Zuni School Health Advisory Council
ZUNI, NM 87327
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Approved by the Board of Education On:
Annual review held:

APPROVED
9/14/15
ZUNI BOARD OF EDUCATION

ACADEMIC EXCELLENCE       COMMUNITY CONTROL       PARENT INVOLVEMENT
Zuni Public School District is an Equal Opportunity Employer.
The Zuni Public School District is a drug-free, tobacco-free district.
Vision:

The Zuni Public School District and Board of Education believe that all students have the right to a free and public education in an educational environment that promotes health, wellness and the success of children. This policy creates supportive school environments that are responsive to the physical, emotional and health needs of students. The School Board, educational staff and district leadership recognizes that academic performance, in-school behavior and relationships are improved when students are provided with healthy eating choices and getting appropriate levels of physical activity. The wellbeing of all students is a district priority and in meeting this goal, the Zuni Board of Education has authorized the review and revision of the Wellness Policy by the School Health Advisory Council. The School Health Advisory Council has been meeting to accomplish this task since the 2014-2015 school year to provide the recommended changes to the policy.

The district will continue the School Health Advisory Council (SHAC) during the 2015-2016 school year to ensure that the Wellness Policy is revised and updated to reflect the changing federal, state, and tribal policies and regulations in regards to health and wellness, and to promote compliance with the policy at all levels within the Zuni Public School District.

Zuni Public School District Wellness Policy
Family, School and Community Involvement

Definition:

Family, school and community involvement is defined as an integrated approach that includes family, school and community for enhancing the health and well-being of students by establishing a district school health advisory council that has the responsibility to make recommendations to the Zuni Public School District Board of Education in the development or revision, implementation and evaluation of the wellness policy.

The emphasis on family, school and community involvement promotes long-term effective partnerships between families, schools, and communities in the planning and implementation of health promotion projects and events both within the school and throughout the community. The Zuni community has an extremely high incidence of type II diabetes among the adult population and there are many children enrolled in the Zuni Public School District with BMI’s over 85% which places them at risk for diabetes and other health risks. The partnerships between family, schools and community will greatly encourage and sustain environmental changes that support healthy ways of living for children and their families.

Requirement:

The Zuni Public School District shall establish a School Health Advisory Council that represents parents, food services, personnel, district and school administrators, support staff, students, and community members.
The Superintendent with the concurrence of the Zuni Board of Education shall appoint the membership on a yearly basis.

The School Health Advisory Council (SHAC) shall review the policy on a yearly basis and make recommendations for changes in the development or revision, implementation, and evaluation of the school district wellness policy.

The School Health Wellness Council shall meet for this purpose a minimum of two times annually during the fall and spring.

Revisions to the policy shall follow the authorized format of two readings by the board prior to approval. Members of the SHAC will provide an overview of changes and recommendations at a regularly scheduled meeting of the Board.

**Goal:**

The goal of family, school and community involvement within a coordinated school health approach is to create a total school environment that is conducive to student health and academic achievement. This inclusive atmosphere features a shared responsibility that supports healthy children and families. Effective partnerships between families, schools and communities support the development and the maintenance of this comprehensive learning environment.

**The School Health Advisory Council (SHAC) shall:**

A. Assign responsibilities to the School Health Advisory Council (SHAC) members to develop, implement, monitor and evaluate the district wellness policy.
B. Recommend guidelines for physical activity opportunities for students and community members before and during after school.
C. Follow regulations for school sponsored fund raisers during normal school hours within the guidelines as stated in the competitive food sales rule; follow USDA guidelines for school sponsored fund raisers before and after school hours ensuring that at least 50% of the offerings shall be healthy choices as stated in the competitive food sales rule.
D. Recommend guidelines for a planned, sequential, K-12 health education curriculum that addresses the physical, mental, emotional, and social dimensions of health and is aligned to the Common Core content standards with benchmarks and performance standards as set forth in 6.30.2.19. NMAC.
E. Research Indigenous models of PreK-12 curriculum and make recommendations to the district administration for pilot testing.
F. Create guidelines for a planned, sequential K-12 physical education curriculum that provides the optimal opportunity for all students that learn and develop skills, knowledge and attitude necessary to personally decide to participate in lifetime healthy physical activity and is aligned to the physical education common core state standards with benchmarks and performance standards as set forth in 6.30.2.20 NMAC.
G. Review school based plans addressing the behavioral health needs of all students in the educational process by focusing on students’ social and emotional well-being.
H. Review the school safety plan at each school focused on supporting healthy and safe environment and including but not necessarily limited on prevention, policies and procedures, and emergency response.

