

Belen Consolidated Schools

Students

775 WELLNESS

Background:

In 2006, the New Mexico Legislature passed a law requiring a District Wellness Policy in order to provide a coordinated school health approach. This policy must include implementation of a district-wide School Health Advisory Council.

NM§6.12.6.7 defines “coordinated school health approach” as the framework for linking health and education. The focus is on health and successful students. There are eight interactive components of coordinated school health: family, school and community involvement; physical activity; nutrition; health education; physical education; healthy & safe environment; social & emotional well-being; health services and staff wellness.

Requirements:

1. §6.12.6.8.D requires that each component of a coordinated school health approach be specifically addressed by district policy.
2. §6.12.6.8.E requires that the district establish a district-wide School Health Advisory Council that will become a standing committee mandated to advise the board on issues related to coordinated school health on a regular basis.
3. §6.12.6.8.D.11 requires that a plan for measuring implementation and evaluating the wellness policy must be established.
4. §6.12.6.8. C requires that specific components of the wellness policy be submitted to PED for approval on or before August 30, 2006 and the remainder be submitted on or before January 30, 2007.

Goal:

The goal of family, school and community involvement within a coordinated school health approach is to create a total school environment that is conducive to student health and academic achievement. This inclusive atmosphere features a shared responsibility that supports healthy children and families in a comprehensive learning environment.

Policy:

Belen Consolidated Schools will maintain a standing committee to address coordinated school health. This committee will be called the BCS Wellness Council to distinguish it from the School Based Health Center’s School Health Advisory Committee.

The BCS Wellness Council will be composed of at least: the Food Services Coordinator, one School Board Member, one Elementary and one Secondary Principal, one representative of each union recognized within the district, school staff, students, community members, parents, and the District Health Services Coordinator. Parent and community involvement will be strongly encouraged by school principals and district administrators.

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Fifteen voting members of the Wellness Council will be identified and a roster will be presented to the Board at the first board meeting during September of each school year.

The BCS Wellness Council will meet and report to the BCS Board at least twice a year. General meetings of the Wellness Council will be open to the public. They will address the development, revision, implementation and evaluation of coordinated school health policies and programs.

The BCS Health Services Department and School Principals will share in responsibility for gathering data to assist the Wellness Council in evaluating the effectiveness of the Wellness Policy.

The BCS Health Services Department will coordinate the activities of the BCS Wellness Council and, along with each and every school principal, will maintain operational responsibility for implementation of the district wellness activities.

775.1 PHYSICAL ACTIVITY

Background:

In 2006, the New Mexico Legislature passed a law requiring a District Wellness Policy which includes a component on Physical Activity.

NM§6.12.6.7 defines “physical activity” as body movement of any type which include recreational, fitness and sport activities.

The United States Department of Health and Human Services includes in its Healthy People 2000 Objectives to “Increase to at least 40% the proportion of people aged 6 and older who regularly perform physical activities that enhance and maintain muscular strength, muscular endurance, and flexibility.”

Requirements:

1. NM§6.12.6.8 requires guidelines to provide physical activity opportunities to students before, during and/or after school.
2. PED further requires that all schools will provide education on the health benefits of physical activity that align with the NM health education content standards and benchmarks and performance standards as set forth in §6.30.2.19 NMAC.

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Policy:

Each school within the Belen Consolidated Schools District will:

1. Make playground and gym facilities available for student use prior to the start of the school day when staff are on the grounds and able to supervise; Schools that do not normally have staff on duty to supervise a specific area will not be required to modify staffing to meet facility use requests.
2. Maximize opportunities for physical activity during the school day utilizing physical education, recess and, when possible, incorporation of physical activity into all academic curriculum;
3. Make school playing fields available for use by community sports groups, city and county recreation for sports activities after school hours, provided that these groups contact the principal for permission and show a certificate of insurance;
4. Include physical activities as a part of organized school-wide activities such as curriculum nights, fun days, awards activities; and
5. Forbid the withholding of recess or physical education as a punishment.

The District and each school will collaborate to:

1. Include staff education on the importance of inclusion of physical activity to the academic success of students in annual orientation activities (required trainings);
2. Provide resources to assist teachers in incorporating physical activity into their academic classroom activities; and
3. Provide a minimum of one professional development activity for physical education teachers each year, either on site or through programs within the state.

