

POLICY 336: Wellness Policy

Statement of Policy

The Montessori Academy recognizes that healthy habits foster lifelong benefits for children and adults while creating an optimal environment for teaching and learning. In alignment with the New Mexico Public Education Department Wellness Policy Rule (6.12.6.6 NMAC) and Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004, the school establishes this Wellness Policy to promote health, wellness, and nutrition.

This policy will be publicly available on the school's website under *Governing Council Policies* ([link](#)) and upon request at the school office, in compliance with 7 C.F.R. 210 & 220.

The Montessori Academy also complies with:

- Section 22-10A-32 NMSA (Child Abuse/Neglect Reporting)
- Section 22-5-4 NMSA (Substance Abuse Reporting)

All applicable USDA programs, including: National School Lunch Program, School Breakfast Program, At-Risk Afterschool Meals, Afterschool Snack Program, Fresh Fruit and Vegetable Program, and Summer Food Service Program.

Definitions

(To ensure clarity, only essential terms are included. Full legal references are maintained at the end of the Wellness Policy)

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.

Coordinated School Health Approach means the framework for linking health and education. The focus is healthy and successful students. There are eight interactive components of coordinated school health: health education; physical education and activity; nutrition; social and emotional well-being; healthy and safe environment; health services; staff wellness; and family, school and community involvement.

Family, School and Community Involvement means an integrated family, school and community approach for enhancing the health and well-being of students accomplished through the establishment of a school health advisory council with the responsibility for making recommendations to the school Governing Council in the development or revision, implementation, and evaluation of the wellness policy.

Fundraisers means beverage or food products sold to raise money that are not sold in vending machines.

Health Education means the instructional program that provides the opportunity to motivate and assist all students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. The health education program will allow students to develop and demonstrate

increasingly sophisticated health-related knowledge, attitudes, skills, and practices and meet the content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.

Health Services means services provided for students to appraise, protect, and promote health. These services are designed to ensure access or referral to primary health care or behavioral health services or both, foster appropriate use of primary health care services, behavioral health services, prevent and control communicable diseases and other health problems, identify program references for emergency care, illness, or injury, promote and provide 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.

Healthy and Safe Environment means the physical and 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.

Nutrition means programs that provide access to a variety of nutritious and appealing snacks that accommodate the health and nutrition needs of all students.

Physical Activity means body movement of any type, including recreational, fitness, and sport activities.

Physical Education means the instructional program that provides 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 healthful physical activity. It meets the content standards with benchmarks and performance standards as set forth in Section 6.30.2.20 NMAC. 6.12.6 NMAC.

Social and Emotional Well Being means services provided to maintain and/or improve students' mental, emotional, behavioral, and social health.

Staff Wellness means opportunities for school staff to improve their health status through activities such as health assessments, health education and health-related fitness activities. These opportunities encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall coordinated school health approach.

Vended Beverages and Foods means a beverage or food product sold in vending machines to students in school

School Health Advisory Council (SHAC) means a council consisting of parent(s), school food authority personnel or equivalent, school Governing Council member(s), school administration, school staff member(s), student(s), and community member(s).

Family, School, and Community Involvement

The goal of family, school and community involvement within a coordinated school health approach is to create a total school environment conducive to student health and academic

achievement. Shared responsibility and effective partnerships among families, school and community support for the development and maintenance of this comprehensive learning environment.

School Health Advisory Council (SHAC) NMAC 6.12.6

The Montessori Academy Governance Council will establish and maintain a SHAC. The SHAC is responsible to:

- meet at least two times annually ; and
- make recommendations to the Governing Council in the development or revision; implementation; and evaluation of the Wellness Policy. The SHAC may consist of:
 - Parent(s)
 - School food authority personnel
 - Council member(s)
 - School Administrator(s)
 - School Staff
 - Student(s)
 - Community member(s)
- Conduct a triennial quantitative assessment of policy implementation using the Wellness School Assessment Tool- Practice (WellSAT Practice) and prepare a progress report, including the results of the triennial assessment.

The Executive Director (or designee) will ensure compliance and implementation of the Wellness Policy.

Student Health Conditions

Asthma

Asthma is a chronic condition in which airflow in the bronchial tubes becomes periodically obstructed, making breathing difficult. Obstruction can be caused by bronchospasms (tight constriction of the respiratory muscles around the bronchi), by swelling and inflammation of the membranes lining the bronchi and by thick, sticky mucus in the bronchi.