I. Review plans addressing the health service needs of students in the educational process.

J. Survey the wellness needs of all staff that minimally ensures an equitable work environment and meets the American with Disabilities Act Part III.

K. Recommend to the Superintendent one or more persons within the school district, or at each school, to ensure that each school complies with the district’s wellness policy.

**Zuni Public School District Will:**

A. Review contracts with all vendors to encourage healthy eating and nutritional choices.

B. Remove all snack vending machines from the schools and/or arrange for vendors to serve only water.

C. Increase community awareness of student health needs.

D. Partner with tribal and community programs to support policies and healthy initiatives.
Health Services Component

**Purpose:** Provide services that protect and promote student health.

An effective health care delivery system within the district that promotes academic achievement by providing a broad scope of services from qualified health care providers to improve the mental and physical health of students and staff. Primary coordination of health services shall be through a Public Education Department (PED) Licensed School Nurses assigned to each school with support from the Zuni Indian Health Service Hospital, Zuni Tribal Health Programs, and the New Mexico Department of Health.

The services shall be designed to ensure access or referral to primary health care or behavioral health services or both; foster appropriate use of primary health care services; prevent and control the spread of communicable diseases and other health problems, universal health screening, provide emergency care for illness or injury, promote 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.

**Goal:** The goal of health services is to provide coordinated, accessible physical health and mental health services for students, families, and staff.

The Zuni Public School District shall provide:

A. A comprehensive school health program for students and staff that shall include preventative services (including but not limited to obesity and diabetes prevention), health screenings (including but not limited to vision and hearing screenings), school safety, communicable disease prevention, health referrals, immunizations, health education/counseling, direct nursing care (including but not limited to medication administration) when needed during the school day, first aid, evaluations and assessments, emergency care, follow-up care, and related services as provided through the Individuals with Disabilities Education Act Part B (IDEA-B).

B. PED Licensed School nurse(s) that provide consultation to the Student Assistance Team process, 504 plans, Individual Education Plans, school safety plans, and health related in service training when requested.

C. Services that provide a linkage between school and community health resources (e.g. primary care, public health, and community health agencies and in home visitation).

D. Health service professionals who are provided with professional development opportunities such as workshops, conventions, and collaboration for the purpose of receiving the latest information, innovations, and ideas in their field and implementing them in their areas of expertise.

E. Health service programs shall ensure that all reporting, record keeping, confidentiality and licensing meets requirements.

F. On site dental exams which are provided for all students by the Zuni Indian Health Services Dental Department.
G. Nurses to student ratio that will enable nurses to be maintained at the level recommended by the National Association of School Nurses (NASN) and Healthy Schools 2012. The minimum recommended ratio is one (1) Registered Nurse (RN) to 750 students.
Healthy and Safe Environment Component

**Definition:** Healthy and safe environment is defined as the physical aesthetic surroundings and the 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, including bullying.

**Requirement:** The Zuni Public School District Wellness Policy shall include a school safety plan focused on supporting healthy and safe environments including, but not necessarily limited to, prevention efforts, policies and procedures and emergency response plans.

**Goal:** The goal of a healthy and safe environment is to promote a climate and culture which supports the health and academic achievement of students before, during and after school.

