



MIDDLE COLLEGE HIGH SCHOOL

School Wellness Policy

Section 1: Wellness Policy

Middle College High School supports and encourages the wellness of our students and our staff. We recognize that learning and health are interconnected. The health of our students and staff is of great importance throughout our school community, and is among the school's top priorities. Our Wellness Policy has been crafted in order to support the creation of a healthy school community. Proactive and supportive staff will ensure that Middle College High School implements a healthy community, wherein wellness is present in daily activities, from school nutrition to physical fitness and health education.

The wellness policy shall include, but shall not be limited to:

- (1) a planned, sequential, 9-12 grade educational curriculum that integrates 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 6.30.2.19 NMAC;
- (2) a planned, and health-standards aligned 9th grade physical education curriculum that provides the optimal opportunity for all students to learn and develop skills, knowledge and attitudes necessary to personally decide to participate in lifelong healthy physical activities and decisions and is aligned to the physical education content standards with benchmarks and performance standards as set forth in 6.30.2.20 NMAC;
- (3) guidelines to provide physical activity opportunities to students before, during and after school;
- (4) nutrition guidelines meeting standards established by federal rules at 7 CFR 210.11 and 7 CFR 210.11a, the Healthy Hunger-Free Kids Act of 2010, the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966;
- (5) a plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional wellbeing;
- (6) comprehensive school safety plans focused on supporting healthy and safe learning environments; the school safety plan will be submitted to the public education department for approval on a three-year cycle and includes the following minimum components:
 - a. Introduction;
 - b. school policies and procedures;
 - c. prevention; and
 - d. a school EOP;

(7) a plan addressing the health services needs of students in the educational process;

(8) a plan addressing the staff wellness needs of all school staff that minimally ensures an equitable work environment and meets the American with Disabilities Act, Part III;

(9) a plan for measuring implementation and evaluation of the wellness policy, including the designation of one or more persons within the school, who are charged with operational responsibility for ensuring that the school fulfills its wellness policy.

E. Family, school and community involvement. Each local board of education shall establish a school safety and health advisory council that collects input from parent(s), school food authority personnel, school board member(s), school administrator(s), school staff; student(s); and community member(s). The school health advisory council shall have the responsibility to make recommendations to the local school board in the development or revision, implementation, and evaluation of the wellness policy consistent with this rule. The school health advisory council shall meet for this purpose a minimum of two times annually.

Middle College High School's Wellness Policy includes the following:

A. Middle College High School's curriculum shall include 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 6.30.2.19 NMAC.

B. Middle College High School's physical education curriculum shall provide the optimal opportunity for all students to learn and develop skills, knowledge, and attitudes necessary to personally decide to participate in lifetime healthful physical activity and, except as may be waived by the State, is aligned to the physical education content standards with benchmarks and performance standards as set forth in 6.30.2.20 NMAC

C. Where/when possible and practicable, Middle College High School shall provide physical activity opportunities to students before, during and after school.

D. Food and beverages offered as part of school-sponsored events during regular school hours must minimally meet the guidelines set forth in 6.12.5.8.C.1 NMAC.

E. At least 50% of all food and beverages offered as part of school-sponsored activities before and after school must be healthy choices in accordance with the requirements set forth in 6.12.5.8.C.2 NMAC.

F. Middle College High School shall develop a plan addressing the behavioral health needs of all students in the educational process, focusing on students' social and emotional well-being.

G. Middle College High School shall develop a school safety plan focused on supporting healthy and safe environments and including prevention policies and procedures, and a law enforcement-supported emergency response plan.

H. Middle College High School shall develop a plan addressing the health services needs of students in the educational process.

I. Middle College High School shall develop a plan addressing the staff wellness needs that minimally ensures an equitable work environment and meets the Americans with Disabilities Act, Part III.

J. Middle College High School shall develop a plan for measuring implementation and evaluation of the wellness policy, including the designation of one or more persons within Middle College High School charged with operational responsibility for ensuring that the school fulfills the Middle College High School's wellness policy.

K. The Governing Board shall approve the establishment of a Middle College High School Safety and Health Advisory Council, that regularly collects input from parents, Governing Board members, the Principal,

school staff, students, and community members. The Safety and Health Advisory Council shall have the responsibility to make recommendations to the Governing Board in the development, implementation, and evaluation of the Middle College High School Wellness Plan. The Committee shall meet for this purpose at least twice during each fiscal year.

Section 2: Nutrition

Nutrition

Middle College High School Charter School will follow; the nutrition guidelines for a la carte offerings minimally meeting guidelines set forth in Subsection B of 6.12.5.8 NMAC, guidelines for school sponsored activities during the normal school hours minimally meeting guidelines set forth in Paragraph (1) of Subsection C of 6.12.5.8 NMAC, and guidelines for school sponsored activities before and after school hours ensuring that at least fifty percent 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.

