

21st Century Public Academy Wellness Policy

21st Century Public Academy Governance Council approved 4-21-2022

This policy outlines 21st Century Public Academy's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day. This policy outlines the school's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

Students in the school have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus (See 6.12.5 Competitive Foods Requirements per terms defined by federal laws and regulations, USDA competitive foods rules at 7 CFR 210.11 and 7 CFR 210.11a)—providing that all foods sold in schools and smart snacks provisions of the Healthy, Hunger Free Kids Act of 2010, the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966 are incorporated for purposes of these rules.

21st Century Public Academy shall maintain a wellness approach that follows the coordinated school health approach. We recognize that a coordinated school health and wellness approach connects health with academic success, supports student and staff wellness, and contributes to student academic achievement. 21st Century Public Academy shall strive to utilize the histories, language, and cultures of our families, community and students as the foundation of a coordinated school health approach that ensures every student is eager to be a world-class citizen. Collaborative decision-making processes shall be incorporated on district and school-level School Health Advisory Councils.

The approach shall be culturally responsive and will focus on increasing academic opportunities by eliminating barriers that affect students' readiness to learn. 21st CPA shall promote a healthy, safe learning and working environment that provides students and staff with the skills, social support, and environmental reinforcement they need to adopt long-term, health promoting behaviors that can improve student achievement and assist staff in meeting the needs of students.

Family, School and Community Engagement

In line with a coordinated school health approach, 21st Century shall create a school environment that promotes student health and supports academic achievement through effective partnerships among families, schools and communities.

The school shall establish and maintain a School Health Advisory Council (SHAC). Membership should include equal representation of family/ student/community

membership and Albuquerque Public Schools employee members. Membership shall include:

- Principal or representative
- Parent or Guardian
- Nurse or representative
- School staff member
- Student(s)
- Community member(s)

The SHAC shall provide advice and counsel to School leadership on the development, revision, implementation, monitoring and evaluation of the district's wellness policy in the following areas:

- Nutrition and nutrition education
- Physical Activity
- Physical Education
- Health Education
- Behavioral Health
- School Safety
- Health Services
- Staff Wellness

In addition, the SHAC will review and update the wellness policy twice a school year and will make any recommendations regarding issues and topics related to the eight components of the coordinated school health approach to the Governance Council. The school's Wellness Policy will be posted on the website for staff, students, parents, and community members to access.

21st CPA will evaluate compliance with the wellness policy per the nutrition administrative review process every three years to assess the implementation of the policy and include: The extent to which schools under the jurisdiction of the LEA are in compliance with the wellness policy; and a description of the progress made in attaining the goals of the School's wellness policy. The position/person responsible for managing the triennial assessment and contact information is Angie Lerner, Chief Operating Officer at 505-254-0280.

21st CPA is committed to the optimal development of every student. The school believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health promoting learning environments at every level, in every setting, throughout the school year. This policy outlines the school's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors

throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

Students in the school have access to healthy foods throughout the school day—both through reimbursable school meals and other foods available throughout the school campus (See 6.12.5 Competitive Foods Requirements per terms defined by federal laws and regulations, USDA competitive foods rules at 7 CFR 210.11 and 7 CFR 210.11a)—providing that all foods sold in schools and smart snacks provisions of the Healthy, Hunger Free Kids Act of 2010, the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966 are incorporated for purposes of these rules.

Students receive quality nutrition education that helps them to develop lifelong healthy eating behaviors in PE classes. Students have opportunities to be physically active during and after school. The school is engaged in nutrition, physical activity promotion and other activities that promote student wellness and are consistent with the Physical Education Content Standards with Benchmarks and Performance Standards that are set forth in the 6.29.9 NMAC and Standards for Excellence School 6.29.8 NMAC. Staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school. The community is engaged in supporting the work of the school in creating continuity between school and other settings for students and staff to practice lifelong healthy habits. The School establishes and maintains an infrastructure for management, oversight, implementation, communication about, and monitoring of the policy and its established goals and objectives.

