



Cloudcroft Municipal Schools Wellness Policy

Latest revision - 2023/2024
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Student Wellness

Cloudcroft Municipal School District strives to make a significant contribution to the general well-being, mental and physical capacity, and learning ability of each student while allowing them to fully participate in the educational process.

The district is committed to providing school environments that encourage healthy lifestyles to protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Healthy eating is linked to reduced risk of mortality and development of many chronic diseases as adults.

To ensure the health and well-being of all students, the Board shall promote and monitor student wellness in a manner that the Board determines is appropriate.

The Board shall establish a local school health advisory committee, known as the SHAC. The SHAC will involve:

- Parents
- Students
- School Staff
- School food authority personnel
- School board members
- School administrators, and
- Community members

This council will meet a minimum of twice a year to provide information for the implementation, revision, and evaluation of the school health policy.

An annual report shall be made to the Board on the District's compliance with student wellness practices. The report may include but not be limited to:

- Evaluation of the food services program.
- Recommendations for policy and/or revisions.
- Review all foods and beverages sold in schools for compliance with established nutrition guidelines.
- Assessment of school environments regarding student and staff wellness issues.
- Listing activities and programs conducted to promote nutrition and physical activity.
- Listing activities and programs conducted to promote nutrition and physical activity.
- Providing feedback received from District staff, students, parents/guardians, and community members.

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.

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 partnerships can encourage and sustain environmental changes that support healthy lifestyles for children and their families.

Requirements:

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 revision, implementation, and evaluation of the school district wellness policy. Goals to be maintained for the following areas of the school health policy include:

- Nutrition and nutrition education
- Physical activity
- Physical education
- Health education
- Behavioral Health
- School Safety
- Health services
- Staff wellness

The school health advisory council shall meet for this purpose a minimum of two times annually. The Wellness Policy, including any updates to and about the policy, shall be available to the public via the district website www.cmsbears.org.

The School Health Advisory Council (SHAC) will use the School Wellness Policy Evaluation Plan Review Rubric/Template to assess the plan's areas of strengths and areas in need of improvement. Please refer to Appendix C.

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 maintenance of this comprehensive learning environment.

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 Education aims to teach, encourage, and support healthy eating by students. Nutrition Education and healthy eating will allow for proper physical growth, physical activity, brain development, ability to learn, emotional balance, a sense of well-being, obesity prevention, and the ability to resist disease.

Goal:

The goal of this nutrition and nutrition education policy is to promote the role of healthy eating in academic performance and quality of life and to ensure the adoption of school policies that provide adequate nutrition opportunities. Creating learning experiences of healthy eating will facilitate exposure and adoption of healthy choices in the home, resulting in the opportunity for lifestyle changes in families, thus creating a healthier community.

Requirement:

Cloudcroft Municipal Schools (CMS) will create procedures for the documentation of all foods available on the school campus including all foods sold to students that must minimally meet the competitive food standards as stated in 7 CFR 210.11 and 6.12.5.8 NMAC.

CMS will meet the minimum nutritional guidelines for a la carte offerings as outlined in Subsection B of 6.12.5.8 NMAC.

CMS will promote and meet the minimal guidelines for school-sponsored fundraisers during normal school hours as outlined in Paragraph (1) of Subsection C of 6.12.5.8 NMAC.

CMS will promote and meet the minimal guidelines for school-sponsored fundraisers before and after school hours ensuring that at least 50% of the food offerings shall be healthy choices under the requirements outlined in Paragraph (2) of Subsection C of 6.12.5.8 NMAC.

CMS will provide all students with educational activities that align with the New Mexico Health Education Content Standards with benchmarks and performance standards as outlined in 6.30.2.19 NMAC.

