

LRLA School Wellness Policy

Annual Progress Report 2016-2017

A copy of the LRLA School Wellness Policy is available on the school website at Laresolanaleadership.com and in the Administrative Office located at 230 Truman NE, Albuquerque, NM 87108.

During the 2016-2017 school year LRLA made progress towards our goal of having a healthier school environment for students and staff alike.

LRLA now offers a STEAM-H class as an elective. STEAM H is Science, Technology, Engineering, Art, Math and Health.

LRLA has incorporated a Movement component into the Learning Lab. Students rotate between different stations such as computer, reading, guided exercise and free movement time, ensuring that no student is sitting sedentary for an extended time. Movement exercises are intended to increase brain function and help students focus better on their school work.

LRLA offers fresh fruit and vegetables as free snacks during the day. Students are able to come to the main office anytime during the day if they are hungry and receive fresh fruit or vegetables. This has been a huge success with the students!

LRLA offers numerous events during the school year aimed at developing healthier, happier students.

In October we held our annual Breast Cancer Awareness Program. In 2016-2017 we did a Breast Cancer Walk from the school to a nearby park, where students walked laps for donations. The money raised was donated to the Susan G. Komen Foundation.

The LRLA Health Fair was held in February. This annual program is organized and run by all students of the school in conjunction with their STEAM-H, Science and Service Learning classes.

In May, students hiked to the Sandia Open Space in the Albuquerque foothills.

A portion of every Physical Education class is now devoted to walking.

As much as possible students and staff now walk to field trips such as the State Fair and local parks for exercise.

Anyone interested in becoming involved with the School Health Advisory Committee (SHAC) may contact:

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