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Wellness Policy and Procedures

The Walatowa High Charter School (WHCS) Wellness Policy and Procedures detail the many facets of wellness including:

- Family, School, Community, and Tribal program Involvement in Wellness
- Nutrition and Nutrition Education
- Physical Activity and Education
- Health Education
- Social and Emotional Wellbeing
- Other Health and Wellness Supports
- Staff Wellness

In accordance with the New Mexico Public Education Department Wellness Policy rule 6.12.6.NMAC, the school establishes the following policies and procedures relating to health, wellness, and nutrition.

Family, School, and Community Involvement in Wellness

Walatowa High Charter School (WHCS) School Policy

POLICY: Walatowa High Charter School (WHCS) School recognizes that student wellness and proper nutrition are related to physical well-being, growth, development, and readiness to learn. Walatowa High Charter School (WHCS) School is committed to providing a healthy school environment that promotes student wellness, nutritious foods and beverages, physical education, health and nutrition education, and regular physical activity.

Wellness Policy completed following Federal 7 C.F.R pts 210 & 220 and PED NMAC 6.12.6.8.

- 1. Walatowa High Charter School (WHCS) School Health Advisory Council (SHAC)**
 - a. WHCS's School Health Advisory Council (SHAC) includes school food authority personnel, school administration, school staff, parents, and students. The Walatowa High Charter School (WHCS) SHAC is run and coordinated by the WHCS's Wellness Team.
 - b. Walatowa High Charter School (WHCS)'s SHAC meets twice yearly, once per semester.
- 2. Wellness Policy Compliance**
 - a. The WHCS's Executive Director and/or designee is the senior administrator to monitor Wellness Policy compliance and implementation.
- 3. Family and Community Involvement**
 - a. The WHCS's Wellness Policy is available to the public on the Walatowa High Charter School (WHCS) website.
 - b. Information about the Wellness Policy and wellness initiatives is communicated via the school website, social media, in-school programs for students, parent meetings, email, and the WHCS's student handbook.
- 4. Measuring Implementation and Evaluation of the Wellness Policy**
 - a. Using a variety of data sources including the YRRS, attendance data, grade data, parent communication, Health Office and Counseling Office data, and disciplinary data, the school Wellness Team makes determinations on the effectiveness of wellness implementation.
 - b. Students review Wellness Procedures via the Walatowa High Charter School (WHCS) Student Government, administrative round tables with grade levels, and Federal Program parent committees and Equity Council.

Physical Activity and Education

- 1. Physical Activity**
 - a. High school students can access the outdoor recreation area at lunch daily.
 - b. Students in grades 9-12 can participate in physical activity elective classes every

week.

- c. After-school sports activities are available throughout the year for students in grades 9-12.
- d. Students focus on a variety of physical activity options and topics as part of the health education curriculum.
- e. Students track their results on a variety of in-class assessments and comparisons are made and reflected upon every quarter.
- f. Students have the opportunity to participate in tribal traditional/religious activities built into the annual calendar.

2. Physical Education Content Standards and Benchmarks

- a. Physical education curriculum scaffolds students as they enter the program in the 9th grade, developing skills and habits that will be expanded upon the following year in the 10th grade. Students are exposed to a variety of team and individual sports and activities as well as a large array of fitness skills that can be completed without equipment. This provides students with a platform from which to create their fitness programs in the future. Their experience in Physical Education culminates in the high school class, which is a year-long program in which students work with the other grade level classes in different team and individual sports, as well as focusing on the extension of their fitness knowledge to allow them to be lifelong learners and participants in various physical activities. All physical education classes are aligned to the NM Physical Education Content Standards.
- b. Students in 9th grade complete a full year 1.0 credit course.
- c. All students are mainstreamed into regular Physical Education classes with accommodations and modifications available, as specified in the student's IEP, 504 Plan, or IHP.

Nutrition and Nutrition Education

1. National School Breakfast and Lunch Program

- a. Walatowa High Charter School (WHCS) participates in the National School Lunch and Breakfast program. Meals served adhere to all USDA nutrition standards.
- b. Free drinking water is available to students throughout the school building, including the food service area.