Part 5 of the NMAC pertains to "nutrition and competitive food sales." The rules included in this part of the NMAC apply to all public schools in New Mexico. Due to epidemic rise in childhood obesity, all states and all school districts have taken a much larger interest in food and nutrition. The rules in this part of the code include references to "a la carte" food offerings such as school lunches, any food served or sold in vending machines and all food served or sold at school events. In each of these categories, there are numerous rules and guidelines defining exactly what types of food can be served. For example, carbonated beverages may not be sold in vending machines to elementary and middle school students. In all schools during regular school hours, "carbonated beverages or soft drinks, non-carbonated flavored water and sports drinks shall not be provided in a la carte offerings." In all food and drink categories there are strict calorie, sugar and fat content requirements. Even at after school events where food is offered, fifty-percent (50%) of all food and beverages offered must meet the daily in-school requirements as allowable options. MCHS promotes the role of nutrition in academic environments, and supports the quality of life of all students enrolled in the school. It desires to adhere to or exceed the nutritional guidelines identified by the NMAC. By definition, nutritional programs in the school include all programs that provide meals and/or snacks to any student at any time before, during or after school. All meals and snacks must "accommodate the health and nutrition needs of all students." b. School Meals

- i. Middle College High School is committed to serving healthy meals to children, with plenty of fruits, 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 or manufacturer's specification), and to meet the nutrition needs of students within their calorie requirements. The school meal program aims to improve the diet and health of students, helps mitigate childhood and adolescent obesity, model healthy eating to support the development of lifelong healthy eating patterns, and supports healthy choices while accommodating cultural food preferences and special dietary needs.
- ii. In supporting local vendors and food cooperatives that promote healthy locally grown food options, Middle College High School will provide these organizations with appropriate contact information for soliciting membership onto the state's approved vendor list. Once on the approved vendor list, MCHS will contract directly, or request its school food authority to contract with, these approved local vendors, to the extent that such contracts are practicable and within the school's authorized budget.
- iii. ii. Middle College High School participates in USDA child nutrition programs, including the National School Lunch Program (NSLP). MCHS is committed to offering meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs that:

- a. Are accessible to all students;
- b. Are appealing and attractive to children and adolescents;
- c. Are served in clean and pleasant settings;
- d. Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations. (MCHS offers reimbursable school meals that meet USDA nutrition standards and utilizes a school meal service company that follows 7.6.2 NMAC in food handling, food service and food processing).
- e. MCHS promotes healthy food and beverage choices using:
 - i. Whole fruit options displayed in attractive bowls or baskets.
 - ii. Daily fruit options are displayed in a location in the line site and reach of students.
 - iii. All staff members, especially those in the serving area, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.
 - iv. White milk is placed in front of other beverages in all coolers; flavored milk is allowed if non-fat.
 - v. Fresh fruit is available daily.
 - vi. Student surveys are used to inform menu development.
 - vii. The report on the most recent food safety inspection is posted in a public, visible place in the school and copies of the report are available to the public upon request.
 - viii. Menus are posted on the school website.
 - ix. The school accommodates students with special dietary needs.
 - x. Students are served lunch at a reasonable and appropriate time of day.
 - xi. Participation in federal child nutrition programs is promoted among students and families to help ensure that families know what programs are available in our school.
- iv. Staff Qualifications and Professional Development
 - a. All school nutrition program directors, managers, and staff meet hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals. These school nutrition personnel refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.
- v. Water
 - a. The school has free, safe, unflavored drinking water available to all students throughout the school day in order to promote hydration.
 - b. Drinking water is also available where school meals are served during mealtimes.
 - c. In addition, students are encouraged to bring and carry approved water bottles, filled with only water throughout the day.
 - d. 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, hydration stations and methods for delivering drinking water.
- vi. Competitive Foods and Beverages
 - a. MCHS 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 offered outside of the school meal programs will meet USDA Smart Snacks in School nutrition standards, at a minimum. Smart Snacks aim to improve students' health and well-being, increase consumption of healthy foods during the school day, and create an environment that reinforces the development of healthy eating habits.
 - b. To support healthy food choices and improve student health and well-being, all foods and beverages outside the reimbursable school meal programs that are offered to students on the school campus, during the school day, will meet the USDA Smart Snacks nutrition standards. These standards will apply in all location and through all services where foods and beverages

are offered, which may include, but are not limited to, a la carte options in serving/eating areas, vending machines, school stores, and snack or food carts.

