Local Wellness Policy Implementation Plan

District: Cimarron Municipal Schools

Date:

Instructions: Use the "Wellness Policy Assessment" to identify policy items that are not currently being implemented. Put those policy items in column A on this form. Fill out each column to plan your implementation.

Purpose:

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, fully physical and 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-implemented 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 Cimarron Municipal School District shall prepare, adopt and implement a comprehensive plan to encourage healthy eating and physical activity. This plan shall make effective use of school and community resources and serve the needs and interest of all students and staff, taking into consideration differences in cultural norms.

The Cimarron Municipal Schools supports, encourages, and promotes lifelong nutritious eating habits and physical wellness activities for students and staff. This policy will not only address nutrition and physical activities in the school but also family and community involvement, physical education, health education, healthy and safe school environment, social and emotional well-being, health services, and staff wellness.

Section 1: Wellness Policy

	Policy Item	Action Steps	Person Responsible	Expected Outcomes	Due Date/Time Frame	Monitoring and Evaluation	Report Results to Whom
1.1 Wellness Policy	CMS Wellness Policy and Plan meets the requirements outlined in NMAC 6.12.6.8, Federal 7 C.F.R. 210 and 220 (National School Lunch and Breakfast Programs, respectively).	Annually review guidelines, adjust program as necessary.	Superintendent	Ensure compliance with federal and state statute	Annually, fall	Triannually, PED	CMS School Board
1.2 School Health Advisory Council	CMS will establish a School Health Advisory Council (SHAC) which: is comprised of administration, health staff, food service staff, parents, students, and community members; meets regularly (at least twice each year) to develop, revise, implement and evaluate the wellness plan; and, make wellness policy recommendations to the Governing Council.	Recruit members yearly in August (current list of members attached)	Superintendent	Ensure SHAC has balanced participation	Annually, fall	Ongoing	Superintendent
1.3 Point of Contact	CMS Superintendent is the point of contact for the Wellness Policy and Plan.	N/A	Superintendent	N/A	N/A	N/A	N/A
1.4 Publication	CMS Wellness Policy and Plan is available for review on CMS website (www.cimarronschools.org)	Post plan to website	Superintendent	Post on Website	Annually, fall	Ongoing	CMS School Board

1.5 Review	CMS will review the Wellness Policy and Plan annually to determine effectiveness of programs, ensure compliance federal and state guidelines, and determine need for change.	Create and review policy and plan	Superintendent	Revise/ complete annual wellness plan	Tri-annually, beginning 2020	Ongoing	CMS School Board

Section 2: Nutrition

	Policy Item	Action Steps	Person Responsible	Expected Outcomes	Due Date/Time Frame	Monitoring and Evaluation	Report Results to Whom
2.1 Meals & Fundraiser Guidelines	CMS meals and fundraisers follow standards and guidelines pursuant to Federal guidelines and NMAC 6.12.5.8	Create menus according to federal food guidelines. All snacks sold during school day meet the Smart Snack regulations. Salad option is available to students daily. Menus are communicated via daily announcements and are posted on the CMS website.	Food Service Coordinator, Classroom Teachers, Building Secretaries, SHAC		Monthly - menus, annually -fundraising guidelines	Ongoing, spot checks for fundraisers	Food Service Coordinator, Superintendent
2.2 Compliance Guidelines	CMS complies with standards for all foods and beverages provided, but not sold, to students during the school day.	PTA/Halos CMS parents most often provide food during the school day. Parents are encouraged to bring healthy foods, limit sugary sodas and snacks, and in grades where food allergies are a concern, parents have been notified not to bring snacks with peanuts. Birthdays and Celebrations are limited to monthly events.	Food Service Coordinator, Classroom Teachers	Create and send email announcement to parents regarding healthy snacks in classrooms	Annually, Fall	Spot checks in classrooms	Food Service Coordinator, SHAC, Superintendent
	CMS has procedures in place to document fundraisers and ensure they meet Smart Snack regulations if held during the school day. All fundraisers final approval happens through district Superintendent.	Fundraiser form completed by sponsor and submitted for approval.	Activity Sponsors	Running document of fundraisers and monitor those that violate regulations	Ongoing	Form	Superintendent
2.4 Marketing and Advertising	Marketing and Advertising: CMS allows no marketing or advertising.	CMS allows no marketing or advertising.	Superintendent	Only Smart Snack Items are sold	Annually, Fall	Ongoing	Food Service Coordinator, Superintendent

