# Bernalillo Public Schools
# The District
# Wellness Policy




## Growing a Culture of Wellness
## 2025-2028

This Wellness Policy document supersedes the previous Wellness Policy dated July 2021 throughJune 2024.

## Contents

Bernalillo Public Schools Wellness Policy Handbook 2025–2026

# Table of Contents

## Contents


Contents ..... 3
Table of Contents ..... 3
Preamble ..... 4
School Health Advisory Council (SHAC) ..... 5
Leadership ..... 5
BPS SHAC Creates a Wellness Policy Draft that includes: ..... 5
BPS SHAC maintains the following: ..... 7
Bernalillo Public School Health Advisory Committee (SHAC) ..... 7
Wellness Policy Implementation, Monitoring, Accountability andCommunity Engagement ..... 8
Family, School and Community Involvement ..... 8
Recordkeeping: ..... 9
Annual Progress Reports: ..... 9
Triennial Progress Assessments ..... 10
Revisions and Updating the Policy ..... 10
Community Involvement, Outreach, and Communications ..... 10
NMAC /Rule Requirements: Evidence of Policy Implementation ..... 10
BPS Policy ..... 11
Bernalillo Public Schools Wellness PolicySection II: Nutrition ..... 12
School Meals ..... 12
Resources: ..... 12
Nutrition Promotion ..... 13
Nutrition Education ..... 13
Essential Healthy Eating Topics in Health Education ..... 13
Food and Beverage Marketing in Schools ..... 14

School Meals: BPS Policy ..... 14
Breakfast, Lunch, and Snack: ..... 15
Strategies for Improving Policy Outcomes: Transitioning to Best Practices ..... 15
BPS Policy ..... 16
Action Plan ..... 17
BPS Policy ..... 18
Nutrition Promotion: ..... 19
BPS Policy ..... 19
Action Plan ..... 20
Nutrition Education: ..... 20
BPS Policy ..... 21
Water Availability: ..... 22
Strategies for Improving Policy Outcomes: Transitioning to Best Practices ..... 22
BPS Policy ..... 22
Food Allergies: ..... 23
Strategies for Improving Policy Outcomes: Transitioning to Best Practices ..... 23
BPS Policy ..... 23
Possible Additional Statements: ..... 23
Strategies for Improving Policy Outcomes: Transitioning to Best Practices ..... 24
BPS Policy ..... 24
Bernalillo Public Schools Wellness Policy Section III: Quality Physical Activity Throughout the day: ..... 24
NMAC /Rule Requirements: Evidence of Policy Implementation ..... 24
Strategies for Improving Policy Outcomes: Transitioning to Best Practices ..... 25
Before & After School: ..... 25
Family & Community: ..... 26
Strategies for Improving Policy Outcomes: Transitioning to Best Practices ..... 26
BPS Policy ..... 26
Bernalillo Public Schools Wellness Policy ..... 27
Sexual Health Education: ..... 29
Strategies for Improving Policy Outcomes: Transitioning to Best Practices ..... 29
Bernalillo Public Schools Wellness Policy Section V:Physical Education Requirement Physical Education ..... 30
NMAC /Rule Requirements: Evidence of Policy Implementation ..... 30
Strategies for Improving Policy Outcomes: Transitioning to Best Practices ..... 30

Bernalillo Public Schools Wellness Policy Section VI:Social and Emotional Well-Being Student Supports ……31
BPS Policy .....32
Bernalillo Public Schools Wellness Policy Section VII:Health Services and Other Needs .....33
Health Services: .....33
Strategies for Improving Policy Outcomes: Transitioning to Best Practices.....33
BPS Policy .....34
Bernalillo Public Schools Wellness Policy Section VIIIStaff Wellness Staff Wellness.....35
NMAC /Rule Requirements: Evidence of Policy Implementation.....35
Strategies for Improving Policy Outcomes: Transitioning to Best Practices.....35
BPS Policy.....36
Professional Learning .....54
Glossary: .....54
NM Public Education Department Safe & Healthy Schools Bureau (NMPEDSHSB) reviews District School Wellness Policy every three years for compliance and changes. .....54
BERNALILO PUBLIC SCHOOLS .....59
SHAC Application.....61

# Bernalillo Public Schools Wellness Policy
# Section I: Wellness Policy

## Preamble

Federal Public Law (PL 108-265 Section 204) states that all schools must develop a local Wellness Policy.

Bernalillo Public Schools (hereto referred to as (BPS) is committed to the optimal development of every student. BPS believes that for students to have the opportunity to achieve personal, academic, developmental and social success, BPS needs to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year. Therefore, BPS District Board of Education will meet all requirements set forth by the Public Education Department in NMAC 6.12.6.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific Foods including fruits, vegetables and dairy products, is associated with lower grades among students.
In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance. This policy outlines the BPS approach to ensuring environments and opportunities for all students to practice mental wellbeing, healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students at BPS have access to healthy foods throughout the school day—both through reimbursable school meals and through other foods available throughout the school campuses –in accordance with Federal and state nutrition standards;
- Students will receive quality nutrition education that helps them to develop lifelong healthy eating behaviors;
- BPS acknowledges that staff and student mental health is an essential component of overall wellbeing. BPS will make available resources to address and support any mental health concerns;
- Students have opportunities to be physically active before, during, and after school;
- Schools will be actively engaged in nutrition and physical activity promotion and other activities that promote student wellness;
- Staff education and awareness will increase by encouraging and supporting practices in healthy nutrition and physical activity behaviors in and out of school;
- The community becomes engaged in supporting the work of the BPS District and creates continuity between school, students and staff to practice lifelong healthy habits; and

- The BPS district establishes and maintains an infrastructure for management, oversight, implementation, communication, and monitoring of the policy and its established goals and objectives.

This policy applies to all students and staff in The District of Bernalillo Public Schools. Specific measurable goals and outcomes are identified within each section below.

## School Health Advisory Council (SHAC)

## Formation and Purpose of the School Health Advisory Council (SHAC)

The Bernalillo Public School District organized a School Health Advisory Committee (hereto referred to as the SHAC).
This committee currently meets two times per year (Fall & Spring) to establish goals and oversee school health and safety policies and programs, including development, implementation, and periodic review of the wellness policy (heretofore referred to as "Wellness Policy".) In addition, this committee acts as a liaison between school and community, provides information updates, and presents recommendations to the BPS Board of Education. The SHAC consists of a diverse group of administrators, staff and parents and is open to interested community members that are willing to volunteer their time to actively participate. Current members include representatives such as the superintendent, school board members, district office administrators, principals, counselors, social workers, school nurses, and representatives of the school nutrition program, teachers, parents, and community members. The Homeless Education Liaison. Community members include stakeholder representatives from Santo Domingo, Santa Ana, San Felipe, Cochiti, Sandia and Zia Pueblos. Future involvement and outreach will include (if possible), but not be limited to El Pueblo Health Services, students, health professionals (ex., dietitians, doctors, nurses, dentists), and individuals from the community. In addition, the SHAC could include a representative from each school building and reflect the diversity of the community.

## Leadership

The Superintendent's designee(s) currently convenes the SHAC and facilitates development of updates to the Wellness Policy, and works to ensure each school's compliance with the policy. The Deputy Superintendent of Instructional Leadership, functions in that role with the assistance of the Executive Director of Special Education and Health Services, Director of Student Nutrition, and Communications Coordinator.

**BPS Staff, parents, community members and community stakeholders that are interested in actively participating in the BPS District Wellness SHAC Committee may call (505)867-2317 and speak to a district SHAC Administrator.**

BPS SHAC will meet a minimum of two (2) times per year for the purpose of evaluation of the current wellness policy in the areas of implementation, needed revisions, and adherence, and then will present recommendations for the policy to the Governance Council.

1. BPS SHAC will assist in the school's implementation and adherence to the policy.

## BPS SHAC Creates a Wellness Policy Draft that includes:

A. Family, school, and community involvement guidelines.

B. Nutrition Guidelines for school meals, competitive foods and beverages sold during the school day, exempt fundraisers, access to water, celebrations and rewards, nutrition promotion, nutrition education, food and beverage marketing in school, and school nutrition staff qualifications, and professional standards requirement.
C. Physical activity guidelines for before, during, and after school.
D. Guidelines for a planned, sequential physical education curriculum that provides the optimal opportunity for all students to learn and develop skills, knowledge and attitudes that encourage a lifetime of physical activity, consistent with the Physical Education Content Standards with Benchmarks and Performance Standards set forth in 6.29.9 NMAC: Standards for Excellence; Guidelines for a planned, sequential, health education curriculum that addresses the physical, mental, emotional, and social dimensions of health and is aligned to the Health Education Content Standardswith Benchmarks and Performance Standards as set forth in Standards for Excellence (6.29.6.8 NMAC);
E. Establish course instructions for all students in grades 1 – 12 to receive instruction in health education and to require all students to complete a course in health education prior to graduation in either middle or high school that is aligned to high school Health Education Content Standards with Benchmarks and Performance Standards (22-13- 1.1 NMSA (1978).
F. Develop a plan that addresses the behavioral health needs of all students in the educational process by focusing on the social and emotional well-being of students. Provide and submit a Safe School Plan at each school, focused onhealthy, safe environments, including but not limited to policies, procedures and an all-hazards emergency operations plan (EOP) that is inclusive of: prevention, protection, mitigation, response and recovery, and is aligned with the National Response Framework, the U.S. Department of Education's Guide for Developing High-Quality School Emergency Operations Plans (2013), (See Safe Schools tab in the NMPED website.) Guidelines for a planned, sequential, 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 Standards for Excellence (6.29.6.8 NMAC);
G. Establish course instructions for all students in grades Pre-K – 12 to receive instruction in health education and to require all students to complete a course in health education prior to graduation in either middle or high school that is aligned to high school Health Education Content Standards with Benchmarks and Performance Standards (22-13- 1.1 NMSA (1978).
H. Develop a plan that addresses the behavioral health needs of all students in the educational process by focusing on the social and emotional well-being of students.
I. A plan that addresses the health service needs of students in the educational process.
J. A plan that addresses the wellness needs of all staff that minimally ensures an equitable work environment that meets the Americans with Disabilities Act, Part III; and
K. The implementation and evaluation of all guidelines.
L. Establish course instructions for all students in grades Pre-K – 12 to receive instruction in health education and to require all students to complete a course in health education prior to graduation in either middle or high school that is aligned to high school Health Education Content Standards with Benchmarks and
Performance Standards (22-13- 1.1 NMSA (1978).

M. Provide and submit a Safe School Plan at each school, focused on healthy, safe environments, including but not limited to policies, procedures and an all-hazards emergency operations plan (EOP) that is inclusive of: prevention, protection, mitigation, response and recovery, and is aligned with the National Response Framework, the U.S. Department of Education's Guide for Developing High-Quality School Emergency Operations Plans (2013), (See Safe Schools tab in the NMPED website.)

## BPS SHAC maintains the following:

A. BPS wellness policy contains the required guidelines and includes language that meets their current needs and supports growth over time; BPS seeks the Governance Council approval and presents annual revisions.
B. An evaluation plan; and
C. Public updates, including public access to the wellness policy, summary of changes made on at least an annual basis, annual assessments, and triennial assessments.

