

# House Municipal Schools Wellness Policy

## Statement

The House Municipal Schools Board of Education is committed to providing;

- 1) a school environment that establishes a coordinated approach to student and staff wellness, and
- 2) a learning environment that fosters the development and practice of lifelong wellness behaviors that support student achievement.

Therefore, the House Municipal Schools Board of Education will follow and meet all requirements set forth by the Public Education Department in NMAC 6.12.6.8.

A Coordinated School Health approach means:

- Building a framework for linking health and education.
- Establishing and maintaining healthy and successful lifestyles in our students.

The Components of a Coordinated School Health Program are:

- *Family, school and community involvement* means an integrated family, school and community approach for enhancing the health and well-being of all students.
- *Health Education* is the instructional program that provides the opportunity to motivate and assist all students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. It meets the Content Standards with Benchmarks and Performance Standards as set forth in Section 6.30.2.19 NMAC.
- *Health Services* are provided for all students to appraise, protect, and promote health. These services are designed to ensure access or referral to primary health care or behavioral health services or both; foster appropriate use of primary care services or behavioral health services or both; prevent and control communicable diseases 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 education and counseling opportunities for promoting and maintaining individual, family, and community health.
- *Healthy and safe environment* supports the physical and aesthetic surroundings and the psychosocial climate and culture of the schools. It supports a total learning experience that promotes personal growth, healthy interpersonal relationships, wellness, and freedom from discrimination and abuse.
- *Nutrition* refers to programs that provide access to a variety of nutritious and appealing meals and snacks that accommodate the health and nutrition needs of all students.

- *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 meets the Content Standards with Benchmarks and Performance Standards as set forth in Section 6.30.2.20 NMAC
- *Physical education* means the instructional 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 meets the Content Standards with Benchmarks and Performance Standards as set forth in Section 6.30.2.20 NMAC.
- *Social and emotional wellbeing* means services provided to maintain and/or improve all students' mental, emotional, behavioral, and social health.
- *Staff wellness* means opportunities for school staff to improve their health status through a variety of activities that lead to a healthy lifestyle, improved health status, improved morale, and a greater commitment to the school's overall coordinated school health approach.

Activities for School Health Program and Wellness:

1. Health Education is taught in the school for all students.
2. A nurse is present in the school 2 days a week to ensure access and refer for health care.
3. A counselor visits the school and meets with students twice a month.
4. Immunizations are given when available for routine immunizations.
5. Flu immunizations are given in the fall of the year.
6. Hand washing workshops are held with the students.
7. Dental hygiene is reviewed with students.
8. Health materials are distributed to students and staff alike to maintain wellness and for preventive measures.
9. Health policies are reviewed by the House Municipal Schools Board of Education.
10. Physical Education is taught to all students, promoting personal healthy growth.
11. Nutrition classes are available.
12. A safe healthy environment is in place at House Municipal Schools.
13. Height and measurement were done, BMI