2. Food Allergies in Schools

- a. Walatowa High Charter School (WHCS) requires families to submit the "Special Diet Authorization Form" yearly to document allergies and special diet requirements. Once forms are received, the SFA provides appropriate meals for these students.

3. Standards for All Foods and Beverages Provided, but Not Sold During the School Day

- a. Parents are encouraged to provide healthy, fresh snacks that adhere to the Smart Snacks in School nutrition standards for classroom parties and classroom snacks.

4. Competitive Foods and Beverages

- a. Foods and beverages sold during the school day are consistent with Smart Snacks in School nutrition standards.
- b. Walatowa High Charter School (WHCS) limits non-Smart Snack food fundraisers to no more than two occasions per semester and these fundraisers are not conducted during meal service or in the food service area.

5. Nutrition Education

- a. In recognition of the role that nutrition plays in supporting academic performance and quality of life, Walatowa High Charter School (WHCS) shall provide adequate opportunities to be able to encourage and support healthy eating by students.
- b. Walatowa High Charter School (WHCS) provides nutrition education activities that align with the New Mexico Health Education Content Standards with Benchmarks and Performance Standards.

Health Education

1. Walatowa High Charter School (WHCS) will provide a comprehensive health education curriculum with the opportunity to learn health literacy and life skills. The curriculum is aligned to the Health Education content standards and benchmarks. Community partners include the Pueblo of Jemez Health and Human Services, the Department of Vocational Rehabilitation, the NM Archery Association, and Indian Health Services. These community partners offered in-depth instruction and knowledge in areas such as cyber safety, CPR and first aid, and sexual and reproductive health. The PED-approved textbook, McGraw-Hill's Glencoe Health, Grades 9-12 is used in the health class.
2. The graduation requirement of 0.5 credits of Health Education is offered in 9th grade.
3. Walatowa High Charter School (WHCS) applies the NMPED "opt out" policy regarding the sexuality component of the health education curriculum.
4. HIV instruction is provided as part of the comprehensive health education curriculum.

Social and Emotional Wellbeing

1. Addressing the Behavioral Needs of All Students in the Educational Process by Focusing on Students' Social and Emotional Wellbeing (6.12.6.8.D.6 NMAC)

- a. Walatowa High Charter School (WHCS) School provides services to maintain and/or improve students' mental, emotional, behavioral, and social health.
- b. Walatowa High Charter School (WHCS) collaborates with students, families, staff, and the community to influence student success by building awareness and promoting strategies focused on maintaining and/or improving student mental health.
- c. WHCS has a Wellness Team that meets regularly, to address student-specific and school-wide issues. The Wellness Team meets at least every two weeks. The core members of the Wellness Team include a representative from JHHS (if available), a WHCS mental health counselor, a special education director, a safety coordinator and a WHCS Executive Director.
- d. Walatowa High Charter School (WHCS) has a documented procedure in place for students to request assistance with any social-emotional need. In turn, all school staff shall have annual training and information on this procedure and others to support student safety and well-being including the following:
 - i. Health and Wellness Team referrals to JHHS and
 - ii. School staff members are trained in child abuse and neglect detection and reporting, per Section 22-10A-32, NMSA

1. All staff is complete mandatory training through POMS concerning Child Abuse Training.
 2. School-specific social and emotional resources.
 - iii. Students will take part in mini SEL lessons during Advisory, with a focus on DBT Skills
 - iv. Procedural Directives on Bullying and Cyberbullying Prevention.
 - v. Procedural Directive on Intervention with a Potential Suicide using QPR
 - e. Walatowa High Charter School (WHCS) utilizes the Threat Assessment and Response Protocol to assess threat levels and student safety concerns. Utilizing a decision tree on the threat assessment to implement the next steps and create an individual safety plan.
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- 2. Support Services Available to All Students**
- a. Students have access to a full-time Licensed Mental Health Counselor as well as a Clinical Licensed Social Worker through the Jemez Health and Human Services
- 3. Walatowa High Charter School (WHCS) adheres to substance abuse reporting per Section 22-10A-32 NMSA 1978.**
- a. Counseling and the Health Office provide referrals and support as needed.

