

## **School District Wellness Policy Component Work Sheet**

**District:** Jemez Mountain School District

**Component:** Family, School and Community Involvement

**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.

Further, it 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.

**Requirement:**

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.

**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:**

- Assign responsibilities to School Health Advisory Council members (SHAC) to develop, implement, monitor and evaluate the district wellness policy.

Members include: Adan Delgado, Louie Martinez, Scott and Tiffany Gasser, Debbie Vigil, Geneva Garcia, Mark Valdez, Grace Cordova, Kamau Turner

- Create guidelines to provide physical activity opportunities to students before, during and/or after school.
- Create nutrition guidelines for a la carte offerings minimally meeting guidelines as stated in the competitive food sales rule.
- Create guidelines for school sponsored fund raisers during normal school hours minimally meeting guidelines as stated in the competitive food sales rule.
- Create guidelines for school sponsored fund raisers before and after school hours ensuring that at least 50% of the offerings shall be healthy choices as stated in the competitive food sales rule.

## **School District Wellness Policy Component Work Sheet**

**District:** Jemez Mountain School District

**Component:** Nutrition

**Definition:**

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 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:**

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

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

The wellness policy shall include 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:**

- Create guidelines for a la carte offerings minimally meeting guidelines set forth in Subsection B of 6.12.5.8 NMAC.
- Create 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.
- Create 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.
- All schools will provide nutrition education activities that align with the New Mexico Health Education content standards and benchmarks and performance standards set forth in 6.30.2.19 NMAC.
- Ensure that students receive consistent nutrition messages throughout the schools, classrooms, cafeterias, homes, community, and media. (use fliers to disseminate nutritious information.
- All schools in the district will support the school breakfast and lunch program.

**Nutrition Activities:**

(Continued)

- All non-fund raising activities will follow middle and high school nutrition guidelines.
- All non-fund raising activities will require 50% healthy food choices.

## **School District Wellness Policy Component Work Sheet**

**District:**           **Jemez Mountain School District**

**Component:**       **Physical Activity**

**Definition:**

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

**Requirement:**

The wellness policy shall include 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:**

- Create guidelines to provide physical activity opportunities to students before, during and/or after school.
  
- All schools will provide education on the health benefits of physical activity that align with the New Mexico Health Education standards with benchmarks and performance standards set forth in 6.30.2.19 NMAC.
  
- Elementary and Middle Schools in the district will provide daily recess for all students no less than 15 minutes in length. (Exceptions: Recess may be replaced with Physical Education)
  
- All schools in the district prohibit withholding physical activity (i.e. physical education class, recess, etc.) as a means/method of punishment. (Exception may be made by parent and/or principal).
  
- All schools in the district will provide physical activity opportunities before and after school (i.e. intramurals, club activities, interscholastic sports, etc.).
  
- All schools in the district will encourage the use of school facilities outside of school hours.

**Members of the Jemez Mountain School District  
SCHOOL HEALTH ADVISORY COUNCIL (SHAC)**

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Debbie Vigil	Wellness Policy Lead	638-5491, ext 122	vigil_de@jmsk12.com
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Mark Valdez	School Board Chair		
Grace Cordova	Parent		
Scott Gasser	Community Member		
Tiffany Gasser	Community Member		
	Student		