

Dexter Consolidated School District

Wellness Policy

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Introduction

A comprehensive school district wellness policy is essential to the academic success and lifelong well-being of students in the Dexter Consolidated School District. The intent of a wellness policy is to create a learning environment that allows students to achieve their full academic potential and enjoy lifelong health, while meeting the Public Education Department Wellness Policy rule 6.12.6.6 NMAC and the requirements of Section 204 of Public Law 108-265-June 30, 2004-Child Nutrition and WIC Reauthorization Act of 2004.

The link between nutrition, physical activity and good health has been well researched and documented. Healthy habits are known to reduce the risk of mortality and the development of many chronic diseases in adulthood. As a school district, we have a responsibility to assist staff and students in establishing and maintaining beneficial lifelong health habits.

All students shall possess the knowledge and skills necessary to make well-informed choices about healthy eating and physical activity as a valuable part of daily living. Dexter Consolidated School District will implement a comprehensive plan to encourage healthy life habits. This plan will include the use of school and community resources, while equitably serving the needs and interests of all students and staff in the district.

Resources:

1. New Mexico Public Education Department, School and Family Support Bureau online at <http://www.ped.state.nm.us> or phone: 505-827-1804.
2. School District Wellness Policy Rule 6.12.6.6 NMAC.
3. Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265) on line at <http://www.fns.usda.gov/cnd/Governance/Legislation/PL108-265.pdf>.
4. The Centers for Disease Control and Prevention, Division of Adolescent and School Health online at <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.
5. Fit, Healthy and Ready to Learn: National Association of State boards of Education online at www.nasbe.org/HealthySchools/fithealthy.html.
6. National Association of State Boards of Education: online at www.nasbe.org.

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Physical Activity

Definition:

Physical activity is body movement of any type, which includes recreational, fitness, and sport activities.

Note: physical activity is a component of, but is not a substitute for, quality physical education. 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. Physical education is one source, but should not be the only source of physical activity before, during and/or after school.

Goal:

The goal of physical activity within the coordinated school health approach provides students with increased opportunities to engage in moderate to vigorous physical activity before, during and/or after school.

Required Activities:

Dexter Consolidated Schools will provide opportunities for supervised physical activity for students before, during and/or after school hours. Opportunities shall include but are not limited to: free play (recess), organized intramurals, physical education classes and school sponsored extra curricular activities.

Each school site will provide education on the health benefits of physical activity that align with the New Mexico Health Education Content Standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.

Resources:

1. New Mexico Public Education Department, School and Family Support Bureau online at <http://www.ped.state.nm.us> or phone: 505-827-1804. Online search for: School District Wellness Policy Rule 6.12.6.6 NMAC.
New Mexico Health Education Content Standards 6.30.2.19 NMAC.
2. American Alliance for Health, Physical Education, Recreation, and Dance: online at www.aahperd.org/naspe , click on: Media and Advocacy and/or Publications.

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Nutrition

Definitions:

Nutrition includes programs that provide access to a variety of nutritious and appealing meals that accommodate the health and nutritional needs of all students.

Nutrition Education aims to teach, encourage and support healthy eating by students. Nutrition Education and healthy eating will encourage proper physical growth, physical activity, brain development, the ability to learn, emotional balance, a sense of well-being, obesity prevention and the ability to resist disease.

Goal:

The goal of this nutrition policy is to promote the role of nutrition in academic performance and quality of life, and to ensure the adoption of school practices that provide adequate nutritional opportunities.

Required Activities:

Dexter Consolidated Schools will:

1. Promote and meet the minimal guidelines for a la carte offerings as set forth in Subsection B of 6.12.4.8 NMAC.
2. Promote and meet the minimal guidelines for school-sponsored fundraisers during the normal school hours as set forth in Paragraph (1) of Subsection C of 6.12.5.8 NMAC.
3. Promote and meet the minimal guidelines for school-sponsored fundraisers before and after school hours ensuring that at least 50% of the food offerings shall be healthy choices in accordance with the requirements set forth in Paragraph (2) of Subsection C of 6.12.5.8 NMAC.
4. Provide all students with educational activities that align with the New Mexico Health Education Content Standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.

Resources:

1. New Mexico Public Education Department, School and Family Support Bureau online at <http://www.ped.state.nm.us> or phone: 505-827-1804. Online search for:
Nutrition: Competitive Food Sales Rule 6.12.4.8 NMAC
Nutrition: Competitive Food Sales Rule 6.12.5.8 NMAC
New Mexico Health Education Content Standards 6.30.2.19 NMAC
2. Action for Healthy Kids: online at www.actionforhealthykids.org/resources.php

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Family, School and Community Involvement

Definition:

Family, school and community involvement is an integrated approach for enhancing the health and well-being of students by establishing a district School Health Advisory Council (SHAC) that has the responsibility to make recommendations to the local school board in the development or revision, implementation and evaluation of the wellness policy.

The family, school and community involvement component promotes long-term, effective partnerships between families, schools, and the community in the planning and implementation of health promotion projects and events, both within the school and throughout the community. The partnership can encourage and sustain environmental changes that support healthy lifestyles for children and their families in the district.

