no added sweeteners and a serving size not to exceed 20 ounces.

(b) Food products: 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.

[6.12.5.8 NMAC - N, 02-28-06]

History of 6.12.5 NMAC: [Reserved]

Appendix D

COMPETITIVE FOOD SALES GRID

“Competitive Food” means a food or beverage sold at school other than one served as part of the United States Department of Agriculture school meal program. The term includes any item sold in vending machines, a la carte or through other school fundraising efforts during normal school hours.

<b>Vended Beverages and Foods</b>			
<i>“Vended beverages and foods” means a beverage or food product sold in vending machines to student in schools..</i>			
<b>Vended</b>	<b>Elementary</b>	<b>Middle</b>	<b>High</b>
<b><u>Beverages</u></b>	<b><u>Allowed after the last lunch period:</u></b>	<b><u>Allowed any time:</u></b>	<b><u>Allow any time:</u></b>
	<ul style="list-style-type: none"> <li>• Milk 2% or less</li> <li>• Soy milk</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Milk 2% or less</li> <li>• Soy milk</li> <li>• Water</li> <li>• 100% fruit juice that has:               <ul style="list-style-type: none"> <li>• no added sweeteners</li> <li>• no more that 125 calories/container and</li> <li>• a serving size not to exceed 20 oz.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Milk 2% or less</li> <li>• Soy milk</li> <li>• Water</li> <li>• At least 50% fruit juice that has:               <ul style="list-style-type: none"> <li>• no added sweetenersr and</li> <li>• a serving size not to exceed 20 oz.</li> </ul> </li> </ul>
	<b><u>**No Carbonated Drinks</u></b>	<b><u>**No Carbonated Drinks</u></b>	<b><u>Allowed after the last lunch period:</u></b>
			<ul style="list-style-type: none"> <li>• Sugar free/Caffeine free soft drinks (must be both)</li> <li>• Non-carbonated flavored water with no added sweeteners</li> <li>• Sports drinks</li> </ul>

<b>Vended</b>	<b>Elementary</b>	<b>Middle</b>	<b>High</b>
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<p style="text-align: center;"><b><u>Foods</u></b></p>	<p style="text-align: center;"><b>NONE</b></p>	<p style="text-align: center;"><b><u>Allowed after the last lunch period.</u></b></p> <p>Foods meeting the following guidelines</p> <p><b><u>**with the exception of nuts, seeds, cheese, yogurt, and fruit:</u></b></p> <ul style="list-style-type: none"><li>• No more than 200 calories per container or per package or amount served, and</li><li>• No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and</li><li>• No more than 15 grams of sugar per container or per package or amount served</li></ul>	<p style="text-align: center;"><b><u>Allowed any time.</u></b></p> <p>Foods meeting the following guidelines</p> <p><b><u>**with the exception of nuts, seeds, cheese, yogurt, and fruit:</u></b></p> <ul style="list-style-type: none"><li>• No more than 200 calories per container or per package or amount served, and</li><li>• No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and</li><li>• No more than 15 grams of sugar per container or per package or amount served</li></ul>
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**A La Carte** (only during lunch period)

“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 States Department of Agriculture school meal program.

<b>A La Carte</b>	<b>Elementary</b>	<b>Middle</b>	<b>High</b>
<b><u>Beverages</u></b>	<p><b><u>Allowed only during lunch period:</u></b></p> <ul style="list-style-type: none"><li>• Milk 2% or less</li><li>• Soy milk</li><li>• Water</li></ul> <p><b><u>**No Carbonated Drinks</u></b></p>	<p><b><u>Allowed only during lunch period:</u></b></p> <ul style="list-style-type: none"><li>• Milk 2% or less</li><li>• Soy milk</li><li>• Water</li><li>• 100% fruit juice that has:<ul style="list-style-type: none"><li>• no added sweeteners</li><li>• no more than 125 calories/container and</li><li>• a serving size not to exceed 20 oz.</li></ul></li></ul> <p><b><u>**No Carbonated Drinks</u></b></p>	<p><b><u>Allowed only during lunch period:</u></b></p> <ul style="list-style-type: none"><li>• Milk 2% or less</li><li>• Soy milk</li><li>• Water</li><li>• At least 50% fruit juice that has:<ul style="list-style-type: none"><li>• no added sweeteners and</li><li>• a serving size not to exceed 20 oz.</li></ul></li></ul> <p><b><u>**No Carbonated Drinks</u></b></p>
<b><u>Foods</u></b>	<p><b>Foods products sold in Elementary, Middle and High School only during the lunch period as a la carte sales must meet the following guidelines</b></p> <p><b><u>**with the exception of nuts, seeds, cheese, yogurt, and fruit:</u></b></p> <ul style="list-style-type: none"><li>• No more than 400 calories per container or per package or amount served; and</li><li>• No more than 16 grams of fat (no more than 2 grams from saturated and trans fats combined) per container or per package or amount served and</li><li>• No more than 30 grams of total sugar per container or per package or amount served.</li></ul>		

## Fund Raisers (Beverages/Food)

“Fund Raisers” means beverage or food products sold to raise money that are not sold in vending machines, a la carte sales or part of the United States Department of Agriculture school meal program.

