

SCHOOL HEATH ADVISORY COUNCIL (SHAC)  
MEMBERS

As per the Public Education Department Wellness Policy rule 6.12.6.1 NMAC, all New Mexico local boards of education shall establish a district School Health Advisory Council (SHAC) that consists of parent(s), school food authority personnel, school board member(s), school administrator(s), school staff, student(s), and community member(s).

Identify below the members of your SHAC, their roles and contact information. Please note that you are not limited to only one person representing each category.

Each school district is to identify a wellness policy champion(s) within the school district, or at each school, as appropriate, charged with the operational responsibility for ensuring that each school fulfills the school district's wellness policy.

| NAME                  | ROLE                               | PHONE<br>NUMBER | E-MAIL                           |
|-----------------------|------------------------------------|-----------------|----------------------------------|
| Mrs. Tracy Alcon      | Wellness Policy lead               | 505 401- 6675   | talcon@springerschools.org       |
| Mrs. Shelley<br>Bruns | School administrator               | 575 420 -8080   | shelleybruns@springerschools.org |
| Monica Burton         | School board member                | 575 447 -0844   | Burtonx6@gmail.com               |
| Mary Garcia           | School staff                       | 505 652- 6400   | maryg@springerschools.org        |
| Elizabeth Lucero      | School food authority<br>personnel | 575 643-5862    | elizabethl@springerschools.org   |
| Stephanie Garcia      | Parent                             | 505 429-4987    | stephaniedesiree@me.com          |
| Abigail Epler         | Student                            | 505 204-4494    | abigail@springerschools.org      |
| Jenell Ross           | Community member                   | 575 447-1068    | jenellross@springerschools.org   |
|                       | Other (indicate)                   |                 |                                  |
|                       | Other (indicate)                   |                 |                                  |
|                       | Other (indicate)                   |                 |                                  |

## Springer School District Wellness Policy

Springer School District is committed to the optimal development of every student. The district 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 environments at every level, in every setting, throughout the school year.

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical mental growth, and lifelong health and well-being. Healthy eating is demonstrably linked to reduced risk for mortality and decreases the development of many chronic diseases as adults. Schools have a responsibility to help students and staff to establish and maintain lifelong, healthy eating patterns. Well-planned and well-nourished school nutrition programs have been shown to positively influence students' eating habits.

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff is encouraged to model healthy eating and physical activity as a valuable part of daily life. The Springer School District shall prepare, adopt, and implement a comprehensive plan to encourage healthy eating and physical activity. We also will address behavioral health, school safety, health services, and staff wellness and professional learning. This plan shall make effective use of school and community resources and serve the needs and interests of all students and staff: taking into consideration differences in cultural norms.

The School Wellness Policy is made available to the public and can be found on the Springer school website.

### Family, School and Community Involvement

#### Definition:

Family, school and community involvement means an integrated family, school and community approach for enhancing the health and well-being of students by establishing a district school health advisory council (SHAC) that has the responsibility to make recommendations to the local school board in the development or revision, implementation and evaluation of the wellness policy.

The family, school, and community involvement component promotes long-term effective partnerships between families, schools, and communities in the planning and implementation of health promotion projects and events within the school and throughout the community. The partnership can encourage and sustain environmental changes that support healthy lifestyles for children and their families.

#### Requirements:

Each local board of education shall establish a district school health advisory council that consists of parents(s), school food authority personnel, or school board member(s), school administrator(s), school staff, students(s), and community member(s)

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

The SHAC will update or modify the wellness policy based on the results of the annual progress reports and assessments, and or as District priorities change; community needs change; wellness goals are met; new health science information and technology emerges; and new Federal or State guidelines or standards are issued.

The SHAC shall meet for this purpose a minimum of two times annually.

## **Goals:**

The goal of family, school and community involvement within a coordinated school health approach is to create total school environment that is conducive to student health and academic achievement. This inclusive atmosphere features a school 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.

## **Activities:**

Springer Municipal Schools shall recognize the (SHAC) members and assign responsibility to develop, implement, monitor, and evaluate the district wellness policy. The SHAC's mission is to address nutrition, nutrition education, physical activity, physical education, health education, behavioral health, school safety, health services, and staff wellness and professional learning.