Staff Wellness

1. Walatowa High Charter School (WHCS) will ensure that staff infected with HIV/AIDS have their privacy rights and are protected.
2. Walatowa High Charter School (WHCS) has established and maintains a School Health Advisory Council (SHAC) whose membership represents all school levels (middle and high). Membership includes equal representation of family/ student/community members and staff members.
3. Walatowa High Charter School (WHCS) shall promote activities that help maintain and improve the health of staff, contributing to improved morale and greater personal health commitments ensuring an equitable work environment and ADA is met. These activities shall:
 - a. Promote the physical, emotional, and mental health of employees,
 - b. Prevent disease and disability, and
 - c. Provide opportunities for staff to learn and practice skills to make personal decisions about health-enhancing daily habits.
4. Walatowa High Charter School (WHCS) has a staff member who is the NMPSIA Wellness Ambassador who promotes the following every month:
 - a. provide staff with information related to exercise, stress management, and nutrition
 - b. encourage and provide opportunities for staff to participate in health promotion activities and events that focus on exercise, stress management, and nutrition.
 - c. Counseling through JHHS is also available to WHCS Employees.

Other Health and Wellness Supports

1. Walatowa High Charter School (WHCS) School provides health services that include activities addressing the health needs of students to promote student well-being, optimal development, and strong educational outcomes.
2. Health services shall follow best practices and enforce state requirements (such as immunization and communicable disease requirements) in partnership with students, parents, staff, community, and Tribal health programs. Walatowa High Charter School (WHCS) health service personnel shall follow standards of care for their specific role group as per state statutes and regulations. School personnel should reference the NM School Health Manual for comprehensive guidelines and seek further guidance from the NMDOH School Health Advocate.
3. Health service programs shall meet all reporting, record-keeping, and confidentiality requirements of state and federal statutes and regulations.
4. Walatowa High Charter School (WHCS) has a school nurse who identifies students with health concerns that may need JHHS/IHS services and is written based upon the student's needs.
5. Walatowa High Charter School (WHCS) will ensure that all students infected with HIV/AIDS have appropriate access to public education and that their privacy rights are protected and to further ensure that the rights to privacy of all school employees infected with HIV are protected.
6. Students shall not be enrolled in the public, nonpublic, or home schools in the state unless the student can present satisfactory evidence of commencement or completion of immunization by the immunization schedule and rules and regulations of the public health division. Exemptions are allowable per NMDOH also including McKinney-Vento.
7. Walatowa High Charter School (WHCS) grants any student in grades 6th through 12th grade authorization to carry and self-administer healthcare practitioner-prescribed asthma treatment medications and anaphylaxis emergency treatment medication if the following conditions are met:
 - a. a health care practitioner has prescribed the medication for use by the student during school hours and instructed the student in the correct and responsible use of the medication; and
 - b. the student has demonstrated the skill level necessary to use the medication and any necessary device to administer such medication as prescribed by the health care practitioner (or such practitioner's designee) and the school nurse or other school official who is a public education department licensed health care provider; and
 - c. the JHHS nurse (if available) with the health care practitioner formulates a written treatment plan for managing asthma or anaphylaxis episodes of the student and for medication use by the student during school hours; and
 - d. the school has, in writing, informed the parent or guardian of the student that the school, including its employees and agents, is to incur no liability as a result of any injury arising from the self-administration of medication under this section; and
 - e. the student's parent or guardian has completed and submitted to the school:
 - i. any written documentation required by the school, including the statement required by Paragraph (1);
 - ii. the treatment plan formulated under Subparagraph (c) of this paragraph; and
 - iii. a signed statement from the parent or guardian of the student acknowledging that,

notwithstanding any provision of state law to the contrary, the school (including its employees and agents) is to incur no liability as a result of any injury arising from such self-administration of medication and the parent or guardian will indemnify and hold harmless the school (including its employees and agents) against any claim arising out of such self-administration of medication.

8. Walatowa High Charter School (WHCS) grants any student in grades 9th through 12th authorization to carry and self-administer healthcare practitioner-prescribed diabetes management and treatment medications.