Nutrition

The School shall provide nutrition education activities that align with the New Mexico Health Education Content Standards with Benchmarks and Performance Standards. The school allows food and beverage marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards 7 CFR 210.11 and 6.12.5.8 NMAC. All proposed fundraising and marketing of food and beverages requires review and approval by the COO to ensure compliance. No more than two fundraising events during school hours that involve food will be held during each school year, one per semester. Any food or beverages offered at the school will meet the Smart Snacks in School nutrition standards, 7 CFR 210.11 and 6.12.5.8 NMAC. 21st Century Public Academy currently only offers school lunch that is provided by their food service vendor and does not offer any other food during the lunch. The food service vendor provides school lunches that comply with the National School Lunch Program (NSLP) and offers at least three different fruits each week and at least one fruit per week is served fresh. If a student has a food allergy they are given our Special Diet Authorization Form and given instruction that they have to have their health care provider fill out the form and sign it and return it to school. The school then gives the form to the food service provider to ensure that the student will receive a lunch that fits their allergy needs. Food service provider gives the school special lunches each day with labels so that lunches for students with allergies can be easily identified when handing out lunches. Lunch

periods have at least 20 minutes of “seat time” to eat lunch. When there are classroom celebrations and parties, the school will provide a list of healthy party ideas to the parents and teachers, including non-food celebration ideas. The school will provide to parents a list of foods and beverages that meet Smart Snacks nutritional standards at the beginning of the school year for options for their students to bring for snacks. The school will provide teachers and other relevant staff a list of alternative ways to reward students that are not food or beverage related at the beginning of the school year. Withholding food, water or bathroom privileges from a student for any reason is unlawful 6.11.2 NMAC.

The school has water fountains that students can access to get water during the school day and lunch. Water bottles are a requirement to have a school and are listed on each supply list that students receive at the beginning of the year. Disposable cups are also available for students that forget their water bottle.

Physical Education classes teach nutrition in their classroom for all grades. Students in elementary school have PE/health class every year, middle school students have to take one full year of PE/health class before graduating from 21st Century Public Academy. There is a health class has a form that parents can fill out if they are opting out of the health education curriculum that addresses the sexuality performance standards and alternative lessons are given to students of parents that have opted out. NMAC 6.29.6.11 Sexuality Performance Standards Exemption All school food service personnel received the required food safety training at a minimum of every 3 years.

Physical Activity

Physical activity is conducted for health and wellness reasons and should not be withheld or used as a punishment.

Physical activity is not a replacement for physical education. In addition to the Physical Education and Health Education Content Standards, the school shall provide opportunities for all students to participate in before, during and/or after school physical activity programs outside of physical education programs. These may include, but are not limited to:

- 10-minute “brain breaks/energizers” integrated into curriculum
- Safe Routes to School encouragement and education activities
- Intramurals
- Family fitness nights
- After school clubs and activities
- Interscholastic athletics

Competitive and non-competitive physical activity opportunities that are developmentally appropriate in nature shall be offered to all students. Schools shall provide education on the health benefits of physical activity that align with both the New Mexico Health Education and Physical Education Content Standards with Benchmarks and Performance. The health education curriculum shall be aligned to the health education

content standards with benchmarks and performance standards as set forth in the NMPED Stands and Benchmarks.

Elementary students receive at least two 20 minutes supervised recess periods and PE/health class per day.

School staff are given Positive Behavior Intervention and Supports (PBIS) information and strategies regarding alternatives to withholding physical activity, including recess.

The school utilizes walking on OSIs (Out of School Instruction), by walking to bus routes and walking to the OSI event. The school offers open gym times for students to have access to the gym after school for physical activity.

21st Century Public Academy offers multiple extracurricular physical activity programs that include but are not limited to:

- Cross country
- Track and Field
- Soccer
- Golf
- Flag Football
- Volleyball
- Basketball
- Running Club
- Yoga Club

The school collects input from students to ensure activities that the student body has interest in are being offered and activities are diverse to meet the needs of the student body

Physical Education

The School shall provide students with physical education to assure that all students are able to learn and develop the skills, knowledge and attitudes necessary to be physically active.

The School shall provide a planned, sequential, physical education curriculum that provides the optimal opportunity for students to:

- Learn and develop skills,
- Increase 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.

Physical education classes are planned by a licensed physical education teacher and integrated into at least two core curriculum subjects, such as math, science, language arts, and social sciences, as well as in non-core and elective subjects. Physical

education classes will be sequential, building from year to year, and content will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity. In addition, physical education classes will be aligned to the New Mexico Physical Education Content Standards with Benchmarks and Performance Standards.

A high quality physical education program improves overall student health and enhances student academic achievement. Every student shall have opportunities to participate in physical education, including students with disabling conditions (Adapted PE) and those in alternative education programs. Each student will be enrolled in the equivalent of 1 year of PE during 6th through 8th grade. Lesson plans are emailed to parents from the licensed physical education teacher with expectations of the materials that will be covered at the beginning of the year.

Health Services

Social and Emotional Well-Being curriculum is offered at all grade levels. The school has social workers and an attendance coach that help provide a positive and supportive environment for the students to be able to access anytime during the school day. Staff receive training each school year on the SEL curriculum that we provide.

