



NEW MEXICO
Academy for the Media Arts

Wellness Policy

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Section I: Wellness Policy

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:

The Wellness Policy is completed following Federal 7 C.F.R pts 210 & 220 and PED NMAC 6.12.6.8

New Mexico Academy for the Media Arts (NMAMA) has in place a 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).

The SHAC shall have the responsibility to make recommendations to the local school board in the development or revision, implementation, and evaluation of the school district wellness policy.

Implementation and Evaluation:

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

- Review implementation activities and achievements
- Complete annual action plan and compare to previous years' progress
- Recommend and revise as needed for improvement

Triennial Assessment:

As required, NMAMA will complete a comprehensive Triennial Assessment every 3 years to:

- Measure full compliance with policy components
- Assess alignment with federal regulations
- Evaluate the extent to which wellness goals are being met

Recordkeeping:

Documents for SHAC meetings, annual action plans, and triennial assessment will be kept on file for 5 years for required documentation for Federal and State administrative reviews.

The results will guide updates to the Wellness Policy and Action Plan and will be shared publicly via the NMAMA website at www.nmmediaarts.org and available in hard copy form inside of the NMAMA front office located at 4401 Central Ave. NE, Albuquerque, NM 87108.

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.

Wellness Policy Oversight:

NMPED NMAC 6.12.6.8 provides that a district/charter school shall assign responsibilities to School Health Advisory Council members (SHAC) to develop, implement, monitor and evaluate the district wellness policy. Written as a policy this would read: The Charter School Executive Director/Principal will on an annual basis ensure the required diverse membership of the SAHC members and assign the council the following responsibilities: to develop, implement, monitor and evaluate the district wellness policy.

The SHAC team will meet biannually to determine if all school goals & objectives are being met within the school's Wellness Plan & Policy. Indicators will be studied based on beginning, middle, and end of year staff, student and parent surveys and/or feedback. The SHAC team will create interventions specific to survey/feedback analysis.

NMAMA's Executive Director/Principal will maintain operational responsibility for ensuring that the school fulfills the district's/charter school's wellness policy.

Resources:

New Mexico Public Education Department, School and Family Support Bureau - online <http://www.ped.state.nm.us> or phone: 505-827-1804.

Youth Risk and Resiliency Survey - online at <http://www.health.state.nm.us/pdf/YRRS2003Fina1Report.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.

School District Wellness Policy rule 6.12.6.6 NMAC.

Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.

Child Nutrition and WIC Reauthorization Act of 2004 {Public Law 108-265}: http://www.fns.usda.gov/end/Governance/Legislation/PL_108-265.pdf.

The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

Improving School Health: A Guide to School Health Councils, American Cancer Society, Inc., 1999: http://actionforhealthykids.org/filelib/resources/Ntl_Guide_to_SHAC.pdf.

Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Advisory Councils, Iowa Department of Public Health, 2000: http://www.idph.state.ia.us/hpcd/pf/promoting_healthy_youth.asp.

Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: www.fns.usda.gov/tn/Healthy/wellnesspolicy.html.

Fit, Healthy and Ready to Learn, National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: www.nasbe.org/HealthySchools/fithealthy.html.

Changing the Scene: Improving the School Nutrition Environment, a joint publication released by USDA's Team Nutrition and CDC, provides a roadmap for

assessing and improving school policies, in order to provide students with a healthy school nutrition environment. In the classroom students are taught to eat healthfully and to be active, but they also need the opportunity to practice those behaviors. Wellness policies combine education with practice to create healthful school environments and encourage healthy behavior: teamnutrition.usda.gov/Resources/changing.html.

New Mexico Public Education Department, School and Family Support Bureau - online <http://www.ped.state.nm.us> or phone: 505-827-1804.

Youth Risk and Resiliency Survey - online at <http://www.health.state.nm.us/pdf/YRRS2003Fina1Report.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.

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The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

Improving School Health: A Guide to School Health Councils, American Cancer Society, Inc., 1999: http://actionforhealthykids.org/filelib/resources/Ntl_Guide_to_SHAC.pdf.

Promoting Healthy Youth, Schools and Communities: A Guide to Community-School Health Advisory Councils, Iowa Department of Public Health, 2000: http://www.idph.state.ia.us/hpcd/pf/promoting_healthy_youth.asp.