Goal:

The goal of a family, school and community involvement policy 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 will support the development and the maintenance of this comprehensive learning environment.

Required Activities:

Dexter Consolidated Schools will establish a School Health Advisory Council (SHAC). The SHAC will be responsible for development, implementation, monitoring and evaluation of the district wellness policy. The School Health Advisory Council will consist of parents, school food authority personnel, school board members, school administrators, school staff, students, and community members.

The School Health Advisory Council (SHAC) will designate one or more persons within the school district, or at each school site, as appropriate, charged with operational responsibility for ensuring that each site fulfills the district's wellness policy.

The School Health Advisory Council (SHAC) will develop, implement, revise, and evaluate guidelines in the areas of:

1. Physical activity before, during and /or after school.
2. Nutrition of a la carte offerings meeting the guidelines as stated in the Competitive Food Sales Rule.
3. School sponsored fundraisers during school hours meeting the guidelines as stated in the Competitive Food Sales Rule.

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4. School sponsored fundraisers before and after school hours ensuring that at least 50% of the food offerings shall be healthy choices as stated in the Competitive Food Sales Rule.
5. Planned, sequential, K-12 health education curriculum that addresses the physical, mental, emotional, and social dimensions of health and is aligned to the New Mexico Health Education Content Standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.
6. Planned, sequential, K-12 physical education curriculum that provides the optimal opportunity for all students to learn and develop skills, knowledge and attitudes necessary to personally decide to participate in a lifetime of healthful physical activity and is aligned to the New Mexico Physical Education Content Standards with benchmarks and performance standards as set forth in 6.30.2.20 NMAC.
7. A plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.
8. A school safety plan at each school site focused on supporting health and safe environments and including, but not necessarily limited to, prevention, policies and procedures, and emergency response.
9. A plan addressing the health services needs of students in the educational process.
10. A plan addressing the staff wellness needs of all staff that minimally ensures an equitable work environment and meets the American with Disabilities Act Part III.
11. A plan for measuring, implementation and evaluation of the wellness policy.

Resources:

1. New Mexico Public Education Department, School and Family Support Bureau online at <http://www.ped.state.nm.us> or phone: 505-827-1804. Online search for:
School District Wellness Policy Rule 6.12.5.6 NMAC
Nutrition: Complete Food Sales Rule 6.12.5.6 NMAC
2. Team Nutrition: Local Wellness Policy online at www.fns.usda.gov/tn/Healthy/wellnesspolicy.html
3. Youth Risk and Resiliency Survey online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.
4. The Centers for Disease Control and Prevention, Division of Adolescent and School Health online at <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>

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Social and Emotional Well-being

Definition:

Social and emotional well-being refers to a student's mental, emotional, behavioral and social health, including the services provided to maintain and/or improve them.

Goal:

The goal of social and emotional well-being is to collaborate with students, parents, staff and community to encourage student success by providing awareness and promoting strategies to maintain and/or improve student mental health.

Required Activities:

Dexter Consolidated School District will:

1. Create a plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.
2. Provide an environment in which students are able to request assistance when needed.
3. Provide a supportive school environment that links to community resources.

Resources:

1. New Mexico Public Education Department, School and Family Support Bureau online at <http://www.ped.state.nm.us> or phone: 505-827-1804. Online search for: School District Wellness Policy Rule 6.12.5.6 NMAC
Nutrition: Complete Food Sales Rule 6.12.5.6 NMAC
2. Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.
3. Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.
4. The Centers for Disease Control and Prevention, Division of Adolescent and School Health: <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.
5. Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>.
6. Fit, Healthy and Ready to Learn: National Association of State Boards of Education provides detailed guidance for development of school health policy following the Coordinated School Health Program model: <http://www.nasbe.org/HealthySchools/fithealthy.html>.

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Health Services

Definition:

Health Services are services provided for students to inform, protect and promote health. These services are designed to:

- ensure access or referral to primary health care and/or behavioral health services
- foster appropriate use of primary health care services and/or behavioral health services,
- prevent and control communicable diseases and other health problems,
- provide emergency care for illness or injury,
- promote and provide optimum sanitary conditions for a safe school facility and school environment,
- provide educational and/or counseling opportunities for promoting and maintaining individual, family and community health.

Goal:

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

Required Activities:

Dexter Consolidated Schools will:

1. Create a plan addressing the health service needs of students in the educational process.
2. Provide services in partnership with students, parents, staff and community.
3. Provide health services staff 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.
4. Ensure that all health service programs strive to meet all reporting, record-keeping and confidentiality requirements.

Resources:

1. New Mexico Public Education Department, School and Family Support Bureau online at <http://www.ped.state.nm.us> or phone: 505-827-1804. Online search for: School District Wellness Policy Rule 6.12.5.6 NMAC
Nutrition: Completive Food Sales Rule 6.12.5.6 NMAC
2. Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.
3. Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.
4. The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.