Nutrition

Our District is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, lean proteins, fat-free flavored, and low-fat, non-flavored milk; moderate in sodium, low in saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification), and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

Cloudcroft Municipal School District will ensure that:

- Meals are accessible to all students.
- Meals are served in a clean, pleasant, social setting and under appropriate supervision.
- All school meals will meet or exceed local, state, and federal nutrition requirements and/or USDA nutrition standards.
- School breakfast meals offer at least three different fruits each week on three different days. The majority of fruits offered weekly are served fresh.
- School lunches offer at least three different fruits each week. The majority of fruits and vegetables offered daily are served fresh.
- Ensure that the staff members have been trained to politely prompt students to select and consume the daily vegetable options with their meals.
- Posts monthly menus on the district website, emails menus to all staff and makes daily announcements to promote and market menu options.
- Cafeteria staff are made aware of the specific students with special dietary needs, who provide a doctor's statement to the school nurse. These students will be provided with nutrition accommodations as appropriate.
- All staff are provided with annual training on common allergens to the staff, including food service personnel. Cafeteria staff also complete additional training through Serve Safe Certifications.
- Promotes participation in federal child nutrition programs and provides information to students and families to help ensure that families know what programs are available in their children's schools.
- Prohibits withholding food as a punishment.
- Cloudcroft Elementary School will schedule recess before lunch so that children are less distracted and ready to eat a healthy diet.

Water Availability

Cloudcroft Municipal School District will ensure that:

- Students and staff members of the Cloudcroft Municipal Schools will have access to free, safe, fresh drinking water at all times throughout the school day.
- The water fountains will be regularly maintained to ensure that hygiene standards are met.
- Water infused with fresh fruit and/or vegetables will be available in the cafeteria during mealtimes to encourage water consumption.

Staff Qualifications and Professional Development

All school nutrition program directors, managers, and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

Fundraisers, School Stores/Snack Sales, and Celebrations

The Cloudcroft Municipal School District is committed to ensuring that all foods and beverages available to students on the school campus during the school day support healthy eating. The foods and beverages sold and served outside of the school meal programs (i.e., "competitive" foods and beverages) will meet or exceed the USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aims to improve student health and well-being, increase the consumption of healthful foods during the school day, and create an environment that reinforces the development of healthy eating habits.

These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snacks.

Cloudcroft Municipal School District will ensure that:

- Smart snack lists are available to teachers, as well as parents, to make every effort to have available at class parties, celebrations, etc. a balance of treats as well as healthier options.
- Encourage parents to bring foods that meet the district's nutrition standards to school celebrations.
- All foods and beverages sold in schools comply with UDSA's Smart Snack in School "All Foods Sold in Schools" Standards from midnight to 30 minutes after the end of the school day.
- No energy or other high sugar or highly caffeinated beverages sold on the school property from midnight the night before to 30 minutes after the end of the official school day.
- The district will create procedures for fundraisers that do not meet the competitive food standards to be limited to 2 per semester and only 1 day in length and may not be conducted during meal service or in the food service area.

-Fundraisers within the school day meet USDA’s Smart Snacks in School “All Foods Sold in Schools” Standards. (Two, documented, one-day exceptions per semester per site exception)

- Fundraisers involving the sale of food or beverages that meet USDA’s Smart Snacks in School “All Foods Sold in Schools’ Standards and support nutrition, nutrition education, and physical activity messaging.

Food and Beverage Marketing

Cloudcroft Municipal Schools is committed to providing a school environment that ensures opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The district will ensure that all food marketing (such as ads on vending machines) only contains foods and beverages that meet Smart Snacks in School nutrition standards.

Nutrition Education/Nutrition Promotion

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and participation in school meal programs. All schools will provide nutrition education activities that align with the New Mexico Health Education Content Standards with Benchmarks and Performance Standards as set forth in 6.29.6 NMAC.

The district aims to teach, model, encourage, and support healthy eating by students. Schools will be provided nutrition education and engage in nutrition promotion that:

-Include nutrition education as part of physical education/health education classes and/or stand-alone courses for all grade levels.

- Promote healthy foods and beverages using posters, signage, and/or displays in the cafeteria food service and dining areas.

Physical Activity

Definition:

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

Goal:

The goal of physical activity within the coordinated school health approach is to provide students with increased opportunities to engage in moderate to vigorous physical activity before, during, and/or after school. Physical activity goals for the students also include the maintenance of physical fitness to ensure students' regular participation in physical activity, and to teach students the short and long-term benefits of a physical and healthful lifestyle.