The school documents the need for health services in the Individualized Educational Plan (IEP) or 504 plan and is prepared to respond to emergencies related to the student's health condition(s) outlined in Emergency Care Plans (ECP) or emergency action plans. Students with healthcare needs that may affect their school attendance/performance have individualized Health Plans (IHP) which are separate from their IEP plan but attached to the IEP or 504 based on the student's need.

Students with a diagnosis of HIV/AIDS receive education regarding their access to care and a personal education plan regarding their diagnosis. Their rights to privacy are protected as set in 6.12.2.10. NMAC Human Immunodeficiency Virus (HIV).

The School shall promote a positive school climate and culture that facilitates teaching and learning in a healthy and safe environment before, during and after school that:

- Focuses on the whole child,
- Promotes personal growth and healthy personal relationships, and
- Provides freedom from discrimination and abuse including bullying prevention and intervention.

The School shall promote a climate and culture before, during and after school for students, teachers, staff, parents and community members that support academic achievement.

The School shall develop and utilize guidelines for a Site Safety Plan, which will be reviewed and updated annually. The plan shall include prevention, policies and

procedures, preparedness, response, and recovery that focuses on supporting healthy and safe environments. Plans shall be submitted to Albuquerque Public Schools for annual approval.

Families shall be notified annually at registration of where they can access information regarding school emergencies. Schools shall perform twelve (12) emergency drills annually, at different times during the school day including while students are in the classroom and at lunch/recess. Emergency drills shall consist of nine (9) fire drills, (2) lockdown drills and one (1) evacuation drill.

The Schools shall provide safety procedures and appropriate training for students, teachers, parents, and staff. These trainings shall support personal safety and a violence/harassment-free environment. Example of trainings include: OSHA, child abuse, suicide prevention, bullying, lockdown, and lesbian, gay, bisexual transgender and questioning (LGBTQ) sensitivity. Students with a diagnosis of HIV/AIDS receive education regarding their access to care and a personal education plan regarding their diagnosis.

Buildings and grounds, structures, buses and equipment will meet current state and local statutes, regulations and standards.

The facility shall abide by district policies which create and promote an environment free of tobacco or tobacco products, alcohol and other drugs.

Implementation of school-wide prevention programs and supports shall be based on each school's needs and best practices in coordination with the Albuquerque Public Schools Student, Family and Community Supports Division.

21st Century Public Academy complies with the statute 6.12.2.8 NMAC, which makes it unlawful for any student to enroll in the 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 NOTE: School ensures that students who are identified as homeless are not prevented from entering schools based on inability to produce records normally required for enrollment, as per the McKinney-Vento Homeless Assistance Act. McKinneyVento Homeless Assistance Act The Homeless Liaison pursues obtaining immunization documentation on the student's behalf. The school has contracted out nursing services that come out to the school. Any student medication is kept in the nurse office for students or it is authorized for the student to carry and self administer health care practitioner prescribed asthma treatment and anaphylaxis emergency treatment medications, as well as the right to self management of diabetes in school settings. 6.12.2.9 NMAC, 6.12.8 NMAC.

Health service programs shall meet all reporting, record-keeping and confidentiality requirements of state and federal statutes and regulations per Section 22-10A-32, NMSA. School personnel are required by law to report substance abuse, child abuse and neglect and are provided with annual training as outlined in the Safe Schools Plan. Substance Abuse : Section 22-5-4 NMSA 1978 A school employee who knows, or in

good faith suspects, any student of using or abusing alcohol or drugs shall report such use or abuse pursuant to procedures established by the Governance Council. No school employee who in good faith reports any known or suspected instances of alcohol or drug use or abuse, shall be held 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: Section 22-10A-32 NMSA 1978 - All licensed school employees shall be required to complete training in the detection and reporting of child abuse and neglect, including sexual abuse and assault, and substance abuse. Except as otherwise provided in this subsection, this requirement shall be completed within the licensed school employee's first year of employment by the school.

Staff Wellness

The School shall promote activities that help maintain and improve the health of staff, contributing to improved morale and a greater personal commitment to the goals of the district. These activities shall:

- Promote the physical, emotional and mental health of employees,
- prevent disease and disability
- Provide opportunities for staff to learn and practice skills to make personal decisions about health-enhancing daily habits.

The school ensures an equitable work environment that meets requirements of the Americans with Disabilities Act, Part III.

The school ensures the right to privacy of all school employees infected with HIV, keeping this information safe and confidential.

All school staff are encouraged to participate in the SHAC. One staff member will serve as representative on the SHAC.