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5. Team Nutrition: Local Wellness Policy: A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process:
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>.
6. Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model:
<http://www.nasbe.org/HealthySchools/fithealthy.html>.
7. American School Counselors Association: <http://www.schoolcounselor.org/>.
8. National Mental Health Association: <http://www.nmha.org/>.
9. National Association of School Psychologists <http://www.nasponline.org/index2.html>.
10. National Association of School Nurses <http://nasn.org/positions/positions.htm>
11. Crisis Response Team: <http://www.healthinschools.org/sh/CrisisResponse.pdf> or <http://www.healthinschools.org/sh/schoolresponse.asp>

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Staff Wellness

Definition:

Staff wellness refers to the 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 their students.

A staff wellness program allows the staff to learn and practice skills to make personal decisions about health-enhancing daily habits by modeling and participating in the district's overall coordinated school health approach to student success.

Goal:

The goal of staff wellness is to promote activities for staff that are designed to enhance the physical, emotional and mental health of school employees as well as to prevent disease and disability.

Required Activity:

Dexter Consolidated Schools will create a plan addressing the staff wellness needs of all school staff that minimally insures an equitable work environment and meets the Americans with Disabilities Act, Part III.

Resources:

1. New Mexico Public Education Department, School and Family Support Bureau online at <http://www.ped.state.nm.us> or phone: 505-827-1804. Online search for: School District Wellness Policy Rule 6.12.5.6 NMAC
Nutrition: Compleitive Food Sales Rule 6.12.5.6 NMAC
2. Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.
3. Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.
4. The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.
5. Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

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6. Fit, Healthy and Ready to Learn: National Association of State Boards of Education provides detailed guidance for development of school health policy following the Coordinated School Health Program model:
<http://www.nasbe.org/HealthySchools/fithealthy.html>.
7. The National Wellness Institute: <http://www.wellnessnwi.org/>.

Physical Education

Definition:

Physical education is 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 healthy physical activity. It meets the Content Standards with benchmarks and performance standards as set forth in Section 6.30.2.20 NMAC.

Goal:

To provide every student with daily physical education during which a certified physical educator uses appropriate practices to teach the skills, knowledge, and attitudes needed to be physically fit and active for a lifetime. Activities are based on goals and objectives which are appropriate for all children, and are planned after referring to a curriculum which has an obvious scope and sequence and aligns with the New Mexico Content Standards including benchmarks and performance standards.

Required Activities:

The staff at Dexter Consolidated Schools will implement a planned, sequential, K-12 physical education curriculum that provides the optimal opportunity for all students to learn and develop skills, knowledge and attitudes necessary to make personal decisions to participate in a lifetime of healthful physical activity, and is aligned to the Physical Education Content Standards with benchmarks and performance standards as per 6.30.2.20 NMAC.

Dexter Consolidated Schools will:

1. Hire certified physical educators to teach physical education and plan additional opportunities for physical activity at all sites.
2. Limit physical education class sizes so they are consistent with those of other subject areas and/or self-contained classes.
3. Encourage physical educators to promote academic achievement by helping classroom teachers incorporate physical education concepts in classroom activities.

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Resources:

1. New Mexico Public Education Department, School and Family Support Bureau online at <http://www.ped.state.nm.us> or phone: 505-827-1804. Online search for:
School District Wellness Policy Rule 6.12.5.6 NMAC
Nutrition: Compleitive Food Sales Rule 6.12.5.6 NMAC
2. Youth Risk and Resiliency Survey – online at
<http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or
<http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.
3. Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265):
http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.
4. The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.
5. Team Nutrition: Local Wellness Policy: A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process:
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>.
6. Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model:
<http://www.nasbe.org/HealthySchools/fithealthy.html>
7. Action for Healthy Kids <http://www.actionforhealthykids.org/resources.php>.
8. American Alliance for Health, Physical Education, Recreation, and Dance:
<http://www.aahperd.org/naspe>, click on: Media and Advocacy and/or Publications.
9. PE Central <http://www.pecentral.org/>.
10. National Association of State Boards of Education <http://www.nasbe.org/>.

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Health Education

Definition:

Health Education is 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. It allows students to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills, and practices. It meets the New Mexico Content Standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.

Goal:

The goal of a comprehensive health education curriculum within a coordinated school health approach is to acquire life skills in order to attain personal, family, community, consumer and environmental health.

Required Activities:

The staff at Dexter Consolidated Schools will implement 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.

The Dexter school district insures that parents have the right to request their child be exempted from the parts of the health education curriculum that address the sexuality performance standards.

1. Parents may request an exemption from the parts of the health education curriculum that address the sexuality performance standards or
2. Parents may request alternative lessons be established in place of the exempted parts of the curriculum.

Dexter Consolidated School District will:

1. Provide at all sites, activities in comprehensive health education that align with the New Mexico Health Education Content Standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.
2. Provide 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, and in the senior high school grades as set forth in 6.12.2.10.C NMAC.
3. Encourage staff to integrate Health Education into the core curriculum.
4. Insure that teachers, staff and administrators are aware of and have opportunities to participate in coordinated school health professional development (i.e. School Health Institute, Head to Toe, NM Association for Health, Physical Education, Recreation and Dance.)