Requirements:

Cloudcroft Municipal Schools 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 outlined in 6.30.2.19 NMAC.
- Provide structured physical activities that are planned by a licensed physical education teacher and integrate the activities into health education and at least one core subject within the elementary and middle schools.
- Provide opportunities for supervised physical activity for students before, during, and/or after school hours. Opportunities shall include but are not limited to free play (recess), physical education classes, and school-sponsored extracurricular activities.
- Ensure Elementary school students have two supervised recess periods per day (not including time spent getting to and from the playground), totaling at least 45 minutes.
- Middle school students are allowed lunch recess.
- Offer outdoor recess when the weather is feasible for outdoor play. If the elementary school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable.
- Encourage children and adolescents to participate in 60 minutes of physical activity every day.
- Encourage short (3-5 minute) "energy release" physical activity breaks (brain breaks).
- Encourage the use of school facilities outside of school hours and offer community members access to the district's outdoor physical activity facilities.
- Promote and encourage extracurricular physical activity programs like the Cloudcroft Summer Youth Program.
- Ensure students are not excluded from physical activity for disciplinary or academic performance.
- Prohibit the use of physical activity as a punishment in school.
- Plan for school-wide physical activities (i.e. fun days, family fitness nights, field days).

- Physical activity and activity planning information is offered to all families in the elementary and middle schools at least once per semester through various media channels, such as robot emails and fliers sent home with students.

Health Education

Definition:

Health Education is 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 outlined in 6.29.1 NMAC Standards for Excellence.

Goal:

The goal of a comprehensive health education curriculum within a coordinated approach is to acquire life skills to attain personal, family, community, consumer, and environmental health.

Requirement:

In the 2010 Regular Legislative session, Section 22-13-1. L (J) NMSA 1978 was amended to include health education as a requirement for graduation.

Specifically: Beginning with students entering the eighth grade, a course in health education is required before graduation. Health education may be required in either middle school or high school, as determined by the school district.

Cloudcroft Municipal Schools will:

- Implement a planned, sequential, K-12 health education curriculum that addresses health's physical, mental, emotional, and social dimensions and is aligned to the health education content standards with benchmarks and performance standards as outlined in 6.30.2.19 NMAC 6.30.2.19 NMAC.
- Ensure that the health education curriculum will be aligned to the health education content standards with benchmarks and performance standards as outlined in 6.29.1 NMAC.
- Promote membership in national health education organizations district-wide (example: American Heart Association Kid's Heart Challenge)
- Ensure that Cloudcroft High School offers 0.5 credits of Health Education as part of the graduation requirements.
- Provide life-saving skills in Health Education courses, as appropriate, from the curriculum of Project Heart Start which includes (but is not limited to) psychomotor CPR, Automated External Defibrillator (AED), and the Heimlich maneuver. Basic Life Support certification courses will also be offered to qualified students, as available.
- Health education lessons will be taught in a culturally sensitive and appropriate manner.

- Encourage staff to integrate Health Education into the core curriculum and classroom routines.
- Ensure that teachers, staff, and administrators are aware of and have opportunities to participate in coordinated school health professional development (i.e. School Health Institute, Head to Toe, NM Association for Health, Physical Education, Recreation and Dance.)
- Ensure that a policy is in place that grants parents/guardians the right to request their child be exempted (opt-out) from the parts of the health education curriculum that address the sexuality performance standards. This policy shall include, but is not limited to:
 - the process for parents to request an exemption from the parts of the health education curriculum that address the sexuality performance standards; and
 - how alternative lessons are established for the exempted parts of the curriculum.
- Students participating in the health education curriculum that addresses the sexuality performance standards shall have parental consent on file.

Life Skills:

The emergence of *life skills* education into health education calls for the emphasis to be placed on students being able to use essential knowledge and skills required to adopt, practice, and maintain healthy behaviors. Health education as life skills education requires a focus on the prevention of risky behaviors. Health education classes will include the following:

- Use of tobacco, alcohol, and other drugs
- Poor dietary patterns
- Sedentary lifestyles
- Behaviors that result in sexually transmitted diseases/infections and unintended pregnancy
- Behaviors that result in unintentional injuries
- Violent and other antisocial behaviors
- Behaviors in the areas related to sexuality (Parents have the option of the “opt Out” policy provided by PED.)
- HIV instruction will be provided as appropriate.