Fund Raisers	Elementary	Middle	High
<p><b><u>During Normal School Hours</u></b></p> <p><b><u>Beverages</u></b></p>	<p><b><u>Beverages Allowed as fund raiser except during lunch period</u></b></p> <ul style="list-style-type: none"> <li>• Milk 2% or less</li> <li>• Soy milk</li> <li>• Water</li> </ul> <p><b><u>**No Carbonated Drinks</u></b></p>	<p><b><u>Beverages Allowed as fund raiser except during lunch period</u></b></p> <ul style="list-style-type: none"> <li>• Milk 2% or less</li> <li>• Soy milk</li> <li>• Water</li> <li>• 100% fruit juice that has:               <ul style="list-style-type: none"> <li>• no added sweeteners</li> <li>• no more than 125 calories/container and</li> <li>• a serving size not to exceed 20 oz.</li> </ul> </li> </ul> <p><b><u>**No Carbonated Drinks</u></b></p>	<p><b><u>Beverages Allowed as fund raiser except during lunch period</u></b></p> <ul style="list-style-type: none"> <li>• Milk 2% or less</li> <li>• Soy milk</li> <li>• Water</li> <li>• At least 50% fruit juice that has:               <ul style="list-style-type: none"> <li>• no added sweeteners and</li> <li>• a serving size not to exceed 20 oz.</li> </ul> </li> </ul> <p><b><u>**No Carbonated Drinks</u></b></p>

<b>Fund Raisers</b>  <b><u>During Normal School Hours</u></b>  <b><u>Foods</u></b>	<b>Elementary</b>  <b>NONE</b>	<b>Middle</b>  <b><u>Allowed as fund raiser except during lunch period</u></b>  Foods meeting the following guidelines  <b><u>**with the exception of nuts, seeds, cheese, yogurt, and fruit:</u></b> <ul style="list-style-type: none"> <li>• No more than 200 calories per container or per package or amount served, and</li> <li>• No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and</li> <li>• No more than 15 grams of sugar per container or per package or amount served</li> </ul>	<b>High</b>  <b><u>Allowed as fund raiser except during lunch period</u></b>  Foods meeting the following guidelines  <b><u>**with the exception of nuts, seeds, cheese, yogurt, and fruit:</u></b> <ul style="list-style-type: none"> <li>• No more than 200 calories per container or per package or amount served, and</li> <li>• No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and</li> <li>• No more than 15 grams of sugar per container or per package or amount served</li> </ul>
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<b>Fund Raisers</b>  <b><u>Outside of Normal School Hours</u></b>	<b>Beverages and food products may be sold as fund raisers outside of normal school hours for Elementary, Middle and High Schools provided that at least 50 per cent of the offerings meet the following requirements:</b>	
	<b><u>Beverages:</u></b> <ul style="list-style-type: none"> <li>• Milk 2% or less</li> <li>• Soy milk</li> <li>• Water</li> <li>• At least 50% fruit juice that has:               <ul style="list-style-type: none"> <li>• no added sweeteners</li> <li>• no more that 125 calories/container and</li> <li>• a serving size not to exceed 20 oz.</li> </ul> </li> </ul>	<b><u>Foods:</u></b> <b><u>**with the exception of nuts, seeds, cheese, yogurt, and fruit:</u></b> <ul style="list-style-type: none"> <li>• No more than 200 calories per container or per package or amount served, and</li> <li>• No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and</li> <li>• No more than 15 grams of sugar per container or per package or amount served</li> </ul>

## Appendix E

### EVALUATION

#### Process Evaluation: Measuring implementation of Wellness Policy

Component/Activity	In Planning	In Process	In Place
School established a School Health Advisory Council.			
School Health Advisory Council contains all required members: parent(s), school food authority personnel, school board member(s), school administrator(s), school staff; student(s); and community member(s).			
The School Health Advisory Council reports to the local school board recommendations for development/revision, implementation and evaluation of the wellness policy at least annually.			
The School Health Advisory Council has met at least twice this year for the purpose of development or revision, implementation, and evaluation of the wellness policy.			
The School Health Advisory council designated one or more persons within the school district, or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the district's wellness policy.			
The Governing Council has adopted physical activity guidelines for before, during and/or after school.			
Nutrition guidelines for a la carte offerings minimally meeting guidelines set forth in subsection B of 6.12.5.8 NMAC.			
Nutrition 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.			
Nutrition 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 (2) of subsection C of 6.12.5.8 NMAC.			
Guidelines for a planned, sequential, K-12 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 6.30.2.19 NMAC.			
Guidelines for a planned, sequential K-12 physical education curriculum that 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 as set forth in 6.30.2.20 NMAC.			

A plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.			
A school safety plan at each school building focused on supporting health and safe environments and including but not necessarily limited to prevention, policies and procedures and emergency response.			
A plan addressing the health services needs of students in the educational process.			
A plan addressing the staff wellness needs of all staff that minimally ensures an equitable work environment and meets the American with Disabilities Act Part III.			



**Outcome Evaluation:** Measuring impact of Wellness Policy

<b>Component/Activity</b>	<b>Outcome Measures</b>
School Health Advisory Council.	The local school board adopts ____% of the recommendation from the School Health Advisory Council
Physical Activity.	____% of students participated in physical activity offerings.
Nutrition	100% of the offerings in al 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 (2) of subsection C of 6.12.5.8 NMAC.
Health Education	____% of students meet the health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.
Physical Education	____% of students meet the physical education content standards with benchmarks and performance standards as set forth in 6.30.2.20 NMAC.
Behavior Health	____% reduction in discipline referrals due to behavioral health problems.
School Safety	100% of teachers and other school staff are aware of and know how to implement the school level safety plans.
Health Services	____% reduction in student absenteeism.  ____% of students who have been screened for vision/hearing
Staff Wellness	____% reduction in staff absenteeism.