CMS meets or exceeds local, state and federal nutrition requirements and/or USDA nutrition standards.	CMS menus exceed nutritional standards and CMS offers a salad bar daily to students and staff.	Food Service Coordinator	Continue to offer high quality meals	Ongoing	Ongoing	Food Service Coordinator, Superintendent
Free drinking water is available to students at all CMS Caféterias.	CMS has bottle fillers at each school site and students are encouraged to bring/fill water bottles during the day.	Superintendent	Continue to provide water during meals, in Caféterias, and in halls.	Ongoing	Ongoing	Superintendent
activities that align with the New Mexico Health Education Content Standards and Benchmarks and Performance Standards as set forth in 6.29.6 NMAC.	students to take and pass a	Health Teacher	Continue to require a nutrition component in the mandatory Health Class.	Ongoing	Ongoing	Superintendent
CMS establishes specific goals for nutrition promotion and education that promotes student wellness and consider evidencebased strategies in determining these goals.		Teachers and Coaches	Continue to promote health and wellness in classes.	Ongoing	Ongoing	Superintendent
Assurance that CMS adheres to requirements regarding possible food allergies in schools.	CMS School Nurse, Parents, and Food Service Coordinator collaborate to meet needs of individual students with food allergies.	School Nurse, Food Service Coordinator	Assurances Sent to NMPED	Annually, Fall	N/A	Superintendent
	nutrition requirements and/or USDA nutrition standards. Free drinking water is available to students at all CMS Caféterias. CMS will provide nutrition education activities that align with the New Mexico Health Education Content Standards and Benchmarks and Performance Standards as set forth in 6.29.6 NMAC. CMS establishes specific goals for nutrition promotion and education that promotes student wellness and consider evidence-based strategies in determining these goals. Assurance that CMS adheres to requirements	nutrition requirements and/or USDA nutrition requirements and/or USDA nutrition standards. Free drinking water is available to students at all CMS Caféterias. CMS has bottle fillers at each school site and students are encouraged to bring/fill water bottles during the day. CMS will provide nutrition education activities that align with the New Mexico Health Education Content Standards and Benchmarks and Performance Standards as set forth in 6.29.6 NMAC. CMS establishes specific goals for nutrition promotion and education that promotes student wellness and consider evidence-based strategies in determining these goals. CMS is dedicated to the physical and emotional health of students. CMS Teachers and Coaches regularly discuss the importance of nutrition and activity to improve health. CMS School Nurse, Parents, and Food Service Coordinator collaborate to meet needs of individual students with food	CMS meets or exceeds local, state and federal nutrition requirements and/or USDA nutrition requirements and/or USDA (CMS offers a salad bar daily to students and staff.) Free drinking water is available to students at all CMS Caféterias. CMS has bottle fillers at each school site and students are encouraged to bring/fill water bottles during the day. CMS will provide nutrition education activities that align with the New Mexico Health Education Content Standards and Benchmarks and Performance Standards as set forth in 6.29.6 NMAC. CMS requires high school students to take and pass a Health class in order to graduate. Nutrition is a required component of this course. CMS has a strong participation in extracurricular athletics. CMS is dedicated to the physical and emotional health of students. CMS Teachers and Coaches regularly discuss the importance of nutrition and activity to improve health. Assurance that CMS adheres to requirements regarding possible food allergies in schools. CMS has bottle fillers at each school site and students of take and pass a Health class in order to graduate. Nutrition is a required component of this course. CMS has a strong participation in extracurricular athletics. CMS is dedicated to the physical and emotional health of students. CMS Teachers and Coaches regularly discuss the importance of nutrition and activity to improve health. 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Section 3: Quality Physical Activity

	Policy Item	Action Steps	Person Responsible	Expected Outcomes	Due Date/Time Frame	Monitoring and Evaluation	Report Results to Whom
3.1 Physical Activity	CMS has guidelines created to provide physical activity opportunities before, during and after school (6.12.6.8.D3 NMAC)	Teachers understand the instructional benefits of physical activity and engage students in learning activities that require full body movement throughout the day. CMS offers Physical Education courses K-12 in addition to other courses that require intentional full body movement. Students are permitted and encouraged to use the basketball courts, and grassy areas for physical activity before school, after school and during lunch. High school students must take a PE class in order to graduate. There is a 4 minute passing period that serves as a break for students.	Teachers	Continue to offer a variety of classes that support physical activity inside and outside of school hours.	Ongoing	Ongoing	Superintendent
3.2 Health Education	Physical activity is included as a health education topic (6.29.9 NMAC) in CMS high school Health class.	Pursuant to NM Content Standards and Benchmarks, physical activity is a component of the required health course.	Health Teacher	Ensure physical activity is a component in health class.	Annually, Fall	Annually, Fall	Superintendent
3.3 Recess	Elementary schools provide daily recess for all students	Elementary schools provide daily recess for all students	Teachers	Daily physical activity for all students	Ongoing	Ongoing	Superintendent
3.4 Assurance	Assurance that CMS is restricted from withholding physical activity from students as a form of punishment.	Physical Activity is not restricted for any CMS student. As need arises, different opportunities may be given based on individual student needs.	Teachers, School Social Worker	Assurances sent to NMPED	Annually, Fall	Twice annually, Fall and Spring	Superintendent