A life skills educational approach allows for health education to be taught as planned, sequential K-12 instructional units, designed to develop life skills, based on essential knowledge. Cloudcroft Municipal Schools offers various types of instructional units to include, but not limited to Second Steps, Habitués, and other organized health classes through the health office. The life skills taught include:

- communication
- non-violent conflict resolution
- decision-making
- goal setting
- stress management
- resisting negative social pressure
- negotiation skills
- establishing and maintaining values

New Mexico Health Education Standards

1. Students will comprehend concepts related to health promotion and disease prevention.
2. Students will demonstrate the ability to access valid health information and health-promoting products and services.
3. Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
4. Students will analyze the influence of culture, media, technology, and other factors on health.
5. Students will demonstrate the ability to use interpersonal communication skills to enhance health.
6. Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
7. Students will demonstrate the ability to advocate for personal, family, peer, and community health.

From the Health Education & Life Skills component of the *Healthier Schools NM* instructional program.

Physical Education

Definition:

Physical education (PE) is an academic subject and serves as the foundation of a Comprehensive School Physical Activity Program (CSPAP). As such, PE demands the same educational rigor as other core subjects. Physical education provides students with a planned, sequential K-12 standards-based program of curricula and instruction, designed to develop motor skills, knowledge, and behaviors for active living, physical fitness, sportsmanship, self-efficacy, and emotional intelligence.

Physical education is the instructional program that provides cognitive content and learning experiences in a variety of activity areas. It also provides the opportunity for all students to learn and develop the skills, knowledge, and attitudes necessary to choose a lifetime of healthy physical activity.

Cloudcroft Municipal Schools will offer developmentally appropriate physical education. Adapted physical education (APE) is physical education that may be adapted or modified to address the individualized needs of children and youth who have gross motor developmental delays. Adaptive PE will be available to all students where appropriate and will be utilized for any student who qualifies according to the Individual Education Plan (IEP) or 504 Plan.

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 that are appropriate for all children and are planned according to a curriculum with an obvious scope and sequence that follows 6.29.9 NMAC Physical Education Standards for Excellence.

Requirements:

Cloudcroft Municipal Schools will:

- Hire certified physical educators to teach physical education and plan additional opportunities for physical activity.
- Implement 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.
- Provide students with physical education, using an age-appropriate, sequential physical education curriculum, consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle. It will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the *“Essential Physical Activity Topics in Health Education”* subsection).
- Ensure that all students are provided equal opportunity to participate in physical education classes. The district will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.
- Ensure that all Cloudcroft elementary students in each grade receive physical education for at least 120 minutes per week throughout the school year.
- Ensure that all Cloudcroft middle and high school students are required to take the equivalent of one academic year of physical education.
- Ensure that the district physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

- Encourage physical educators to promote academic achievement by helping classroom teachers incorporate physical education concepts in classroom activities.
- Ensure that physical educators are provided professional development opportunities such as workshops, conventions, and collaboration to receive the latest information, innovations, and ideas in their field and implement them in their physical education classes.

Social and Emotional Well-Being

Definition:

Social and Emotional well-being are services provided to maintain and/or improve students' mental, emotional, behavioral, and social health. School behavioral and mental health programs should focus on breaking down health and social barriers to students' learning with an emphasis on meeting each student's individual health needs. Behavioral health programs should support the student's process to become a fully functioning and happy member of society. Programs should encourage and support links among youth, families, schools, communities, and private and government agencies to create and maintain an environment in which all students can learn and thrive.

Goal:

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

Requirement:

Cloudcroft Municipal School District is part of the Region IX Educational Cooperative Services which provides on-site, telehealth, and referral services for addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being. Note: Region IX staff are Licensed staff and have met all requirements to be working with public school children.

- Students/Guardian can request behavioral health needs (examples but not limited to; school counseling needs may be directed by IEPs, substance abuse, child abuse & neglect) by approaching any staff member about a behavioral need and that staff member will report the need to:
 - a. Special Education Director
 - b. Counselor
 - c. Principal
 - d. School Nurse

The student/guardian will refer the student/guardian to the appropriate Region IX services or Otero County Health & Wellness Directory for services.