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Section II: 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:

NMAMA will meet or exceed local, state and federal nutrition requirements and/or USDA nutrition standards. Meal programs offered are: National School Lunch Program (NSLP)

The NMAMA wellness policy includes nutrition Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day A la carte offerings minimally meeting guidelines set forth in Subsection B of 6.12.5.8 NMAC Competitive Foods Standards (Smart Snacks)

Smart Snacks Calculator: <https://foodplanner.healthiergeneration.org/calculator/>

NMAMA enforces standards for all foods and beverages provided, but not sold, to students during the school day. Sugary foods and caffeinated beverages are not permitted on campus, including: during classroom parties, classroom snacks brought by parents, or other foods given by staff as incentives.

The NMAMA wellness policy includes 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.

Non-Exempt Fundraisers:

Limited to only 2 per semester. Fundraisers must receive prior approval from the executive director and all sales must be documented, following the schools purchasing and receipting financial policy.

The NMAMA wellness policy includes 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.

Food and Beverage Marketing:

Food and Beverage marketing is not allowed except for USDA approved National School Lunch Materials. NMAMA ensures that students receive consistent nutrition messages throughout schools, classrooms, cafeterias, homes, community and media. Private sales of foods and/or beverages is prohibited on NMAMA campus.

Water Availability:

To promote student health and support lifelong healthy habits, safe and free drinking water will be readily available to all students throughout the school day and during all meal periods, including breakfast and lunch. Water will be accessible in areas where meals are served and consumed, and students will be encouraged to drink water regularly.

Food Allergy Assurance:

NMAMA is committed to providing a safe and inclusive environment for all students, including those with food allergies. We follow all applicable federal, state, and local guidelines to prevent allergen exposure and ensure food safety in meal preparation and service.

Nutrition staff receive ongoing training on food allergies, cross-contact prevention, and emergency procedures. Allergy-related information provided by parents and healthcare providers is reviewed and used to accommodate students' dietary needs in the form of student health plans.

We encourage families to communicate any food allergies or special dietary needs to the school nurse and nutrition services staff as early as possible to support appropriate meal planning and safety.

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. Promotional strategies aimed at promoting education and nutrition that are employed by NMAMA include:

- Integrating nutrition education into core subjects at all grade levels. Particularly through the implementation of project based learning (PBL).
- Promoting healthy choices in the cafeteria, relying on our food service provider. NMAMA utilizes student input to plan year long menus.
- Offering hands-on learning through project based learning activities such as recipe research and development and nutritional label reading and creation.
- Engaging families with tips, recipes, and resources via newsletters and workshops.
- Limiting marketing to only healthy foods that meet Smart Snacks standards.
- Training staff to deliver consistent, evidence-based nutrition messaging, especially as it relates to the School's nutrition policy.

Activities:

The activities below are broken up into two components. Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED. Component two (II) includes other activities that the NMAMA SHAC shall create.

PED required activities:

NMAMA meets the state nutrition guidelines for a la carte offerings set forth in Subsection B of 6.12.5.8 NMAC. as follows:

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

Include:

- Middle schools- milk with a fat content of two percent or less; soy milk; water; and 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.

- High schools: 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.

Carbonated beverages or soft drinks, non-carbonated flavored water and sports drinks shall not be sold in a la carte offerings. Food products sold in a la carte offerings may only be sold during lunch and are subject to the following requirements: Nuts, seeds, cheese, yogurt, and fruit are not subject to the restrictions in subparagraph (b) of this paragraph. Food products other than those listed in subparagraph (a) of this paragraph are subject to the following restrictions: shall contain no more than 400 calories per container or per package or amount served; and 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 shall contain no more than 30 grams of total sugar per package or amount served.

NMAMA meets the state guidelines for school sponsored fund raisers during the normal school hours as set forth in Paragraph (1) of Subsection C of 6.12.5.8 NMAC. as follows; School sponsored fund raisers during normal school hours shall be sponsored and overseen by an appropriate staff member. All monies will be accounted for by the staff member/sponsor. Signage and promotion will indicate that the event is a fund raiser and no obligation to participate will be enforced upon any student, staff or parent. 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:

- Middle schools - 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. 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.
- High schools - 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. 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.

NMAMA meets the state nutrition guidelines for school sponsored fund raisers before and after school hours to ensure that at least 50% of the offerings are healthy choices in accordance with the requirements set forth in Paragraph (2) of Subsection C of 6.12.5.8 NMAC.

NMAMA 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 and is incorporated into the student curriculum and through student communication such as the student handbook.