vii. Celebrations and Rewards

- a. All foods offered on the school campus will meet USDA Smart Snacks in School nutrition standards including:
 - i. Celebrations and parties; the school will provide a list of healthy party ideas to parents and teachers, including non-food celebration ideas. Healthy party ideas are available from the Alliance for a Healthier Generation and from the USDA.
 - ii. Rewards and incentives; the school will provide teachers (including special education teachers and related service personnel) 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.
 - iii. Withholding food, water or bathroom privileges from a student for any reason is unlawful. (Ref: 6.11.2 NMAC)
 - iv. Fundraising
 1. While MCHS does not presently engage in fundraising, foods and beverages that meet or exceed the USDA Smart Snacks in School nutrition standards may at some point be sold through fundraisers on the school campus during the school day. The school will make available to parents and teachers a list of healthy fundraising ideas.
 2. All food-related fundraisers during the school day will meet USDA Smart Snack standards.
 3. The school may also utilize non-food fundraisers, which encourage physical activity.

viii. Nutrition Promotion

- a. 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. Student and staff will receive consistent nutrition messages throughout the school. 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.
- b. The District/school 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:
 - i. Implementing evidence-based healthy food promotion techniques through the school meal programs, using smarter lunchroom techniques; and
 - ii. Promoting foods and beverages that meet the USDA Smart Snacks in School nutrition standards. Additional possible promotion techniques that the school may use are available at www.healthiergeneration.org/smartsnacks.

ix. Nutrition Education

- a. The school aims to teach, model, encourage, and support healthy eating by students. Schools will provide nutrition education and engage in nutrition promotion that:
 - i. Are designed to provide students with the knowledge and skills necessary to promote and protect their health;
 - ii. Are part of not only health education classes, but also integrated into science and life-skills instruction.

- iii. Include enjoyable, developmentally-appropriate, culturally relevant, and participatory activities, such as cooking demonstrations or lessons, creating healthy menus and meals with families and promotions.
 - iv. Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy food preparation methods;
 - v. Emphasize caloric balance between food intake and energy expenditure (promote physical activity/exercise);
- b. Essential Healthy Eating Topics in Health Education
- i. The school will include in the health education curriculum the following essential topics on healthy eating:
 1. The relationship between healthy eating and personal health and disease prevention
 2. Reading and using USDA's food labels
 3. Eating a variety of foods every day
 4. Balancing food intake and physical activity
 5. Eating more fruits, vegetables, and whole grain products
 6. Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
 7. Choosing foods and beverages with little added sugars
 8. Eating more calcium-rich foods
 9. Preparing healthy meals and snacks
 10. Risks of unhealthy weight control practices
 11. Accepting body size differences
 12. Food safety
 13. Importance of water consumption
 14. Importance of eating breakfast
 15. Making healthy choices when eating at restaurants
 16. Eating disorders
 17. The Dietary Guidelines for Americans
 18. Reducing sodium intake
 19. Social influences on healthy eating, including media, family, peers, and culture
 20. How to find valid information or services related to nutrition and dietary behavior
 21. Resisting peer pressure related to unhealthy dietary behavior
 22. Influencing, supporting, or advocating for others' healthy dietary behavior
- c. Food and Beverage Marketing in Schools
- i. The school 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.
 - ii. The school 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 school property that contains messages, inconsistent with the health information the school is imparting through nutrition education and health promotion efforts.
 - iii. It is the intent of the school 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.

- iv. 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.
- v. Food advertising and marketing is defined as an oral, written, or graphic statement made for the purpose of promoting the sale of a food or beverage product. This term includes, but is not limited to the following:
 - 1. Brand names, trademarks, logos or tags, except when placed on a physically present food or beverage product or its container;
 - 2. Displays, such as on vending machine exteriors;
 - 3. Corporate brand, logo, name, or trademark on school equipment, such as message boards and marquees;
 - 4. 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 the school;
 - 5. Advertisements in school publications or school mailings; and
 - 6. Free product samples, taste tests, or coupons of a product, or free samples displaying advertising of a product.
- d. Other Activities that Promote Student Wellness
 - i. The school will integrate wellness activities across the entire school setting, not just in the cafeteria, other food and beverage venues, and physical activity facilities. The school 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.
 - ii. MCHS encourages coordination across curricula that promotes student health, such as promoting healthy eating and physical fitness in other core subjects, with consultation provided by either the school's curriculum experts.
 - iii. All efforts related to obtaining federal, state, or association recognition or grant/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 School Safety and Health Committee.
 - iv. All school-sponsored events will adhere to the wellness policy.
- e. Community Partnerships
 - i. The school will continue to develop relationships with community partners (i.e. universities/colleges, local businesses, nonprofits, 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.
 - ii. The school is partnered with the University of New Mexico.
 - iii. MCHS adheres to the Title IX requirements of the University and implements a comprehensive anti-bullying and anti-discrimination policy.
- f. Community Health Promotion
 - i. The school will promote to parents/guardians, families, and the general community the benefits of and approaches to healthy eating and physical activity throughout the school year. Families will be informed and invited to participate in school-sponsored activities and will experience these health promotion efforts. As described in the "Community Involvement, Outreach, and Communications" subsection, the District 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 opportunities to participate in school-sponsored activities and receive information about health promotion efforts.

