

NEW MEXICO SCHOOL FOR THE DEAF	SUBJECT: No. 635 Student Wellness Policy
EFFECTIVE DATE: 9/29/06	REPLACES: NEW
DISTRIBUTION: All Staff	KIND: Board Policy

Purpose: Pursuant to federal, state and school district regulations and/or standards, the New Mexico School for the Deaf is committed to providing a school environment that promotes and protects children’s health, well-being and ability to learn by supporting healthy eating and physical activity. Accordingly, every student at NMSD will be part of an environment that supports their wellness by providing quality nutrition, education, and opportunities to participate in a wide range of physical activities and which also prepares them to sustain their wellness after graduation through knowledge and critical thinking skills.

I. Nutrition

Procedure: Implementation of Nutrition Policy as related to Competitive Food Sales set forth by Title 6, Chapter 12 Part 5NMAC

Definitions: As defined in Title 6 Chapter 12 Part 5 (6.12.5 NMAC)

1. “**Competitive food**” means a food or beverage sold at school other than one served as part of the United States Department of Agriculture, School Meal Program. The term includes any item sold in vending machines, a la carte, or through other school fundraising efforts.
2. “**Vended beverages and foods**” means a beverage or food product sold in vending machines to students in school.
3. “**Added sweeteners**” means added sugar in the form of fructose, high fructose corn sweetener, sucrose and glucose.(Definition per MS RN)
4. “**A la carte**” means a beverage or food product sold in schools to students during the lunch period that is not part of the United States Department of Agriculture School Meal Program.
5. “**Fundraisers**” means beverages or food products sold to raise money that are not sold in vending machines, a la carte sales or as part of the United States Department of Agriculture School Meal Program.

A. Vended foods and beverages available to students during school hours.

1. Preschool through Elementary School:

a. Beverages

Students can have access to only these vended products after the last lunch period:

- milk with a fat content of 2% or less
- soy milk

- water

No access to carbonated beverages sold in vending machines.

b. Food Products

No access to food products sold in vending machines.

2. Middle School

a. Beverages

Students can have access to only these vended products:

- Milk with a fat content of 2% or less
- Soy milk
- Water
- 100 % fruit juice that has no added sweeteners and no more than 125 calories per container and a serving size not to exceed 20 ounces.

b. Food Products

Students can have access only to these vended products after the last lunch period that meet the following requirements:

- Contain less than or equal to 200 calories per container or package.
- Contain less than or equal to 8 grams of fat with no more than 2 of those being from trans or saturated fats combined.
- Contain less than or equal to than 15 grams of sugar per package or amount served.

Nuts, seeds, cheese, yogurt and fruit may be sold in middle school at any time and are not subject to the above requirements.

3. High School

a. Beverages

Students can have access to vending machines during school hours only to the following beverages:

- Milk with a fat content less than 2%
- Soy milk
- Water
- Juice that is at least 50% fruit juice and that has no added sweeteners and a serving size less than or equal to 20 ounces.

High school students may have access to vending machines after the last lunch period that contains:

- carbonated soft drinks that are both sugar free and caffeine free.

- non-carbonated flavored water with no added sweeteners.
- sports drinks

b. Food Products

High School students may have access during school hours to vending machines that contain foods that meet the following requirements:

- Contain no more than 200 calories per container or package.
- Contain no more than 8 grams of fat with no more than 2 of those being from
 - trans or saturated fats.
- Contain no more than 15 grams of sugar per package or amount served.

Nuts, seeds, cheese, yogurt and fruit may be sold in middle school at any time and are not subject to the above requirements.

B. A la Carte Offerings

1. Beverages

A. Pre K through Elementary

- Beverages sold as a la carte offerings may only be sold during lunch period and will only include:
- Milk with fat content of 2% or less
- Soy milk
- Water

B. Middle School

- Milk with fat content of 2% or less
- Soy milk
- Water
- 100% fruit juice that has no added sweeteners and no more than 125 calories per container and a serving size not to exceed 20 ounces.

C. High School

- Milk with fat content of 2% or less
- Soy milk
- Water
- Juice that is at least 50 % fruit juice and which has no added sweeteners

Carbonated beverages or soft drinks, non-carbonated flavored water and sports drinks shall not be sold as an a la carte offering to any student.

2. Food Products

A. Applies to all Students

Food Products sold as a la carte offerings may only be sold during lunch period and will observe the following restrictions:

- Will contain no more than **400 calories** per container, package or amount served.
- Will contain no more than **16 grams of fat** per container, package or serving, of which no more than **2 grams** come from **saturated fat and trans-fat combined**.
- Will contain no more than **30 grams** of total **sugar** per container, package or serving.

Nuts, seeds, cheese, yogurt and fruit are not subject to the above requirements.