**The Zuni Public School District shall:**

A. Review school safety plans at each ZPSD school building focused on supporting healthy and safe environments including, but not necessarily limited to, prevention plans, policies and procedures and emergency response plans.
B. Perform 12 emergency drills in each ZPSD school per year. Emergency drills shall consist of nine (9) fire drills, two (2) shelter in place/lock down drills and one evacuation drill at the intervals set forth in subsection M of 6.30.2.10 NMAC.

**The Zuni Public School District shall:**

A. Utilize the district level Incident Response Team (IRT) for recovery strategies and include these in the safe school plans.
B. Provide preventive programs, safety procedures, Incident Response Teams, and appropriate training for students, teachers and staff that support personal safety and a violence and harassment-free environment.
C. Meet current safety standards for buildings, grounds, structures, buses and equipment and be kept clean, safe and in good repair.
D. Abide by district policies that create an environment free of tobacco, alcohol and other drugs.
E. Utilize their respective Advisory School Councils (ASC) to review activities for health and Safety and assure diverse cultural appropriateness.
F. Establish a district-wide healthy advertising campaign to encourage local vendors to remove all unhealthy commercials, ads & logos and replace with messages for: healthy eating, exercise, hand washing, tooth brushing, etc. Advertising campaigns will be led by high school SHAC Students.
G. Follow Public School Facilities Authority (PSFA) healthy building standards for all new or major remodeling work.
H. Maintain the staff to student ratio for counselors at a level recommended by the American School Counselor Association as funding is available.
I. Utilize the Center for Disease Control’s (CDC) and/or PandemicFlu.gov Crisis Planning Check Lists for schools and communities.
J. Explore safe and healthy after school activities in partnership with community based programs, regional providers and other providers.

K. Promote the design and construction of healthy, high performing school building & remodeling projects in accordance with PSFA standards by having a Wellness Council member and/or input on all design & planning committees.

L. Assure adherence to “Hazard Analysis and Critical Control Point System” (HACCP).

M. Build and maintain effective relationships with Local Emergency Preparedness Council (LEPC) and other emergency responders. Develop and maintain a school safety plan.

N. Support school-community programs to address teen suicide and depression in a culturally appropriate manner.

O. Provide opportunities for addressing suicide, bullying, domestic violence, obesity, diabetes, drugs and alcohol abuse prevention and promote healthy relationships, community health, and teen health and involve school SHAC students to provide leadership and input in the topics selected at each school.

P. Research local, tribal, state and national policies, health related data, and make recommendations to the district’s Anti-Bullying Policy and the Student Behavior Handbook.
Staff Wellness Component

Purpose
Staff wellness is defined as opportunities for school staff to support their health and wellness through activities such as health education and health-related fitness activities. These opportunities encourage school staff to pursue a healthy lifestyle that contributes to their improved health status and, improved morale and a greater personal commitment to the school’s overall coordinated school health approach. A staff wellness program allows the staff to learn and practice skills to make personal decisions about health-enhancing daily habits.

The ZPSD School Health Advisory Council shall:

A. Promote a culture of wellness among all district adults as role models for overall wellness.
B. Encourage staff members to be physically active, eat healthy foods and take advantage of preventative care options such as annual physical exams, including dental and vision care.
C. Provide contact information to its employees regarding options for mental health care through the employee assistance program (EAP).
D. Maintain a tobacco and drug free environment.
E. Encourage staff members to take advantage of existing resources such as the Zuni Recovery Center, Employee Assistance Program, Zuni Indian Health Service Behavioral Health and local Alcohol Anonymous groups.
F. Disseminate information on the physical activity options within the community. Examples of these activities are the Wellness Center, various Zumba classes, running and walking trails, and the Healthy Lifestyles Program.
G. Recognize and address the severity of the diabetes issues within the Pueblo of Zuni. To that end, ZPSD strongly encourages all staff and parents to provide food choices at any type of function that are free from processed sugars, and carbohydrates. Choices should always include fresh fruits and vegetables and lean proteins when appropriate.
H. Encourage the use of and provide access to the USDA My Plate web site among all students and the My Plate for adults among all school district staff.
Social and Emotional Well-Being Component

**Purpose:** To provide services to maintain and/or improve student’s mental, emotional, behavioral and social health by collaborating with students, parents, staff and community to build awareness and promote strategies to maintain and improve student health.