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	3.6 Goals for Physical Activity	promote student wellness and consider evidence-based strategies in determining	instructional benefits of physical activity and engage students in learning activities that require full body movement throughout the day. CMS offers Physical Education courses K-12 in addition to other courses that require intentional full body movement. Students are permitted and encouraged to use the basketball courts, and grassy areas for physical activity before school, after school and during lunch. High school students must take a PE class in order to graduate. There is a 4 minute passing period that serves as a break for	Teachers	variety of classes that support physical activity inside and outside of school	Annually, Fall	Ongoing	Superintendent

Section IV: Health Education Content Standards and Benchmarks

	Policy Item	Action Steps	Person Responsible	Expected Outcomes	Due Date/Time Frame	Monitoring and Evaluation	Report Results to Whom
4.1 Health Education	CMS follows the Health Education content standards with benchmarks and performance standards (6.29.1 NMAC)	CMS requires high school students to take and pass a Health class in order to graduate. It is also mandatory for 7th graders. Nutrition is a required component of this course.	Health Teacher	Continue to require the mandatory Health Class	Ongoing	Ongoing	Superintendent
4.2 Health Requirement	CMS requires student to earn 1/2 credit of Health Education in high school as a graduation requirement.	CMS requires high school students to take and pass a Health class in order to graduate. Nutrition is a required component of this course.	Hoalth Toachar	Continue to require the mandatory Health Class	Ongoing	Ongoing	Superintendent
4.3 Opt Out	Schools apply PED's "opt out" policy, regarding sexuality component of health education curriculum.	CMS currently has a parent permission form that allows students to opt out of the sexuality components of health class.	Health Teacher	Continue to offer opt out as an option	Ongoing	Ongoing	Superintendent
4.4 HIV Assurance	CMS provided assurance that HIV instruction is provided (6.12.2.10 NMAC)	HIV prevention is part of the NMPED standards for Health Education and is taught in Health class 7th and high school.	Health Teacher	Continue to require a HIV prevention component in the mandatory Health class.	Ongoing	Ongoing	Superintendent
4.5 Lifesaving Skills	Lifesaving skills including psychomotor CPR, Automated External Defibrillator (AED) and Heimlich maneuver is included in CMS Health Education courses.	CMS uses the American Heart Association's "CPR in Schools" Training Kit. It has a video for students to follow along for hands-only CPR, mannequins for practice, and use of AED. Life saving is addressed in the textbook and in classroom activities/assignments.		Continue to require a life saving skills component in the mandatory Health class.	Ongoing	Ongoing	Superintendent

Section V: Physical Education Requirement

	Policy Item	Action Steps	Person Responsible	Expected Outcomes	Due Date/Time Frame	Monitoring and Evaluation	Report Results to Whom
5.1 PE Curriculum	CMS Wellness Policy includes a planned, sequential and developmentally appropriate K-12 physical education curriculum (6.29.1 NMAC Primary and Secondary education standards for Excellence General Provision) aligned to the Content Standards with Benchmarks and Performance Standards.	The Cimarron Municipal School district will provide 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 physical education content standards with benchmarks and performance standards.	PE Teacher	Continue to offer sequential PE courses.	Ongoing	Ongoing	Superintendent
5.2 Adapted PE	Adapted PE	CMS accommodates instruction as necessary for students who have disabilities.	PE Teacher, Special Education Coordinator	Provide accommodations as necessary	Ongoing	Ongoing	Superintendent
5.3 PE Requirement	CMS requires students to earn 1 credit of PE in order to graduate.	Students must enroll in and pass 1 credit of PE in order to graduate. (4 credits of one sport over 4 years also counts as 1 year of PE).	PE Teacher	Continue to require PE for graduation credit	Ongoing	Ongoing	Superintendent