Other Activities:

NMAMA collaborates between the food service provider, the school food service personnel and the classroom to provide healthy selections and reinforce nutrition education.

Resources:

New Mexico Public Education Department, School and Family Support Bureau - online <http://www.ped.state.nm.us> or phone: 505-827-1804.

Youth risk and Resiliency Survey - online at <http://www.health.state.nm.us/pdf/YRRS2003Fina1Report.pdf> or <http://bsc.unm.edu/chpdp/projects/pyrrs.htm>.

School District Wellness Policy rule 6.12.6.6 NMAC.

Nutrition: Competitive Food Sales Rule 6.12.S.6 NMAC.

Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.

The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

Team Nutrition: Local Wellness Policy: A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process:
www.fns.usda.gov/tn/Healthy/wellnesspolicy.html.

Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model:
www.nasbe.org/HealthySchools/fitbealthy.html.

Team Nutrition Website: www.fns.usda.gov/tn.

Dietary Guidelines for Americans 2005: www.fns.usda.gov.

My Pyramid Food Guidance System: www.fns.usda.gov.

Section III: Physical Activity

Definition:

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:

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:

The activities below are broken up into two components. Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED. Component two (II) includes other activities created by NMAMA SHAC.

PED Required Activities:

NMAMA provides physical activity opportunities to students before, during and/or after school by offering: intramurals, club activities, interscholastic sports, etc.).

NMAMA provides physical activity 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 is incorporated into the student curriculum and through student communication such as the student handbook.

Other Activities:

- NMAMA prohibits withholding physical activity (i.e. physical education class, recess, etc.) as a means/method of punishment.
- NMAMA encourages basic physical activities of walking, biking and skating as transportation modes to and from school.
- NMAMA encourages the use of school facilities outside of school hours.
- NMAMA incorporates physical activity into the academic curriculum (i.e. brain and stretch breaks, etc.).
- NMAMA promotes community-based physical activities (i.e. sports clubs, bike club, biking club).
- NMAMA plans for school-wide physical activities (i.e. fun days, family fitness nights, field days).

Resources:

New Mexico Public Education Department, School and Family Support Bureau - online <http://www.ped.state.nm.us> or phone: 505-827-1804.

Youth Risk and Resiliency Survey - online at <http://www.health.state.nm.us/pdf/YRRS2003Fina1Report.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.

School District Wellness Policy rule 6.12.6.6 NMAC.

Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.

Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265):
http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.

The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process:
www.fns.usda.gov/tn/Healthy/wellnesspolicy.html.

Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model:
www.nasbe.org/HealthySchools/fithealthy.html.

CDC and Prevention: www.cdc.gov/nccdphp/dnpa/physical/index.htm.

Action for Healthy Kids: www.actionforhealthykids.org/resources.php Select Topics.

American Alliance for Health, Physical Education, Recreation, and Dance:
www.aahperd.org/naspe, click on: Media and Advocacy and/or Publications.

National Association of State Boards of Education: www.nasbe.org.

Section IV: 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:

The NMAMA wellness policy shall include 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.

Note: NMAMA aligns the health education curriculum to the health education content standards with benchmarks and performance standards for implementation each school year.

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 activities below are broken up into two components. Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED. Component two (II) includes other additional activities that NMAMA SHAC shall create.

PED Required Activities:

The NMAMA provides a planned, sequential, K-12 health education curriculum that addresses the physical, mental, emotional and social dimensions of health.

The NMAMA provides a health education curriculum that is aligned to the health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.

NMAMA provides 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. NMAMA offers students a .5 credit of Health Education in either middle or high school as a graduation requirement, dependent upon when a student completes the course.

NMAMA implements 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 states that:

- The parent must contact the teacher and request a meeting.
- The parent and teachers (and administrator if deemed necessary) should review the entire curriculum and come to an agreement to identify specifically what areas of the sexuality performance standards to exempt the student.

The teacher should supply the parents with the state standards that are met by the requested exempt lessons and agree upon an alternative assignment(s) that will meet these standards.

A written agreement should be drawn up that includes the following:

- Specific dates the student will be out of class.
- Where and to whom the student is to report on these days.
- The assignment that has been agreed upon by both teacher and parent(s).
- The standards that are being met.
- How the student will be evaluated for this assignment.
- Executive Director/Executive Director/Principal's approval.
- The teacher should make available any resources (lesson plans, books, and videos) that are ordinarily used in the class or are available as alternative materials. However, the parent may use alternative materials that meet the state standards.

NMAMA provides 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.