**The Zuni Public School District shall:**

A. Provide an environment in which students are able to request assistance when needed.
B. Provide a supportive school environment that links to community resources.
C. Provide information that addresses teen dating issues, peer pressure, and violence through education and intervention in partnership with community resources.
D. Implement the Zuni Core Values to strengthen the social and emotional well-being of the students.
E. Consult with traditional practitioners regarding the social and emotional well-being when the school is affected by cultural incidents that may require traditional practices. Utilize the Positive Behavior Interventions Support Program District-wide to create an environment conducive to social and emotional well-being. Provide ongoing educational opportunities for parents and students which address current and/or persistent problems in the Zuni community (suicide, gang activities, bullying, teen relationships, pregnancy, substance abuse, etc.).
Physical Education Component

**Purpose**: Physical education is defined as cognitive content and learning experiences in a variety of activity areas. It provides the opportunity for all students to learn and develop the skills, knowledge and attitudes necessary to personally decide to participate in a lifetime of healthy physical activity. It meets the content standards with benchmarks and performance standards as set forth in Section 6.30.2.20 NMAC.

Increase Physical Activity Opportunities and Physical Education

A. Integrating Physical activity into the Classroom Setting
   (a) Classroom teachers will ensure that students receive the nationally-recommended amount of daily physical activity (i.e., at least 60 minutes throughout the day). This can be accomplished through recess time and offering activity based learning objectives.

B. Physical Education (P.E.) K-12
   (a) Provide daily exercise breaks for all elementary students (health breaks, recess, supervised physical activities etc.).
   (b) All schools of 100 or more students will be required to have a full time P.E. teacher.
   (c) All students in grades K-12, including students with disabilities, special health-care needs, and in alternative educational settings, will receive daily physical education (of 150 minutes/week) for the entire school year. (e.g., interscholastic or intramural sports) will not be substituted for meeting the physical education requirement.
   (d) Participation by schools in district health initiatives will be expected (i.e., Healthy Pathway Grant Program).
   (e) Prohibit both the withholding and the use of physical activity (i.e. physical education class, recess, push-ups, etc.) as a means/method of punishment.
   (f) Schools shall hire certified physical educators to teach physical education and plan additional opportunities for physical activity.
**Nutrition Component**

**Purpose:** Student Nutrition Services will model health dietary practices that promote healthy lifestyle choices for students, staff and parents.

A. Meals must be appealing and attractive to children; Student Nutrition Services will monitor student’s acceptance of meals on an on-going basis. Make schedule adjustments as needed to keep plate waste at a minimum. Example: scheduling recess before lunch.

   (a) Be served in clean and pleasant settings; maintain dining areas as a pleasant, clean, and inviting place to eat in the school cafeteria.

   (b) Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations; All Student Nutrition Services employees shall regularly participate in professional development activities that address strategies for promoting healthy eating behaviors in a student-friendly dining environment. Follow federal and state regulations/guidelines for purchasing and promoting food safety and sanitation.

   (c) Offer a variety of fresh fruits and vegetables; Student nutrition Services will be encouraged to utilize foods and products grown, processed and/or packaged in New Mexico in the school meal program.

   (d) Serve only low-fat (1%) fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by USDA).

   (e) Ensure that half of the grains servings are whole grain rich.

   (f) Work to increase freshly prepared meals on site and decrease the amount of processed foods. Seasonal fresh fruit and/or vegetables will be available daily in the school cafeteria.

   (g) Be reviewed by the Food Service Supervisor and a non-school district nutritionist.

   (h) All schools will make drinking water freely available for students.