Section VI: Social and Emotional Well-Being

	Policy Item	Action Steps	Person Responsible	Expected Outcomes	Due Date/Time Frame	Monitoring and Evaluation	Report Results to Whom
6.1 Wellness Policy Behavior	CMS Wellness policy includes a plan to address behavioral needs of all students in the educational process by focusing on students' social and emotional wellbeing (6.12.6.8.D.6 NMAC)	The Cimarron Municipal Schools' goal of social and emotional well-being is to collaborate with students, parents, staff and community to influence student success by building awareness and promoting strategies to maintain and/or improve student mental health. CMS participates in Positive Behavior Support and Interventions. Teachers work with certified Social Worker to provide teaching and learning opportunities for students to ensure a safe learning environment for all.	Classroom Teachers, Social Worker, Principals	Increase the social and emotional competence and well-being of all CMS students.	Ongoing	Ongoing	Superintendent
6.2 Support Services	Support Services are available to all students	CMS contracts a Social Worker where one isn't employed full time and has a licensed School Counselor on staff.	Superintendent	Employ social worker and/or counselor so that students are served at a ratio equal to or better than that recommended by NMPED.	Ongoing	Ongoing	Superintendent
6.3 Child Abuse & Neglect Training	School staff members are trained in child abuse and neglect detection and reporting, per Section 22-10A-32, NMSA	CMS staff are required to participate in child abuse training as part of their new hire requirements.	School Nurse, HR	100% of staff participate in training.	Annually, Fall	Ongoing	Superintendent
6.4 Substance Abuse	Schools adhere to substance abuse reporting per Section 22-5-4.4 NMSA 1978.	CMS staff are trained to report when they suspect students under the influence or in possession of alcohol or drugs.	Staff and Principal	100% of students suspected of using or possessing illegal substances will be referred to the office.	Ongoing	Ongoing	Superintendent

Section VII: Other Wellness Policy Components

	Policy Item	Action Steps	Person Responsible	Expected Outcomes	Due Date/Time Frame	Monitoring and Evaluation	Report Results to Whom
7.1 Individual Health Care Plans	CMS students with healthcare needs that may affect their school attendance and/or performance have Individualized Health Plan (IHP), which are separated from IEP but attached to the IEP or 504 based on need.	CMS School Nurse, 504 Coordinators and Special Education Coordinator ensure all students with health concerns have a health plan or 504 as necessary.	School Nurse, 504 Coordinator, Special Education Coordinator	100% of students with special health needs will have a plan to address those needs.	Ongoing	Annually, fall and upon registration	Superintendent
7.2 HIV/AIDS	CMS complies with 6.12.2.10 NMAC in reference to students who may be diagnosed with HIV/AIDS.	CMS ensures students who are infected with HIV/AIDS have access to education and their rights to privacy are protected.	Principals, School Nurse, Superintendent	Ensure privacy for HIV infected students and staff as required by law.	Ongoing	Ongoing	Superintendent
7.3 Immunizations	Statement regarding statute 6.12.2.8 NMAC which makes in unlawful for any student to enroll in school unless the student is properly immunized or in the process of being properly immunized and can provide satisfactory evidence of such immunization, unless the child is properly exempted (7.5.3 NMAC). Homeless students are exempt from this rule.	Shot records or a state form for exemption are required for each student. If a parent provides the exemption, this form must be completed each year to avoid student disenrollment.	School Nurse	100% of students will have current immunizations or provide an exemption.	Ongoing	Annually in fall, ongoing as new students register	Superintendent
7.4 Self-administer Meds	CMS Wellness Policy includes the provision for any student in K-12, providing authorization to carry and self-administer health care practitioner prescribed asthma treatment and anaphylaxis emergency treatment medications, as well as the right to self-manage diabetes in school setting (6.12.2.9; 6.12.8 NMAC).	CMS Board Policy details procedures for students who need to take medicine (self administered under supervision by staff) at school.	School Nurse, School Staff	Ensure procedures are in place and followed for self administration of medicine.	Ongoing	Annually in fall, ongoing as new students register	Superintendent
7.5 Vision Screening	At a minimum, vision screenings are administered to student enrolled in pre-K - grade 3 (7.30.11 NMAC: Vision Screening Test Standards for Students).	CMS School Nurse administers vision and hearing screenings for all students annually.	School Nurse	All students complete a vision screening yearly.	Ongoing	Annually	Superintendent

Section VIII: Staff Wellness

	Policy Item	Action Steps	Person Responsible	Expected Outcomes	Due Date/Time Frame	Monitoring and Evaluation	Report Results to Whom
,	CMS implements a policy to ensure the right to privacy of employees infected with HIV.	Medical information of all employees is protected by Privacy Rights.	Superintendent	Ensure privacy for all conditions including HIV.	Ongoing	Ongoing	Superintendent
	CMS has a plan to address staff wellness, insures equitable work environment and meets Americans with Disabilities Act, Title III (6.12.6.8.D.9 NMAC).	CMS participates in NMPSIA's wellness program and shares information with staff regularly. CMS allows staff to use weight room and exercise facilities.	HR, School Staff	Increase the number of staff who participate in wellness activities.		Ongoing	Superintendent
, tave, tioning	CMS provides staff with information on activities related to personal health promotion and with the opportunity for every staff member to participate.	CMS staff are informed of wellness activities/opportunities they are available	HR	Increase the number of staff who participate in wellness activities/opportunities	Ongoing	Ongoing	Superintendent
	CMS staff are allowed to participate in the SHAC pursuant to 6.12.6.8 NMAC Section E.	Each year in August, staff are given the opportunity to participate on the SHAC Team.	Superintendent	Ensure SHAC has balanced participation	Annually, Fall	Ongoing	Superintendent