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Resources:

1. New Mexico Public Education Department, School and Family Support Bureau online at <http://www.ped.state.nm.us> or phone: 505-827-1804. Online search for:
School District Wellness Policy Rule 6.12.5.6 NMAC
Nutrition: Compleitive Food Sales Rule 6.12.5.6 NMAC
2. Youth Risk and Resiliency Survey – online at <http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or <http://hsc.unm.edu/chpdp/projects/pyrrs.htm>.
3. Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265): http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.
4. The Centers for Disease Control and Prevention, Division of Adolescent and School Health. <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.
5. Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process: <http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>
6. Fit, Healthy and Ready to Learn, National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model: <http://www.nasbe.org/HealthySchools/fithealthy.html>.
7. American Association for Health Education. Online at <http://www.aahperd.org/aahe/>
8. American Alliance for Health, Physical Education, Recreation and Dance: online at <http://www.aahperd.org/>.
9. *Coordinated School Health Program Infrastructure Development Process Evaluation Manual*. Atlanta: CDC, 1997. Available at <http://www.cdc.gov/nccdphp/dash/publications/index.htm>
1. Evaluating a national program of school-based HIV prevention. Collins J, Rugg D, Kann L, Pateman B, Banspach S, Kolbe L. *Evaluation and Program Planning* 1996; 19(3): 209–18.
2. *Handbook for Evaluating HIV Education*. Atlanta: CDC, 1992. Available at <http://www.cdc.gov/nccdphp/dash/publications/index.htm>
3. *Introduction to Program Evaluation for Comprehensive Tobacco Control Programs*. MacDonald G, Starr G, Schooley M, Yee SL, Klimowski K, Turner K. Atlanta: CDC, 2001.
4. U.S. Department of Health and Human Services. *The Surgeon General's call to action to prevent and decrease overweight and obesity*. Rockville, MD.: U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 2001. Online at <http://www.surgeongeneral.gov/topics/obesity/>

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5. U.S. Department of Health and Human Services. *The Surgeon General's call to promote sexual health and responsible sexual behavior*. Rockville, MD.: U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 2001. Online at <http://www.surgeongeneral.gov/library/sexualhealth/default.htm>.
6. U.S. Department of Health and Human Services. *The Surgeon General's call to action to prevent suicide*. Rockville, MD.: U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 1999. Online at <http://www.surgeongeneral.gov/library/calltoaction/default.htm>.
7. Health is Academic: <http://www.edc.org/HealthIsAcademic>.
8. The American School Health Association (ASHA): <http://www.ashaweb.org/>

Healthy and Safe Environment

Definition:

Healthy and safe environments are the physical and aesthetic surroundings, the psychosocial climate, and culture of a school. They support a total learning experience that promotes personal growth, healthy interpersonal relationships, wellness and freedom from discrimination and abuse.

Goal:

The goal of a healthy and safe environment is to promote a climate and culture that supports academic achievement for all students, teachers, staff, parents and community members before, during and after school hours.

Required Activities:

Dexter Consolidated Schools will:

1. Create and implement a school safety plan at each school site that is focused on supporting healthy and safe environments, including, but not limited to, prevention, policies and procedures, and emergency response plans.
2. Insure that each school site performs 12 emergency drills each school year. Emergency drills shall consist of nine fire drills, two shelter in place drills and one evacuation drill at the intervals set forth in subsection M of 6.30.2.10 NMAC.
3. Providing safety procedures and appropriate training for students, teachers and staff that support personal safety and a violence/harassment-free environment.
4. Strive to meet current safety standards in all school buildings, structures, buses and on school grounds. Equipment and grounds will be kept inviting, clean, safe and in good repair.
5. Insure that all schools abide by district policies which create an environment free of tobacco, alcohol and other drugs.

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Resources:

1. New Mexico Public Education Department, School and Family Support Bureau online at <http://www.ped.state.nm.us> or phone: 505-827-1804. Online search for:
School District Wellness Policy Rule 6.12.5.6 NMAC
Nutrition: Compleitive Food Sales Rule 6.12.5.6 NMAC
2. Youth Risk and Resiliency Survey – online at
<http://www.health.state.nm.us/pdf/YRRS2003FinalReport.pdf> or
<http://hsc.unm.edu/chdpdp/projects/pyrrs.htm>.
3. Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265):
http://www.fns.usda.gov/cnd/Governance/Legislation/PL_108-265.pdf.
4. The Centers for Disease Control and Prevention, Division of Adolescent and School Health: <http://www.cdc.gov/HealthyYouth/healthtopics/wellness.htm>.
5. Team Nutrition: Local Wellness Policy. A team of community members must be involved in the development of each local wellness policy. Parents, students, representatives of the school food authority, the school board, school administrators and the public must be a part of the development process:
<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>
6. Fit, Healthy and Ready to Learn: National Association of State Boards of Education, provides detailed guidance for development of school health policy following the Coordinated School Health Program model:
<http://www.nasbe.org/HealthySchools/fithealthy.html>
7. U.S. Department of Education: Safe and Drug Free Schools Office:
<http://www.ed.gov/offices/OESE/SDFS/index.html>
8. Federal Emergency Management Agency: <http://www.fema.gov/>.
9. American Red Cross: <http://www.redcross.org/>.
10. American School Counselors Association: <http://www.schoolcounselor.org/>
11. New Mexico Homeland Security Office:
<http://www.governor.state.nm.us/homeland.php?mm=4>.
12. National School Safety and Security Services: <http://www.schoolsecurity.org/>
13. U.S. Department of Homeland Security: <http://www.ready.gov/>
14. National School Safety and Security Services: www.schoolsecurity.org.
15. U.S. Department of Homeland Security: <http://www.ready.gov/>.