**Zuni Public School District shall:**

A. Encourage, and support healthy eating.

B. Implement staff wellness initiatives that will incorporate participation in community programs.

C. Ensure that students receive consistent nutrition education throughout the schools- classrooms, cafeterias, homes, community and/or other agencies.

D. Support the School Breakfast Program.

E. Cooperate with district food service program initiatives designed to enhance nutrition, i.e.: taste testing in the classroom, fresh fruits and vegetable tasting program etc.

F. Encourage the use of fresh produce and the development of school gardens.

G. Support procurement and delivery of local fresh produce for schools meals.

H. Ensure that parents are adhering to the nutrition guidelines when providing outside food and or snacks to the classroom.

I. Prohibit the use of food and beverages as an incentive, or punishment in all schools and school sponsored events.
Fundraising Activities:

A. Fundraising and concessions will not occur unless approved by the building principal and only during afterschool and will be held accordance with school standard guidelines.
B. The school district will make a list available of ideas for acceptable fundraising activities to include physical activity and foods limited to those that meet local, state and federal standards.
C. School fundraisers should be supportive of healthy eating. Foods sold in any fundraising event during school hours must comply with the smart snack for schools. The SHAC will deliver healthy snack resource listing.

Rewards:

A. Schools will use nonfood items as rewards or incentives.
B. Students will not be denied physical education or activity as a disciplinary action.

Celebrations:

A. Schools will limit celebrations that involve food during the school day to no more than one party per class per month.

School Sponsored Event:

A. Foods and beverages offered or sold at school-sponsored events outside the school day will meet the national nutrition standards (smart snack) for meals or for foods and beverages sold individually.
B. Foods of Minimal Nutritional Value (FMNV): A food which provides less than 5% of the referenced daily intakes for the following eight nutrients: Protein, Vitamin A, Vitamin C, niacin, riboflavin, thiamine, calcium, and iron. The following foods also fall into the category: soda water (soda pop), water ices, chewing gum, hard candy, jellies and gum, marshmallow-candies, fondant, licorice, spun candy and candy coated popcorn.
C. Schools participating in the National School Meal Program are prohibited from selling FMNV in food service areas (areas where meals are served and or eaten) during the school meal period. Regulations do not prohibit the sale of FMNV outside the food service area. Food authorities may impose additional restrictions on FMNV or competitive food sale rule grid.
D. Nutrition information for products offered in snack bars, a la carte, vending, school stores, and form food vendors should be readily available near the point of purchase.

Vending:

A. Examine current vendor status and modify offerings to national and state standards.
B. If any vendors are selected in the future, the district will choose those that offer the healthiest choices, serve only low-fat milk and/or water, and nutritional snacks that meet all grain products to be whole grain rich and meet the smart snack for schools/federal standards.
C. Competitive Foods is defined as any food or beverage sold in competition with reimbursable school meals served under the National School Meal Program. By this definition, a la carte items sold by the school cafeteria are competitive foods. This also includes vending, sales operated by students, the principal, PTA or other groups, and other fundraisers.
D. Snack vending machines will be removed from schools and only water will be served in machines instead of energy, sports or flavored drinks.
**Nutrition: Competitive Foods Sale Rule Grid**

“Competitive Food” is defined as 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 during normal school hours.

<table>
<thead>
<tr>
<th>Vended Beverages and Foods</th>
<th><strong>“Vended beverages and foods” means a beverage or food product sold in vending machines to student in schools.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Vended Beverages <strong>Note:</strong> Flavored milk is allowed as long as it is fat-free.</td>
<td><strong>Elementary</strong></td>
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<tr>
<td><strong>Allowed after the last lunch period:</strong></td>
<td><strong>Allowed any time:</strong></td>
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<tr>
<td>- Milk 1% or fat-free</td>
<td>- Milk 1% or fat-free</td>
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<tr>
<td>- Soy Milk</td>
<td>- Soy Milk</td>
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<tr>
<td>- Water</td>
<td>- Water</td>
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<tr>
<td><strong>No Carbonated, sports, or energy drinks</strong></td>
<td><strong>No Carbonated, sports, or energy drinks.</strong></td>
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</table>
**Nutrition: Competitive Foods Sale Rule Grid**

**A La Carte (only during breakfast and lunch period)**
A la carte “Means a beverage or food product sold or provided in schools to students during the breakfast and lunch periods that is not part of the United States Department of Agriculture schools meal program.

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<tr>
<th></th>
<th>Elementary</th>
<th>Middle</th>
<th>High</th>
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</thead>
</table>
| **Allowed only during lunch period:** | • Milk 1% or less  
• Soy Milk  
• Water |
|               | • Milk 1% or fat-free  
• Soy Milk  
• Water  
• 100% fruit juice that has:  
  • No added sweeteners  
  • No more than 125 calories/container and  
  • A serving size not to exceed 20oz. |
|               | • Milk 1% or fat-free  
• Soy Milk  
• Water  
• At least 50% fruit juices that has:  
  • No added sweeteners  
  • A serving size not to exceed 20oz. |
| **Allowed only during lunch period:** | **No Carbonated, sports, or energy drinks.** |
| **Allow any time:** | • Milk 1% or fat-free  
• Soy Milk  
• Water  
• At least 50% fruit juices that has:  
  • No added sweeteners  
  • A serving size not to exceed 20oz. |
| **A La Carte Foods** | **Foods products sold or provided in Elementary, Middle and High School only during the breakfast and lunch period as a la carte sales must meet the following guidelines** |
|               | **with the exception of nuts, seeds, low fat cheese, low fat yogurt, and fruit:** |
|               | • No more than 400 calories per container or per package or amount served; and  
• No more than 16 grams of fat (no more than 2 grams from saturated and trans fats combined) per container or per package or amount served and  
• No more than 30 grams of total sugar per container or per package or amount served. |
**Nutrition: Competitive Foods Sale Rule Grid**

**Fund Raisers (Beverages/Food)**

“Fund Raisers” means beverage of food products sold to raise money that are not sold in vending machines, a la carte sales or part of the United States Department of Agriculture school meal program.

<table>
<thead>
<tr>
<th>Fund Raisers</th>
<th>Elementary</th>
<th>Middle</th>
<th>High</th>
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<tbody>
<tr>
<td><strong>During Normal School Hours</strong></td>
<td><strong>Beverage Allowed as fund raiser except during lunch period:</strong></td>
<td><strong>Beverages Allowed as fund raiser except during lunch period:</strong></td>
<td><strong>Beverages Allowed as fund raiser except during lunch period:</strong></td>
</tr>
</tbody>
</table>
| Beverages | - Milk 1% or fat-free  
- Soy Milk  
- Water | - Milk 1% or fat-free  
- Soy Milk  
- Water  
- 100% fruit juice that has:  
  - No added sweeteners  
  - No more than 125 calories/container and  
  - A serving size not to exceed 20oz. | - Milk 1% or fat-free  
- Soy Milk  
- Water  
- At least 50% fruit juices that has:  
  - No added sweeteners and  
  - A serving size not to exceed 20oz. |
| **No Carbonated, sports, or energy drinks** | **No Carbonated, sports, or energy drinks.** | **No Carbonated, sports, or energy drinks.** |
### Nutrition: Competitive Foods Sale Rule Grid