Other Activities:

- Health education lessons will be taught in a manner that is culturally sensitive.
- Health education lessons are taught using a variety of instructional strategies (i.e. role playing, projects, media literacy, etc.).
- Health education is provided as a separate Health Education class with state approved curriculum that follows all NM State required standards and benchmarks.

- Teachers, staff and administrators are made aware of coordinated school health professional development opportunities (School Health Institute, Head to Toe, NM Association for Health, Physical Education, Recreation and Dance).

Resources:

New Mexico Public Education Department, School and Family Support Bureau - online <http://www.ped.state.nm.us> or phone: 505-827-1804.

Youth Risk and Resiliency Survey - online at <http://www.health.state.nm.us/pdf/YRRS2003Fina1Report.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.

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Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.

The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: www.fns.usda.gov/tn/Healthby/wellnesspolicy.html

Fit, Healthy and Ready to Learn, National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: www.nasbe.org/HealthbySchools/fithealthy.html.

American Association for Health Education. Online at www.aahperd.org/aahe/.

American Alliance for Health, Physical Education, Recreation and Dance. Online at www.aahperd.org/.

Coordinated School Health Program Infrastructure Development Process
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www.cdc.gov/nccdphp/dash/publications/index.htm.

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Handbook for Evaluating HIV Education. Atlanta: CDC, 1992. Available at
www.cdc.gov/nccdphp/dash/publications/index.btm.

Introduction to Program Evaluation for Comprehensive Tobacco Control
Programs.

MacDonald G, Starr G, Schooley M, Yee SL, Klimowski K, Turner K. Atlanta: CDC, 2001.

U.S. Department of Health and Human Services. The Surgeon General's call to
action to prevent and decrease overweight and obesity. Rockville, MD.: U.S.

Department of Health and Human Services, Public Health Service, Office of the
Surgeon General, 2001. Online at www.surgeongeneral.gov/topics/obesity/.

U.S. Department of Health and Human Services. The Surgeon General's call to promote
sexual health and responsible sexual behavior. Rockville, MD.: U.S. Department of
Health and Human Services, Public Health Service, Office of the Surgeon General,
2001. Online at www.surgeongeneral.gov/library/sexualhealth/default.htm.

U.S. Department of Health and Human Services. The Surgeon General's call to
action to prevent suicide. Rockville, MD.: U.S. Department of Health and Human
Services, Public Health Service, Office of the Surgeon General, 1999. Online at
www.surgeongeoeral.gov/library/calJtoaction/default.htm.

Health is Academic: www.edc.org/HealthisAcademic.

The American School Health Association (ASHA): <http://www.ashaweb.org>.

Section V: 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.

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.

NMAMA aligns the health education curriculum to the health education content standards with benchmarks and performance standards for implementation in the 2008-09 school year.

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:

The activities below are broken up into two components. Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED. Component two (II) includes other activities the NMAMA SHAC shall create.

In addition to daily recreational physical activities during lunch time and after school (athletics), NMAMA holds Physical Education classes that meet all national standards and benchmarks for secondary education. All students receive instruction on the value of lifetime fitness and sport education by participating in initial fitness testing and

analysis, aerobic and anaerobic exercises, sports, and games to reduce body fat, increase physical stamina, cardiovascular stamina, flexibility, and strength. Overall appreciation of regular physical activity is emphasized as student participation is factored into their overall success.

PED Required Activities:

The NMAMA includes 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. NMAMA holds Physical Education classes that meet all national standards and benchmarks for secondary education. One unit of PE, or allowable alternative, is included as a district graduation requirement. Due to the absence of an adapted PE instructor, online PE courses coupled with an in-person requirement is available to all students where appropriate, regardless of disability or other physical limitations.

The NMAMA physical education curriculum is aligned to the physical education content standards with benchmarks and performance standards as per 6.30.2.20 NMAC. NMAMA holds Physical Education classes that meet all national standards and benchmarks for secondary education for each grade served.

Other Activities:

- NMAMA will hire certified physical educators to teach physical education and plan additional opportunities for physical activity.
- NMAMA will limit 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.
- Physical educators promote academic achievement by helping classroom teachers incorporate physical education concepts in classroom activities.
- Physical educators are provided 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 physical education classes.

Resources:

New Mexico Public Education Department, School and Family Support Bureau - online <http://www.ped.state.nm.us> or phone: 505-827-1804.

Youth Risk and Resiliency Survey- online at
<http://www.health.state.nm.us/pdf/YRRS2003Fina1Report.pdf> or
<http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.

