

LA RESOLANA LEADERSHIP ACADEMY



WELLNESS POLICY

2017-2018

Table of Contents

<u>Preamble</u>	2
<u>School Wellness Committee</u>	4-5
<u>Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement</u>	5-7
<u>Nutrition</u>	7
<u>Physical Activity</u>	11
<u>Other Activities that Promote Student Wellness</u>	14-16
<u>Glossary</u>	17
<u>Appendix A: School Level Contacts</u>	18
<u>References</u>	19

La Resolana Leadership Academy Wellness Policy

Preamble

La Resolana Leadership Academy (hereto referred to as LRLA) is committed to the optimal development of every student. LRLA will utilize the Albuquerque Public Schools (APS) Board of Education “Wellness Policy.” LRLA believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create a positive, safe, and health-promoting learning environment throughout the school year. LRLA will follow the APS school health and wellness program to promote healthy students and employees. The program will utilize the Coordinated School Health Model, which includes eight components. These include:

1. Nutrition
2. Physical Education and activity
3. Family school community partners
4. Health education and life skills
5. Healthy and safe environment
6. Social/emotional well being
7. Health services
8. Staff Wellness
9. Implementation and assessment

Research shows that these components 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.

This Wellness Policy outlines LRLA’s approach to ensuring healthy environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this Wellness Policy establishes goals and procedures to ensure that:

- Students at LRLA have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus—in accordance with Federal and state nutrition standards; in the APS Competitive Food Sales Board Policy.
- Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors; as in the Smart Snack Nutrition Standards.

- Students have opportunities to be physically active before, during, and after school;
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of LRLA in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- LRLA establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the Wellness Policy and its established goals and objectives.

This policy applies to all students and staff at LRLA.

- LRLA will coordinate the Wellness Policy with other aspects of school management, including LRLA’s School Improvement Plan, when appropriate.
- LRLA’s Wellness Policy will also include any relevant data or statistics from state or local sources supporting the need for establishing and achieving the goals in this policy when appropriate.

I. School Wellness Committee

Committee Role and Membership

LRLA will convene the School Health Advisory Committee (SHAC) that meets at least four times per year (*August, October, January and April*) to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of LRLA’s Wellness Policy.

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

The SHAC committee will also work on:

- Guidance for fundraisers during school hours that meet APS guidelines.
- Ensure K-12 P.E. curriculum is aligned to N.M. Health Education Standards and Benchmarks with Performance Standards.
- Support the behavioral needs of all students in the education process.
- Support the Health Service needs of all students.
- Ensure an equitable work environment that meets ADA for all staff.

LA RESOLANA LEADERSHIP ACADEMY WELLNESS POLICY

- Ensure that LRLA provides site wellness information to the community through school wellness profiles.
- Ensure that the district Academic Master Plan aligns with a coordinated school health approach.

Leadership

The Principal and/or his/her designee will convene the SHAC and facilitate development of and updates to the Wellness Policy, and will ensure LRLA's compliance with the policy.

Name	Title	E-mail address	Role
Justina Montoya	Principal	j_montoya1129@yahoo.com	Wellness Policy Admin. Leader
Joe Dan Lovato	Wellness Policy Lead Teacher	joedan157@yahoo.com	Wellness Policy Lead Teacher
Wendy Carson	Special Education Teacher	wcarson366@gmail.com	Special Education Teacher
Bonnie Kaufman	School Nurse	bonnieangel2@msn.com	School Nurse
Lisa Barnes	School Health Assistant	barnes_lisa@yahoo.com	School Health Assistant
Laurie Blades	Food Services Director	blades_laurie@yahoo.com	Food Services Director
Beth Alberts	Human Resources Director	alberts_beth@yahoo.com	Staff Wellness Sub-Committee Leader
Yvonne Kahn-Cleavall	School Social Worker	ycleavall@comcast.net	School Social Worker
Alice Hoeltke	Governing Council Member	aliceh@cybermesa.com	Governing Council Member
Itzel Ceballos	Parent	Itzll58@hotmail.com	Parent
Adan Morales	Student	adanmor@gmail.com	Student

II. Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

Implementation Plan

LRLA 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 which includes information about who will be responsible to make what change, by how much, where, and when, 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.