C. Fund Raisers

1. During School Hours

Beverages and food may be sold as fundraisers **at any time** during normal school hours **except during lunch period** and are subject to the following requirements and limitations:

a. Pre K through Elementary

1. Beverages

- Milk with fat content of 2% or less
- Soy milk
- Water

2. Food Products

- May not be sold to elementary, kindergarten, or pre-school students.

b. Middle School

1. Beverages

- Milk with fat content of 2% or less
- Soy milk
- Water
- 100% fruit juice that has no added sweeteners and no more than 125 calories per container and a serving size not to exceed 20 ounces.

- Carbonated beverages may not be sold.

2. Food Products

- will contain less than or equal to 200 calories per container or package
- will contain less than or equal to 8 grams of fat with no more than 2 of those being from trans or saturated fats.
- will contain less than or equal to 15 grams of sugar per package or amount served.

c. High School

1. Beverages

- Milk with fat content less than 2%
- Soy milk
- Water
- Juice that is at least 50% fruit juice and that has no added sweeteners and a serving size not to exceed 20 ounces.

2. Food Products

- Will contain less than or equal to 200 calories per container or package.
- Will contain less than or equal to 8 grams of fat with no more than 2 of those being from trans fat and saturated fat combined.
- Will contain less than or equal to 15 grams of sugar per package or amount served.

Nuts, seeds, cheese, yogurt and fruit may be sold in high school at any time and are not subject to the above requirements.

2. Outside of Normal School Hours

Beverages and food may be sold as fundraisers outside of normal school hours. Provided that at least 50% of the offerings meet the following requirements, which apply to all grades:

a. Beverages

- Milk with fat content less than 2%
- Soy milk
- Water
- Juice that is at least 50% fruit juice and that has no added sweeteners and a serving size not to exceed 20 ounces.

b. Food Products

- With less than or equal to 200 calories per container or package.
- With less than or equal to 8 grams of fat with no more than 2 of those being from trans fat and saturated fat combined.
- With less than or equal to 15 grams of sugar per package or amount served.

Nuts, seeds, cheese, yogurt and fruit may be sold to all students at any time and are not subject to the above requirements.

D. Special Circumstances Related to Foods and Beverages

1. Rewards

NMSD will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually (above), as rewards for academic performance or good behavior,¹ and will not withhold food or beverages (including food served through school meals) as a punishment.

2. Celebrations

NMSD will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should strive to include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above). NMSD Wellness Committee and Nutrition Advisory Panel will disseminate a list of healthy party ideas to parents and teachers.

3. School Sponsored off Campus Outings

Staff supervising students while off campus on a school sponsored outing will make every effort to provide food and beverages to the students which are appropriate to the time of day, type of activity, available finances, location and available options.

E. Staff responsibility to model healthy behavior

NMSD staff will strive to model healthy consumption behaviors and should be sensitive to the impact their choices may have on our students.

II. District Wellness Policy as developed by The New Mexico Public Education Department

Procedure: Implementation of Physical Activity Policy as related to the School

Definitions: As defined in School District Wellness Policy, page 6

1. **“Physical Activity”** Physical activity means body movement of any type, which includes recreational, fitness and sport activities.

¹ Unless this practice is allowed by a student’s individual education plan (IEP).

2. **“Physical Education”** Is an instructional program taught by a certified physical educator and focuses on developing skills, knowledge, and attitudes necessary to personally decide to participate in a lifetime of healthful physical activity.
3. **“Physical Activity vs. Physical Education”** Physical education is one source, but should not be the only source of physical activity before, during and/or after school.

A. PED Required Activities

Create guidelines to provide physical activity opportunities to students before, during and after school.

1. Specific Activities

- a. All NMSD preschool through elementary school students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity.
- b. NMSD teachers, staff and community personnel will not use physical activity e.g. running laps; push ups or withholds opportunities for physical activity, e.g. recess, physical education as punishment.
- c. The NMSD athletic department will provide competitive sports programs to high school and middle students.
- d. NMSD will provide physical activity opportunities before and after school, e.g. intramurals, club activities, interscholastic sports, etc.
- e. NMSD will encourage the use of school facilities outside of school hours.
- f. NMSD will create a plan to incorporate physical activity into the academic curriculum.
- g. NMSD will plan to promote community-based physical activities, e.g. sports clubs.
- h. NMSD will plan for school-wide physical activities e.g. fun days, family fitness days, field days.

III. Monitoring and Policy Review

A. Monitoring

1. NMSD will develop a plan for measuring implementation and evaluation of the schools wellness plan.
2. Appendix F of the New Mexico Public Education Wellness Policy Guidance Document will be used to track progress.
3. The NMSD superintendent or designee will ensure compliance with established district-wide nutrition and physical activity wellness policies.
4. The principal or designee will ensure compliance with those policies in his/her areas and will report on the school’s compliance to the NMSD superintendent or designee.

5. The NMSD food service staff will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or designee

B. Policy Review

1. Policy will be reviewed at the end of every 3 year cycle to reflect changes in school goals and local statuses.