Regulations:

1. Elementary schools may choose from activities such as supervised playground or gym, structured classes such as warm up exercises, walking or jogging clubs as before school activities.
2. Teachers are encouraged to utilize exercise breaks for students during extended blocks of classroom instruction. Recommended intervals between breaks are 15-20 minutes in elementary classes, 30-45 minutes in secondary classrooms.
3. Alternate physical activities such as walking laps or school service involving movement may be used in place of withholding recess or physical education.

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775.2 HEALTH SERVICES

Background:

In 2006, the New Mexico legislature passed a law requiring a District Wellness Policy, which includes a component on Health Services within public schools.

Definition:

Health services means services provided for students to assess 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 health care services, behavioral health services, prevent and control communicable disease 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 educational and counseling opportunities for promoting and maintaining individual, family and community health.

Requirements:

1. The wellness policy shall include a plan addressing the health services needs of students in the educational process.

Policy:

The District and each school within the district will collaborate to:

1. Provide a full-time school nurse for every site with over 200 students.
2. Provide at least one professional development activity for school nurses, counselors, social workers and health assistants each school year.
3. Provide medical (nursing) and mental health (counseling) support and care for staff, students and visitors for emergent issues occurring on school grounds with referral to appropriate outside agencies.
4. Cooperate with the Public Education Department and Department Of Health in evolving public health management issues involving schools, children and their families.
5. Collaborate with the state, community agencies, and/or families to bring the highest standards of prevention, early intervention and treatment for both medical and behavioral health issues.

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6. The District will maintain a School Based Health Center at Belen High School.
7. District Administration will re-evaluate staffing levels of nurses and counselors on odd-numbered years to ensure that state mandated staffing is maintained and in the hopes of achieving the recommended American School Health Association (ASHA), Association for Supervision and Curriculum Development (ASCD), the National Association of School Nurses (NASN) and the American School Counselors Association (ASCA) staffing levels for the support of students' optimal health for learning.

Regulations:

1. Schools will restrict medication administration to the school nurse or those certified staff trained by the school nurse for the purpose of providing care for specific students with prescription medication ordered for delivery during the school day (See BCS policy #705 – Administering Medication at school).
2. School nurses will provide scheduled vision, dental and hearing screening in order to identify possible physical barriers to learning and refer for professional treatment.
3. School nurses will utilize their assessment skills and nursing judgment to identify existing, but previously unidentified, chronic or acute illness and refer the student and families to appropriate care.
4. Schools will support school nurses in the monitoring and enforcing compliance with state health & immunization laws regarding school registration or attendance.
5. All district staff will be trained each school year in how to identify and report child abuse.
6. School nurses will provide care for students with chronic conditions such as asthma, diabetes, seizures and other disorders which might otherwise limit student participation in educational activities including but not limited to individual student, parent and staff education about best practices in care, support and potential emergency needs.
7. School nurses at all levels will maintain documentation of their activities in support of student health.

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775.2 HEALTH SERVICES

8. Staff injured on the job will go to their school nurse for an initial assessment of the injury. The nurse will assist the employee to complete the workers' comp (compensation) report. In the absence of a nurse, the school secretary will help complete the workers' comp report. Injured staff will be directed to a district approved medical facility for more extensive evaluation and treatment as needed. Refer injured staff to Human Resources for more details of workers' comp procedures.
9. Counselors, social workers and/or nurses will provide support groups, individual counseling, parent education, home visits and case management as needed.

775.3 SOCIAL AND EMOTIONAL WELL BEING

Background:

In 2006, the New Mexico legislature passed a law requiring a District Wellness Policy which includes a component on Health Services.

Definition:

Social and Emotional well-being means services provided to maintain and/or improve student's mental, emotional, behavioral and social health.

Requirements:

1. Create a plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.
2. Provide an environment in which students are able to request assistance when needed.
3. Provide a supportive school environment that links to community services.

Policy:

The District recommends:

1. One PED licensed school counselor in every elementary school.
2. One PED licensed school counselor for every grade in BCS secondary schools.