Springer School will provide the following:

1. Access to a variety of nutritious and appealing meals that accommodate the health and nutritious needs of students. We will also provide nutrition education aimed to teach, encourage, and support healthy eating.. This will meet the standards as set forth in 7 CFR 210.11.6.12.5.8 NMAC, and 6.12.6 NMAC.
2. A healthy safe environment to support a total learning experience that promoted personal growth, healthy interpersonal relations, wellness, and freedom from discrimination and abuse.
3. Health education to motivate and assist all students to maintain and improve their health, prevent diseases, and reduce health related risk behaviors, this will allow students to develop and demonstrate increasingly sophisticated health related knowledge, attitudes, skills and practices. This will meet the standards as set forth in 6.29.1 NMAC standards for excellence.
4. A healthy safe environment to support a total learning experience that promotes personal growth, healthy interpersonal relationships, wellness, and freedom from discrimination and abuse.
5. Services to maintain and /or improve students' mental, emotional, behavioral, and social health.
6. Health services to provide coordinated, accessible primary health and behavioral health services for students, families, and staff.
7. Will promote the physical, emotional, and mental health of school employees along with disease and disability prevention.

## **Nutrition and Nutrition Education**

### **Definition:**

Nutrition describes programs that provide access to a variety of nutritious and appealing meals that accommodate the health and nutrition needs of all the students.

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

A "school day" means, for the purpose of competitive Food Sales rule, the period from midnight before, to 30 minutes after the end of the official school day.

### **Requirements:**

The wellness policy includes, at a minimum: goals for nutrition education; other school-based activities to promote student wellness; nutrition guidelines for all foods available on school campus; and goals for nutrition promotion.

The wellness policy requires all food available on the school campus including the all foods sold to students must minimally meet the competitive food standards as stated in 7 CFR 210.11 and 6.12.5.8 NMAC

The wellness policy includes guidelines for all food and beverages sold to students during the school day. The wellness policy has guidelines for food provided to students, but not sold.

The wellness policy has specific requirements for food and beverage marketing.

The wellness policy has guidelines for documentation for fundraisers that do not meet the competitive food standards.

### **Goal:**

The goal of nutrition is to promote the role of nutrition in academic performance and quality of life, and to ensure the adoption of school policies, which provide adequate nutrition opportunities.

### **Activities:**

-All food and or beverage fundraiser during regular school hours will need the prior approval from the Administrator and are limited to 2 per semester. These are not allowed during meal time or in the food service area.

-Meals are accessible to all students.

-Meals are served in a clean and pleasant setting.

-Meals meet or exceed the current nutrition requirements established by local, state, and federal statutes and regulations.

-Will promote healthy food and beverage choices.

-The nutrition program will accommodate students with special dietary needs, such as those with food allergies or physical medical issues.

-Springer schools also incorporates the use of Individualized Healthcare Plans (IHP).

-Require that no vending of food or beverages will be allowed at the Elementary schools except for water.

-Springer high school will not have any food vending machines on campus.

Springer high school only allow sports drinks, water, sugar free beverage vending machines. The vending machine is from Dasani water

-No food products through private or school fundraising efforts will be sold to elementary school students during lunch or during school hours.

-Food and beverages sold at football and basketball concessions, or any school-sponsored event will include at least 50% of healthy choice items.

School staff will use non-food items to reward students for accomplishments. (Elementary school gives "Devil Dollars" that may be used to purchase non-food items, such as books, toys, shirt etc.)

Springer Schools will provide nutritional information to parents that will encourage parents to provide safe and nutritious foods for their children.

Springer Schools will encourage all staff when taking students on field trips, athletic events or any activity, which requires meals and snacks to consider restaurants and establishments that provide healthy choices for meals instead of fast food where healthy choices are minimal.

When food snacks are brought to the elementary, middle, or high school, teachers and staff will encourage that healthy choices be presented. A list of healthy food choices is attached at Addendum A. This list will be sent home to all parents at the beginning of the school year requesting that healthy choices be presented for snacks to students.

Staff will be encouraged to be role models to students thus water, 100% fruit juices, and sugar free drinks will be the only drink allowed to be sold on campus to staff .

School parties that consist of Autumn, Winter, Valentines, and Spring may select one food or beverage as listed: fried food items, fatty meats, buttery popcorn, chips, and carbonated drinks. Other food items served will be healthy choices.

Healthy eating and physical activity will be actively promoted to students, parents, teachers, administrators, and community members at Open Houses, teacher-in-services, and through school newsletters.

Drinking fountains will be available for students. Water fountains are available outside the cafeteria for meals.

Springer Schools will serve protein at each breakfast which will provide students long acting energy food for morning learning

Springer school district is committed to serving healthy meals to the children with plenty of fruits, vegetable, whole grains, and healthy drinks. The meal program's aim is to improve the diet and health of children, mitigate 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.