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EVALUATION PLAN

Dexter Consolidated Schools will evaluate the district wellness policy and the implementation of the various components and activities contained in the policy on an annual basis. It will be the responsibility of the School Health Advisory Council (SHAC) to complete the required evaluation and make recommendations through the Superintendent to the Dexter Board of Education regarding any additions, revisions or changes in policy and/or the implementation of the policy. The SHAC will utilize the following process evaluation and outcome evaluation to complete the annual assessment.

Process Evaluation: A tool for measuring implementation of the Wellness Policy

Component/Activity	In Planning	In Process	In Place	Who	By When
School Board established a School Health Advisory Council (SHAC).			X	District	6/06
School Health Advisory Council contain all required members: parent(s), school food authority personnel, school board member(s), school administrator(s), school staff; student(s); and community member(s).			X	L. Berry	6/06
The School Health Advisory Council reports to the local school board recommendations for development/revision, implementation and evaluation of the wellness policy at least annually.			X	L. Berry	9/06
The School Health Advisory Council has met at least twice this year for the purpose of development or revision, implementation, and evaluation of the wellness policy.			X	L. Berry	9/28/06
The School Health Advisory council designated 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.			X	SHAC and Superintendent	9/28/06
The school board has adopted physical activity guidelines for before, during and/or after school.			X	L. Berry	7/10/06
Nutrition guidelines for a la carte offerings minimally meeting guidelines set forth in subsection B of 6.12.5.8 NMAC.			X	District	8/8/06

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<u>Component/Activity</u>	In Planning	In Process	In Place	Who	By When
Nutrition guidelines for school sponsored fundraisers during normal school hours minimally meeting guidelines set forth in paragraph (1) of subsection C of 6.12.5.8 NMAC.			X	SHAC	8/8/06
Nutrition guidelines for school sponsored fund raisers before and after school hours ensuring 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.			X	SHAC	8/8/06
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.		X		Staff	FY 2007-08
Guidelines for a planned, sequential K-12 physical education curriculum that provides the optimal opportunity for all students to learn and develop skills, knowledge and attitudes necessary to personally 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.		X For Mid and High Schools	X For Elementary School	Staff	FY 2007-08
A plan addressing the behavioral health needs of all students in the educational process by focusing on students' social and emotional well-being.			X	Mental Health Team	1/31/07
A school safety plan 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.			X	Site Admin	2005-06
A plan addressing the health services needs of students in the educational process.			X	Site Nurses	1/31/07
A plan addressing the staff wellness needs of all staff that minimally ensures an equitable work environment and meets the American with Disabilities Act Part III.			X	Superintendent	1/31/07

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Outcome Evaluation: A tool for measuring the impact of the Wellness Policy

Component/Activity	<u>Outcome Measures</u>	Who	By When
SHAC	The local school board adopts __100__% of the recommendation from the School Health Advisory Council	L. Berry	9/11/06
Physical Activity.	____% of students participated in physical activity offerings.		
Nutrition	100% of the offerings in al la carte meet the guidelines set forth in subsection B of 6.12.5.8 NMAC. 100% of the clubs/sports/etc are following the guidelines for school sponsored fund raisers during normal school hours minimally meeting guidelines set forth in paragraph (1) of subsection C of 6.12.5.8 NMAC. 100% of the clubs/sports/etc are following the guidelines for school sponsored fund raisers before and after school hours ensuring 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.		
Health Education	____% of students meet the health education content standards with benchmarks and performance standards as set forth in 6.30.2.19 NMAC.		
Physical Education	____% of students meet the physical education content standards with benchmarks and performance standards as set forth in 6.30.2.20 NMAC.		
Behavior Health	____% reduction in discipline referrals due to behavioral health problems.		
School Safety	100% of teachers and other school staff are aware of and know how to implement the school level safety plans.		
Health Services	____% reduction in student absenteeism. ____% of students who have been screened for vision/hearing		
Staff Wellness	____% reduction in staff absenteeism.		

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Behavioral Health Plan

Dexter Consolidated School District provides a variety of behavioral health services to meet the needs of students, staff and community members. The district has identified the following goals for the counseling and guidance program district wide:

1. Support students, teachers and parents to reach curriculum goals.
2. Immediate response and crisis management services.
3. Individual planning and goal setting services.
4. Providing a support system for any in need.

To accomplish these goals the district provides counseling and guidance personnel and age appropriate programs at each of three educational sites:

- ❖ Elementary School site serves grades Pre-K through 5th grade
- ❖ Middle School site serves grades 6th through 8th
- ❖ High School site serves grades 9th through 12th.
- ❖ A district wide social worker is also provided as a resource to serve students and their families Pre-K-12th grade.