LRLA's Wellness Policy and progress statements toward wellness goals can be found at: <http://www.Laresolanaleadership.com>

Recordkeeping

LRLA will retain records to document compliance with the requirements of the Wellness Policy in La Resolana Leadership Academy's Administrative Offices. 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) These groups' participation in the development, implementation, and periodic review and update of the Wellness Policy;
- Documentation of annual policy progress reports;
- Documentation of the triennial assessment* of the policy;
- Documentation demonstrating compliance with public notification requirements, including: (1) Methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) Efforts to actively notify families about the availability of wellness policy.

Annual Progress Reports

The District will compile and publish an annual report to share basic information about the wellness policy and report on progress in meeting wellness goals. This annual report will be published around the same time each year in August/September. This report will include, but is not limited to:

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

The annual report will be available at the end May every school year.

LRLA will notify its school community of the availability of the annual report by e-mail and written notices mailed to home addresses of enrolled students and their families.

The SHAC, will establish and monitor goals and objectives as appropriate for each instructional middle school health unit and for each of the content-specific components listed in Sections III-V of this policy.

Triennial Progress Assessments

At least once every three years, the District will evaluate compliance with the Wellness Policy to assess the implementation of the policy and include:

- The extent to which LRLA is in compliance with the Wellness Policy;
- The extent to which LRLA's Wellness Policy compares to the Alliance for a Healthier Generation's model Wellness Policy; and
- A description of the progress made in attaining the goals of LRLA's Wellness Policy.

The position/person responsible for managing the triennial assessment and contact information is Justina Montoya, Principal, e-mail: j_montoya1129@yahoo.com and Joe Dan Lovato, Wellness Policy Teacher Leader, e-mail: Joedan157@yahoo.com

The SHAC will monitor LRLA's compliance with this Wellness Policy.

LRLA 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 LRLA's 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

LRLA is committed to being responsive to community input, which begins with awareness of the Wellness Policy. LRLA 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 the school. LRLA 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. LRLA will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, 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. LRLA will ensure that communications are culturally and linguistically appropriate to the community, and accomplished through means similar to other ways that the district and individual schools are communicating other important school information with parents.

LRLA will actively notify the public about the content of or any updates to the Wellness Policy annually, at a minimum. LRLA will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

III. Nutrition

School Meals

La Resolana Leadership Academy is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate in sodium, low in saturated fat, and zero grams *trans* fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements. All foods and beverages meet the Smart Snack Nutrition Standards set forth in the N.M. Administration code and district procedure directive. APS and the Food Nutrition Services Department shall ensure that 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. Foods and beverages are in compliance with federal and state statutes and regulations.

LRLA participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP). LRLA is committed to offering school meals through the NSLP and SBP programs that:

- Are accessible to all students;
- Are appealing and attractive to children;
- Are served in clean and pleasant settings;
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (LRLA offers reimbursable school meals that meet [USDA nutrition standards](#).)
- Promote healthy food and beverage choices using at least ten of the following [Smarter Lunchroom techniques](#):
 - Whole fruit options are displayed in attractive bowls or baskets (instead of chaffing dishes or hotel pans)
 - Sliced or cut fruit is available daily
 - Daily fruit options are displayed in a location in the line of sight and reach of students
 - All available vegetable options have been given creative or descriptive names
 - All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal
 - White milk is placed in front of other beverages in all coolers
 - Alternative entrée options (e.g., salad bar, yogurt parfaits, etc.) are highlighted on posters or signs within all service and dining areas
 - A reimbursable meal can be created in any service area available to students (e.g., salad bars, snack rooms, etc.)
 - Student artwork is displayed in the service and/or dining areas
 - Daily announcements are used to promote and market menu options

Additionally:

- *Menus will be posted on LRLA's school website.*
- *Menus will be created and reviewed by a Registered Dietitian or other certified nutrition professional.*
- *Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated (meets HSP Gold level). Students are served lunch at a reasonable and appropriate time of day.*

- *Participation in Federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.*

Staff Qualifications and Professional Development

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

Water

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day* on the school campus ("school campus" and "school day" are defined in the glossary). LRLA will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water with them throughout the day.