Bernalillo Public Schools SHAC will convene as the school wellness committee at least two (2) times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy.

The SHAC membership will represent all school levels (pre-k, elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, physicians, dentists, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists, social workers, or psychiatrists]; school administrators (e.g.., superintendent, principal, assistant principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public.

## Bernalillo Public School Health Advisory Committee (SHAC)

As per the Public Education Department Wellness Policy rule 6.12.6 NMAC, all New Mexico local boards of education shall establish a district School Health Advisory Council (SHAC) that consists of parents, school food service personnel, school board members, school administrators, school staff, students, caregivers and community members.

Revised on: 07/01/2025

# Wellness Policy Implementation, Monitoring, Accountability and Community Engagement

## Implementation Plan

The Bernalillo Public Schools will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to our school; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. It is recommended that the school use the **Healthy Schools Program online tools** to complete a school level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation, and generate an annual progress report.

This Wellness Policy, upcoming progress and Triennial Assessment reports can be found at: Bernalillo Public Schools **Bernalillo Public Schools Home Page** *In addition, the Wellness Policy can also be found on the bottom of the Website Cover Page and in Student Nutrition Department Webpage.*

## Family, School and Community Involvement

Goal: The goal of the 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.

The Bernalillo Public Schools Health Advisory Council / Wellness Council will be responsible for implementation and evaluation of the wellness policy for the district. Responsibilities of the council will include:

1. Meeting regularly to ensure implementation of the Wellness Policy.
2. Completing Wellness Policy assessment forms annually.
3. SHAC committee meets 2 times per year (in the fall & in the spring).
4. Setting physical activity guidelines.
5. Setting guidelines for family, school, and community involvement.
6. Setting guidelines for school sponsored fundraisers during 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.
7. Setting guidelines for health education curriculum beginning in kindergarten that is aligned to the health education content standards and benchmarks as is set forth in 6.30.2.19 NMAC.
8. Setting guidelines for physical education beginning in kindergarten that is aligned to the content standards and benchmarks as set forth in 6.30.2.20 NMAC.
9. A plan that addresses the behavioral health needs of students by focusing on social and emotional well-being.
10. A safety plan that supports healthy and safe environments.
11. A plan that addresses the health services needs of students.
12. A plan addressing the staff wellness needs of all staff.

13. Increase community awareness of student health needs.
14. Offer revisions to guidelines annually if deemed necessary.
16. Promoting and posting of the School wellness policy can be located at bernalillo-schools.org.

## Recordkeeping:

BPS will retain records to document compliance with the requirements of the wellness policy in the BPS administrative office. Documentation maintained in this location will include but will not be limited to

- The written wellness policy.
- Documentation demonstrating compliance with community involvement requirements, including:
  1. Efforts to actively solicit SHAC membership from the required stakeholder groups; and
  2. The participants' involvement in the development, implementation, and periodic review and update of the wellness policy.
- Documentation of annual policy progress reports for each school under its jurisdiction.
- Documentation of the triennial assessment* of the policy for each school under its jurisdiction; and
- Documentation demonstrating compliance with public notification requirements, including:
  - Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and
  - Efforts to actively notify families about the availability of the wellness policy.

## Annual Progress Reports:

BPS will compile and publish an annual report to share basic information about the wellness policy and report on its implementation progress in meeting the wellness goals. This annual report will be published in the 4th quarter of each school year. This report will include, but is not limited to:

- The BPS website address for the wellness policy and/or how the public can receive/access a copy of the wellness policy.
- A description of BPS's progress in meeting the wellness policy goals.
- A summary of each school's events or activities related to wellness policy implementation.
- The name, title, and contact information of the designated district policy leader(s) is identified in the wellness policy under Section Leadership; and
- Information on how individuals and the public can get involved with the SHAC.

BPS will actively notify households/families of the availability of the annual report.
The SHAC will establish and monitor BPS's goals and objectives for each of the content-specific components listed in the sections of this policy.

Optional additional policy language includes:

- BPS will track, analyze, and report on any correlations between improvements in health-promoting environments with education outcomes, such as absenteeism, disciplinary referrals, test scores, average grades, or health measures such as consumption of whole grains, fruits, or vegetables through the school meal programs or BMI, or psychosocial measures such as self-reported "connectedness," or other school climate measures. BPS is encouraged to collaborate with local research institutions and universities.
- BPS will also track and annually report other related information, such as findings from food safety inspections, aggregate participation in school meals programs, income

reported from competitive food sales, fundraising revenues, and other such information, as feasible.

## Triennial Progress Assessments

At least once every three years, the district will evaluate compliance with the wellness policy per the NMPED SSWB and Safe and Healthy Schools Bureau nutrition administrative review process to assess the implementation of the policy and include:

- The extent to which schools under the jurisdiction of the district are in compliance with the wellness policy; and
- A description of the progress made in attaining the goals of the district's wellness policy.
- The School Health Advisory Council (SHAC) is responsible for managing the triennial assessment and contact information.

The SHAC will monitor BPS's compliance with this wellness policy. BPS will actively notify households/families of the availability of the triennial progress report.

## Revisions and Updating the Policy

The SHAC will update or modify the wellness policy based on the results of the annual progress reports and triennial assessments, and/or as: BPS priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

## Community Involvement, Outreach, and Communications

BPS is committed to being responsive to community input, which begins with awareness of the wellness policy. BPS will actively communicate ways in which representatives of SHAC and others can participate in the development, implementation, and periodic review and update of the wellness policy through a variety of means appropriate for that district. BPS will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards. BPS will use electronic mechanisms, such as email or displaying notices on the school's website, as well as non-electronic mechanisms, such as newsletters, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy. BPS will ensure that communications are culturally and linguistically appropriate to the community. BPS will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum. BPS will also use these mechanisms to inform the community about the availability of annual and triennial reports.

## NMAC /Rule Requirements: Evidence of Policy Implementation

- The district SHAC meets at least two times a year. 6.12.6 NMAC
- District Wellness Policy, including any updates to and about the wellness policy is available to the public on an annual basis.
- Districts make available the Triennial Assessment, including progress towards meeting the goals of the policy, Local School Wellness Policy Implementation Summary of the Final Rule
- A plan is in place for the implementation and evaluation of the wellness policy.

- 6.12.6 NMAC, Local School Wellness Policy Implementation Summary of the Final Rule.

## BPS Policy

- The BPS Wellness Policy is currently posted on the BPS Student Nutrition webpage in English. The new Wellness Policy will be posted on the BPS Student Nutrition webpage in English and Spanish. A link to the new policy will be added to the student handbooks in English and Spanish, and the link will be posted two times per year in both the English and Spanish district newsletter (Aug. & Jan). Additionally, a Thrillshare message will be sent to families via email two times per year in English and Spanish.
- The policy is communicated to students, staff, parents, and community members to ensure understanding and how implementation affects them.
- Wellness policy decisions are informed by data. A variety of tools is used to evaluate the strength of policy language (WellSAT) and the effectiveness of wellness implementation.
- Wellness policy evaluation, revision, and implementation are driven by data using a variety of resources such as district/site school nurse visits and the School Health Index.
- Communications Coordinator will work with Student Nutrition and the Wellness Team to create these messages.

The BPS SHAC (chart below) is comprised of numerous stakeholders that represent each school site, department and expertise connected to the different areas of the Wellness Policy. These team members were communicated with due to their unique stakeholder perspective and knowledge. The team consists of teachers, nurses, principals, directors, district team members and community agencies. Leads of the team have met twice and the entire SHAC will meet at the beginning and end of each year to update any information and to assess the progress of the stated initiatives. This will allow the team to adjust the initiatives based off data, need, feedback, and observations. The policy will be posted on the district website and will be shared out with community stakeholders through our district communication system. A link will also be shared in the district's monthly newsletter. Principals will also be supported through a community of practice meeting where principals will review the policy and then analyze and reflect on the needs of their campus to ensure implementation of the plan. Principals will in turn share with their staff and school site. The district wellness policy is available in a number of formats that are linguistically and culturally appropriate such as in the BPS district and student nutrition websites.

# Bernalillo Public Schools Wellness Policy

# Section II: Nutrition

**Definition:** Nutrition refers to programs that provide access to a variety of nutritious and appealing meals and snacks that accommodate the health and nutritional needs of all students, and comply with Federal, State and Local requirements. Student nutrition will meet the Content Standards with Benchmarks and Performance Standards as set forth in Section NMAC 6.12.6.

## School Meals

BPS school district is committed to serving healthy meals to children, with plenty of fruits, lean meats, vegetables, whole grains, and 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 (CN) 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. All schools within BPS district participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), After School Snack Program (ASSP), Seamless Summer Option (SSO), including several elementary schools that participate in the Fresh Fruit and Vegetable Program (FFVP). The district also operates additional nutrition-related and NM state funded programs and activities including NM Locally Grown Program, The Healthy School Meal for All Programs & Grab 'n' Go Breakfast. All schools within the BPS District are committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs.

## Resources:

**USDA**
**USDA Nutrition Standards**
**Safe Schools Guidance Document**
**6.29.1.9(1)6 NMAC**
**USDA Professional Standards for Child Nutrition Professionals**
**USDA Smart Snacks in Schools**
**USDA A Guide to Smart Snacks in Schools**
**Alliance for a Healthier Generation**
**6.11.2.NMAC**
**Smarter Lunchroom Techniques**
**Smarter Lunchrooms Movement**
**Healthier Generation Healthier Planner**
**Smart Snacks Product Calculator**
**MyPlate**
**The Dietary Guidelines for Americans**

## 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 encourage participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff, teachers and parents.

The District will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs. This promotion will occur through at least:

- Implementing evidence-based healthy food promotion techniques through the school meal programs, using **Smarter Lunchroom techniques.**
- Ensuring 100% of foods and beverages promoted to students meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the District and individual schools may use are available at www.foodplanner.healthiergeneration.org.

## Nutrition Education

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

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking demonstrations or lessons, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole-grain products, low fat and fat-free dairy products, and healthy food preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promote physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Include nutrition education training for teachers and other staff.
- At all schools, we are continuing our nutritional education by displaying nutritional facts on our cafeteria menu monitors, test testing with nutritional facts and recipes.

## Essential Healthy Eating Topics in Health Education

The District will include in the health education curriculum the following essential topics on healthy eating:

- The relationship between healthy eating, personal health, and disease prevention;
- Food guidance from **MyPlate;**
- Reading and using USDA's food labels;

- Eating a variety of foods every day;
- Balancing food intake and physical activity;
- Eating more fruits, vegetables, and whole grain products;
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain *trans*-fat;
- Choosing foods and beverages with little added sugars;
- Eating more calcium-rich foods;
- Preparing healthy meals and snacks;
- Risks of unhealthy weight control practices;
- Accepting body size differences;
- Importance of water consumption;
- Making healthy choices when eating at restaurants;
- Eating disorders;
- **The Dietary Guidelines for Americans;**
- Reducing sodium intake;
- Social influences on healthy eating, including media, family, peers, and culture;
- How to find valid information or services related to nutrition and dietary behavior;
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully;
- Resisting peer pressure related to unhealthy dietary behavior;
- Influencing, supporting, or advocating for others' healthy dietary behavior.