All aspects of Behavioral Health are reviewed annually by the SHAC to ensure that student, staff and community needs are met to the full ability of the district.

Elementary Program:

Students in pre-school through 5th grade are provided guidance and counseling services through a school counselor and a district wide social worker. Services are provided to individuals, as referred by teachers, parents or students. Both small group and large group settings are utilized, when appropriate, and parental involvement is always encouraged.

The goals of the elementary program as identified by the staff are:

1. The development of responsible students behavior.
2. The development of positive self-concepts.
3. The development of improved self-direction and internal control.
4. The development of interpersonal skills.

Specific programs currently in place at the Elementary School include:

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- ❖ Peer Conflict Resolution Mediation: Fourth and fifth grade students are selected by their teachers and their peers to receive training in peer mediation skills. Trained students then serve as conflict mediators during recess periods.

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- ❖ **Character Education:** All elementary students learn about and are rewarded daily for practicing the six core elements of the national Character Counts program: trustworthiness, respect, responsibility, fairness, caring and citizenship. When caught displaying one of the six behaviors, students are rewarded with a Character Recognition Notice, which describes the positive behavior(s) and is given to the student who then is entered into monthly drawings for prizes. A parent copy of the Character Recognition Notice is sent home with the student that day to provide positive school-parent communication.
- ❖ **Substance Abuse Prevention:** All students participate in Drug Free America Red Ribbon Week activities on an annual basis during October of each school year. Activities vary from year to year and are coordinated by the counselor. Fifth grade students participate in D.A.R.E.: Drug Abuse Resistance Education, presented to by the local police department and enhanced by teacher and counselor involvement through out the school year.
- ❖ **Violence and Harassment Prevention:** An anti-bullying curriculum is co-taught by the classroom teacher and the school counselor in grades Kindergarten through 5th grade.
- ❖ **Parenting Classes:** All parents have access to parenting classes and information on an as needed basis through the counseling office.
- ❖ **Self-protection:** All Kindergarteners receive instruction and practice in self-protection, stranger danger and abuse resistance strategies.
- ❖ **Domestic Violence:** All Kindergarten students through third grades participate in a domestic violence awareness and resistance program provided by the local domestic violence shelter through scripted puppet plays. The counselor coordinates the program.
- ❖ **Safety Awareness:** All students are taught safety procedures around trick or treating before Halloween.
- ❖ **Fire Prevention:** All students learn to establish safety habits at home and at school through presentations brought into the school by the local volunteer fire department.
- ❖ **CATCH:** Students enrolled in the after school program participate in health and nutrition lessons and also get one hour of physical activity through sports, games and exercise.

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- ❖ Big Brother Big Sister Tutorial Practicum: At risk students , known as Littles, are matched with volunteer high school students, known as Bigs. The Bigs visit with their Littles one hour per week in the classroom as a tutor or out of the classroom as a motivational reward for academic success or progress.

Middle School Program:

Students in 6th through 8th grade are provided guidance and counseling services through a school counselor and a district wide social worker. Services are provided to individuals, as referred by teachers, parents or students. Both small group and large group settings are utilized, when appropriate, and parental involvement is always encouraged.

Specific programs currently in place at the Middle School include:

- ❖ Positive Behavior Support: The Middle School staff has adopted a set of strategies for achieving positive social and learning outcomes while preventing problem behavior. To achieve the desired outcomes Dexter Middle School incorporates positive reinforcement and incentives to reward students for displaying positive behavior.
- ❖ Substance Abuse Prevention: Drug Free America Red Ribbon Week activities are organized and sponsored by the Middle School Student Council. All students participate each day of the week in a special “drug free” activity.
- ❖ Life Skills Class – A guest presenter from the local mental health agency comes in weekly to teach sixth and eighth grade students on age appropriate topics such as:
 - Character Education
 - Violence and harassment prevention
 - Self-esteem
 - Domestic violence
 - Human Relationships
- ❖ Dexter Youth Police Academy: Middle School students attending summer school are taught personal safety, character education and decision making skills by the local police department.

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High School Program:

The High School guidance and mentorship program along with the High Schools That Work Initiative and the Positive Behavior Supports Initiative are systems organized and designed to help students solve their academic or personal problems and to improve both their short term and long-range planning. These systems help assist them in determining and understanding themselves, their interests and their needs. Students are encouraged to make wise choices, set goals and develop into productive citizens through the advisement of the counseling office, mentorship program, and team building through the High Schools That Work Initiative and the Positive Behavior Support Initiative.

- ❖ Positive Behavior Support: The High School staff has adopted a set of strategies for achieving positive social and learning outcomes while preventing problem behavior. To achieve the desired outcomes Dexter High School incorporates positive reinforcement and incentives to reward students for displaying positive behavior. The behavioral issues addressed by this program are:
 - a. Peer Conflict
 - b. Character Education
 - c. Substance Abuse Prevention
 - d. Violence and harassment prevention
 - e. Positive self concept

- ❖ Mentor Groups: Mentor groups have been established to build meaningful relationships with students. Mentors work with students on establishing short and long term goals, monitor individual achievement, and help promote positive student interactions.