g. Food Safety Inspections

- i. The school will conduct two annual food safety inspections (FSI) per USDA regulations and state rules. The reports will be posted publicly. Any findings will be addressed within the set time allocated with verifiable proof of completion.

Section 3: Quality Physical Activity

Section 4: Health Education Content Standards and Benchmarks

Health Education and Life Skills

Middle College High School Charter School provides a planned, sequential health and physical education curriculum that is aligned to the health and physical education content standards with benchmarks and performance standards as set forth in 6.30.2.19-20 NMAC. The program will be provided and delivered during the school day. The school will partner with the University of New Mexico and local providers to develop and deliver the curriculum.

Health Education Goal: Middle College High School's goal is to support the students in the development of skills to help them navigate their personal, family, community, consumer, and environmental health. All students will receive a complete semester of Health Education during 9th grade, with the goal of earning .5 high school credit. Otherwise, Health Education is embedded into our Physical Education and Science courses, in grades 9-12. The Health Education curriculum is aligned to the health education content standards with benchmarks and performance standards set forth in NMPED Standards and Benchmarks. Content areas of a comprehensive health education curriculum will include activities that help students develop the skills they need to avoid, including but not limited to:

- Tobacco use, alcohol and other drugs
- Dietary patterns that contribute to disease
- Sedentary lifestyle;
- Sexual behaviors that result in HIV infection, other STDs and unintended pregnancy
- Behaviors that result in unintentional and intentional injuries
- Violent or other anti-social behaviors.

Middle College High School will also utilize our weekly seminar time to introduce Health Education topics that align with our social-emotional curriculum. The other topics covered in the school's Health Education curriculum include but are not limited to:

- Communication
- Non-violent conflict resolution
- Decision-making
- Goal setting
- Stress management
- Resisting negative social pressure
- Negotiation skills
- Suicide prevention

The Health Education curriculum has an "opt out" policy that ensures that parents have the ability to request that their child be exempt from the health education curriculum components that address the sexuality

performance standards. Alternative assignments are established for these exempted parts. Health Education Standards:

1. Students will comprehend concepts related to health promotion and disease prevention.
2. Students will demonstrate the ability to access valid health information and health-promoting products and services.
3. Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
4. Students will analyze the influence of culture media, technology, and other factors on health.
5. Students will demonstrate the ability to use interpersonal communication skills to enhance health.
6. Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
7. Students will demonstrate the ability to advocate for personal, family, peer, and community health.

Section 5: Physical Education Requirements

Physical Education and Activity

All students shall complete a physical education course. Courses are offered in partnership with the University of New Mexico. Physical activity opportunities for students will be provided during the school day. There will be opportunities for students to engage in physical activities before and after school informally through our community opportunities they may choose to participate in. In addition, under New Mexico law students of charter schools are required to be allowed to join sports teams of the traditional public school in the district in which they reside.

Section 6: Social and Emotional Wellbeing

Social and Emotional Wellbeing

The school will address the behavioral health needs of all students through its counseling and advising office, and through collaboration with community social workers. They will provide those services directly to the student or connect the student and family to an agency within the community to pursue those services for the student.

Section 7: Other Wellness Policy Needs

Healthy and Safe Environment

The school will maintain safety plans to support a healthy and safe environment including but not limited to prevention, policies and procedures, and tactical emergency response plans.

Health Services

The School Safety and Wellness Committee and the School Counseling and Advising Office shall address health services needs of students directly or with referrals to community resources.

Staff Wellness

Staff wellness needs of all school staff are addressed in school personnel policies that enforce an equitable work environment that meets the American with Disabilities Act, Part III.

Plan for Implementation and Evaluation

The School Safety and Wellness Committee and the school administration will maintain a plan for measuring implementation and evaluation of the wellness policy in the form of surveys or other data collection processes.

Family, School and Community Partnership

The school has in place a School Safety and Health Advisory Council that annually sets health outcomes and data collection practices aimed to target specific results. This committee collects input from parent(s), school food authority personnel, governing board member(s), school administrator(s), school staff; student(s); and community member(s).