Cloudfcroft Municipal Schools will:

- Address the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being. This is conducted by school-wide Social Emotional Learning that is ongoing district-wide.
- Provide environments that are filled with safety and belonging. This ensures students are open to seeking out or requesting social and emotional support when needed.
- Promote Social & Emotional Well-being in elementary and middle school with coordinated activities through the Ron Clark Academy Houses which promotes acceptance, teamwork, and building connections with peers outside of their class and grade level. Award Ceremonies are held quarterly to recognize and celebrate student achievement and citizenship. This is open to parents, and the community and is played live on our district Facebook page.
- Provide social and emotional learning weekly to elementary students through the Second Step Curriculum.
- The Girl's Circle & Boy's Council Curriculum is provided by the school counselor, as available, once a week for fifth and seventh-grade students to foster social and emotional wellness.
- Provide a supportive school environment that links to community resources and maintains positive community relationships.
- Ensure that all staff undergo beginning-of-the-year training that includes child abuse and neglect detection and reporting. CMS uses "Power School" software to report all infractions required for substance abuse and discipline data to the New Mexico Public Education Department (NMPED).

Note: All CMS personnel/school employees who know, or in good faith suspect, any student of using or abusing alcohol or drugs shall report such use or abuse under procedures established by the local school board. No school employee who in good faith reports any known or suspected instances of alcohol or drug use or abuse shall be held liable for any civil damages as a result of such report or his efforts to enforce any school policies or regulations regarding drug or alcohol use or abuse.

Child Abuse and Neglect: Section 22-10A-32 NMSA 1978. All licensed school employees shall be required to complete training in the detection and reporting of child abuse and neglect, including sexual abuse, assault, and substance abuse. Except as otherwise provided in this subsection, this requirement shall be completed within the licensed school employee's first year of employment by a school district. Licensed school employees hired before the 2014-2015 school year shall complete the sexual abuse and assault component of the required training during the 2014-2015 school year.

Healthy and Safe Environment

Definition:

A healthy and safe environment includes the physical and aesthetic surroundings, the psychosocial climate, and the culture of the school. It supports a total learning experience that promotes personal growth, healthy interpersonal relationships, wellness, and freedom from discrimination and abuse.

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 supports academic achievement.

Requirement:

Cloudcroft Municipal Schools will:

- Develop a safe school plan at each school building. The plan focuses on supporting healthy and safe environments, including prevention, policies and procedures, and an Emergency Response Plan.
- Ensure training of the Safe Schools Plan's contents and operations to all school staff, as first responders, as all staff play a vital role in emergency preparedness and response actions until local police and emergency responders arrive.
- Perform a minimum of 12 emergency drills. Emergency drills shall consist of 9 fire drills, 2 shelter-in-place drills, and one evacuation drill at the intervals outlined in subsection M of 6.30.2.10 NMAC.
- Include a suicide prevention program for middle school and high school students once a year.
- Ensure that all staff are trained in de-escalation strategies. A Crisis Prevention Institute (CPI) team is organized and trained annually for all school buildings.
- To the extent practical, ensure that the school grounds and facilities are safe, and that playground equipment is available to students to be active.
- Ensure that all school buildings and grounds, structures, buses, and equipment will strive to meet current safety standards and are kept inviting, clean, safe, and in good repair.
- Conduct necessary inspections and repairs.
- Provide safety procedures and appropriate training for students, teachers, and staff that support personal safety and a violence/harassment-free environment.
- Store and maintain automated external defibrillators (AED) in each of the school buildings and the football field. CMS will provide education on the whereabouts of the AEDs annually.

- Ensure annual training is offered to students on potential opioid overdose and the use of intranasal naloxone (Narcan) to counteract the detrimental effects of opioids.
- Ensure that all schools abide by district policies that create an environment free of tobacco, alcohol, and other drugs.
- Ensure that each school building will create/revise and maintain a Bullying Prevention Policy. Each bullying policy must contain an absolute prohibition against bullying and must be inclusive of cyberbullying prevention.

Health Services

Definition:

Health services are provided for students to appraise, protect, and promote health. These services are designed to ensure access or referral to primary health care and 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.

Goal:

Health services aim to provide coordinated, accessible primary health and mental health services for students, families, and staff.

Requirement:

Cloudcroft Municipal Schools will:

- Create a plan addressing the health services needs of students in the educational process.
- Provide services in partnership with students, parents, staff, and community.
- Provide health services staff with professional development opportunities such as workshops, conventions, and collaboration to receive the latest information, innovations, and ideas in their field and implement them in their areas of expertise.
- Ensure that all health service programs strive to meet all reporting, record-keeping, and confidentiality requirements.
- Ensure that all students enrolled in the public, nonpublic, or home schools in the state must present satisfactory evidence of commencement or completion of immunization in accordance with the immunization schedule and rules and regulations of the Public Health Division (PHD)/Department of Health (DOH), with an allowance for exemption by the PHO/DOH if certain conditions are met. Statute 6.12.2.8 NMAC makes it unlawful for any student to enroll in school unless the student is properly immunized or in the process of being properly immunized and can provide satisfactory evidence of such immunization, unless the child is properly exempted: 7.5.3 NMAC: Vaccinations and Immunizations Exemptions.