<table>
<thead>
<tr>
<th>Fundraisers</th>
<th>Elementary</th>
<th>Middle</th>
<th>High</th>
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<tbody>
<tr>
<td>During Normal School Hours Foods</td>
<td>NONE</td>
<td>Allowed as fund raiser except during lunch period</td>
<td>Allowed as fund raiser except during lunch period</td>
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<td></td>
<td>Foods meeting the following guidelines</td>
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<td><strong>with the exception of nuts, seeds, low fat cheese, low fat yogurt, and fruit:</strong></td>
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<td></td>
<td>• <em>No more than 200 calories per container or per package or amount served, and</em></td>
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<td></td>
<td>• <em>No more than 8 grams fats per serving with no more than 2 grams from saturated and trans fats per container or per package or amount served and</em></td>
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<td></td>
<td>• <em>No more than 15 grams of sugar per container or per package or amount served.</em></td>
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<table>
<thead>
<tr>
<th>Fundraisers</th>
<th>Beverages and food products may be sold as fund raisers outside of normal school hours for Elementary, Middle and High Schools provided that at least 50 percent of the offerings meet the following requirements: Healthy offerings should not be more costly than the other foods.</th>
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</table>
| Outside of Normal School Hours to include before and after school programs | Beverages:  
• Milk 1% or fat-free  
• Soy milk  
• Water  
• At least 50% fruit juice that has:  
  • No added sweeteners  
  • No More than 125 calories/container and  
  • A serving size not to exceed 20 oz. | Foods:  
**with the exception of nuts, seeds, low fat cheese, low fat yogurt, and fruit:**  
• *No more than 200 calories per container or per package or amount served and*  
• *No more than 8 grams fats per serving and no more than 2 grams from saturated and trans fats per container or per package or amount served and*  
• *No more than 15 grams of sugar per container or per package or amount served* |
As per the school district Wellness Policy rule 6.12.6.6 NMAC, each school district must develop and submit a plan for measuring implementation and evaluation of the Wellness Policy, including the designation of one or more persons within the school district, or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the district’s Wellness Policy on an annual basis.

Process Evaluation: Measuring implementation of Wellness Policy.

<table>
<thead>
<tr>
<th>Component/Activity</th>
<th>In Planning</th>
<th>In Process</th>
<th>In Place</th>
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<tbody>
<tr>
<td>1. The Zuni Public School District established a School Health Advisory Council (SHAC)</td>
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<tr>
<td>2. SHAC contains all required members: parent(s), school food authority personnel, school board member(s), school administrator(s), school staff; student(s); and community member(s)</td>
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<td>3. The SHAC reports to the Superintendent recommendations for development/revision, implementation and evaluation of the Wellness Policy at least annually.</td>
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<td>4. The SHAC has met at least twice this year for the purpose of development or revision, implementation, and evaluation of the Wellness Policy.</td>
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<td>5. The SHAC will assign one or more persons within the school district, or at each school, as appropriate, charged with operational responsibility for ensuring that each school fulfills the district’s Wellness Policy.</td>
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<td>6. The Zuni Public School District has adopted physical activity guidelines for before and during school.</td>
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<td>7. Nutrition guidelines for a la carte offerings minimally meet guidelines set forth in subsection B of 6.12.5.8 NMAC.</td>
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<tr>
<td>8. Nutrition guidelines for school sponsored fund raisers during normal school hours minimally meet guidelines set forth in paragraph (1) of subsection C of 6.12.5.8 NMAC.</td>
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<tr>
<td>9. Nutrition guidelines for school sponsored fund raisers (before and after school hours) ensures that at least fifty percent of the offerings shall be healthy choices in accordance with the requirements set forth in paragraph (2) of subsection C of 6.12.5.8 NMAC.</td>
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<td>Guidelines for a planned, sequential, K-12 health education curriculum addresses the physical, mental, emotional and social dimensions of health and is aligned to the health performance standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.</td>
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<tr>
<td>11.</td>
<td>Guidelines for a planned, sequential K-12 physical education curriculum provides the optimal opportunity for all students to learn and develop skills, knowledge and attitudes.</td>
<td></td>
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<td>12.</td>
<td>A plan addressing the behavioral health needs of all students in the educational process by focusing on students’ social and emotional well-being.</td>
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<td>13.</td>
<td>A school safety plan exists at each school building focused on supporting health and safe environments and including but not necessarily limited to prevention, policies and procedures and emergency response.</td>
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<td>14.</td>
<td>A plan exists addressing the health services needs of students in the educational process.</td>
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<tr>
<td>15.</td>
<td>A plan exists that addresses the staff wellness needs that minimally ensures an equitable work environment and meets the American with Disabilities Act Part III.</td>
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</table>
Acronyms