## Food and Beverage Marketing in Schools

The District 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 strives to teach students how to make informed choices about nutrition, health, and physical activity. **These efforts will be weakened if students are subjected to advertising on District property that contains messages, inconsistent with the health information the District is imparting through nutrition education and health promotion efforts.** It is the intent of the District to protect and promote student's health by **permitting advertising and marketing for only those foods and beverages that are permitted to be sold on the school campus, consistent with the District's Wellness Policy.**

## School Meals: BPS Policy

- BPS is committed to serving healthy scratch cooked and speed scratched meals that meet the Universal School Meal Guidelines for lunch, breakfast and after school snacks. Students will get a variety of fruits, lean meats, vegetables, whole grains, and 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 (CN) or manufacturer's specification), and to meet the nutrition needs of school children within their calorie requirements. The Student Nutrition Services Department aims to improve the diet and health of every school age child as well as helping to mitigate childhood obesity in the district.
- The Student Nutrition Services Department will model healthy eating in our school cafeterias and help to support the development of lifelong healthy eating patterns,

while supporting healthy choices and accommodating cultural food preferences and special dietary needs.

- All Schools in the BPS District participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the After School Snack Program ASSP), the Seamless Summer Program (SSO), and several elementary schools that operate the Fresh Fruit and Vegetable Program (FFVP). The district also operates additional nutrition-related and NM state funded programs and activities including the NM Grown Program, Breakfast in the Classroom, and Grab n' Go breakfast and lunch meal packages that are distributed to all our district students during winter break.
    - Action Plan: The district will implement the (CACFP) At-Risk Dinner Program beginning in school year 2026-2027.
- School meals will be accessible to all students in our district. Meals are appealing and attractive to children. Meals are served in a clean and pleasant environment. Meals meet and/or exceed current nutrition requirements established by local, state, and federal statutes and regulations. (The district offers FREE CEP reimbursable meals that meet USDA nutrition standards. Whole fruits are offered daily in attractive baskets during lunch in the elementary grade levels and vegetable and fruit bars are offered for all secondary grade levels. NM Grown seasonal produce will be part of our fruit and vegetable offerings. All Food Service Staff have been trained on customer service skills so that each of our students, staff and guests leave with an enjoyable, positive and professional experience.
- Share tables are placed in every BPS school cafeteria where students can place unwanted nonperishable food items like fruits and vegetables for students to take to eat later or take home. The redistribution on share tables helps to reduce food waste and support food-insecure students with a healthy snack.

## Breakfast, Lunch, and Snack:

- NMAC /Rule Requirements: Evidence of Policy Implementation
- All school breakfasts comply with the USDA and state policies
- Students pre-k to grade 7 have the opportunity to participate in Breakfast in the Classroom
- All school lunches comply with the USDA and state policies.
- All schools comply with the standards for Excellence lunch recess guidelines.
- Meals and snacks served under the USDA At-Risk Afterschool meals, Afterschool Snack Program, Fresh Fruit & Vegetable Program and/ or summer food service Program comply with all federal regulations and state policies.

## Strategies for Improving Policy Outcomes: Transitioning to Best Practices

- At least three different fruits offered each week on three different days. At least one fruit per week is served fresh.

- District offers 15 minutes "seat time" for students to eat breakfast and/or lunch (not including time spent walking to and from class)
- Breakfast in the Classroom is provided to all students from Pre-K to eight grade.

- At least three different fruits offered each week on three different days. At least one fruit per week is served fresh.
- Fresh Fruit and Vegetable tastings will occur
- Some or all schools have school-based gardens
- Will participate in the Fresh Fruit and Vegetable Program.
- Students have at least 20 minutes "seat time"
- Participate in one of four programs (At-Risk Afterschool meals, Afterschool Snack Program, fresh Fruit & Vegetable Program, or Summer Food Service Program)

## BPS Policy

- Fresh Fruit and Vegetables will be offered daily at each participating school in the district. Fruit baskets at all elementary schools, fruit, and vegetable bars at all secondary grade levels.
- Students have 15 minutes 'seat time' to eat breakfast in the classroom or cafeteria. Grab n' Go Breakfast in the Hallway is offered at the High School and Second Chance Breakfast is offered at all elementary and secondary levels (Breakfast After the Bell).
- All Breakfast meals will be accessible to students, appealing and attractive, served in a clean and pleasant setting, and meet all food safety requirements.
- All Breakfast and lunch meals will meet the Healthy Universal School Meal initative; Three scratch made meals per week, plenty of fruits and vegetables, whole grains, fat-free and flavored milk, USDA sodium level requirements, low saturated fats, and zero grams' trans-fat per serving. Child Nutrition (CN) Labels and/or manufacturer's formula statements will be kept on file to ensure that each meal served meets the USDA nutritional requirements. Nutrient Analysis will be provided by the district for each meal served to ensure that the calorie requirements are met.
- All Pre-K students will participate in Family Style Feeding, K through 8th students will participate in breakfast in the classroom and all BHS student will participate in Grab n' Go Breakfast.
- Fresh Fruit and Vegetables will be offered daily at all BPS schools.
  Seasonal NM Grown Fresh Produce will be used in meal preparation, taste testing's and weekly offerings.
- Participation in the FFVP and NM Grown Program allows for taste testing of fresh fruits, fresh vegetables and exotic fruits and vegetables in our district.
- The District will not allow homemade food to be brought into schools for fundraising or classroom parties due to food safety and food allergy concerns. This policy will aim to prevent food contamination and common food allergens. Parents will be encouraged to send nutritious treats, such as fruits and vegetables, rather than traditional sweet treats like cupcakes.

- Some of our schools will work with master gardeners to provide fresh vegetables in our cafeterias and in taste testing events.
- Five elementary schools in the district participate in the FFVP.

## Action Plan

- The BPS District will follow the Healthy Universal School Meals initiative phase beginning with certification and compliance in the 2025-2026 school year.
- 50% of meal components will be freshly prepared or scratched cooked.
- NM locally grown products will be used to produce meals.
- Salad Bars will be offered at all Middle Schools, Academy, and High School levels. Three different choices of Fruits and Vegetables will be offered to all Elementary School Students daily.
- Santo Domingo, Cochiti, Algodones and Spartan Learning Academy will have seasonal gardens and will continue to maintain their school gardens as part of their skill- based nutrition education.
- A variety of exotic fruits and vegetables will be offered to our students as part of the Fresh fruit and Vegetable Program (FFVP). Nutrition Education, fact sheets that outline; health benefits, where the product originated from, how to eat it and what it tastes and feels like will be given to students as part of educational component of the grant. FFVP exotics will be distributed to students twice a week beginning every year in October and ending the first week of May.
- BPS will implement the At-Risk Afterschool meals program during the 26-27 school year.
- Horticulture towers will purchased and placed in school cafeteria to grow fresh herbs for meal preparation.

### All Foods Sold in Schools (Snack Sales, School Stores & Fundraisers) NMAC /Rule Requirements: Evidence of Policy Implementation

- “All foods and beverages sold in schools comply with USDA's Smart Snacks in School" "All Foods Sold in Schools" Standards from the midnight before to 30 minutes after the end of school day.
- No energy or other high sugar or highly caffeinated beverages sold on the school property from midnight or the night before to 30 minutes after the end of the official school day.
- 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).

### Strategies for Improving Policy Outcomes: Transitioning to Best Practices

- All foods and beverages sold in schools are in compliance with USDA "Smart Snacks in School" All Foods Sold in Schools" Standards from midnight before to 5 pm to include after school programs and some school sponsored events.
- No energy or other high sugar or highly caffeinated beverages are sold on the school property from midnight the night before to 5 pm.

- Fundraisers within the school day until 5 pm meet USDA's Smart Snacks compliance rule. All Food Sold in Schools meet all Standards. (Two, documented, one-day exceptions per semester per site are allowed and monitored).

- 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.

### BPS Policy

- All food and beverages sold in schools are in compliance with USDA "Smart Snacks in School" All Foods sold in Schools" Standards from midnight before 5 pm to include after school programs and some school sponsored events.
- No energy or other high sugar or highly caffeinated beverages are sold on the school property from midnight the night before to 5 pm.
- Fundraisers may be conducted only for up to one school day on two occasions per semester or trimester term in a school, which participates in the United States Department of Agriculture school meal program. Fundraisers within the school day until 5 pm must meet USDA's Smart Snacks in School "All Foods Sold in Schools" must meet the Smart Snack Standards. Foods that do not meet the Smart Snack standards cannot be sold to students on campus at any time during the school day. (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.

### Action Plan

- The District will provide the Smart Snack Calculator tool and a list of Smart Snack compliance food and beverage products on the BPS Website – Student Nutrition.

### All Foods Provided in Schools
### NMAC /Rule Requirements: Evidence of Policy Implementation

- District develops nutritional standards for foods and beverages provided, not sold, on school campus during the school day.
- Strategies for Improving Policy Outcomes: Transitioning to Best Practices
- District adopts Smart Snacks in School "All Foods in Schools" Standards for all foods and beverages provided, not sold on school campus during the school day.
- The number of celebrations in which food and beverages are included are limited.
- School provides information to staff for the incorporation of non-food rewards and Incentives.
- Celebrations including food are paired with physical activity opportunities.

## BPS Policy

- The BPS District will ensure that all foods provided in schools meet the Smart Snack in

school compliance, not sold on school campuses during the school day.

- The BPS Student Nutrition Department will encourage school sites to align their party celebrations around lunchtime so that the department can provide the class with a complete reimbursable meal "Scratch made Pizza Party". Teachers will not be allowed to use food as a reward and encourage to use non-food alternatives as rewards.
- Food is not to be used as a reward or incentive.

## Nutrition Promotion:

## NMAC /Rule Requirements: Evidence of Policy Implementation

- District allows marketing* (oral or written, or graphics) of only those foods and beverages sold on the school campus during the school day that meet the requirements set forth in the Smart Snacks Rule. (Schools are not required to allow food or beverage marketing on campus).
- District promotes participation in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) if applicable and chooses nutritious foods and beverages throughout the day. Menus are posted on school website and/or distributed to families via another method.
- Students provide input on foods offered in the cafeteria.
- Strategies for Improving Policy Outcomes: Transitioning to Best Practices
- District allows marketing*(oral, written, or graphics) of only those foods and beverages that meet the requirements set forth in the Smart Snacks Rule on the school campus during school activities at all times.
- District implements marketing and advertising of nutritious foods and beverages consistently through a comprehensive and multi-channel approach to school staff, teachers, parents, and students.
- District purchases locally grown seasonal produce and meat from NM Farmers and Ranchers.
- District supports and promotes school gardens.
- Students learn about the nutrition requirements for school meals and some students are involved in helping plan menus.

## BPS Policy

- The district will not advertise foods that are not "Smart Snack" compliant. Foods and beverage items available for purchase shall align with the "Smart Snack" nutrition standards (more information can be found at A Guide to Smart Snacks in School - Food Nutrition Service (usda.gov)
- The district will also explore non-food related activities to increase funds.
- The Student Nutrition Services Department and the district implement marketing and advertising of menus, nutritious foods and beverages through multi-channel

approaches to school staff, teachers, parents and students via BPS Social Media (Facebook & Instagram), District and School Websites, District Thrillshare Parent Platform and on every school cafeteria Message Media Screen.

- The Student Nutrition Services Department purchases locally NM Grown Produce and Meats from Ranchers and Farmers around the state. The District and SNS Department sponsor activities that promote nutrition education around the school sites, by sending literature to classrooms, having taste testing events, surveys, classroom field trips, and naming that menu item student participation panel. Monthly menus advertise NM Grown and where they come from. Nuevo Thursday is an activity that allows the Student Nutrition Services Department to display new food creations utilizing NM Grown Products. The district provides an annual Fall Festival, which allows local farmers to display and sell their NM grown products. The Student Nutrition Services Department displays their fresh produce at annual school events to educate students/parents where the NM Grown Products are purchased and how they are used in recipe creation.
- The district supports, encourages and promotes school gardens throughout our district and the integration to nutrition promotion and through our academic program STEM.
- The BPS Culinary Arts Department Students work collaboratively with the Student Nutrition Services Department in helping with menu planning, naming menu items, taste testing and proving survey results.

## Action Plan

- A guide to Smart Snacks in Schools will be provided to each school administrator in the district as well as posted in the BPS District Webpage - Student Nutrition Services Department website.
- BPS SNS department is seeking funding to purchase Hydroponic Grow Towers in our district that will be displayed in each school cafeteria. Fresh herbs grown will be utilized in daily cooking.

*School marketing includes food and beverage advertising and other marketing, such as the name or depiction of products, brands, logos, trademarks, or spokespersons or characters, on any property or facility owned or leased by the school district or school (such as school buildings, athletic fields, school busses, parking lots, or other facilities).

## Nutrition Education:

## NMAC /Rule Requirements: Evidence of Policy Implementation

- 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
- Include nutrition education as part of physical education/health education classes and/or standalone courses for all grade levels.
- District uses qualified personnel or organizations from the community to provide

nutrition education to students under the direct supervision of a teacher once/year.

- Integrate age-appropriate nutrition education into at least one core subject such as math, science, language arts, and social sciences.
- Include nutrition and health posters, signage, or displays in the cafeteria food service and dining areas.
- Offer information to families at least once per semester that encourages them to teach their children about health and nutrition.
- Strategies for Improving Policy Outcomes: Transitioning to Best Practices
- District administrators inform teachers and other school personnel about opportunities to participate in professional development on nutrition and on teaching nutrition.
- Active learning experiences are provided such as involving students in food preparation or other hands-on activities at least once a semester.
- District uses qualified personnel or organizations from the community to provide nutrition education to students under the direct supervision of a teacher once/semester.
- Integrate age-appropriate nutrition education into at least two core subjects such as math, science, language arts, and social sciences.
- Include nutrition and health posters signage, or displays in classrooms, hallways, gymnasium, and/or bulletin boards.
- Offer information to families at least once per quarter that encourages them to teach their children about health and nutrition, and assists them in planning nutritious meals.

## BPS Policy

- Nutrition Education is included in a planned, sequential curriculum that is age appropriate and aligned with the K-12 New Mexico Health Education Standards as set forth in 6.29.6 NMAC., Regulation IHAMD.
- The District aims to teach, model, encourage and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that Is designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Is part of health education classes, but also integrated into their classroom instruction through subjects such as PE, math, science, language arts, social sciences and elective subjects.
- Include enjoyable, developmentally appropriate, culturally relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste testing, farm visits and school gardens.
- Promotes fruits, vegetables, whole-grain products, and low fat and fat-free dairy products and healthy food preparation methods.
- Emphasize caloric balance between food intake and energy expenditure (promote

physical activity/exercise).

- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School Programs, other school foods, and nutrition-related community services.
- Include nutrition education training for teachers and other staff.
- All Schools have monitors in the cafeterias with monthly and daily menus displayed, nutrition documentation by age group, recipes and physical activity fact sheets.
- Online menus have nutritional facts included. Sample testing's and surveys are done at every school and nutrition education posters are displayed in each cafeteria.
- All Schools have monitors in the cafeterias with monthly and daily menus displayed, nutrition documentation by age group, recipes and physical activity fact sheets. Online menus have nutritional facts included. Sample testing's and surveys are done at every school and nutrition education posters are displayed in each cafeteria.
- School sites will include active learning experiences such as involving students in food preparation or other hands-on activities at least once a semester. The districts aim is to teach, model, encourage and support healthy eating. Schools will promote nutrition education and engage in nutrition promotion designed to provide students with the knowledge and skills necessary to promote and protect their health.
- The District will use qualified personnel or organizations from the community to provide nutrition education to students under the direct supervision of a teacher once a semester.
- Our wellness initiatives are an essential element of our school curriculum and affect every child every day during classroom instruction, physical education classes, and recess. We know there is a strong correlation between healthy eating/living and academic performance.
- The district will integrate age-appropriate nutrition education into at least two core subjects such as math, science, language arts, and social studies.
- Nutrition and health posters will be displayed in classrooms, hallways, gymnasium and/or bulletin boards throughout the school.
- Nutritional information will be shared with BPS families via district school web site pages and school newsletters encouraging families to teach their children about health and nutrition, and assist them in planning nutritious meals.

## Water Availability:

## NMAC /Rule Requirements: Evidence of Policy Implementation

- Students have access to free drinking water throughout the school day, including during meal service.

## Strategies for Improving Policy Outcomes: Transitioning to Best Practices

- Students have clear or transparent individual water bottles in the classroom where appropriate.

## BPS Policy

- Water is essential for the overall health and well-being diet. Staying hydrated helps

kids stay alert, focused, and helps improve students cognitive functioning. Throughout our district students have access to drinking water and/or bottle fill-up stations. Drinking fountains are available in each cafeteria so students can fill their water bottles up during the lunch period. At the High School, a water station is set- up with fresh fruit, vegetable and herb infused waters.

- Students are allowed and encouraged to bring and carry their water bottles, filled with only water throughout the day.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene standards.

## Food Allergies:

### NMAC /Rule Requirements: Evidence of Policy Implementation

- Assurance of adherence to requirements regarding possible food allergies in schools.
- Reimbursable meals and/or parts of a reimbursable meal are not withheld or denied as a disciplinary action.

### Strategies for Improving Policy Outcomes: Transitioning to Best Practices

- The district provides training on common allergens to the staff including food service personnel.
- Students being disciplined are NOT seated at tables separated from other students in the dining area.

### BPS Policy

- The District Health offices communicate with the nutrition program about students with documented food allergies.
- BPS recognizes the growing number of students who attend our school with a potentially life threatening food allergy. The district is committed to providing a safe environment for all students and minimizing the risk of accidental exposure in the school setting.
- Managing food allergies is a shared responsibility among families, schools, students, and healthcare providers. Our policy represents our commitment to managing students with food allergies, with a focus on promoting awareness education, prevention, communication, preparedness, responsibility, and emergency response.

## Possible Additional Statements:

### NMAC /Rule Requirements: Evidence of Policy Implementation

- Content of reimbursable lunch and breakfast is identified near or at the beginning of the serving line(s).
- Schools provide staff information on non-food rewards.
- Meals purchased at fast-food outlets to be consumed at school must not be brought to school in their original containers. Caffeinated beverages are not allowed in sack lunches to be consumed in the cafeteria. (Elementary/Middle school)
- All school food service personnel receive required food safety training at a minimum of every 5 years. Continuing education training for all food service personnel meets

federal and state requirements.

### Strategies for Improving Policy Outcomes: Transitioning to Best Practices

- New Mexico grown food products are served as part of the school meals program are identified on the serving line.
- Schools begin incorporating non-food rewards.
- Meals purchased at fast-food outlets to be consumed at school must not be brought to school in their original containers. Caffeinated beverages are not allowed in sack lunches to be consumed in the cafeteria. (High School)
- All school food service personnel receive required food safety training at a minimum of every 3 years.

### BPS Policy

- New Mexico Grown products such as; fresh beef, red and green chile, pinto beans, potatoes, fresh herbs, (seasonal) fruit and vegetables are offered at least one time per week. Daily menu screens in the cafeteria promote NM Grown and the products that are being offered and where they come from in the state.
- Food is not used as a reward in our district.
- Meals purchased at fast-food outlets are not allowed to be consumed in the cafeteria during breakfast and/or lunch times. Caffeinated beverages and energy drinks are not permitted on campus. Decaf coffee is provided free of cost to all High School Students during breakfast and lunch.
- All Student Nutrition Services Department Food Service Staff receive extensive food safety and sanitation training on Hazard Analysis Critical Control Point (HACCP). All Food Service Staff obtain a current Food handlers Card. Every Kitchen Manager and Cook Assistant are Servsafe Certified. Sixteen (16) hours of Food Safety training and/or HACCP training is provided to all staff each fiscal year. State agency professionals conduct state environmental inspections twice a year. The SNS department conducts food safety and sanitation compliance inspections quarterly.

## Bernalillo Public Schools Wellness Policy
## Section III: Quality Physical Activity Throughout the day:

**Definition:** Physical activity refers to body movements of any type, which include recreational, fitness and sport activities. It provides the opportunity for all students to learn and develop the skills, knowledge, and attitudes necessary to personally decide to participate in a lifetime of healthful physical activity. It will meet the Content Standards with Benchmarks and Performance Standards as set forth in Section NMAC 6.12.6.

### NMAC /Rule Requirements: Evidence of Policy Implementation

- Guidelines created to provide physical activity opportunities before, during and after school. (6.12.6.8.D.3 NMAC)
- Physical activity is included as health education topic. (6.29.9 NMAC)
- Elementary school students have at least 15 minutes a day of supervised recess (not including time spent getting to and from the playground), preferably outdoors. Supervisory staff encourage moderate to vigorous physical activity.

- Students are not excluded from activity, including recess, for disciplinary or academic performance.
- Physical activity is not used as punishment.
- School policy outlines guidance on conditions regulating indoor and outdoor recess during extreme weather conditions.
- Professional development on integrating physical activity into core/non-core subjects is provided to licensed physical education teachers, school nurses, and building administrators.
- Structured physical activities are planned by a licensed physical education teacher and integrated into health education and at least one core subject, such as math, science, language arts, and social sciences, as well as non-core electives.

## Strategies for Improving Policy Outcomes: Transitioning to Best Practices

- Structured physical activity opportunities, in addition to recess and physical education, are offered to all students at least one time daily. School staff are encouraged to participate.
- Resources of effective practices supporting the health benefits of physical activity are provided to educators at all grade levels and encouragement is given for implementation.
- Elementary school students have two supervised recess periods per day (not including time spent getting to and from the playground), totaling at least 20 minutes. Supervisory staff encourage moderate to vigorous physical activity.
- Physical activity during the school day (including but not limited to recess, physical activity breaks, or physical education) will not be withheld as punishment for any reason.
- District provides school staff with Positive Behavior Intervention and Supports (PBIS) information and strategies regarding alternatives to withholding physical activity, including recess.
- Each school provides equipment, instruction, and supervision for active indoor recess.
- Professional development on integrating physical activity into core/ non-core subjects is provided to most staff. School staff are encouraged to model healthy physical activity behaviors.
- Structured physical activities are planned by a licensed physical education teacher and integrated into at least two core curriculum subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects.

## Before & After School:

## NMAC /Rule Requirements: Evidence of Policy Implementation

- Extracurricular physical activity programs, such as physical activity club or intramural
- programs are offered.

- An assessment on walking and/or biking to school has been completed to determine safety and feasibility.
- Strategies for Improving Policy Outcomes: Transitioning to Best Practices.
- Extracurricular physical activity programs, such as physical activity club or intramural programs, are offered with input from students, and meet the needs, interests, and abilities of a diverse student body.
- The school has developed a walk and/or bike to school plan and encourages students to walk and/or bike to school based on safety and feasibility assessment.

## Family & Community:

## NMAC /Rule Requirements: Evidence of Policy Implementation

- Community members are provided access to the districts outdoor physical activity facilities.
- Offer information via multiple channels at least once per semester to all families that encourages them to teach their children about physical activity and assists them in planning physical activity for their families.

## Strategies for Improving Policy Outcomes: Transitioning to Best Practices

- Community members are provided access to the districts indoor and outdoor physical activity facilities at specified hours.
- Offer information via multiple channels and provide opportunities for physical activity at least once per quarter to all families that encourages them to teach their children about physical activity, and assists them in planning physical activity for their families.

## BPS Policy

Children and adolescents should participate in 60 minutes of physical activity every day.
A substantial percentage of students' physical activity can be provided through a comprehensive, school based physical activity program (CSPAP) that includes these components: physical education, recess, classroom-based physical activity, and out-of- school time activities. The district is committed to providing these opportunities.
Schools will offer these varied opportunities in addition to, and not as substitute for, physical education (addressed in "Physical Education" subsection). The district shall allow/ set aside funds for providing professional development to licensed physical educators over the topic of incorporating physical activity into core/non-core subjects. "Structured physical activities are planned by a licensed physical education teacher and integrated into health education and at least one core subject, such as math, science, language arts, and social sciences, as well as non-core electives." "Offer information via multiple channels at least once per semester to all families that encourages them to teach their children about physical activity and assists them in planning physical activity for their families." Within the CSPAP, the goal is providing more opportunities for moderate to vigorous physical activity during and/or after school. At the middle school and high school levels, Health Education Teachers will teach physical activity concepts as a part of the Health Curriculum.
At the elementary level, classroom teachers will teach physical activity concepts in the Health Unit/Curriculum. Elementary students will have two 15-20 minute supervised recess sessions, preferably outdoors. Supervisory staff encourage moderate to vigorous physical activity. Elementary students will have two 20 minute supervised recess sessions, preferably outdoors. Supervisory staff encourage moderate to vigorous physical activity. Under no circumstance will

physical activity be used as punishment. Students shall not be withheld from physical activity, including recess, physical education, physical activity breaks (brain breaks), etc. as punishment. Each school site shall provide policy on procedures for indoor/outdoor recess due to extreme weather. Each school provides equipment, instruction, and activities for active indoor recess. "Community members are provided access to the districts outdoor physical activity facilities as long as a building administrator or gym master is on site throughout the duration of the community member's usage." A Facility Use Form with Insurance must be completed and provided to the District prior to use of our facility. After school activities, such as Running Medicine and Outdoor club are offered for students to participate. Character Strong and PBIS are used at the Elementary levels.

# Bernalillo Public Schools Wellness Policy
# Section IV: Health Education Content Standards and Benchmarks

### Health Education:

**Definition:** Health education is an 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. As well, Health Education meets the content standards with benchmarks and performance standards as set forth in **6.29.1 NMAC Standards for Excellence**.

## Requirement:

In the 2010 Regular Legislative session, **Section 22-13-1.1(J) NMSA 1978** was amended to include health education as a requirement for graduation. Specifically:

The BPS District aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects;
- Such as math, science, language arts, social sciences, and elective subjects;
- Include enjoyable, developmentally-appropriate, culturally-relevant, and participatory activities, such as cooking;
- demonstrations or lessons, promotions, taste testing, farm visits, and school gardens;
- Promotes fruits, vegetables, whole-grain products, low fat and fat-free dairy products, and healthy food;
- preparation methods;
- Emphasize caloric balance between food intake and energy expenditure (promote physical activity/exercise);
- Link with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School;
- programs, other school foods, and nutrition-related community services;
- Include nutrition education training for teachers and other staff.
- At all BPS schools, nutritional education material will be displayed in TV screen

monitors, district web site pages, monthly menus with nutritional facts, sample taste testing's at all schools with nutritional facts and recipes, and nutritional education posters displayed in school cafeterias and classrooms.

*A course in health education is required prior to graduation. Health education may be required in either middle school or high school, as determined by the BPS school district.* Bernalillo Public Schools implemented the health education requirement for all students entering the 9th grade. This is a preventative education class in which students will learn skills in decision-making, goal setting, stress management, and making healthy lifestyle choices through nutrition and physical activity. Reproduction, sexual health, dating/domestic violence and sexual abuse prevention are included in this curriculum. Students will gain knowledge of the consequences of risky behaviors such as alcohol abuse, drug abuse, and sexually transmitted infections, (HIV). All students are required to pass the Health End-of-Course Exam to fulfill the graduation requirement.

### Resources:

**National Health Education Standards**
**Whole School, Whole Community, Whole Child (WSCC)**
**A Collaborative Approach to Learning and Health**
**Coordinated Approach to Child's Health (CATCH)**
**Sexual Risk Behavior Guidelines & Resources: CDC**
**National Sexuality Education Standards and Tools**
**American School Health Association**
**6.12.4 NMAC: Tobacco, Alcohol and Drug Free Schools**
**Project Heart Start**
**CSHWB Tools for Schools – Lifesaving Skills/CPS Resources**
**NM PED Standards and Benchmarks**
**6.12.6 NMAC**
**6.12.2.10 NMAC**
**NASN Position Statement: Individualized Healthcare Plan**
**NM School Health Manual, Section V: Individualized Healthcare Plan**
**New Mexico Administrative Code**
**6.12.2.9 NMAC Students Rights to Self-Administer Certain Medication**
**6.12.8 NMAC Diabetes Self-Management by Students**

### NMAC /Rule Requirements: Evidence of Policy Implementation

- The wellness policy shall include a planned, sequential K-12 health education curriculum that addresses the physical, mental, emotional and social dimensions of health. NMAC 6.12.6 The health education curriculum shall be aligned to the health education content standards with benchmarks and performance standards as set forth in the NMPED Standards and Benchmarks, NMPED Standards and Benchmarks.

### Strategies for Improving Policy Outcomes: Transitioning to Best Practices

- The District uses a curriculum assessment tool such as the Health Education Curriculum Analysis Tool to inform the current or future curriculum adoption. The school district adopts an evidence-based K-12 health education curriculum that is addressed in an inclusive, culturally, and linguistically suitable manner using a variety of instructional strategies.
- Health education concepts are integrated into core curriculum.
- Teachers, staff, and administrators are made aware of school health professional development opportunities.

- Membership in national health education organizations is promoted.

### Graduation Requirement:
### NMAC /Rule Requirements: Evidence of Policy Implementation

- 0.5 credit of Health Education is offered in either middle school or high school as a graduation requirement.
- Strategies for Improving Policy Outcomes: Transitioning to Best Practices
- Health education is integrated into all grade levels.

## Sexual Health Education:

## NMAC /Rule Requirements: Evidence of Policy Implementation

- Each school district or charter school shall implement a policy that will ensure that parents have the ability to request that their child be exempted from the parts of the health education curriculum that address sexuality performance standards. The 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.
- Each local board of education or governing body of a charter school shall ensure the involvement of parents, staff and students in the development of the policy. NMAC 6.29.6.11 Sexuality Performance Standards Exemption

## Strategies for Improving Policy Outcomes: Transitioning to Best Practices

- District provides lesson plans to the parents with expectations that the material is covered.
- Professional development is provided to ensure that sexual health is implemented through a trauma informed, culturally and linguistically appropriate approach.

### BPS Policy

Bernalillo Public School (BPS) shall include a planned, sequential, K-12 health education curriculum that addresses the physical, mental, emotional and social dimensions of health. The BPS health education curriculum will be aligned to the health education content standards and benchmarks and as set forth in NMAC. 0.5 credit of Health Education is offered in either middle school or high school as a graduation requirement. District RN is a voting member of the School Nurse Advisory Council and collaborates with all school nurses in NM to maintain consistency in the practice of school health. District Staff are offered the opportunity to attend the Head to Toe Conference, which offers educational activities, related to health and behavioral issues facing schools and students.

All BPS schools will encourage 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.

All BPS schools shall implement a policy that will insure that parents have the ability to request their child be exempted from the parts of the health education curriculum that addresses human

sexuality education. The BPS policy includes, but is not limited to, the process for parents to request an exemption for their child from the parts of the health education curriculum that address human sexuality and how alternative lessons are established for exempted parts of the curriculum. The required curriculum of the health education content area will provide instruction about HIV and health related issues. This content will be instructed to all students in the elementary, middle, and high school. As set forth in 6.12.2.10C NMAC. Health Assistants at the schools with fifth graders, present a hygiene/puberty talk with consents from parent/guardians.

## Bernalillo Public Schools Wellness Policy Section V: Physical Education Requirement Physical Education

**Definition:** Physical education provides the instruction program that provides cognitive content and learning experiences in a variety of activity areas. It provides the opportunity for all students to learn and develop the skills, knowledge and attitudes necessary to personally decide to participate in a lifetime of healthful physical activity. It will meet the Content Standards with Benchmarks and Performance Standards as set forth in Section NMAC 6.12.6.

### NMAC /Rule Requirements: Evidence of Policy Implementation

- 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. Statute NMSA 22.13.1.1

### Strategies for Improving Policy Outcomes: Transitioning to Best Practices

- District indicates frequency and duration of physical education for some grade levels.
- PE is inclusive and adaptive to meet the needs of a diverse student population. Schools limit physical education class sizes so that they are consistent with those of other subject areas.
- Certified Instructors teach PE.
- Physical educators promote academic achievement by helping teachers incorporate physical education concepts in classroom activities.
- Physical education teachers are encouraged to participate in professional development.
- Marching band PE sub. Team sports. All Elementary students will receive 60 minutes of structured Physical Education per instructional week.