The parent/guardian of a student with asthma should provide the The Montessori Academy school nurse with a complete asthma health history, an Asthma Action Plan from the healthcare provider for care in the school setting, and the healthcare provider's orders for any medication, inhalers, and nebulizer treatments to be administered in the school setting. The Montessori Academy school nurse will identify Asthma students to the classroom teacher, special teachers and aftercare staff. The Montessori Academy school nurse will document any asthma episode, care, and medication given to an asthma student.

Student Self-Administration and Carrying of Asthma Supplies: Students with Asthma are permitted to self-administer and carry their asthma supplies, including albuterol inhaler and any accompanying medical supplies during the school day and during all school-related activities. For a student to be permitted to self-administer their own asthma prescription medication, the parent/guardian and/or student over 18 must complete and return an "Authorization for Student to Self-Administer Prescription Medications for Anaphylaxis and Asthma" form, which require

approval of the student's healthcare provider and will be reflected in their plan. The Montessori Academy encourages students to manage their asthma independently, fostering self-care and responsibility, while ensuring that support is readily available from the school nurses assistant and staff when needed.

Diabetes

Diabetes is defined in the Public School Code to mean Type 1 or Type 2 diabetes mellitus; complications to diabetes mellitus, or prediabetes.

Parents/guardians should notify the The Montessori Academy personnel of their student's condition and arrange to develop a diabetes management plan ("plan") which is a document that sets out the health services that the student needs at school and that is signed by the student's health care practitioner and parent or guardian, or the student if they are 18 and over.

The Montessori Academy school nurse or TMA employee who is a trained diabetes care personnel will organize, supervise, and document all care and treatment given to the diabetic student, and communicate with the parent/guardian, in accordance with the student's plan.

Student Self-Administration and Carrying of Diabetic Supplies: Students with diabetes are permitted to self-administer and carry their diabetic supplies, including glucose monitoring equipment, insulin, and emergency snacks, during the school day and during all school-related activities. For a student to be permitted to self-administer their own diabetes prescription medication, the parent/guardian and/or student over 18 must complete and return a "Student Self-Administration of Prescription Medication for Diabetes" form, which require approval of the student's healthcare provider and will be reflected in their plan. . The Montessori Academy encourages students to manage their diabetes independently, fostering self-care and responsibility, while ensuring that support is readily available from the school nurses assistant and staff when needed.

Diabetes encompasses a group of chronic metabolic conditions characterized by hyperglycemia (high blood sugar)/hypoglycemia (low blood sugar) resulting from defects in insulin secretion by the pancreas, insulin utilization in the body or both. Diabetes is one of the most common chronic diseases of childhood and is categorized as Type 1 (formerly insulin dependent or juvenile onset diabetes) or Type 2 (formerly adult onset or non-insulin dependent diabetes).

The parent/guardian of a diabetic student should provide the The Montessori Academy school nurse with a complete diabetic health history, the Diabetic Management Plan completed by the diabetic healthcare provider, and all diabetic supplies including glucose monitoring equipment, Insulin, Glucagon, juice, protein and carbohydrate snacks.

The Montessori Academy school nurse will organize, supervise, and document all care and treatment given the diabetic student, and communicate with the parent/guardian.

Ongoing medical management of the student with diabetes in the school setting will include assessment and assistance of diabetes self care towards the student's independence per the medical provider's recommendations and education of the student and The Montessori Academy staff.

Physical Education & Physical Activity

Physical Education (PE)

Physical education is an instructional program taught by classroom teachers or assistants. All individuals teaching Physical Education will be provided the appropriate professional development to teach the content aligned with standards and benchmarks. Physical education is one of many sources, and it will not be the only source of physical activity. The Montessori Academy shall offer a planned, sequential physical education curriculum serving Kindergartners to 8th graders aligned to the physical education content standards with benchmarks and performance standards as set forth in 6.30.2.20 NMAC. Activities shall be based on goals and objectives that are appropriate for all The Montessori Academy student requirements. Physical education is required for all students in grades K-8 for 50 minutes each week.

The Montessori Academy will set measurable goals to ensure all students have access to daily opportunities for moderate to vigorous physical activity through PE, recess, classroom movement, and before/after school programs. Adapted PE shall be available to all students where appropriate. One unit of PE, or allowable alternative, is included as a district graduation requirement for high school students. Recess is scheduled for a minimum of 30 minutes per day. Additional recess may be used as an incentive in the classroom. Recess will not be withheld as a punishment to students.

Physical Activity

Physical activity covers a broad spectrum of opportunities for students to move and exercise their brains and bodies outside of the physical education curriculum. These may include but are not limited to integration of movement into core curriculum to provision of sports, fitness, recreational activities, arts-based and teacher-led, during, before and/or after school.