Springer Schools participate in the USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Fresh Fruit, and Vegetable Program (FFVP), and the After School Snack Program (ASSP).

### **Nutrition Education and Promotion**

Springer School District will provide nutrition education and engage in nutrition promotion that encourages and supports healthy eating by students.

We provide students with the knowledge and the skills necessary to promote and protect their health. Teachers will integrate nutrition into their core curricula.

Promote fruits, vegetables, whole grain products, low fat and fat free dairy products, and healthy food preparations methods.

Emphasize caloric balance between food intake and energy expenditure (promote physical activity).

Teach the relationship between healthy eating and personal health and disease prevention.

Choose foods and beverages that are low in added sugars.

Choose foods that are low in fat, saturated fat, cholesterol, and do not have trans-fat.

Teach risks of unhealthy weight control practices and eating disorders.

Teach the importance of water consumption.

Reduce sodium intake.

Wash hands prior to eating. Elementary students have recess right before lunch and go to the bathroom to wash hands before lunch. Hand Sanitizer dispensers are available in the eating area.

### **Nutrition Standards for all Foods and Beverages sold or served on school grounds**

Springer Municipal Schools will participate in the USDA child nutrition programs.

All reimbursable meals will meet nutrition standards mandated by the USDA

### **Competitive Foods and Beverages**

All food and beverages sold on school grounds to students outside of reimbursable school meals are considered "Competitive Foods".

All competitive foods will meet the district's standards and be in compliance with State and Federal standards.

Springer District requirements:

No vending food or beverages will be allowed at the elementary schools except water.

High school will not have any food vending machines.

## Marketing

Springer School District promotes student's health by permitting advertising and marketing for only the foods and beverages that are allowed to be sold on the school campus.

### Food used as a reward or punishment

Research has clearly indicated that the use of food to reward/reinforce good behavior and academic performance quite often has unintended or negative consequences. The use of food as a reward and withholding food as a punishment are prohibited.

## Health Education

### Definition:

Health education is the instructional program that provides the opportunity to motivate and assist all students to maintain and improve their health, prevent disease, and reduce health related risk behaviors. It allows students to develop and demonstrate health related knowledge, attitudes skills, and practices.

### Requirements:

Springer School District does require a course in health education prior to graduation. Currently Health Education is being taught in middle school.

### Activities

The wellness policy includes a planned K-12 health education curriculum that addresses the physical, mental, emotional, and social dimensions of life.

Springer schools provides activities in health education that align with the New Mexico Health Education Content standards with benchmarks and Performance Standards. The health education curriculum will also be aligned with the NM PED Standards and Benchmarks.

Springer School District does implement an "opt-out" policy that allows parents to request that their children be exempt from the health education curriculum components that focus on the sexuality performance standards. Alternative lessons are established for the exempted parts of the curriculum.

Springer School District will require a lifesaving skills training for hands on (compression only) psychomotor skill C.P.R. training including training to recognize the signs of a heart attack, training on the use of an automated external defibrillator, and training on how perform the Heimlich maneuver for choking victims. This training must be included as part of the health education course that is required to graduate. This is all part of the amendment made to Section 22-13-1 NMSA 1978 Section H in 2016. HIV instruction is provided by the health instructor.

Health education is integrated into the core curriculum and is taught in a culturally sensitive and appropriate manner

### Physical Activity and Physical Education

#### Definitions:

Physical activity means body movement of any type which included recreation, fitness and sport activities.

*Note: physical activity is a component of, but is not a substitute for, quality physical education. Physical education is an instructional program taught by a certified physical educator and focuses on developing skills, knowledge, and attitudes necessary to personally decide to participate in a lifetime of healthful physical activity.*

*Physical education is one source, but should not be the only source of physical activity before, during and/or after school.*

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

#### Requirement:

The wellness policy shall include guidelines to provide physical activity opportunities to students before, during and or /after school.

#### Goal:

The goal of physical activity within the coordinated school health approach provides students with increased opportunities to engage in moderate to vigorous physical activity before, during and/or after school. There is increasing evidence that physical activity supports learning. School programs can promote physically active life-styles for children by incorporating activities in the school's environment. The goal of physical education is to provide daily physical education taught by a certified physical educator who uses appropriate practices for the skills, knowledge, and attitudes needed to be physically fit and active for life. Activities are based on goals and objectives appropriate for all children and are planned according to a curriculum with an obvious scope and sequence that follow 6.29.9 NMAC Physical Education Standards for Excellence.