#### BPS Policy

The Bernalillo Public Schools Wellness Policy will include a planned, sequential K-12 physical education curriculum. The physical education curriculum will provide the optimal opportunity for all students to learn and develop skills, knowledge and attitudes necessary to participate in a lifetime of healthy physical activity. Physical educators promote academic achievement by helping teachers incorporate physical education concepts in classroom activities. Schools and physical

educators will work with adaptive instructors/physical therapists to ensure all students are able to participate in physical education class and physical activities. Bernalillo Public Schools will provide a physical education curriculum that will meet the needs of a diverse student population. One unit of PE or allowable alternative is included as a district graduation requirement. Statute NMSA 22.13.1.1

The Bernalillo public Schools physical education curriculum will be aligned to the physical education content standards with benchmarks and performance standards as required in 6.30.2.20 NMAA. Schools will hire certified physical education teachers to teach physical education and plan additional opportunities for physical activity.

Bernalillo Public Schools will provide opportunities for and encourage physical educators to attend professional development and CPR training. District shall allow/provide content specific professional development for physical education teachers.

Schools will limit physical education class sizes as follows (K-2 25:1); (3-5 25:1); (6-12 35:1) 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. The district will ensure appropriate class sizes, facilities, equipment, and supplies needed to deliver quality physical education in a safe environment consistent with National Standards.

## Bernalillo Public Schools Wellness Policy Section VI: Social and Emotional Well-Being Student Supports

**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 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.

### NMAC /Rule Requirements: Evidence of Policy Implementation

- Districts shall create a plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being. 6.12.6.8-6 NMAC
- District and charter schools provide or make provisions for support service programs, which strengthen the instructional program. Required support service programs include school counseling. Support services must: (1) have a written, delivered, and assessed program, K-12; (2) Provide licensed staff to develop and supervise the program; (3) be assessed as part of the educational plan for student success (EPSS) process (see 6.29.1.8 NMAC); and (4) support the local curriculum and EPSS.

### Strategies for Improving Policy Outcomes: Transitioning to Best Practices

• Using data such as a climate and culture survey and/or New Mexico Youth Risk and resiliency (YRRS) data to inform instruction.

• Provide a positive, supportive environment in which students are able to request assistance when needed using a trauma informed approach and social and emotional (SEL) model. Encourage school sites to adopt and implement an SEL framework. Create a referral network to get help quickly. Schools have available student counselors while maintaining a current local referral list with clear guidelines on steps in the referral process. Use state and country data sources to assess behavioral health needs.

### Staff Requirements:

### NMAC /Rule Requirements: Evidence of Policy Implementation

All licensed school employees shall be required to complete training in the detection and reporting of child abuse and neglect, including sexual abuse and assault, and substance abuse. This requirement shall be completed within the licensed school employee's first year of employment by a school district. Section 22-10A-32 NMSA 1978 Duty to report child abuse and child neglect; responsibility to investigate child abuse or neglect; penalty. Section 32A-4-3 NMSA 1978.

• A school employee who knows, or in good faith suspects, any student of using or abusing alcohol or drugs shall report such use or abuse pursuant to procedures established by the local school board. o 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." Section 22-10A-32 NMSA 1978

## Strategies for Improving Policy Outcomes: Transitioning to Best Practices

- Provide the training to all staff yearly.
- Provide reminders yearly.

## BPS Policy

Bernalillo public schools seeks to foster student academic success, resilience, and healthy cognitive, social, and emotional development. We aim to promote the social and emotional wellbeing of our students within a culturally competent, supportive, school environment. The PED activities will include but are not limited to the Following: School counseling and behavioral health services will be made available to students on an as needed basis during the regular school day. Student and staff surveys were conducted and data results will be reviewed soon. School staff will be provided professional development opportunities through workshops and training to increase knowledge and stay up to date on innovative social and emotional learning (SEL) strategies. Placitas utilizes caring communities / Character strong and have an hour dedicated for SEL each week. MOU with Team Builders Behavioral Health for SLA Behavioral health support staff and counselors will help students overcome barriers to learning and performance through activities such as through individual and/or group counseling, pro-social education, conflict resolution mediation, career counseling, drug/alcohol and violence prevention programming, etc. Counselor referrals are available by students or staff. Cochiti, BHS, Placitas schools participated in FUEL ED trainings 4 part series: Building Healthy relationships Students with healthcare needs that may affect their school attendance and/or performance have an individualized Health Plan as outlined in Policy Manual Student Section J-0281@JC-E. As required by law Bernalillo Vector Training for all staff. Public School staff members or administrators will follow the NEW Mexico Children’s Code to report suspected child abuse and neglect. All school staff members are trained for child abuse/neglect detection and reporting, per section 22-10A-32, NMSA 1978. Bernalillo Public Schools adheres to substance abuse reporting, per section 22-10A-32, for NMSA 1978. In the event of a concern or self-harm or attempted self-harm, school counselors, in collaboration with licensed behavioral health support staff members, will complete the BPS Protocol for Suicidal Ideation or Threat, coordinating interventions and referrals to community agencies with Administration. Bernalillo Public Schools provides licensed staff to develop and supervise the behavioral health District Programs. Each behavioral health professional will abide by their professional code of ethics as

indicated by their licensure requirements. MOU through EL Pueblo and Kewa Wellness for Student health based mental health services BHS and SLA and SD. All BPS elementary schools student groups to address the social emotional, physical needs of the students.

# Bernalillo Public Schools Wellness Policy Section VII: Health Services and Other Needs

**Definition:** Health services are 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. The services also foster appropriate use of primary health care services 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 to improve individual, family and community health.

## Health Services:
## NMAC /Rule Requirements: Evidence of Policy Implementation

- Students with healthcare needs that may affect their school attendance and/or performance have Individualized Health Plans (IHP) (NASN Position Statement: Individualized Healthcare Plan) which are separated from Individualized Education Program (IEP) plan but attached to the IEP or 504 plan based on a student's needs. Section V: Individualized Healthcare plans;
- District policy is included to ensure all students with HIV/AIDS have appropriate access to public education and that their rights to privacy are protected as set in 6.12.2.10 NMAC Human Immunodeficiency Virus (HIV);
- 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 Assistance Act. McKinney-Vento Homeless Assistance 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 NMAC, 6.12.8 NMAC;
- At a minimum, vision screenings are administered to students enrolled in Pre-K, Kindergarten, 1st, and 3rd grades. 7.30.10 NMAC.

## Strategies for Improving Policy Outcomes: Transitioning to Best Practices

- The district, at the school site level, documents the need for health services in the IEP or 504 plan and is prepared to respond to emergencies related to the student's health condition(s) outlined in emergency Care Plans (ECP) or emergency action plans. Procedures meet the need of students with ECR plans relative to non-medical

emergencies such as those outlined in the school site's Safe Schools Plan.

- Students with a diagnosis of HIV/AIDS receive education regarding their access to care and a personal education plan regarding their diagnosis.
- The Homeless Liaison pursues obtaining immunization documentation on the student's behalf.
- Students self-administer prescribed asthma and diabetes medications as outlined in the rules and a PED-licensed school nurse is employed and available for student assessment and assistance with managing chronic conditions.
- District administers vision screenings to all elementary school students yearly. The district administers hearing screenings in pre-K, Kindergarten, 1st and 3rd grades.

## BPS Policy

Health plans are written by an RN and initiated by health office staff. Student resources can be accessed via PED School health Manual. Policy J-0281@JC-F; IHB; IHB 2350 (IEP); IHB I 2381 (504); IHBA 2400 District Health Office staff refer to the New Mexico School Health Manual along with speaking to District Registered Nurse to provide care for the student in our District.
The New Mexico Department of Health (NMDOH), in consultation with the New Mexico Public Education Department (NMPED), prepares the New Mexico School Health Manual. It has been written and reviewed by medical professionals and is an essential component of school health services in the state. District policy is included to ensure all students with HIV/AIDS have appropriate access to public education and that their rights to privacy are protected as set in 6.12.2.10 NMAC Human Immunodeficiency Virus (HIV). Medical health care providers in response to students medical or physical needs initiate IHP, emergency care plans and 504. All Health care staff, specific teachers and ancillary staff are trained via computer and in person skills evaluation is done by the district RN. Monthly Health staff meeting in which new and updated information on procedures, policy or health mandates are communicated by the RN. All district health offices have updated all forms and are the most current and updated versions. HP initiated and medical provider orders and verifies that student is capable and able to carry and administer medication. MD, RN via action plans, verifies this or orders and parents when HP is sent home for verification and agreement with action plan 7.5.3.10 CHILDREN EXPERIENCING HOMELESSNESS: Children experiencing homelessness: Pursuant to the McKinney-Vento Homeless Assistance Act (42 USC § 11432(g)(3)(C)), 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 liaison, who must assist in obtaining necessary immunizations, or immunization or medical records. [7.5.3.10 NMAC - Rp, 7 NMAC 5.3.10, 11/27/13] Policy J- 5300@JCCA; J -5300@JLCCA; J-5350@JLCDR; Policy J-5200@JLCB Policy J-5190@JLCAA District Health Office Staff administers vision screenings to all student in Pre-K, Kindergarten, and 1st and 3rd grades yearly.

District Health office Staff administers hearing screenings to student with IEP, SAT or if requested. 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 NMAC, 6.12.8 NMAC The district acknowledges 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 Assistance Act. Children experiencing homelessness must be able to enroll in school immediately, even without the required documents. School will refer liaison and liaison will work with family to obtain documents whether it is assisting with transportation, resources needed to get started with the immunization process, or any other factors that might hold families back from not getting proper documents.
Policy J-0281@JC-F; IHB; IHB 2350 (IEP); IHB I 2381 (504); IHBA 2400 District Health Office staff refer to the New Mexico School Health Manual along with speaking to District Registered Nurse to provide care for the student in our District. The New Mexico Department of Health (NMDOH), in consultation with the New Mexico Public Education Department (NMPED), prepares the New Mexico School Health Manual. It has been written and reviewed by medical professionals and is an essential component of school health services in the state. District policy is included to ensure all students with HIV/AIDS have appropriate access to public education and that their rights to privacy are protected as set in 6.12.2.10 NMAC Human Immunodeficiency Virus (HIV).
Policy J-5300@JCCA; J -5300@JLCCA; J-5350@JLCDR; Policy J-5200@JLCB Policy J- 5190@JLCAA, District Health Office Staff administers vision screenings to all student in Pre-K, Kindergarten, 1st and 3rd grades yearly. District Health office Staff administers hearing screenings to student with IEP, SAT or if requested. 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 NMAC, 6.12.8 NMAC The district acknowledges 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 Assistance Act.

# Bernalillo Public Schools Wellness Policy Section VIII
# Staff Wellness Staff Wellness

**Definition:** The Staff Wellness program provides opportunities and education for school employees that address physical, mental, social, and emotional wellbeing. These opportunities encourage employees to practice daily wellness and seek professional care that supports their overall health, improves morale amongst colleagues, and models and facilitates wellness with students.

## NMAC /Rule Requirements: Evidence of Policy Implementation

- District and its governing boards and schools implement policy to ensure the right to privacy to all school employees infected with HIV, keeping records safe and confidential. HHS Civil Rights
- 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 participate on the district's SHAC. (6.12.6.8.D.9 NMAC)

## Strategies for Improving Policy Outcomes: Transitioning to Best Practices

- Ensuring staff, particularly managers, have equality and diversity training, which

includes information about HIV and how to sensitively manage staff living with HIV (particularly confidentiality).