- Ensure that students who are identified as homeless are enrolled in the school under the McKinney-Vento Homeless Assistance Act [42 USC§ 11432(g)(3)(C)]. This states that children experiencing homelessness must be able to enroll in school immediately, even if they are unable to produce records normally required for enrollment, such as previous academic records, medical records, proof of residency, or other documentation. If the child needs to obtain immunizations or medical or immunization records, the enrolling school must immediately refer the parent or guardian of the child or youth to the designated local educational agency (LEA) homeless education liaison, who must assist in obtaining necessary immunizations, or immunization or medical records.
- Per the U.S. Office of Special Education (OSEP), students with healthcare needs that may "affect or have the potential to affect safe and optimal school attendance and academic performance require the professional school nurse to write an Individualized Health Plan (IHP) in collaboration with the student, family, educators, and healthcare care providers" (NASN Position Statement: Individualized Healthcare Plan). The IHP should be reviewed annually at a minimum. The need for an IHP is based upon each child's required health care, not upon "educational entitlement such as special education or Section 504 of the Rehabilitation Act of 1973." OSEP considers that the IHP should be a separate document from the Individualized Education Program (IEP).
- Ensure that provision for any student in grades kindergarten through 12, providing authorization to carry and self-administer health care practitioner-prescribed asthma treatment and anaphylaxis emergency treatment medications, as well as the right to self-management of diabetes in the school setting. Such rules are established in 6.12.2.9 NMAC Student's Rights to Self-Administer Certain Medications and 6.12.8 NMAC Diabetes Self-Management by Students in the school setting.
- Ensure that emergency action plans (EAP) are available and relevant staff will be trained to respond in the event of student medical emergencies.
- Ensure that all students with HIV/AIDS have appropriate access to public education and that their privacy rights are protected as set in 6.12.2.10 NMAC Human Immunodeficiency Virus C HIV)
- Ensure that all schools provide the required vision screening tests to students enrolled in kindergarten, first grade, and third grade and for the transfer of new students in those grades unless a parent affirmatively prohibits the visual screening.
- Administer hearing screenings to students enrolled in kindergarten, first grade, and third grade and for the transfer of new students in those grades, unless a parent affirmatively prohibits the visual screening.
- Offer Child Find yearly for 3-5-year-olds in the community. This event and includes at a minimum: educational, vision, and hearing screenings.

Staff Wellness

Definition:

Staff wellness is defined as opportunities for school staff to improve their health status through activities such as health assessments, health education, and health-related fitness activities. These opportunities encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall coordinated school health approach.

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

Goal:

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. This includes keeping employees safe and their information confidential, as well as addressing employee needs that meet the Americans with Disabilities Act, Title III.

Healthy employees are more productive, have more energy, are better able to manage stress, and are more likely to model healthy behaviors. By prioritizing employee wellness, schools can empower staff to feel their best while further supporting students' well-being. A healthy school workplace helps retain teachers and staff, reduces stress, boosts job satisfaction, and supports employees to perform at their best. Healthy and well-supported employees are absent fewer days and are more likely to stay in their positions, creating the continuity and stability that is essential for students' success. Teachers and staff are also influential role models for students.

Requirement:

Cloudfcroft Municipal Schools will:

- Address staff wellness needs of all school staff that minimally ensures an equitable work environment and meets the Americans with Disabilities Act, Part III.
- Offer a vaccination clinic to all staff once a year that provides opportunities for staff to receive annual flu/pneumonia/COVID vaccines.
- Ensure that the rights to privacy of all school employees infected with HIV are protected and the records are safe and confidential.
- When feasible, offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class).
- The district will provide staff with information on activities related to personal health promotion with the opportunity for all staff to participate when possible.
- Ensure that staff are provided with Mental Health Resources and information to assist them during stressful times.
- Ensure all staff are granted access to the high school weight room, gym, and track field.
- Provide an opportunity for staff members to represent each school site on the SHAC to assist with the development, implementation, and evaluation of Cloudfcroft's Local Wellness Policy.