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3. Providing programs that support students' sense of emotional well-being and create opportunities to connect with individual staff to encourage the resiliency trait of attachment at the school level, including but not limited to classroom guidance programs related to social and life skills, personal safety, violence prevention, and character development.
4. Maintaining partnerships with community mental health agencies and support groups to provide for both crisis and chronic emotional and behavioral needs congruent with student and family wishes and beliefs.
5. Maintaining a truancy prevention and remediation program that involves and educates parents as well as students, addresses social needs and improves family's ability to access community resources.

Regulations:

1. School counselors will meet regularly to plan and coordinate programs within the district so that an articulated program for social and emotional well-being is in place.
2. The district will provide access to at least one professional development activity for all PED licensed counselors each year.
3. School counselors at all levels will maintain documentation of their activities in support of social and emotional wellness.
4. Each school will maintain a Student Assistance Team (SAT) to provide assistance and interventions for teachers with students who are not responding to initial classroom interventions. SAT activities include parent conferences, development of a plan, and expected outcomes with timeframes and possible referral to SPED or other suitable resources to maximize student learning.

775.4 HEALTHY AND SAFE ENVIRONMENT

Background:

In 2006, the New Mexico legislature passed a law requiring a District Wellness Policy which includes a component on Safe and Healthy schools.

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Definition:

Healthy and safe environment means the physical and aesthetic surroundings and the psychosocial climate and culture of the school. It supports a total learning experience that promotes personal growth, healthy interpersonal relationships, wellness and freedom from discrimination and abuse.

Requirements:

1. NM§6.12.6.6 requires school safety plans for each school building focused on supporting healthy and safe environments encompassing prevention, policies and procedures and emergency response plans.
2. PED further requires that all schools will perform 12 emergency drills in each public school in New Mexico consisting of 9 fire drills, 2 shelter in place drills and one evacuation drills as set forth in Subsection M of §6.12.6.10 NMAC.

Policy:

Each school within the Belen Consolidated Schools District will:

1. Maintain a safe schools committee that will be responsible for the planning, intervention and evaluation for emergencies within the school site.
 - a. In order to maintain consistency between schools, the Safe Schools coordinators from each school will meet as a district committee at least twice a year to evaluate and modify details within the codes, and coordinate safety activities. Only the district committee may add additional codes.
2. In addition to BCS policy 754 (prohibiting the Physical Mistreatment of Students) each school will utilize a single, standardized method of nonviolent behavioral crisis intervention throughout the school, including classrooms, busses, special education, cafeterias and playgrounds and maintain a team of staff trained to deal with out-of-control behavior by using nonviolent crisis intervention.

The District and each school will collaborate to:

1. Ensure coordination of safe school activities with the county Office of Emergency Management.

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2. Ensure consistent training for staff on Peer mediation (staff and students), crisis intervention (CPI), CPR and first-aid.
3. Maintain a district emergency call list and radio communications system for dissemination of information regarding evacuations, lockdowns and closings.
4. Provide regular preventative maintenance and repairs as needed for:
 - a. Buildings and playgrounds at all sites, including certified playground safety inspections each semester.
 - b. Busses and district vehicles.
 - c. Equipment used by staff in the performance of their duties.
5. Per BCS policies 528 and 526 will maintain a drug, alcohol and tobacco free environment for the health and well being of students and staff.
6. Per BCS policies 720 (Student Harassment Policy) and 509 (Sexual harassment) students and staff have the right to a safe, non-threatening environment and have a clearly defined method of filing seeking relief.

Regulations:

1. Safe schools committees will meet monthly and submit minutes to the District Health Services Office.
2. Safe schools committees will be responsible for distribution of district code cards and individualized evacuation routes which will be posted in every classroom, gathering place and office.
3. Emergency codes for BCS include: Code Red, shelter in place; Code Blue, medical emergency; Code Green, evacuation due to fire, bomb threat, etc; Code Yellow, Weather emergencies.
4. Four fire (code green/evacuation) drills will be completed during the first month of each school year. One drill a month will be completed in each of following 9 months to total at least of 5 more fire drills, 2 shelter in place drills one code Blue and One Code Yellow.
5. Ensure that as many staff as possible are trained in verbal intervention and de-escalation according to the CPI model.

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6. Maintain a code Blue (medical emergency) response team of trained staff to assist the school nurse in dealing with medical emergencies.
7. In addition to training for mediation, CPI and CPR, the district will provide opportunities to celebrate successes in safety activities such as Peace In the Parks.