- Implement a continuous improvement process by prioritizing staff health, assessing the current program and evaluating the results frequently. The district provides health information to staff yearly. Involvement in the formation of groups based on health initiatives such as physical activity groups and healthy eating is encouraged. Staff gatherings provide healthy eating options. Staff is encouraged to model healthy behaviors such as hydration and participating in physical activities with students. The school athletic equipment and facilities are available to staff after hours.
- All school staff are encouraged to participate in the district SHAC. One staff member at each school site serves as a representative on the SHAC.

## BPS Policy

- Prevention of disability and disease among staff is addressed in a variety of ways including encouragement of hand washing and sanitation and availability of free physical examinations and selected immunizations for staff who receive insurance through the District. Sick leave is provided for employees, thus reducing the spread of contagious diseases among staff and students. When food is consumed at school, employees are urged to keep cold foods cold and hot foods hot.

An employee assistance program is available to staff to help with a wide range of personal problems or concerns.

District Policy, Governing Boards and Schools, Policy Section G-personnel Wellness Programs Communicable Diseases. Ensures the right and privacy for all employees infected with HIV. "Members of the school staff participate on the district's SHAC. (6.12.6.8.D.9 NMAC)" See section I for the list of names

- Current Practices
- Vector Training
- EAP program
- HIPAA/FERPA Vector Trainings
- Angel Perez sends out information regarding incentives from NMPSIA
- Potlucks include healthy options.
- Weekly Newsletters from Principals
- BHS is open to staff to use the gym equipment
- Sites can/should do step challenges, short meditations, yoga after school, mindful activities

## Professional Learning

When feasible, the BPS District offers 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 core classes). Professional learning will help District staff understand the connections between academics, health, and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

## Glossary:

**Extended School Day** – the time during, before and after school that includes activities such as Clubs, intramural sports, band and choir practice, drama rehearsals and more.

**School Campus** - areas that are owned or leased by the school and used at any time for school related activities, including on the outside of the school building, school buses or other vehicles used to transport students, athletic fields and stadiums (e.g., on scoreboards, coolers, cups, and water bottles), or parking lots.

**School Day** – the time between midnight the night before to 30 minutes after the end of the instructional day.

**Triennial** – recurring every three years.

## NM Public Education Department Safe & Healthy Schools Bureau (NMPED SHSB) reviews District School Wellness Policy every three years for compliance and changes.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating based on race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online at https://www.usda.gov/sites/default/files/documents/ad-3027.pdf, from any USDA office, by calling (866) 632-9992, or by writing, a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. Email: program.intake@usda.gov

**This institution is an equal opportunity provider.**

**REVIEW**

This Bernalillo Public Schools Wellness Policy shall be reviewed on an ongoing basis according with the Board of Education policy review process.

| | |
|---|---|
| *Approved, Matt Montaño*<br>*Superintendent* | *Date Approved* |
| *Approved, Gwen Maldonado*<br>*Deputy Superintendent of Leadership* | *Date Approved* |
| *Approved, Jayme Schutte*<br>*Executive Director of Special Education and Health Services* | *Date Approved* |
| *Approved, Debbie Trujillo*<br>*Director of Student Nutrition Services* | *Date Approved* |
| *Approved, Sharona L. Secatero, MPA*<br>*Health Education Program Specialist*<br>*Safe and Healthy Schools Bureau* | *Date Approved* |

# Bernalillo Public Schools

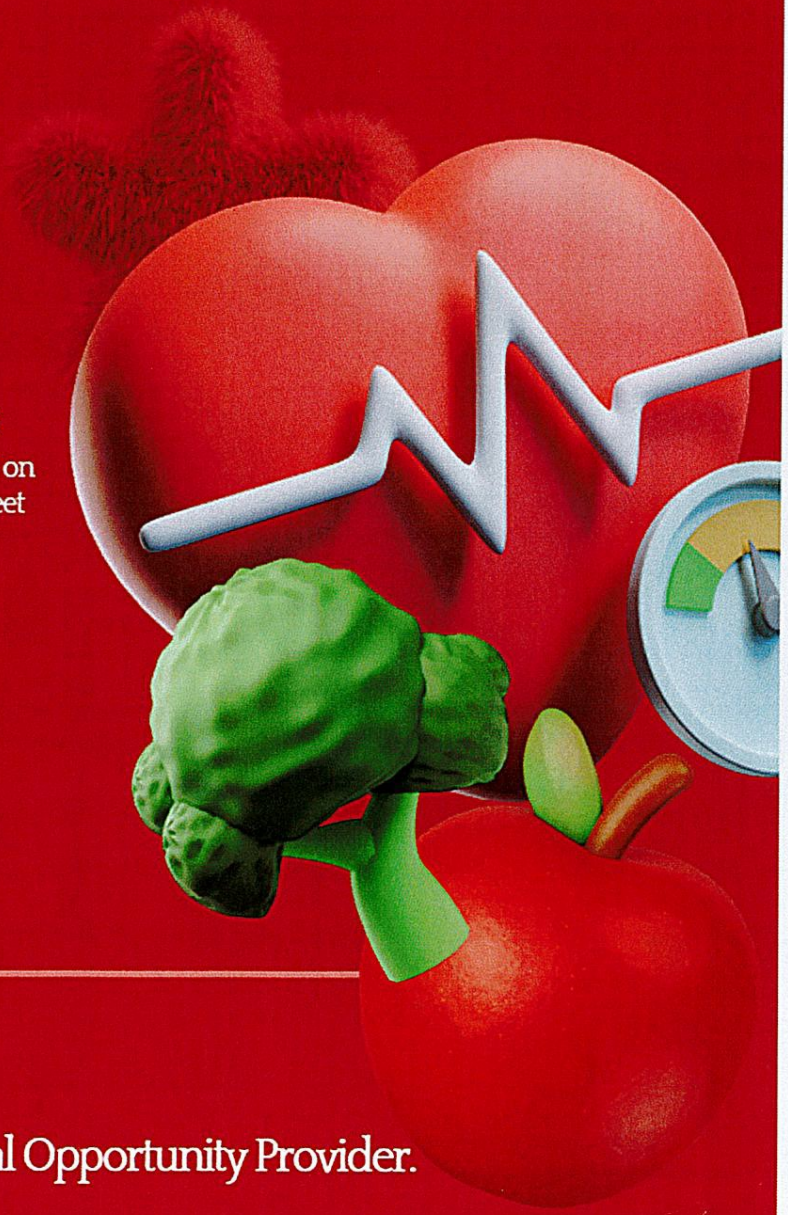
## *Wellness Policy at a Glance*

### Wellness Policy Background:

Bernalillo Public Schools believes in promoting and protecting children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Federal legislation requires schools who participate in the National School lunch program establish a wellness policy.

### How to we cultivate wellness?

- By implementing the policy in 4 key areas:
- School Environment
- Nutrition & Nutrition Education
- Physical Education/Activity
- Community/Staff Involvement



### Smart Snack in Schools:

All foods and beverages served and sold on campus during the school day must meet strict federal and state standards.

### Wellness Policy in Action:

- Federal Code of Regulations
- Sections 210.11, 220.12
- Reference Cards
- Smart Snack Calculator

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This Institution is an Equal Opportunity Provider.

# BERNALILO PUBLIC SCHOOLS

QUICK REFERENCE CARDS

## ELEMENTARY SCHOOL- FOOD RESTRICTIONS

References : *Code of Federal Regulations* sections 210.11
References: *Code o(Federal Re'i{ulations* sections 220.12

**Effective** from midnight to one-half hour after the end of the official school day.
**Applies to ALL** foods sold 10 students by any entity.

**Compliant foods**
**i\1ust meet one of the following general food standards:**

- **Be a frnit. vegetable, dairy. protein, or whole grain item• (or have one of these be the first ingredient) , or**
- **Be a combination food containing at least a quarter cup of fruit or vegetable.**

**lust meet the following nutrition standards:**

- Less than or equal 10 35 percent calories from fat (excep1 nuts, **seeds , reduced-fat cheese/part skim mozzarella, eggs. dried fruit** and nut/seed combo, seafood) , and
- Less than 10 percent calories from saturated fat (except nu,ts **seeds, reduced-fat cheese /part skim mozzarella, eggs, dried fruit** and nut/seed combo), and
- **Less than or equal to 35 percent sugar by weight (except drie d** fruitH /vegetables, dried fruit and nut/seed combo), and
- **Less than 0.5 grams trans-fat per serving (no exceptions), and**
- **Less than or equal to 200 milligrams sod iumper snack or less than or equal to 480 milligrams per entree (no exceptions), and**
- **Less than or equal to 200 calories per snack or less than or** equal to 350 calories per **entree** item (no exceptions).

All fresh, canned, frozen fruits in 100 percent juice, extra light, or light **syrup: fresh, canned vegetables (low sodium, no salt added, or containing a small amount of sugar) areexempt from all nutrition standards.**

Paired Foods

- If exempt food(s) are combined with noncxcmpl food(s} or **added fat/sugarthey must meet all nutrition standards abo\'e.**
- **[f two foods exempt from one or more of the nutrition standards are paired toget her and sold as a single item . the item must meet for trans-fat, sodium. and calories.**

l\ational School Lunch Program (NSLP)/School Breakfast Program **(SBP)** Entrces

- All entrees served as pan of the NSLP/SBP. and grain-only entrees served as pan of 1hc SBP, arc cxempl from all compclitive food standards the day of or day after they appear on the NSLP/SBP menu.

A compctiti,·c cntrcc (non NSLP/SBP) is inlended as the main dish and **contains a:**

- **Meat/meatalternate and whole grain rich item. or**
- **Meat/meatalternate and fruit/vegetable. or**
- **Meat/meat alternate alone (not yogurt. cheese. nuts. seeds, or meat snacks = these are considered a ··snack" food).**
- **AND must meet nutrition standards (see above).**

All foods must be caffeine-free (trace amounts arc allowable).

*Check Bema/il/o Public Sc/tools wellttess policy for stricter rules.*

Groups or individuals selling foods/beverages to students must keep their own records as proof of compliance.

## ELEMENTARY SCHOOL - BEVERAGE RESTRICTIONS

References: *Code of Federal Regulations* sections 210.11
References: *Code of Federal Rer:ulations* sections 220.12

**Effec tive** from midnight to one -half hour after the end of the official school day.
**Applies to ALL** beverages sold to s1udents by any entity.

**Compliant Beverages**

- **Fruit or Vegetable juice:**
  - 0 I00 perc ent juice (can be diluted with water , uo **dilution limit). and**
  - 0 **No added sweeteners. and**
  - 0 **Less than or equal to 8 fluid ounce serving size**
- Milk:
  - 0 I percent (unnavored). nonfat ( navored, unnavored), and
  - **0 Less than or equalto 8 fluid ounce serving size**
- Non-dairy milk:
  - **0 Nutritionally equivalent to milk, must contain per 8 fluid ounces:**
    - **At least 276 milligrams calcium**
    - At least 8 &,rams pro1ein
    - At least 500 IU Vitamin A
    - At least JOO IU Vitamin D
    - **At least 24 milligrams magnesium**
    - **At leas t 222 milligrams phosphorus**
    - At least 349 milligrams potassium
    - At least 0.44 milligrams ribonavin
    - **At least 1.1 micrograms Vitamin B12, and**
    - **Less tha or equal to 8 fluid ounce servmg size**
- **Water:**
  - **O No added sweeteners, navors. etc.**
  - **0 No scrYing size limit**

All beverages muse be ca ffe ine- free (t race amounts allowable).

