



STUDENT AND STAFF WELLNESS

I. PURPOSE

To establish a coordinated approach to student and staff health and wellness.

II. BACKGROUND

The Governing Council is committed to creating a school culture that promotes and protects children's health, well-being, and ability to learn by supporting school-based activities and practices that promote student and staff wellness. Such a culture will help students learn to take responsibility for their own health and to adopt healthy habits, attitudes, and behaviors.

III. POSITION

A. Alma d'arte Charter High School will maintain a coordinated health program, the components of which shall include:

1. Offering Health and Nutrition Education to students as set forth in the Health Education Content Standards (6.29.6.1 NMAC) and Governing Council Policy, including one-half credit of health education for all high school students as a graduation requirement;
2. Offering Physical Education to students as set forth in the Physical Education Content Standards (6.29.9 NMAC) and Board Policy ID – Physical Education;
3. Establishing procedures for School Safety Committees to ensure healthy and safe learning environments for students and staff;
4. Ensuring Food and Nutrition Services support a positive nutrition environment in schools to enhance learning and the development of lifelong healthy eating practices as set forth in Policy – Student Nutrition;
5. Encouraging physical activity opportunities for students and staff before school, during the school day, and after the instructional day, as appropriate;
6. Promoting staff wellness through programs or services to support and/or improve the mental, emotional, behavioral and social health of staff.

B. The Director shall promulgate a regulation for the enforcement of this policy.

IV. REVIEW

This policy will be reviewed in accordance with the Council's policy review process.

Approved, Governing Council, President

Date

Legal Reference: 6.12.6.8; 6.29.6.1; 6.29.9 NMAC; Healthy, Hunger-Free Kids Act of 2010

Policy History: