

## **Policy 358, Appendix A**

### **RRPS Family, School, and Community Involvement Plan**

- Complete activities related to the creation and implementation of the district Student and Staff Health and Wellness Policy (Policy 358) as follows:
  - Ensure the membership of the School Health Advisory Council meets statutory requirements and that the SHAC meets and reports to the school board in accordance with the terms set forth in state law and district policy 358.
  - Assign responsibilities for development, implementation, monitoring and evaluation of the district wellness policy.
  - Develop guidelines incorporating existing activities within the district to provide physical activity opportunities to students before, during and/or after school.
  - Develop a nutrition plan which incorporates the nutrition rules as set forth by the state and includes:
    - Guidelines for a la carte offerings meeting the minimum guidelines as stated in the competitive food sales rule.
    - Guidelines for school sponsored fund raisers during normal school hours meeting the minimum guidelines as stated in the competitive food sales rule.
    - 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.
  - Create 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 health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.
  - Create guidelines for a planned, sequential K-12 physical education curriculum that provides an opportunity for all students to learn and develop the skills, knowledge and attitudes necessary to decide to participate in lifetime healthful physical activity and is aligned to the physical education content standards with benchmarks and performance standards as set forth in 6.30.2.20 NMAC.
  - Develop a plan incorporating existing activities within the district that addresses the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.
  - Review school safety plans at each school building to ensure they meet the state requirements for health and wellness and provide a healthy and safe environment for learning, including but not necessarily limited to prevention, policies and procedures, and emergency response.
  - Develop a plan that incorporates existing activities within the district addressing the health services needs of students in the educational process.

- Develop a plan addressing the staff wellness needs of all staff that minimally ensures an equitable work environment, meets the American with Disabilities Act Part III, and incorporates existing activities in district schools and at the district office
- Develop a checklist to facilitate implementation and evaluation of the wellness policy.
- Designate 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.
- Review contracts with outside vendors to encourage healthful eating and reduction of school/district dependence on profits from foods of little nutritional value.

Adopted: July 17, 2006