Students shall be provided with opportunities to engage in moderate to vigorous physical activity during school. The school shall create guidelines to provide such physical activity opportunities to students. Students are encouraged to walk or bike to/from school who live in close proximity to the school's geographic location.

The Montessori Academy will hold a Jog-a-Thon, open to all students and family members. Students also attend numerous field trips, including highly active trips to Glorietta, which include hiking, horseback riding, and other activities to promote a healthy lifestyle.

The Montessori Academy will provide education on the health benefits of physical activity that align with the New Mexico Health Education content standards, benchmarks, and performance standards as set forth in 6.30.2.19 NMAC. Physical activity is included as a health education topic (6.29.9 NMAC). Specific goals for physical activity that promote student wellness and consider evidence-based strategies in determining these goals.

Nutrition

The Montessori Academy believes that nutrition is essential to student wellness, academic performance, and quality of life. Nutrition education and healthy eating support physical growth, brain development, emotional balance, well-being, disease prevention, and obesity prevention.

The school will promote wellness by ensuring access to healthy, balanced meals and nutrition education that encourages lifelong healthy habits.

Nutrition Education and Promotion

The Montessori Academy will:

- Provide nutrition education activities aligned with New Mexico Health Education content standards (6.30.2.19 NMAC).
- Integrate nutrition into the curriculum through hands-on projects and arts-based instruction.
- Promote evidence-based practices that encourage fruit, vegetable, and whole-grain consumption.
- Highlight the role of nutrition in learning, wellness, and lifelong health.

Meal Programs and Access

- Meals will be provided through the USDA School Breakfast Program and National School Lunch Program, meeting all federal nutrition requirements (7 CFR 210.10 and 220.8).
- Fresh, locally grown foods will be included when possible, with consideration for student input and cultural preferences. This includes working with local farms to source products to incorporate into the menu for both breakfast and lunch, when appropriate.
- Breakfast and lunch schedules are designed to encourage participation, with at least 20 minutes of seated lunchtime.
- Aftercare will only provide healthy snacks.
- Students qualifying for free or reduced-price meals will not be overtly identified, and privacy will be protected.

Food and Beverage Standards

All foods and beverages provided or sold to students during the school day will meet or exceed USDA Smart Snacks in School standards and NMAC 6.12.5.8 guidelines, verified with the USDA Smart Snacks Product Calculator.

- Classroom foods: Parties, parent-provided snacks, and food incentives must follow Smart Snacks guidelines. Non-food rewards are highly encouraged.
- Fundraisers: At least 50% of offerings will be healthy options; up to two fundraisers per semester may be exempt, but not during meal service or in food service areas.
- Marketing: Only Smart Snack-compliant foods may be advertised or promoted on campus.
- Water: Free drinking water will be available where meals are served and throughout the school day.

Smart Snack Guidelines are listed below:

Smart Snacks standards, implemented by the [USDA](#), regulate the nutritional content of foods sold to students on school campuses during the school day to promote healthy eating. To qualify, foods must either be a grain with whole grains as the first ingredient, a fruit, vegetable, dairy, or protein food as the first ingredient, or a combination food with at least ¼ cup of fruit or

vegetable. Additionally, these foods must meet specific nutrient standards for calories, sodium, total fat, saturated fat, and sugar, which differ for snacks and entrées.

General Requirements

A food item must meet at least one of the following general requirements to be a Smart Snack:

- **Whole Grain Products:** Must be a grain product with 50% or more whole grains by weight, meaning a whole grain is the first ingredient.
- **Primary Food Group:** The first ingredient must be a fruit, vegetable, dairy food, or protein food.
- **Combination Foods:** Must contain at least ¼ cup of a fruit and/or vegetable.

Nutrient Standards

Beyond the general requirements, foods must also meet nutrient standards for calories, sodium, fats, and sugars.

- **Calories:** Snacks must be 200 calories or less, while entrées have a higher limit of 350 calories or less.
- **Sodium:** Snacks should have 200 mg of sodium or less, and entrées are allowed up to 480 mg or less.
- **Total Fat:** Must be 35% of calories or less.
- **Saturated Fat:** Must be less than 10% of calories.
- **Sugar:** No more than 35% of the food's weight can come from total sugars.

Exemptions

Certain foods are exempt from some of the nutrient standards, provided they are healthy and meet other criteria:

- **Whole fruits and vegetables:** Fresh fruits and vegetables with no added ingredients except water are exempt.
- **Nuts, seeds, and nut butters:** These are exempt from the total and saturated fat limits, but still must meet sodium and calorie limits.
- **Dried fruits:** These are exempt from the sugar standard.