775.5 STAFF WELLNESS

Background:

In 2006, the New Mexico legislature passed a law requiring a District Wellness Policy which includes a component on Staff wellness

Definition:

Staff wellness means opportunities for school staff to improve their health status through activities such as health assessments, health education and health –related fitness activities. These opportunities encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale and a greater personal commitment to the school’s overall coordinated school health approach.

Requirements:

1. The wellness policy shall include a plan addressing the staff wellness needs of all school staff that minimally insures an equitable work environment and meets the Americans with Disabilities Act, Part III.

Policy:

Each school within the Belen Consolidated Schools District will:

1. Provide healthy choices in staff lounge vending machines
2. Make exercise resources (gyms, activity rooms, tracks, etc) available to staff at regularly scheduled and publicized times.
3. Allow adult exercise groups and other health related organizations to use school facilities before or after school.

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4. Allow school nurses and counselors to provide consultation with BCS staff consistent with their licensure and appropriate referral to community or other district resources.

The District and each school will collaborate to:

1. Provide a health related periodical for staff at least quarter
2. Provide OSHA required harassment training
3. Provide in-services for staff on health issues
4. Maintain an Employee Assistance Program
5. Provide health fairs which include community partners and open and accessible to all staff
6. Assure that all buildings are ADA accessible.

775.6 HEALTH EDUCATION

Background:

In 2006, the New Mexico legislature passed a law requiring a District Wellness Policy, which includes a component on Health Education.

Definition:

Health Education means 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 6.30.2.19 NMAC.

Requirements:

1. The wellness policy shall include a planned, sequential, K-12 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 as set forth in 6.30.2.19 NMAC.

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Goal:

The goal of a comprehensive health education curriculum is to acquire life skills in order to attain personal, family, community, consumer and environmental health.

Policy:

1. BCS schools will continue to provide health education as set forth in BCS policy 683 (Family Life Education Philosophy).
2. Alternative lessons for students whose parents wish to exempt them from any parts of the sexuality performance standards as established by BCS 683 will be developed/provided by the classroom teacher.
3. Health education curriculum shall include the physical, emotional, mental and social dimensions of health for all students K-12 in a manner that is integrated into the core curriculum using a variety of instructional strategies.
4. The district will support staff, teacher and administrator professional development activities related to coordinated school health and offered by PED, DOH or other groups.

Regulations:

1. School nurses, counselors and/or teachers will provide classroom education regarding hygiene, head lice, nutrition and prevention of tobacco and controlled substance use.

775.7 PHYSICAL EDUCATION

Background:

In 2006, the New Mexico legislature passed a law requiring a District Wellness Policy, which includes a component on Health Education.

Definition:

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

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decide to participate in a lifetime of healthy physical activity. It meets the content standards with benchmarks and performance standards as set forth in 6.30.2. 20 NMAC.

Requirements:

1. The wellness policy shall include a planned, sequential, K-12 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 lifetime healthful physical activity and is aligned to the health education content, standards with benchmarks as set forth in 6.30.2.19 NMAC.

Goal:

To provide every student with daily Physical Education during which a certified physical educator uses appropriate practices to teach the skills, knowledge, and attitudes needed to be physically fit and active for a lifetime. Activities are based on goals and objectives which are appropriate for all children, and are planned after referring to a curriculum which has an obvious scope and sequence which aligns with the content standards with benchmarks and performance standards.

Policy:

1. A planned, sequential K-8 Physical Education curriculum is provided to all students.
2. A minimum of one credit of PE is required at grades 9-12; elective PE classes are also offered.
3. Certified Physical Education teachers teach all organized PE classes.
4. Class sizes at K-6 are limited to and consistent with PED regulations for elementary Physical Education Classes.
5. Class sizes at grades 7-12 are consistent with the PED regulations for Secondary Physical Education Classes.
6. Academic Achievement through participation in Physical Education is promoted by following curriculum developed by content Standards and Benchmarks.
7. Professional development is provided for all educators in the specific teaching area as well as general academic instruction.

First Reading	Second Reading	Adopted	Revised
8/7/06	8/21/06	9/12/06	May 10, 2011