## **Activities:**

Physical activity will be integrated across curriculum and throughout the school day when possible. In collaboration with the physical educator, classroom teachers will link physical activity to math, science, social studies, and language arts.

School staff will provide physical activity breaks during classroom time.

Elementary school's schedule will provide times within every school day at least two supervised recess. Elementary students will be provided at least 20 minutes of supervised daily recess for all students. Schools will provide opportunities and encouragement for students to voluntarily participate in before and after school physical activity programs.

Schools will encourage basic physical activities of walking and biking, if determined safe for students, as transportation modes to and from school. Bike racks are available at Wilfirth building for bike safety. Schools will be encouraged to provide community access to and encourage students, staff, and community members to use the school's physical activity facilities outside of the normal school day. Prior arrangements need to be made with administration for the use of school facility.

Schools will provide parents and community members with information to help them incorporate physical activity into their student's lives through newsletters and take home flyers.

Recess will compliment, not substitute for physical education classes.

Lunch recess will not be denied to a student as punishment unless directed from administration.

Physical Education will be offered at the high school level with a certified physical education instructor. One unit of P.E., or allowable alternative, is included as a district graduation requirement.

Springer middle school will be given physical education daily with a certified physical education instructor.

Springer School District will provide education on the health benefits of physical activity that align with the New Mexico health education content standards with benchmarks and performance standards. Elementary and Junior High students are allowed to participate in field day each year, which emphasizes physical activity.

## **Social and Emotional Well Being**

### **Definition:**

Social and emotional well-being are services provided to maintain and/or improve students' mental, emotional, behavioral, and social health. School behavioral and mental health programs should focus on breaking down health and social barriers to students' 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, school, communities, and private and government agencies to create and maintain an environment in which all students can learn and thrive.

**Goal:**

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

**Requirements:**

Springer School District addresses the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.

Springer School District provides and makes provisions for support service programs which enhances the instructional programs.

School personnel are required by law to report substance abuse, child abuse, and neglect.

**Substance Abuse:**

Staff must report any student who is known or suspected of abusing drugs or alcohol.

No employee who in good faith reports alcohol or drug use or abuse (known or suspected), shall be liable for any civil damages as a result of such report or his efforts to enforce any school policies or regulations regarding drug or alcohol use or abuse.

**Child Abuse and Neglect:**

All licensed school employees are required to complete training in the detection and reporting of child abuse and neglect, including sexual abuse and assault, and substance abuse.

**Health services**

**Definition:**

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

**Goals:**

The goal of health services is to provide coordinated and accessible primary health and behavioral health services for students, families and staff.

**Activities:**

Any student with healthcare needs that affect or have the potential to affect safe and optimal school attendance and academic performance require an individualized Healthcare Plan. This IHP is written by

the school nurse in collaboration with the student, family, educators, and healthcare providers. The need for an IHP is based upon each child's required health care, not upon "educational entitlement such as a special education or Section 504 of the Rehabilitation Act of 1973. The U.S. Office of Special Education (OSEP) considers that the IHP should be a separate document from the individualized Education Program (IEP) or 504 plan based upon the student's needs.

Springer School District has an attendance policy that includes the following:

1. Documentation of attendance.
2. Prohibits the suspension and expulsion as punishment.
3. Early identification for non-attending students with f/u procedures.
4. Provision of excused absences for expectant and parenting teens.
5. Specific Native American

## HIV

All students with HIV have appropriate access to public education and that their rights to privacy are protected. Springer also ensures the rights of all school employees infected with HIV are protected. Springer Municipal Schools provides education about HIV in the health education curriculum.

## Immunizations

Springer School policy acknowledges that all students enrolled in school must present evidence of commencement or completion of immunization in accordance with the immunization schedule and rules and regulations of the Public Health Division/Department of Health with allowance for exemptions by the PHD/DOH if certain conditions are met. Statute 6.12.2.8 NMAC makes it unlawful for any student to enroll in school unless the student is properly immunized and can provide satisfactory evidence of such immunization unless the child is exempted: 7.5.3 NMAC: Vaccination and Immunization Exemptions.

These records are confidential and must be maintained by the school.

Exemptions Process: A certificate from physician attesting immunization would seriously endanger the life or health of child or certification expressing religious teaching requires reliance upon prayer or spiritual means alone for healing.