Adoption Statement

The local school board adopted the school district wellness policy that contains guidelines for Physical Activity; Nutrition; and Family, School, and Community Involvement on September 12, 2006. Signatures are on file to that effect.

On January 9, 2007, the school board adopted the school district wellness policy that contains guidelines for Health Education; Physical Education; Social and Emotional Well-Being; Healthy and Safe Environment; Health Services; and Staff Wellness. Signatures are on file to that effect.

On August 9, 2018, the school board adopted the school district wellness policy that contains guidelines for Health Education; Physical Education; Social and Emotional Well-Being; Healthy and Safe Environment; Health Services; and Staff Wellness. Signatures are on file to that effect.

On May 18, 2021, the school board adopted the school district wellness policy that contains guidelines for Health Education; Physical Education; Social and Emotional Well-Being; Healthy and Safe Environment; Health Services; and Staff Wellness. Signatures are on file to that effect.

The wellness policy will be reviewed by the school board. The next school board meeting will take place on February 20, 2024. It is anticipated that the school board will adopt the changes made to the wellness policy on this date.

Appendix B

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).

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.

Identified below are the members of Cloudcroft Municipal Schools' SHAC, their roles, and contact information.

NAME	ROLE	PHONE NUMBER	E-MAIL
Mandy Ross	Wellness Policy Designated Lead	575-601-4416	mandy.ross@cmsbears.org
Tana Daugherty	Superintendent	575-601-4416	tana.daugherty@cmsbears.org
Jocelyne Gillespie	High School Principal	575-601-4416	jocelyne.gillespie@cmsbears.org
Robyn Cook	Elementary/Middle School Principal	575-601-4416	robyn.cook@cmsbears.org
Melissa Adkins	9-12 School Counselor, District Test Coordinator	575-601-4416	melissa.adkins@cmsbears.org
Lance Wright	School Board President	575-601-4416	lance.wright@cmsbears.org
Sheri Wimsatt	School Staff (K-8 Phys. Ed. Rep.)	575-601-4416	sheri.wimsatt@cmsbears.org
Randall Lackey	High School Teacher (Health Ed Rep)	575-601-4416	randall.lackey@cmsbears.org
Ardia Gray	School Food Authority Personnel	575-601-4416	ardia.gray@cmsbears.org
Dan Dirkising	School Safety	575-601-4416	dan.dirkising@cmsbears.org
Pat Ledezema	K-8 School Counselor	575-601-4416	pat.ledezema@cmsbears.org

Dani McNatt	Health Assistant	575-601-4416	dani.mcnatt@cmsbears.org
Brittney Virden	Community Member/Parent	575-601-4416	brittney.virden@cmsbears.org
Casandra Saffle	Community Member/Parent	575-601-4416	casandra@cloudcroftpto.org
Lori Stokes	Substitute School Nurse	575-601-4416	lori.stokes@cmsbears.org

Appendix C

Evaluation

As per the school district wellness policy rule 6.12.6.6 NMAC, each school district must develop and submit a plan for measuring the 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.

District: Cloudcroft Municipal Schools

Date of most recent review: _____

Overall Evaluation				
Wellness Policy	In Planning	In Process	In Place	Name of Person(s) Responsible
Wellness Policy completed following Federal 7 C.F.R pts 210 & 220 and PED NMAC 6.12.6.8				
District School Health Advisory Council (SHAC) established				
Designate at least one person for the district to ensure wellness				

policy compliance and implementation				
SHAC meets at least twice a school year				
School Wellness Policy available to the public				
A plan in place for measuring the implementation and evaluation of the wellness policy				
Nutrition	In Planning	In Process	In Place	Name of Person(s) Responsible
District schools meet or exceed local, state, and federal nutrition requirements and/or USDA nutrition standards. If applicable, this includes At-Risk Afterschool Meals, Afterschool Snack Programs, Fresh Fruit and Vegetable Programs, and/or Summer Food Service Program				
Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for school meal nutrition standards, and the Smart Snacks in School nutrition standards.6.12.5.8 NMAC Competitive Foods Standards (Smart Snacks)				
Standards for all foods and beverages provided, but not sold, to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives)				