ASC - Advisory School Council

CDC - Center for Disease Control

EAP - Employee Assistance Program

FMNV - Food of Minimal Nutritional Value

Hazard analysis and critical control points or HACCP - is a systematic preventive approach to food safety from biological, chemical, and physical hazards in production processes that can cause the finished product to be unsafe, and designs measurements to reduce these risks to a safe level. In this manner, HACCP is referred as the prevention of hazards rather than finished product inspection. The HACCP system can be used at all stages of a food chain, from food production and preparation processes including packaging, distribution, etc. The Food and Drug Administration (FDA) and the United States Department of Agriculture (USDA) say that their mandatory HACCP programs for juice and meat are an effective approach to food safety and protecting public health. Meat HACCP systems are regulated by the USDA, while seafood and juice are regulated by the FDA. The use of HACCP is currently voluntary in other food industries.

IDEA-B - Individuals with Disabilities Education Act Part B

IRT - Incident Response Team

LEPC - Local Emergency Preparedness Council

NASN - National Association of School Nurse

Offer Versus Serve – A food component is one of five food groups that comprise reimbursable lunches. These are meat/meat alternated; grains; fruits; and fluid milk. Schools must always offer all five food components in at least the minimum required quantities. At least 3 of 5 food components and must be a ½ cup serving of the fruit or vegetable component or a ½ cup total serving of both fruit and vegetable. If ½ cup of fruit is selected, the student must select the full required daily serving of the vegetable component for it to be counted as meeting that component.

PED - Public Education Department

PSFA - Public School Facilities Authority
Reimbursable Meal - requirements based on the meal patterns used. The meal pattern depends on the type of meal being served (breakfast, lunch, snack, or supper). A reimbursable meal must contain a specified quantity by age for each of the food components: • Meat or meat alternate • Vegetable or fruit • Grains/breads • Milk.

To explain what a full meal is in the eyes of the USDA, we need to start with the USDA rules. We receive a monetary reimbursement from the Federal Government for each meal we serve to students. (We do not receive a reimbursement for adult meals or a second full meal for a student.) In order for us to get that reimbursement we must follow the USDA guidelines.

SHAC- School Health Advisory Council

USDA- United States Department of Agriculture
The Healthy, Hunger-Free Kids Act of 2010 requires USDA to establish nutrition standards for all foods sold in schools—beyond the federally-supported meals programs. This new rule carefully balances science-based nutrition guidelines with practical and flexible solutions to promote healthier eating on campus. The rule draws on recommendations from the Institute of Medicine, existing voluntary standards already implemented by thousands of schools around the country, and healthy food and beverage offerings already available in the marketplace.

**Before the New Standards**
- 266 TOTAL CALORIES
  - Chocolate Sandwich Cookies (6 medium)
- 246 TOTAL CALORIES
  - Fruit Flavored Candies (2.2 oz. strip)
- 242 TOTAL CALORIES
  - Donut (1 large)
- 236 TOTAL CALORIES
  - Chocolate Bar (1 bar-1.8 oz.)
- 136 TOTAL CALORIES
  - Regular Cola (12 fl. oz.)

**After the New Standards**
- 170 TOTAL CALORIES
  - Peanuts (1 oz.)
- 161 TOTAL CALORIES
  - Light Popcorn (snack bag)
- 118 TOTAL CALORIES
  - Low-Fat Tortilla Chips (1 oz.)
- 95 TOTAL CALORIES
  - Granola Bar (oats, fruit, nuts) (1 bar-6 oz.)
- 68 TOTAL CALORIES
  - Fruit Cup (w/100% Juice) (1 cup-4 oz.)
- 0 TOTAL CALORIES
  - No-Calorie Flavored Water (12 fl. oz.)

*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty calories are part of total calories.