What to avoid

- Foods high in sugar, fat, and salt are generally not considered Smart Snacks.
- Trail mixes containing added sweeteners, chocolate, or other candy are ineligible.

Food Allergies and Student Safety

The Montessori Academy will ensure safe participation for students with food allergies by:

- Maintaining updated medical documentation.
- Developing Individualized Health Plans (IHPs) or Emergency Action Plans when needed.
- Training staff annually on allergy response and epinephrine use.
- Facilitating communication among families, staff, and food service providers.
- Implementing emergency procedures for allergic reactions.

- Encouraging non-food rewards and safe food practices at all school events.

Nutrition Enrichment

The Montessori Academy encourages school gardens, nutrition instruction, and student engagement in menu planning to strengthen connections between classroom learning and healthy food practices.

Professional Standards for Nutrition Staff

The school follows USDA Professional Standards to ensure food service staff receive ongoing training:

- Directors: Minimum 12 hours annually.
- Managers: Minimum 10 hours annually.
- Staff: Minimum 6 hours annually.

All personnel will meet USDA hiring and continuing education requirements and will use the USDA Professional Standards website to guide training choices.

Health Education

The Montessori Academy will provide a planned, sequential, K-8 Health Education curriculum that addresses the physical, mental, emotional and social dimensions of health and is aligned with the health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC. The curriculum will provide the mechanism to help students acquire healthy life skills that promote personal, family, community, consumer, and environmental health.

The Montessori Academy will provide activities in comprehensive health education that align with the New Mexico Health Education content standards, benchmarks, and performance standards as set forth in 6.30.2.19 NMAC.

Parents may opt into courses of study in grade levels where the sexuality performance standards are addressed such as the state Health Education curriculum that includes all performance standards about human sexuality included in the state standards and benchmarks. The Montessori Academy affirms compliance with 6.29.1 NMAC (Standards for Excellence) for Health Education content standards. The district acknowledges that .5 credit of Health Education is required as a graduation requirement at the high school level. At the time parents register their son/daughter for school in those grade levels in which the sexuality performance standards are addressed, they will be asked to review and accept the instruction. Alternatives will be considered as necessary.

The Montessori Academy shall provide age-appropriate instruction about HIV and related issues in the curriculum of the required health education content area to all students in the elementary grades, in the middle/junior high school grades as set forth in 6.12.2.10.C NMAC.

Healthy & Safe Environment

A healthy and safe school environment is vital to academic achievement and includes both the physical and aesthetic surroundings of the school and the creation of a climate and culture before, during, and after school that promotes personal growth, healthy interpersonal relationships, and respect for all members of the school community.

The Montessori Academy will develop and regularly review school safety plans that meet state requirements. These plans must include prevention strategies, policies and procedures in line with federal and state law and Governing Council policy, and emergency response plans.

The Montessori Academy will comply with state law requiring that a minimum of 12 emergency drills will be conducted each year. These drills must include nine fire drills, two shelter-in-place drills, and one evacuation drill (which may be conducted as an in-class lesson exercise) at the intervals described in subsection M of 6.30.2.10 NMAC.

Safety Risks Associated with Health/Physical Conditions

Safety considerations in the school setting at The Montessori Academy should be designed to help students who have health conditions or special needs become as independent as possible, while protecting the individual student's safety and well-being as well as that of the rest of the student body and school staff.

A school support/educational team meeting for students who meet the criteria for 504 placement is the appropriate place to address safety concerns and precautions that should be taken with each individual student. For special education students, these concerns are addressed in the IEP. All educational team members, including the school nurse, administrator and parent/guardian should participate.

Risk factors must be determined on a case-by-case basis and documented in the 504 or IEP. All safety precautions will be posted in the student's classroom so that the information is readily available. Procedures to protect the health, safety and well being of students during off campus activities i.e. field trips must be addressed (NMSHM-Section IV (09/2013)).

Social and Emotional Well-Being

A safe and healthy school environment where all students are effective learners requires creating a respectful and nurturing climate where students' mental, emotional, behavioral, and social health needs are supported and, as necessary, improved.

The Montessori Academy shall develop and maintain plans addressing the behavioral health needs of all students in the educational process. Where possible, The Montessori Academy will collaborate with community agencies to provide services and promote strategies that maintain and/or improve students' social and emotional well-being.

The Montessori Academy will maintain a behavioral health plan that supports prevention, early identification, and access to appropriate services for all students in compliance with NMAC 6.12.6.8(D)(6).

Substance-Free Schools

TOBACCO, ALCOHOL AND DRUG FREE SCHOOL Definitions:

- *"Tobacco"* means substances that include, but are not limited to cigarettes, e-cigarettes, cigars, chewing tobacco, dipping tobacco, snuff and similar substances.
- *"Alcoholic beverage"* means a beverage with no less than one-half percent alcohol and includes wine, beer, fermented, distilled, rectified and fortified beverages.