- ❖ High Schools That Work Initiative: HSTW will help DHS develop a systematic and systemic approach to increasing the relevance of all coursework, the rigor of all coursework, and building positive and productive relationships between students and staff as well as all other stakeholders. The behavioral issues addressed by this initiative are:
 - a. Peer conflict
 - b. Character Education
 - c. Self – esteem

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Health Services Plan

Dexter Consolidated School District provides a variety of health care services in order to help meet the health care needs of students and staff. The district has identified the following two goals for health services.

1. To promote the health of students and staff.
2. To increase access to health care for students and staff.

To accomplish these goals the district provides school nursing services in two offices. The Elementary nurse serves grades pre-school through 5th. The Middle/High school nurse serves grades 6th through 12th. The district also participates in a School Based Health Clinic program one morning per week.

All aspects of the Health Services program are reviewed annually by the SHAC to ensure that student, staff and community needs are met to the full ability of the district.

In addition, the school nurses, as part of an inclusive wellness program will:

- ❖ Monitor all students to ensure they are up to date on immunizations according to N.M. state immunization laws.
- ❖ Coordinate with the Public Health Dept. to offer an immunization clinic at the school at least once a year.
- ❖ Conduct annual vision and hearing screenings for preschool, Kindergarten, 1st, 3rd, 5th, 8th, 10th grade students, all new students coming in to the district, all special education students and any other student who may be referred for visual or hearing concerns.
- ❖ Check heights & weights of Preschool-5th grade two times per school year.
- ❖ Monitor the health status of all students as needed.
- ❖ Provide first aid and health counseling to all students and staff as needed.
- ❖ Provide monitoring and support for all students with chronic health conditions.
- ❖ Provide puberty education for all girls in 4th grade and to both girls and boys in the 5th grade.
- ❖ Provide dental education for students in 1st grade.
- ❖ Provide case management for all students by helping to secure needed physical and mental health care.
- ❖ Refer mental health services on site to the school counselor.
- ❖ Provide dental health on site through the Chaves County Dental Van as available, or referral to Dental Clinic or dentist as needed.
- ❖ Promote open communication among students, families and staff regarding health related issues.
- ❖ Provide health promotion activities, including infection control education.
- ❖ Serve as health consultants to school personnel in health promotion/education.

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- ❖ Promote sexual health awareness and healthy practices through individualized counseling and referral as needed in an age appropriate manner.

Staff Wellness Plan

Dexter Consolidated School District provides a variety of staff wellness services to meet the needs of staff members. The district has identified three goals for the staff wellness program district wide:

5. Promote activities to enhance the physical health of school employees.
6. Promote activities to enhance the emotional health of school employees.
7. Promote activities to enhance the mental health of school employees.

To accomplish these goals the district provides policy, services, and programs district-wide to all employees. All aspects of Staff Wellness are reviewed annually to ensure that staff needs are met to the full ability of the district.

Physical Health:

Specific programs currently in place for staff at Dexter Consolidated Schools are:

- ❖ Flu Shots are available to all employees annually.
- ❖ All academic staff are required to hold current CPR certification.
- ❖ All academic staff are required to hold current First Aide certification.
- ❖ All employees are required to review Blood Borne Pathogens information annually.
- ❖ Sick leave and personal leave days are available to all staff as per board policy.
- ❖ On-site fitness classes are available to all employees biweekly.
- ❖ On-site nutrition and weight loss program is available to all employees weekly.
- ❖ District Sports Facilities are available for personal fitness on an as needed basis.
- ❖ Sick Leave Bank established for employees of DCS to aid employees who have exhausted regular sick leave and need additional sick leave because of a catastrophic medical condition, serious accident or disability which renders the employee incapable of working.

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- ❖ A Deferred Sick Leave Program is available for all employees
- ❖ A School Based Health Clinic is available to employees on a weekly basis.

Emotional/ Mental Health:

Specific programs currently in place for staff at Dexter Consolidated Schools are:

- ❖ Personal days (two earned personal, one free day with 60 days of accumulated sick leave and one sick leave day that can be used for personal leave)
- ❖ Bereavement Leave
- ❖ Community Service Leave
- ❖ Sick Leave Bank established for employees of DCS to aid employees who have exhausted regular sick leave and need additional sick leave because of a catastrophic medical condition, serious accident or disability which renders the employee incapable of working.
- ❖ Other Leave provided by the Board of Education to ensure teacher support.
- ❖ Deferred Sick Leave Payment Plan. Funds accrued under the plan will become payable to the employee upon termination from employment with the district.
- ❖ Family and Medical Leave available as needed.
- ❖ Board Policy protects employees from harassment of any kind.
- ❖ Board Policy ensures district compliance with the Americans With Disabilities Act.
- ❖ Employee Assistance Program to deal with troubled employees in an organized and confidential way.
- ❖ PTO Support and Teacher Appreciation Activities are provided annually.
- ❖ Board Policy maintains a drug-free work place in the school district.