School District Wellness Policy rule 6.12.6.6 NMAC.

Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.

Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265):
http://www.fns.usda.gov/end/Governance/Legislation/PL_108-265.pdf.

The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

Team Nutrition: Local Wellness Policy: A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process:
www.fns.usda.gov/to/Healthy/wellnesspolicy.html.

Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model:

www.nasbe.org/HealthySchools/fithealthy.html.

Action for Healthy Kids: www.actionforhealthykids.org/resources.php.

American Alliance for Health, Physical Education, Recreation, and Dance:
www.aahperd.org/naspe, click on: Media and Advocacy and/or Publications.

PE Central: www.pecentral.org.

National Association of State Boards of Education: www.nasbe.org.

Section VI: 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:

The NMAMA wellness policy shall 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:

The activities below are broken up into two components. Component one (I) includes the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED. Component two (II) includes other activities the NMAMA SHAC may create.

NMPED Required Activities:

NMAMA plan for addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being includes the following:

NMAMA provides an environment in which students are able to request assistance when needed. NMAMA employs a full-time Social Work, School Counselor and Nurse. Students can access support immediately, should an emergency arise or may make appointments with the appropriate Support Staff as needed. School staff members are trained in child abuse and neglect detection and reporting, per Section 22-10A-32, NMSA. In addition, NMAMA adheres to substance abuse reporting per Section 22-5-4, 4 NMSA 1978.

In addition to continuous Support Staff accessibility, NMAMA students are referred for intervention services/resources within the school day. The School has an MOU with the Community Lighthouse who supports students and families with in-school community support workers and out of school counseling services. Examples of intervention

initiatives include a structured SEL curriculum implemented at each grade level and a wellness referral system supported by the NMAMA School Social Worker. SAT Team members and student Advisors also offer immediate support interventions within the school day.

NMAMA utilizes the MLSS and SAT as well as their respective protocols for all referrals and intervention initiatives. Student Advisors, teachers, parents and peers can refer students for "check-ins" with the school Social Worker, Counselor, SLP, OT, or Nurse. A confidential referral protocol is in place for all ancillary providers. Emergency care is available throughout the school day. The Safe School Committee collaborates with the SHAC regarding emergency care, preventative behavioral health issues, and operational effectiveness.

Resources:

New Mexico Public Education Department, School and Family Support Bureau - online <http://www.ped.state.nm.us> or phone: 505-827-1804.

Youth Risk and Resiliency Survey- online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.

School District Wellness Policy rule 6.12.6.6 NMAC.

Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.

Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.

The Centers for Disease Control and Prevention, Division of Adolescent and School Health: <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

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Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following

the Coordinated School Health Program model:
www.nasbe.org/HealthySchools/fithealthy.html.

Section VII: 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 NMAMA wellness policy shall include a plan addressing the health services needs of students in the educational process.

Goal:

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

Activities:

The activities below include the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED.

NMPED Required Activities:

1. Individualized Health Plans (IHPs)

Students with health conditions that may impact attendance or academic performance will have an Individualized Health Plan (IHP) developed by the school nurse in coordination with families and healthcare providers.

- IHPs are separate from the IEP but will be attached to a student's IEP or 504 Plan, if applicable, to ensure comprehensive support across educational and medical needs.
- Plans are reviewed and updated annually or as student needs change.

2. Compliance with HIV/AIDS Student Protections (6.12.2.10 NMAC)

Our school strictly adheres to all confidentiality and non-discrimination requirements for students diagnosed with HIV or AIDS.

- Student health information is protected under FERPA and HIPAA where applicable.
- Students with HIV/AIDS will not be excluded from school activities unless medically indicated, in line with state and federal guidelines.

3. Immunization Compliance (6.12.2.8 NMAC)

It is unlawful for any student to enroll unless they are properly immunized or in the process of completing required immunizations, unless exempt under 7.5.3 NMAC.

- Acceptable documentation includes valid immunization records or approved exemptions.
- Students who are identified as homeless will not be denied enrollment due to a lack of immunization records, in accordance with the McKinney-Vento Homeless Assistance Act.