# BERNALILO PUBLIC SCHOOLS

QUICK REFERE NCE CARDS

## MIDDLE/HIGH SCHOOL – FOOD RESTRICTIONS

References: *Code of Federal Regulations* sections 210.11

References: *Code o(Federa/ Rersulations* sections 220.12

Effective from midnight to one-ha lf hour after the end of the oflicia l school day.
Applies to ALL foods sold to students by any entit y.

Compliant Foods
Must meet one of the following general food sta nda rds:

- Be a fruit, vegetable. dairy. protein, or who le grain item• (or have one of tfiese be the first ingredient). or
- Be a combination food containing at lea st a quarter cup of fruit or vegetable.

**Must meet the following nutrition standards:**

- Less than or equal to 35 percent calories fro m fat {excep t nuts, seeds. reduced-fat cheese/part skim mozzarella. eggs, dried fruit and nut/seed combo, seafood), and
- Less than IO perce nt calorics from saturated fat (except nuts. seeds, reduced-fat cheese /part skim mozzarella. eggs, dried fruit and nut/seed combo) , and
- Less than or equal to 35 percent sugar by weight {except dried fruit"" /veggies , dried fruit and nut/seed combo), and
- Less than 0.5 gra ms trans fat per serving (no exceptions) , and
- Less than or equal to 200 milligrams sodium per snack or less than or equal to 480 milligrams per ent ree (no exceptions). and
- Less than or equal to 200 calories per snack or less than or equal to 350 calories per entree item (no exceptions)

All fresh, canned, frozen fruits in 100 perce nt juice, extra light, or light syrup: fresh, canned \·egetables (low sodium, no salt added, or containing a small amount of sugar) are exempt from all nutrition standards.

**Paired Foods**

- If exempt food(s) are combined with nonexempt food(s) or added fat/sugar they must meet a ll nutrition standa rds above.
- lftwo foods exempt from one or more of the nutrition standards are paired together and so ld as a single item . the item must meet for trans fat, sodiu m, and calories.

**National School Lunch Program (NSLP)/School Breakfast Program (SBP) Entrees**

- All entrees served as part of the NSLP/SBP, and grain-on ly entrees served as part of the SBP, are exempt from a ll competitive food standards the day of or day after they appear on the NSLP/SBP menu.

A compet itive entree (non NSLP/SBP) is intended as the main dish and contains a:

- Meat/meat alternate and whole grain rich item. or
- Meat/mea t alternate and fru,it/ ·egetable . or
- Meat/meat altemate alone (not yog u,n cheese, nuts, seeds, or meat snac ks = these are considered a "snack.. food).
- AND must meet nutrition standa rds (see above).

Foods containing caffeine are not allowed in middle school.
Foods containing caffeine are allowed in high school.

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*Check Bemalillo Public Schools we/htess policy/ or stricter rules.*

Groups nr individuals selling foods/bevera ges to stude nts i\lust keep their own records as proof of compliance,

## [redacted]

References: *Code of Federal Ref\Zllations* sections 210.11
References: *Code of Federal Regulations* sections 220.12

**Effective** from midnight to one-half hour after the end of the oflicial school day.
**Applies to all** beverages sold to students by any entity.

Compliant Be,•cragcs

- Fruit or Vegetable juice :
  - 0 100 percent juice (can be diluted with water, no dilution limit ), and
  - 0 No added sweetene rs. and
  - 0 Less than or equa l to 12 fluid ounce serv ing size
- Milk:
  - 0 One percent (unfla,·ored). nonfat (fla\'ored, unflavored), and
  - 0 Less than 12 fluid ounce servingsize
- Non-dairy milk:
  - 0 Nutritio nally equivalent to milk. must con tain per 8 fluid ounces :
    - At least 276 milligrams calcium
    - At least 8 &'Tams protein
    - At least 500 IU Vitam in A
      At least 100 IU Vitamin D
    - At least 24 milligrams magnesium
    - At least 222 mill igrams phosphorus
    - At least 349 milligrams potas si um
    - At least 0.44 milligrams riboflavin
    - At leas! 1.1 micrograms Vitamin 81,2 and
    - Less_ tha1 or equal to 12 fluid ounce servmg size
- Wate r:
  - 0 No added sweeteners, flavo rs & .
  - 0 No serving size limit
- Other flavored beverages ("no caloric") :
  **(High Schools Only)**
  - 0 Less than or equal to 5 calories per 8 fluid ounces (or less than or equal to 10 calories per 20 fluid ounces)
  - 0 Less than or equal to 20 fluid ounce serving size
- Other flavored be\'crages (" low calor ie ')
  **(High Schools Only)**
  - 0 Less than or equal to 40 calories per 8 fluid ounces
  - 0 Less than or eq ual to 12 fluid ounce serYing size

Be\'era ges containing caffeine arc not allowed in midd le schoo l.

Be,·eragcs containing caffei ne arc allowed in high schoo l.

# BERNALILLO PUBLIC SCHOOLS

## AIIE OU INTEIIESIED IN SCHOOL WELLNESS?

Bernalillo Public Schools Invites all stakeholders to meetings about the districts school wellness policy. Having health choices at school helps keep our children healthy and ready to learn. Tire school we ll n e s s p o ll c y helps our school district create an action plan f!)r nutrition and physical activity at all our schools. All stakeholders cpn share thel r· o p l r'llo n and help make sure the policy Is meeting the needs for our students.

## Be a School Wellness Champion!

Submit your application and join
THEDISTRICT of Bernalillo Public Schools Wellness Committee today!



| Principal | Section II: Nutrition | Section III: Physical Activity | Section IV: Health Education Content Standards & Benchmarks | Section V: Physical Education Content Standards & Benchmarks | Section VI: Social & Emotional Well Being | Section VII: Health Services Other Needs | Section VIII: Staff Wellness |
|---|---|---|---|---|---|---|---|
| Board MemberJohn Gurule | Nutrition DirectorDebbie Trujillo | Board MemberChristina Suina | Teacher Stephanie Gurule Leyba | Athletics Manuel Montaño | Board MemberChristina Suina | Teacher Stephanie Gurule Leyba | Board Member Christina Suina |
| Superintendent Matt Montaño | Nutrition Coordinator Reyna Morales | Security DirectorThomas Maes | Athletics/TeacherMarissa Valencia | Carroll Teacher Katie Brummett | ExecutiveDirector Jayme Schutte | Benefits SpecialistMikayla Gonzales | Executive Director Jayme Schutte |
| Deputy Superintendent Gwen Maldonado | Nutrition Specialist Clairissa Montoya | Athletics Manual Montano | Health AssistantKylie Patton | Athletics Allyson Worrell | Executive Director Lynette Deuel | Health AssistantKylie Patton | Executive Director Lynette Deuel |
| Executive Director Jayme Schutte | Finance Director Samantha Garcia | Carroll – TeacherKatie Brummett | Nurse Shirley Archibeque | Pueblo LiaisonEddie Gurrola | Human Resources Dir. Lisa Salazar | Nurse Shirley Archibeque | HR Director Lisa Salazar |
| Security Director Thomas Maes | Culinary Arts Ricardo Vasquez | Athletics Allyson Worrell | Health AssistantJune Warren | ExecutiveDirector Lynette Deuel | Counselor Rod Hansen | Health AssistantJune Warren | BHS Counselor Rod Hansen |
| Nutrition Director Debbie Trujillo | Agriculture Matricia Redwine | Athletic DirectorIra Harge | Executive DirectorJayme Schutte | ParentKrystal Candelaria | Counselor Jasmine Pollock | Executive DirectorJayme Schutte | BHS Counselor Jasmine Pollock |
| Executive Director Lynette Deuel | CommunicationsCoord. JoAnn Beuerle | Pueblo Liaison Shana Coriz | Executive DirectorLynette Deuel | StudentRyanna Mortensen | Teacher Jessica Montoya | Parent Krystal Candelaria | Teacher Jessica Montoya |
| Health AssistantJune Warren | Parent Krystal Candelaria | Pueblo LiaisonEddie Gurrola | Parent Krystal Candelaria | Principal Monica McNeely | Social WorkerSandra Fortier | StudentRyanna Mortensen | Social Worker Sandra Fortier |
| SBHC CoordinatorIrma Fuller | Student Ryanna Mortensen | School Staff Jessica Schuster | Student Ryanna Mortensen | Principal Anita Apodaca | ParentKrystal Candelaria | Principal Monica McNeely | SBHC Coor Irma Fuller |
| Communications Coord. JoAnn Beuerle | Assistant PrincipalMonica McNeely | Communications Coord. JoAnn Beuerle | Principal Monica McNeely | Principal Rachel Lopez | Student Ryanna Mortensen | Principal Anita Apodaca | Parent Krystal Candelaria |
| Parent Krystal Candelaria | Assistant PrincipalAnita Apodaca | Parent Krystal Candelaria | Principal Anita Apodaca | | Principal Monica McNeely | Principal Rachel Lopez | Student Ryanna Mortensen |
| Student Ryanna Mortensen | Principal Rachel Lopez | Student Ryanna Mortensen | Principal Rachel Lopez | | Principal Anita Apodaca | | Principal Monica McNeely |
| | | Principal Monica McNeely | | | Principal Rachel Lopez | | Principal Anita Apodaca |
| | | Principal Anita Apodaca | | | | | Principal Rachel Lopez |
| | | Principal Rachel Lopez | | | | | |

The SHAC membership will represent all school levels (pre-k, elementary and secondary schools)and include (to the extent possible), but not be limited to parents and caregivers.

| | | | |
|---|---|---|---|
| Gwen Maldonado | Administrator Chair | Debbie Trujillo | Administrator Co-Chair |
| Jayme Schutte | Administrator Co-Chair | JoAnn Beuerle | Administrator Co-Chair |

# BERNALILLO PUBLIC SCHOOLS

**SCHOOL HEALTH ADVISORY COUNCIL (SHAC)**

**WELLNESS COMMITTEE APPLICATION**

## SHAC Application

| | |
|---|---|
| **Date:** | Jan 15, 2026 |
| **Name: (First and Last)** | |
| **Address: (including city, state and zip code)** | |
| **Telephone Number:** | |
| **Email Address:** | |

**Relationship to the school**

- ☐ Parent or guardian
- ☐ Student
- ☐ School employee
- ☐ Community member

**Select the school year(s) you would like to participate in.**

- ☐ 2024-2025
- ☐ 2025-2026
- ☐ 2026-2027
- ☐ 2027-2028
- ☐ 2028-2029

**Please provide a brief reason below for your interest in the SHAC Wellness Committee.**