Create procedures for the documentation of fundraisers that do not meet the competitive food standards that must be limited to no more than two occasions per semester or trimester term per school and may not be conducted during meal service or in the food service area (6.12.5.8 NMAC)				
Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards				
Specific goals for nutrition promotion and education that promote student wellness and consider evidence-based strategies in determining these goals				
All schools will provide nutrition education activities that align with the New Mexico Health Education Content Standards with Benchmarks and Performance Standards as outlined in 6.29.6 NMAC				
Free drinking water is available to students in the place where meals are served during meal service				
Assurance of adherence to requirements re. possible food allergies in schools				
Physical Activity	In Planning	In Process	In Place	Name of Person(s) Responsible

Guidelines created to provide physical activity opportunities before, during, and after school (6.12.6.8.D.3 NMAC)				
Physical activity is included as a health education topic (6.29.9 NMAC)				
Specific goals for physical activity that promote student wellness and consider evidence-based strategies in determining these goals.				
Health Education	In Planning	In Process	In Place	Name of Person(s) Responsible
Health Education content standards with benchmarks and performance standards (6.29.1 NMAC Standards for Excellence)				
.5 credit of Health Education is offered in either middle or high school as a graduation requirement				
Schools apply PED's "opt-out" policy, regarding sexuality component of health education curriculum				
Assurance that HIV instruction is provided (6.12.2.10 NMAC)				
Physical Education	In Planning	In Process	In Place	Name of Person(s) Responsible
The Wellness Policy includes a planned, sequential and developmentally appropriate K-12 physical education curriculum (6.29.1 NMAC Primary and				

Secondary education standards for Excellence General Provision) aligned to the Content Standards with Benchmarks and Performance Standards				
One unit of PE, or allowable alternative, is included as a district graduation requirement				
Adapted PE is available to all students where appropriate.				
Social Emotional Wellness	In Planning	In Process	In Place	Name of Person(s) Responsible
District Wellness policy includes a plan to address the behavioral needs of all students in the educational process by focusing on students' social and emotional wellbeing (6.12.6.8.D.6 NMAC)				
Support services are available to all students				
School staff members are trained in child abuse and neglect detection and reporting, per Section 22-10A-32, NMSA				
Schools adhere to substance abuse reporting per Section 22-5-4, 4 NMSA 1978				
Other Wellness Policy Components	In Planning	In Process	In Place	Name of Person(s) Responsible
Students with healthcare needs that may affect their school attendance and/or performance have Individualized Health Plans (IHP), which are separated from the Individualized Education Program (IEP) plan but attached				

to the IEP of 504 plan based on a student's needs				
Schools are compliant with 6.12.2.10 NMAC in reference to students who may be diagnosed with HIV/AIDS				
Statement addressing statute 6.12.2.8 NMAC, which makes it unlawful for any student to enroll in school unless the student is properly immunized or in the process of being properly immunized and can provide satisfactory evidence of such immunization, unless the child is properly exempted (7.5.3 NMAC) NOTE: District ensures that students who are identified as homeless are not prevented from entering schools, based on inability to produce records normally required for enrollment, as per the McKinney-Vento Homeless Assistant Act				
The Wellness Policy includes the provision for any student in K – 12, providing authorization to carry and self-administer health care practitioner prescribed asthma treatment and anaphylaxis emergency treatment medications, as well as the right to self-management of diabetes in school settings (6.12.2.9; 6.12.8 NMAC)				
At a minimum, vision screenings are administered to students enrolled in pre-K, Kindergarten, 1st and 3rd grades (7.30.11 NMAC: Vision Screening Test				

Standards for Students)				
Staff Wellness	In Planning	In Process	In Place	Name of Person(s) Responsible
District and its governing boards and schools, implement policy to ensure the right to privacy of all school employees infected with HIV, keeping these safe and confidential				
Create a plan to address the staff wellness needs of all school staff that minimally ensures an equitable work environment and meets the Americans with Disabilities Act, Title III (6.12.6.8.D.9 NMAC)				
Members of the school staff are allowed to participate on the district's SHAC, as per 6.12.6.8 NMAC Section E				

Cloudfroft Municipal School Board

Approval of Revisions, 2023/2024

Lance Wright, President

Kody Adams, Vice-President

Dan Hughes, Secretary

Danny Ward, Member

Jeff Eigenmann, Member