



Wellness Policy

2025-2026

Head Teacher- Colletta Wilson

School Cook- Alimudena Curley

Beclabtio Day School Board members

1. Purpose & Philosophy

Beclabito Day School is committed to providing a school environment that promotes and protects students and staff health, well-being, and academic success. We believe that wellness – including good nutrition, regular physical activity, social and emotional health, and a safe, supportive learning environment – is integral to our mission.

2. Legal Authority & Standards

This policy is developed in accordance with:

New Mexico Administrative Code (NMAC) 6.12.6 – School District Wellness Policy requirements.

Health Education Content Standards with Benchmarks and Performance Standards (6.30.2.19 NMAC) and Physical Education Standards (6.30.2.20 NMAC).

New Mexico Competitive Food Sales Rule (6.12.5 NMAC) for fundraisers, a la carte, and non-mealtime food availability.

Code of Federal Regulations 7 C.F.R pts 210 & 220 including the Healthy, Hunger-Free Kids Act and U.S.D.A. regulations governing school meals.

3. Scope & Applicability

This policy applies to all students and school staff, in all school environments (before, during, and after school; classroom; cafeteria; physical education; school-sponsored events).

4. Governance & Oversight

Role Responsibility

Wellness Coordinator(s): One or more persons will be designated (at school/district level) to ensure implementation, compliance, monitoring, and periodic evaluation of this policy. Designated Lead will be: Alimudena Curley (School Cook).

School Health Advisory Council (SHAC): A council including parents, school food service personnel, administrators, teachers, health professionals, staff, students, and community members; meeting at least twice annually to review, develop, and update the wellness policy.

- SHAC meetings will be held 2 times per school year, and potential stakeholders are made aware of their ability to participate in the development, review, update, and implementation of the local school wellness policy at least once a year.

5. Wellness Components & Goals

Beclabito Day School goal is to provide access to a variety of nutritious and appealing meals and snacks that accommodate the health and nutrition needs of all students. Meals provided will encourage the development of healthy eating habits that will last throughout their lifetime and promote overall health and wellness.

Nutrition

– Ensure that all foods/beverages available meet or exceed local, state and federal nutrition requirements and/or USDA nutrition standards.

-Adherence to Competitive Food Sales Rules (6.12.5 NMAC) for all Food and Beverage Sold during the school day. All fundraisers and competitive food sales (outside the meal service) must comply with NM Competitive Food Sales Rule (6.12.5 NMAC).

- Currently, there are no food and beverages sales allowed to be sold during the school day.

Food and Beverage Provided but not Sold during the school day: Classroom snacks, rewards, or celebrations with food should use healthier options and align with Smart Snacks in School nutrition standards. 6.12.5.8 NMAC Competitive Foods Standards.

- Classroom snacks: only prepackaged items are allowed. No homemade items will be allowed. Healthy food items are encouraged.
- Classroom parties and celebrations: only prepackaged items are allowed. No homemade items will be allowed. Classroom parties and celebrations must be preapproved by the Head Teacher. Healthy food items are encouraged.

- Other foods and beverages given as incentives: food and beverages given as incentives must be preapproved by the Head Teacher. Nonfood items are encouraged; if food is given, healthy food items are encouraged.

-Fundraisers: No Food or Beverage Fundraisers are allowed during the school day.

-Food and Beverage marketing: Food and Beverage marketing is not allowed except for USDA NSLP approved materials.

- Nutrition education and promotion is integrated into classrooms, assemblies, family outreach.

- Offer taste tests or school gardens to increase exposure to health, nutritious foods.
- Promote students understanding of nutritious eating.
- Support “NM Grown” and local food sourcing when possible.
- Provide nutrition education activities that align with the New Mexico Health Education Content Standards with Benchmarks and Performance Standards as set forth in 6.29.6 NMAC.

-Ensure free, water availability throughout the school day including during meal service.

-Food Allergies: Safety measures in food preparation and handling for students with food allergies are in place. Training is given to staff on common food allergens and a communication system is in place for staff to respond to food allergy reactions and emergencies. Reasonable modifications are made to the best extent possible to students who may need meal accommodation(s).

Physical Education

– Provide a sequential, standards-aligned PE curriculum (6.30.2.20 NMAC).

- Certified PE teachers deliver regular, scheduled classes.

– Ensure students develop skills, knowledge, attitudes to participate in lifetime physical activity.

- Certified PE teachers deliver regular, scheduled classes.
- Opportunities for modified PE for students with diverse abilities.

- Use facilities and resources adequately (indoor/outdoor).

Physical Activity

– Increase opportunities for moderate to vigorous physical activity before, during, after school.

- Brain breaks in classrooms; recess; after-school programs; active field trips.
- Safe routes to school initiatives
- Physical activity is included as a health education topic.
- Encourage walking/biking, and activity clubs.

Behavioral Health / Social & Emotional Well-Being

– Address students' mental, emotional, behavioral health needs.

- Counseling services; school psychologists/social workers.

– Provide resources and support for social/emotional learning.

- Programs to prevent bullying promote positive school climate.
- Training for staff on trauma, mental health first aid.

Staff Wellness & Professional Learning

– Support the health and well-being of school staff.

- Wellness programs; health education; stress management.

– Provide professional development on wellness topics.

- Opportunities for staff to learn about nutrition, physical activity, and mental health.

7. Implementation & Evaluation

Monitoring & Reporting: The Wellness Coordinator(s) will monitor policy compliance and report annually to school leadership, SHAC, and the public on schools' wellness efforts and outcomes.

Triennial Assessment: At least once every three years, the district/school will conduct a comprehensive assessment of policy compliance, compare with model policies, and track progress toward goals. Results of the most recent triennial assessment on the implementation of the policy is available to the public in an accessible and easily understood manner.

Recordkeeping: Records will be kept to document compliance with the requirements of the wellness policy. Documentation will include but will not be limited to:

- The written wellness policy.
- Documentation demonstrating compliance with community involvement requirements, including (1) efforts to actively solicit SHAC membership from the required stakeholder groups; and (2) the participants' involvement in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports;
- Documentation of the triennial assessment of the policy for each school under its jurisdiction; and
- Documentation demonstrating compliance with public notification requirements, including (1) methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) efforts to actively notify families about the availability of wellness policy.

Review & Revision: The policy will be reviewed, and updated as needed, with stakeholder input.

Public Availability: The current policy, assessment results, and any revisions will be made easily accessible to families, staff, and community (e.g., via website, handbooks, posted in cafeteria).

8. Definitions

Coordinated School Health Approach: A comprehensive framework addressing multiple components of student and staff health (nutrition, physical activity, health education, etc.).

Competitive Foods: Foods and beverages sold outside the reimbursable school meal programs, including a la carte, vending, fundraisers, school stores.

9. Adoption & Communication

Communication of this policy to staff, families, students, and community via [Handbook, website, newsletters, meetings].

SHAC members will be informed, trained (if needed), and engaged in policy implementation.

This policy was reviewed and approved by the [Beclabito Day School /School Board] on:

Date: 10/7/35

Signatures:

Colletta Wilson (Head Teacher, Colletta Wilson)

Edith Kusunood Kozay (School Board President or School Board Member)

Alimudena Curley (School Cook Alimudena Curley)