- *All water sources and containers will be maintained on a regular basis to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.]*

Competitive Foods and Beverages

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

<http://www.fns.usda.gov/healthierschoolday/tools-schools-smart-snacks>. The Alliance for a Healthier Generation provides a set of tools to assist with implementation of Smart Snacks available at www.healthiergeneration.org/smartsnacks.

To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day* and *ideally, the extended school day** will meet or exceed the USDA Smart Snacks nutrition standards *or, if the state policy is stronger, "will meet or exceed state nutrition standards"*. These standards will apply in all locations and through all services where foods and beverages are sold, which may include, but are not limited to, a la carte options in cafeterias, vending machines, school stores, and snack or food carts.

Celebrations and Rewards

All foods offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards or, if the state policy is stronger, "will meet or exceed state nutrition standards" including through:

1. Celebrations and parties. LRLA will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas from the [Alliance for a Healthier Generation](#) and from the [USDA](#).
2. Classroom snacks brought by parents. LRLA will provide to parents a [list of foods and beverages that meet Smart Snacks](#) nutrition standards; and
3. Rewards and incentives. The District will provide teachers and other relevant school staff a [list of alternative ways to reward children](#). Foods and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior.

Fundraising

Foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus* during the school day*. LRLA will make available to parents and teachers a list of healthy fundraising.

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 the school, 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 and teachers, parents, students, and the community.

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](#); and
- Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that LRLA may use are available at www.healthiergeneration.org/smartsnacks.

Nutrition Education

LRLA aims to teach, model, encourage, and support healthy eating by students. LRLA will provide nutrition education and engage in nutrition promotions that:

- Are designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Are a 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;
- Includes 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;

- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods, and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.
- All health education teachers will provide opportunities for students to practice or rehearse the skills taught through the health education curricula (meets HSP Silver/Gold level).

Essential Healthy Eating Topics in Health Education

LRLA will provide nutritional education activities that align with NM Health Education Content Standards with Benchmarks and Performance Standards. The health education curriculum will include the following essential topics on healthy eating:

- The relationship between healthy eating and 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
- Food safety
- Importance of water consumption
- Importance of eating breakfast
- 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

[USDA's Team Nutrition](#) provides free nutrition education and promotion materials, including standards-based nutrition education curricula and lesson plans, posters, interactive games, menu graphics, and more.

Food and Beverage Marketing in Schools

LRLA 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. LRLA 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 LRLA's property that contains messages inconsistent with the health information LRLA is imparting through nutrition education and health promotion efforts. It is

the intent of LRLA 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 LRLA's Wellness Policy.

Any foods and beverages marketed or promoted to students on the school campus* during the school day* will meet or exceed the USDA Smart Snacks in School nutrition standards *or, if stronger, "state nutrition standards"*, such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.

Food advertising and marketing is defined¹ as an oral, written, or graphic statements made for the purpose of promoting the sale of a food or beverage product made by the producer, manufacturer, seller, or any other entity with a commercial interest in the product. This term includes, but is not limited to the following:

- Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container.
- Displays, such as on vending machine exteriors.
- Corporate brand, logo, name, or trademark on school equipment, such as marquees, message boards, scoreboards, or backboards (Note: immediate replacement of these items are not required; however, LRLA will consider replacing or updating scoreboards or other durable equipment over time so that decisions about the replacement include compliance with the marketing policy.)
- Corporate brand, logo, name, or trademark on cups used for beverage dispensing, menu boards, coolers, trash cans, and other food service equipment; as well as on posters, book covers, pupil assignment books, or school supplies displayed, distributed, offered, or sold by LRLA.
- Advertisements in school publications or school mailings.
- Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.