4. Medication Self-Administration (6.12.2.9 & 6.12.8 NMAC)

The Wellness Policy ensures that any K–12 student may carry and self-administer:

- Asthma medications
- Anaphylaxis emergency medications (e.g., epinephrine auto-injectors)
- Diabetes treatment and monitoring supplies

To do so, students must have:

- A written authorization from a licensed healthcare provider
- Parental consent on file
- Documentation reviewed annually by the school nurse

5. Vision Screenings (7.30.11 NMAC)

In compliance with state standards, vision screenings will be administered to students in the following grades:

- Pre-K
- Kindergarten
- 1st Grade
- 3rd Grade

Screenings will be conducted using tools and procedures approved by the New Mexico Department of Health. Results will be shared with parents or guardians, and referrals will be made as needed. However, this is NOT APPLICABLE to NMAMA, which serves students in grades 6-12.

Summary of Compliance

This plan ensures our district/charter school:

- Supports students with chronic or serious health conditions through IHPs
- Respects the rights and privacy of students with HIV/AIDS
- Complies with all immunization laws while protecting the rights of homeless students
- Authorizes student self-care for asthma, anaphylaxis, and diabetes
- Meets vision screening requirements for early intervention

Resources:

New Mexico Public Education Department, School and Family Support Bureau - online <http://www.ped.state.nm.us> or phone: 505-827-1804.

Youth Risk and Resiliency Survey - online at www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.

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The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/weUness.htm>.

Team Nutrition: Local Wellness Policy: A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: www.fns.usda.gov/tn/Healthy/wellnesspolicy.html.

Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model:
www.nasbe.org/HealthySchools/fithealthy.html.

American School Counselors Association: www.schoolcounselor.org.

National Mental Health Association: www.nmha.org.

National Association of School Psychologists: www.nasponline.org/index2.html.

National Association of School Nurses: <http://nasn.org/positions/positions.htm>

Crisis Response Team: www.healthinschools.org/sh/CrisisResponse.pdf or
www.healthinschools.org/sh/schoolresponse.asp.

Section VIII: 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.

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

Requirement:

The NMAMA wellness policy shall include a plan addressing the staff wellness needs of all school staff that minimally ensures 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:

The activities include the Public Education Department (PED) requirements that are outlined in the school district wellness policy rule (6.12.6.6 NMAC). The PED required activities are expected to be included in every wellness policy submitted to the PED.

NMPED Required Activities:**1. Employee HIV Privacy Protection**

The district and its governing boards strictly protect the privacy rights of any school employee who is infected with HIV.

- Information regarding an employee's HIV status is considered confidential medical information and will be handled in accordance with federal privacy laws (e.g., HIPAA, ADA) and 6.12.2.10 NMAC.
- No employee shall be discriminated against, excluded, or treated differently based on HIV status.
- Disclosure of such information will only occur with written consent or as required by law.

2. Staff Wellness Plan

The district is committed to supporting the physical, mental, and emotional well-being of all school staff through an inclusive and equitable Staff Wellness Plan that aligns with the Americans with Disabilities Act (ADA), Title III, and 6.12.6.8.D.9 NMAC.

Key components include:

- Providing equal access to health and wellness opportunities regardless of ability, role, or work location.
- Supporting reasonable accommodations for staff with disabilities to ensure full participation in workplace activities.
- Promoting access to mental health resources, wellness programs, and stress management tools.
- Encouraging healthy workplace culture through policies that support work-life balance, inclusive practices, and employee recognition.

3. School Health Advisory Council (SHAC) Staff Participation

In compliance with 6.12.6.8 Section E NMAC, staff members are actively encouraged to serve on the District School Health Advisory Council (SHAC).

- Staff representatives bring valuable insight into health and wellness needs and play a key role in developing and evaluating the district's wellness policies and initiatives.
- Participation is voluntary and will be supported by school leadership as part of collaborative school improvement.

Summary of Compliance

This plan ensures our district/charter school:

- Protects the confidentiality and non-discrimination of employees with HIV
- Provides a wellness framework that meets ADA standards and promotes equity
- Supports staff engagement in health-related decision-making via SHAC involvement

Resources:

New Mexico Public Education Department, School and Family Support Bureau - online <http://www.ped.state.nm.us> or phone: 505-827-1804.

Youth Risk and Resiliency Survey - online at <http://www.health.state.nm.us/pdf/YRRS2003Fina1Report.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.btm>.

School District Wellness Policy rule 6.12.6.6 NMAC.

Nutrition: Competitive Food Sales Rule 6.12.5.6 NMAC.

Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.

The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

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Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following

the Coordinated School Health Program model:
www.nasbe.org/HealthySchools/fithealthy.html.

The National Wellness Institute: www.wellnesswi.org.