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- ❖ DCS provides a safe environment for all employees consistent with applicable health and safety laws and regulations.

“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 during normal school hours.

Vended Beverages and Foods			
<i>“Vended beverages and foods” means a beverage or food product sold in vending machines to student in schools.</i>			
Vended	Elementary	Middle	High
<u>Beverages</u>	<u>Allowed after the last lunch period:</u>	<u>Allowed any time:</u>	<u>Allow any time:</u>
	<ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water 	<ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • 100% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners • no more that 125 calories/container and • a serving size not to exceed 20 oz. 	<ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • At least 50% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners and • a serving size not to exceed 20 oz.
	<u>**No Carbonated Drinks</u>	<u>**No Carbonated Drinks</u>	<u>Allowed after the last lunch period:</u>
			<ul style="list-style-type: none"> • Sugar free/Caffeine free soft drinks (must be both) • Non-carbonated flavored water with no added sweeteners • Sports drinks

Vended	Elementary	Middle	High
<p><u>Foods</u></p>	<p>NONE</p>	<p><u>Allowed after the last lunch period.</u></p> <p>Foods meeting the following guidelines</p> <p><u>**with the exception of nuts, seeds, cheese, yogurt, and fruit:</u></p> <ul style="list-style-type: none"> • No more than 200 calories per container or per package or amount served, and • 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 • No more than 15 grams of sugar per container or per package or amount served 	<p><u>Allowed any time.</u></p> <p>Foods meeting the following guidelines</p> <p><u>**with the exception of nuts, seeds, cheese, yogurt, and fruit:</u></p> <ul style="list-style-type: none"> • No more than 200 calories per container or per package or amount served, and • 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 • No more than 15 grams of sugar per container or per package or amount served

A La Carte (only during lunch period)
 “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.

A La Carte	Elementary	Middle	High
<p><u>Beverages</u></p>	<p><u>Allowed only during lunch period:</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water <p><u>**No Carbonated Drinks</u></p>	<p><u>Allowed only during lunch period:</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • 100% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners • no more that 125 calories/container and • a serving size not to exceed 20 oz. <p><u>**No Carbonated Drinks</u></p>	<p><u>Allowed only during lunch period:</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • At least 50% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners and • a serving size not to exceed 20 oz. <p><u>**No Carbonated Drinks</u></p>

<p>A La Carte</p> <p><u>Foods</u></p>	<p>Foods products sold in Elementary, Middle and High School only during the lunch period as a la carte sales must meet the following guidelines</p> <p><u>**with the exception of nuts, seeds, cheese, yogurt, and fruit:</u></p> <ul style="list-style-type: none"> • 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.
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Fund Raisers (Beverages/Food)
 “Fund Raisers” means beverage or 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.

Fund Raisers	Elementary	Middle	High
<p><u>During Normal School Hours</u></p> <p><u>Beverages</u></p>	<p><u>Beverages Allowed as fund raiser except during lunch period</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water <p><u>**No Carbonated Drinks</u></p>	<p><u>Beverages Allowed as fund raiser except during lunch period</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • 100% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners • no more that 125 calories/container and • a serving size not to exceed 20 oz. <p><u>**No Carbonated Drinks</u></p>	<p><u>Beverages Allowed as fund raiser except during lunch period</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • At least 50% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners and • a serving size not to exceed 20 oz. <p><u>**No Carbonated Drinks</u></p>

<p>Fund Raisers</p> <p><u>During Normal School Hours</u></p> <p><u>Foods</u></p>	<p>Elementary</p> <p>NONE</p>	<p>Middle</p> <p><u>Allowed as fund raiser except during lunch period</u></p> <p>Foods meeting the following guidelines</p> <p><u>**with the exception of nuts, seeds, cheese, yogurt, and fruit:</u></p> <ul style="list-style-type: none"> • No more than 200 calories per container or per package or amount served, and • 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 • No more than 15 grams of sugar per container or per package or amount served 	<p>High</p> <p><u>Allowed as fund raiser except during lunch period</u></p> <p>Foods meeting the following guidelines</p> <p><u>**with the exception of nuts, seeds, cheese, yogurt, and fruit:</u></p> <ul style="list-style-type: none"> • No more than 200 calories per container or per package or amount served, and • 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 • No more than 15 grams of sugar per container or per package or amount served
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<p>Fund Raisers</p> <p><u>Outside of Normal School Hours</u></p>	<p>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 per cent of the offerings meet the following requirements:</p>	
	<p><u>Beverages:</u></p> <ul style="list-style-type: none"> • Milk 2% or less • Soy milk • Water • At least 50% fruit juice that has: <ul style="list-style-type: none"> • no added sweeteners • no more that 125 calories/container and • a serving size not to exceed 20 oz. 	<p><u>Foods:</u></p> <p><u>**with the exception of nuts, seeds, cheese, yogurt, and fruit:</u></p> <ul style="list-style-type: none"> • No more than 200 calories per container or per package or amount served, and • 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 • No more than 15 grams of sugar per container or per package or amount served