IV. Physical Activity

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 or ten minute breaks, safe walk and bicycle to school routes, and out-of-school time activities. Other activities include: intramurals, non-competitive and developmentally appropriate alternatives. Schools will ensure that these varied opportunities are in addition to, and not as a substitute for, physical education (addressed in "Physical Education" subsection). LRLA will be encouraged to participate in *Let's Move! Active Schools* (www.letsmoveschools.org) in order to successfully address all CSPAP areas.

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. LRLA will provide teachers and other school staff with a [list of ideas](#) for alternative ways to discipline students.

To the extent practicable, LRLA will ensure that its grounds and facilities are safe and that equipment is available to students to be active. LRLA will conduct necessary inspections and repairs.

- [Change Lab Solutions](#) provides guidance regarding joint or shared use agreements if and when appropriate.
- LRLA will work to ensure that inventories of physical activity supplies are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage activity for as many students as possible.

Physical Education

LRLA will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts (discussed in the “*Essential Physical Activity Topics in Health Education*” subsection).

All students will be provided equal opportunity to participate in physical education classes. LRLA will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.

All LRLA middle school students are required to take the equivalent of one academic year of physical education.

LRLA’s physical education program will promote student physical fitness through individualized fitness and activity assessments (via the [Presidential Youth Fitness Program](#) or other appropriate assessment tool) and will use criterion-based reporting for each student.

- *Students will be moderately to vigorously active for at least 50% of class time during most or all physical education class sessions (meets HSP Silver level).*
- *All physical education classes at LRLA are taught by licensed teachers who are certified or endorsed to teach physical education (meets HSP Gold level).*

Essential Physical Activity Topics in Health Education

LRLA will follow the APS health education curriculum and the following essential topics on physical activity. LRLA will follow procedures outlined in the “Human Sexuality and AIDS Instruction Material.” And the “Exemptions from Health or PE Curriculum that address for instruction on HIV.” When health education is taught OR semesters when student is enrolled in health or physical education students will learn and understand:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise, and fitness
- Phases of an exercise session, that is, warm up, workout, and cool down

- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia, and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time, and type of physical activity
- Developing an individualized physical activity and fitness plan
- Monitoring progress toward reaching goals in an individualized physical activity plan
- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers, and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity

Outdoor recess will be offered when weather is feasible for outdoor play. In the event that the school or district must conduct **indoor recess**, teachers and staff will follow indoor recess guidelines that promote physical activity for students, to the extent practicable. Recess will complement, not substitute, physical education class. Recess monitors or teachers will encourage students to be active, and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity Breaks

LRLA recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. LRLA recommends teachers provide short (3-5 minute) physical activity breaks to students during and between classroom times. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods.

LRLA will provide resources and links to resources, tools, and technology with ideas for physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

Active Academics

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day.

LRLA will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement.

Teachers will serve as role models by being physically active alongside the students whenever feasible.

Before and After School Activities

LRLA offers opportunities for students to participate in physical activity before the school day through a variety of methods. LRLA will encourage students to be physically active before school by allowing students supervised recess when the weather is appropriate.

Active Transport

LRLA will support active transport to and from school, such as walking or biking. LRLA will encourage this behavior by engaging in *six or more* of the activities below; including but not limited to:

- Designation of safe or preferred routes to school as needed by students
- Promotional activities such as participation in International Walk to School Week, National Walk and Bike to School Week
- Secure storage facilities for bicycles and helmets (e.g., shed, cage, fenced area)
- Instruction on walking/bicycling safety provided to students
- Promotion of safe routes program to students, staff, and parents via newsletters, notices or through the school website as needed and appropriate

V. Other Activities that Promote Student Wellness

LRLA will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. LRLA will coordinate and integrate other initiatives related to physical activity, physical education, nutrition, and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting student well-being, optimal development, and strong educational outcomes.

LRLA encourages coordination and integration across content areas including project-based learning that promotes student health, such as teaching nutrition concepts in mathematics.