- “*Illicit drugs*” means steroids and prescription and over-the-counter medications being used for an abusive purpose or when they are not used in compliance with the prescription or directions for use and are not being used to treat a current health condition of the student.
- “*Mood-altering substances*” means substances that include, but are not limited to paint, glue, aerosol sprays and similar substances.

The Montessori Academy prohibits tobacco use, alcoholic beverage possession or use, and illicit drug possession or use by students, school staff, parents, and school visitors in school buildings, on school property, and for students at school functions away from school property. The Montessori Academy will communicate this policy to students, school staff, parents, school visitors, and the community. Notices should be posted on school grounds stating that the use of tobacco and possession or use of alcoholic beverages and illicit drugs is prohibited on school grounds according to NMAC 6.12.4.1

Health Services

The Montessori Academy is committed to providing health services that are appropriate to the school setting and that meet the needs of students in the educational process.

The Montessori Academy shall develop and maintain plans providing for health services that meet the needs of all students in the educational process. Such services shall be defined, coordinated, and evaluated and agreed upon by all parties through the students’ SAT, IEP and ILP meetings. School personnel will meet all federal and state reporting, recordkeeping and confidentiality requirements. Individualized Health Plans (IHPs) will be developed as needed, maintained separately, and attached to IEPs or 504 plans where appropriate. The Montessori Academy will maintain confidentiality of all students and staff with HIV/AIDS in compliance with NMAC 6.12.2.10. The school will ensure compliance with the McKinney-Vento Homeless Assistance Act so that no student is denied enrollment due to inability to provide records.

IMMUNIZATION REQUIREMENTS

New Mexico State Law, House Bill 223 requires that all students be immunized against certain communicable diseases. These requirements are determined by the NM Department of Health (NMDOH) in collaboration with the NM Vaccine Advisory Committee. The State’s official immunization requirements for schools and childcare facilities are released annually. The Montessori Academy will follow these standards based on state law so that no child may be registered without the proper up to date immunizations or approved waiver filed with the NMDOH.

Staff Wellness

The Montessori Academy Staff wellness activities are designed to promote the physical, emotional and mental health of school employees as well as to prevent disease and disability. A staff wellness program allows the staff to learn and practice skills to make personal decisions about health-enhancing daily habits. Staff members are encouraged to model healthy eating and physical activity for other staff and students.

The Montessori Academy staff wellness plan will address the staff wellness needs of all employees that minimally ensures an equitable work environment and meets the Americans with Disabilities Act, Part III. B. Employees will be provided with opportunities to learn and participate in strategies supporting a healthy lifestyle. The staff wellness program will ensure compliance with the

Americans with Disabilities Act, Title III, and provide equitable access to all employees. The district and its governing boards and schools implement policy to ensure the right to privacy of all school employees infected with HIV, keeping these safe and confidential. Members of the school staff are allowed to participate on the district's School Health Advisory Council (SHAC), as per 6.12.6.8 NMAC Section E

Evaluation

Montessori Academy health and wellness plans for family/school/community involvement, physical activity, nutrition, health education, physical education, healthy and safe environment, health services, social and emotional well-being, and staff wellness will include measurable targets and benchmarks for evaluating the implementation of the policy. In conformance with the provisions of rule 6.12.6.6. NMAC, one or more persons shall be delegated operational responsibility for ensuring that The Montessori Academy is in compliance with this policy. The School Health Advisory Council (SHAC) will provide an annual progress report to the Governance Council measuring implementation and evaluation of the Wellness Policy (Healthy Schools Report Card). Evaluation shall include measurable goals for nutrition promotion, physical activity, health education, social-emotional wellbeing, and staff wellness. The annual report will be shared with the public to demonstrate accountability and transparency.

Legal References

6.12.6.6. NMAC, Public Law 108-265, the Child Nutrition and WIC Reauthorization Act of 2004, 6.30.2.19 NMAC, 6.30.2.20 NMAC, 6.12.6 NMAC, 6.12.5.8 NMAC, NMAC 6.12.4.1, 6.12.2.10.C NMAC, NM School Health Manual Chapter 11, page 26, section II, House Bill 223, Public Law 108-265, Public Law 111-296, 42 U.S.C. 1751 et seq., 42 U.S.C. 1771 et seq., 7 CFR Part 210, 7 CFR Part 220, 7 CFR 210.11, NMSA 22-2-14, NMAC 6.12.5, NMAC 6.30.2.19

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