

LA ACADEMIA DOLORES HUERTA

SCHOOL WELLNESS POLICY

La Academia Dolores Huerta (the "School") is a New Mexico public charter school for students with exceptional promise in the arts. This School Wellness Policy is adopted to address student and School employee wellness through a coordinated school health approach. "Coordinated school health approach" means the framework for linking health and education.

The focus is healthy and successful students. There are eight interactive components of coordinated school health: health education; physical education and activity; nutrition; social and emotional well-being; health and safety environment; health services; staff wellness; and family, school and community involvement.

The School will have a planned, sequential physical education curriculum that:

- (1) addresses the physical, mental, emotional and social dimensions of health and is aligned to the health education content standards with benchmarks and performance standards in accordance with applicable state regulations; and
- (2) 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 in accordance with state regulations .

The School will have a plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well being.

The School will have safety plans at each School building focused on supporting healthy and safe environments and including but not limited to prevention, policies and procedures, and tactical emergency response plan.

The School will have a plan addressing the health services needs of students in the educational process.

The School will have plan addressing the staff wellness needs of all school staff that minimally ensures an equitable work environment and meets the Americans with Disabilities Act, Part III.

The School will address the family, school and community involvement component by establishing a School Health Advisory Council that consists of parent(s), School food authority personnel, governing council member(s), School administrator(s), School staff, student(s) and community members. The School Health Advisory Council will have the responsibility to make recommendations to the Governing Council in the development or revision, implementation and

evaluation of the Wellness Policy consistent with this rule. The School Health Advisory Council will meet for this purpose a minimum of two times annually.

The following definitions apply to this School Wellness Policy:

1. "Health education" means the instruction 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 in accordance with applicable state regulations.
2. "Health services" means services provided for students to appraise, protect, and promote health. These services are designed to ensure access or referral to primary health care or behavioral health services or both, foster appropriate use of primary health care services, behavioral health services, prevent and control communicable diseases and other health problems, provide emergency care for illness or injury, promote and provide optimum sanitary conditions for a safe school facility and school environment and provide educational and counseling opportunities for promoting and maintaining individual, family and community health.
3. "Healthy and safe environment" means the physical and aesthetic surroundings and 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.
4. "Nutrition" means programs that provide access to a variety of nutritious and appealing meals and snacks that accommodate the health and nutrition needs of all students.
5. "Physical activity" means body movement of any type which include recreational, fitness and sport activities.
6. "Social and emotional well-being" means services provided to maintain and/or improve students' mental, emotional, behavioral, and social health.
7. "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.
8. "Tactical emergency response plan" means that portion of a safe school plan that details risk assessments and establishes the plans or procedures to manage an emergency event after it has occurred and includes, but is not limited to, emergency

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Adopted: _____,

2010



routes and staff assignments as they relate to immediate actions, delayed actions, mitigation actions, facility evacuations and facility reentry.

This School Wellness Policy was adopted by resolution of the Governing Council of La Academia Dolores Huerta, effective as of 1-9, 2010 and amends and restates the previously existing Wellness Policy.

La Academia Dolores Huerta

Attest:

Legal reference: NMAC 6.12.6

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