Another exception is provided to students experiencing homelessness. Pursuant to the McKinney-Vento Homeless Assistant 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/ guardian of the child to the designated local educational agency homeless education liaison who must assist in obtaining necessary immunizations or immunization or medical records.

## Medications

Springer Schools grant to any student in grades K-12, authorization to carry and self-administer health care practitioner prescribed asthma treatment medication or anaphylaxis emergency treatment medication if the following conditions are met:

1. A health care practitioner has prescribed the medication for use by the student during school hours and instructed the student in the correct and responsible use of the medication.
2. The student has demonstrated the skill level necessary to use the medication and any device that is necessary to administer such medication as prescribed by the health care practitioner, or such practitioner's designee, and the school nurse or other school official who is a public education department licensed health care provider.
3. The school nurse, (if available), with the health care practitioner formulates a written treatment plan for managing asthma or anaphylaxis episodes of the student and for medication use by the student during school hours.
4. The school has, in writing, informed the parent / guardian of the student, that the school, including its employees and agents, is to incur no liability as a result of any injury arising from the self-administration of medication pursuant to this section.
5. A Parent or Guardian has signed an authorization form for the medication.

### Vision

Springer Schools have vision screenings done yearly by the Lions Club. Letters of notification are sent to the Parents/Guardian that include the date, time, and the location of the screening.

### Staff Wellness

#### Definition:

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

#### Goal:

The goal of staff wellness is to promote activities for staff designed to promote the physical, emotional and mental health of school employees along with disease and disability prevention activities.

### Requirements

Springer Schools address the needs of all school staff that insures and equitable work environment and meets the Americans with Disabilities Act.

Springer Schools ensures that the rights to privacy of all school employees infected with HIV are protected.

## Activities

The right to privacy is ensured to all employees infected with HIV. All records are kept safe and confidential.

School employees are ensured an equitable work environment that meets the Americans with Disabilities Act.

Staff is encouraged engage in activities that promote personal health and to utilize this information in the classrooms with their students.

School employees are encourage to eat meals that are prepared by the school cafeteria for a healthy nutritional meal at a reasonable cost.

School teachers take part in village clean up with the students yearly. This is an exercise in which the faculty and students walk around campus and surrounding area and clean. Picnic lunch is also provided along with water.

There are facilities available with fitness and exercise equipment available.

Yearly flu vaccinations are offered yearly for staff on campus.

Staff promotes healthy nutrition and exercise for students.

Revised 2019

School Wellness Policy: Attachment: A

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetable as the primary snacks and water, milk, and 100% juices as the primary beverages. Schools will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's age, and other considerations. The district will provide a list of healthful snack items (see below) to teacher, after-school program personnel, and parents.

At any school function (parties, celebrations, receptions, festivals, child find, etc.) healthy food choices options will be available to students. Some suggested food items are listed below to be included on refreshment tables.

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Dried fruits (raisins, banana chips, apricots, peaches, etc.)
- Trail mix (dried fruits and nuts)
- Peanut butter and crackers or bread
- Graham crackers and cream cheese
- Baked corn chips and fat free potato chips or baked potato chips and salsa
- Granola bars
- Low fat cookies
- Animal crackers
- Angel food cake with fruit toppings
- Low-fat yogurt
- Sandwiches – ham or turkey with low fat cheese
- Pizza with low-fat toppings, veggies, lean ham, green chili
- 100% fruit snacks
- Cheese and crackers
- Low-fat pretzels or popcorn
- Vanilla wafers
- Jello and low-fat puddings
- Flavored yogurt and fruit parfaits
- Beef jerky

|                                                                                                                                                                                      |     |  |  |  |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|--|--|--|--|
| health need of the students                                                                                                                                                          |     |  |  |  |  |
| Students with healthcare needs that may affect their school attendance and/or performance have an IHP which are separated from IEP plan based upon students' needs                   | Yes |  |  |  |  |
| School is compliant with 6.12.2.10 in reference to students who may be diagnosed with HIV                                                                                            | Yes |  |  |  |  |
| The Wellness Policy includes the provision for students to carry and self-administer healthcare practitioner prescribed medication to treat asthma and anaphylaxis                   | Yes |  |  |  |  |
| Vision screenings are administered to students enrolled in kindergarten, 1 <sup>st</sup> , and 3 <sup>rd</sup> grades at a minimum unless the parent/guardian prohibit the screening | Yes |  |  |  |  |
| District implements a policy to ensure rights of all school employees infected with HIV, keeping these safe and confidential                                                         | Yes |  |  |  |  |