All efforts related to obtaining federal, state, or association recognition for efforts, or grants/funding opportunities for healthy school environments will be coordinated with and complementary of the Wellness Policy, including but not limited to ensuring the involvement of the SHAC.

All school-sponsored events will adhere to the Wellness Policy. All school-sponsored wellness events will include physical activity opportunities.

Community Partnerships

LRLA will continue to develop and host the annual “Community Health Fair” each spring to foster and enhance relationships with community partners (i.e. hospitals, universities/colleges, local businesses, etc.) in support of this Wellness Policy’s implementation. Existing and new community partnerships and sponsorships will be evaluated to ensure that they are consistent with the Wellness Policy and its goals.

Community Health Promotion and Engagement

LRLA will promote to parents/caregivers, families, and the general community the benefits of and approaches for healthy eating and physical activity throughout the school year. Families will be

informed and invited to participate in school-sponsored activities and will receive information about health promotion efforts.

As described in the “Community Involvement, Outreach, and Communications” subsection, LRLA will use electronic mechanisms (such as email or displaying notices on the school’s website), as well as non-electronic mechanisms, (such as newsletters, presentations to parents, or sending information home to parents), to ensure that all families are actively notified of opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

LRLA will follow the N.M. School Health Manual for comprehensive guidelines as well as all APS policy and procedural directives.

Staff Wellness and Health Promotion

LRLA will follow APS and promote activities that maintain and improve the health of staff, contributing to improve morale and a greater personal commitment to the goals of the district. APS Human Resources Department will provide staff with information related to exercise, stress management and nutrition.

The SHAC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources, and performs other functions that support staff wellness in coordination with human resources staff. **The subcommittee leader’s name is Beth Alberts.**

- LRLA will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.
- Strategies, School Counseling/Social specific actions LRLA will use includes:
- Modeling healthy eating habits
- Walking and participating with students on walking field trips
- Planning fundraising events which include physical activity such as walk-a-thons, jump roping and field days.
- Using the stairs in the building instead of taking the elevator
- Being active during recess, lunch and other occasions of physical activity with students.

LRLA promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

LRLA will follow their Site Safety Prevention Plan, and will implement school wide prevention programs and supports based on its needs and best practices in coordination with the APS Student, Family and Community supports Division.

Implementation and Assessment

LRLA will participate in a School Wellness Profile promote public transparency. The profile shall include: Family School and Community Engagement, Nutrition, P.E., Health Education, Healthy and Safe Environment, Social and Emotional Wellbeing, Health Services, and Staff Wellness.

Professional Learning

When feasible, LRLA will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help LRLA staff to understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

Glossary:

Extended School Day - time during, before and after school activities that includes clubs, intramural sports, band, and choir practice, drama rehearsals, etc.

School Campus - areas that are owned or leased by the school and used at any time for school-related activities such as the school building or on the school campus, 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 - midnight the night before to 30 minutes after the end of the instructional day.

Triennial – recurring every three years.

Appendix A: School Level Contacts

Name	Title	E-mail address	Role
Justina Montoya	Principal	j_montoya1129@yahoo.com	Wellness Policy Admin. Leader
Joe Dan Lovato	Wellness Policy Lead Teacher	joedan157@yahoo.com	Wellness Policy Lead Teacher
Wendy Carson	Special Education Teacher	wcarson366@gmail.com	Special Education Teacher
Bonnie Kaufman	School Nurse	bonnieangel2@msn.com	School Nurse
Lisa Barnes	School Health Assistant	barnes_lisa@yahoo.com	School Health Assistant
Laurie Blades	Food Services Director	blades_laurie@yahoo.com	Food Services Director
Beth Alberts	Human Resources Director	alberts_beth@yahoo.com	Staff Wellness Sub-Committee Leader
Yvonne Kahn-Cleavall	School Social Worker	ycleavall@comcast.net	School Social Worker
Alice Hoeltke	Governing Council Member	aliceh@cybermesa.com	Governing Council Member
Itzel Ceballos	Parent	Itzll58@hotmail.com	Parent
Adan Morales	Student	adanmor@gmail.com	Student