

# Northpoint Charter School

## Local School Wellness Policy & Procedures

Northpoint Charter School (NCS) is committed to providing a healthy school environment and establishes this Local School Wellness Policy (LSWP) to promote health, well-being, nutrition, and readiness to learn for all students and staff. NCS recognizes that supporting student and staff wellness contributes to academic achievement through a quality, safe learning and working environment.

The LSWP is developed in compliance with New Mexico Administrative Code (NMAC) 6.12.6.8, Federal Regulations C.F.R pts 210 & 220, and the Healthy, Hunger-Free Kids Act of 2010.

The NCS Wellness Policy and Procedures document details the many facets of wellness including:

1. Local School Wellness Policy and School Health Advisory Council (SHAC)
2. Nutrition
3. Physical Activity and Education
4. Health Education
5. Social and Emotional Wellbeing
6. Health Services
7. Staff Wellness

### Section 1. Wellness Policy & School Health Advisory Council

1. NCS develops, reviews and evaluates its LSWP through the School Health Advisory Council (SHAC).
2. The SHAC includes the following members: school food authority personnel, school administration, school staff, parents, and students.
3. The NCS SHAC meets twice yearly, once per semester.
4. Opportunities for stakeholder involvement are provided through regular open meetings of the Governance Council and the Parent Advisory Council.
5. NCS will retain records to document compliance with the requirements of the LSWP. Documentation will include but will not be limited to:
  - The written LSWP;
  - Documentation demonstrating compliance with community involvement requirements, including
    - efforts to actively solicit SHAC membership from the required stakeholder groups

- the participants' involvement in the development, implementation, and periodic review and update of the LSWP
  - Documentation of annual policy progress reports;
  - Documentation of the triennial assessment of the policy and documentation demonstrating compliance with public notification requirements, including
    - methods by which the LSWP, annual progress reports, and triennial assessments are made available to the public
    - efforts to actively notify families about the availability of the LSWP
6. The NCS Wellness Policy, including any updates, is available to the public through the school's website. The results of the NCS triennial assessment are available upon request. Copies may be obtained in the school's office.
  7. The NCS SHAC will measure implementation and evaluate the LSWP annually using a variety of tools such as the School Health Index, attendance data, grade data, and/or disciplinary data to determine effectiveness.
  8. The Executive Director shall be responsible for ensuring wellness policy compliance and implementation.

## **Section 2. Nutrition**

1. National School Breakfast, Lunch & Snack Program
  - a. Northpoint Charter School participates in the National School Lunch and Breakfast program. All meals served will meet and adhere to local, state and federal nutrition requirements under USDA nutrition standards.
  - b. All food service personnel receive required food safety training.
2. Water Availability and Access
  - a. Free drinking water is available throughout the school day and at meal sites through filtered water fountains and refill stations. Students are allowed to carry water bottles and to drink water in the classroom and while at breaks and meals.
3. Standards for All Foods and Beverages Provided, but Not Sold During the School Day
  - a. NCS encourages employees to use non-food rewards and incentives and has established a ticket based Positive Behavioral Interventions and Supports system.
  - b. Community or classroom celebrations at NCS include a variety of activities and do not emphasize food.
  - c. Classroom snacks are occasionally provided, and healthy food options are recommended.
4. Competitive Foods and Beverages and Fundraising
  - a. NCS does not allow food and beverage sales during the school day.

- b. No energy or other high sugar or highly caffeinated beverages are sold on the school property 24 hours a day.
  - c. NCS does not hold food fundraisers during the school day. Alternative fundraisers like those including physical activities such as sports day sponsorship are supported and encouraged.
- 5. Food and Beverage Marketing
  - a. NCS does not allow marketing of foods and beverages on campus outside of the USDA provided meal program. Only USDA approved materials are used in the school cafeteria.
  - b. Breakfast and lunch menus are posted at the meal site and other high traffic locations on campus.
- 6. Nutrition Promotion and Education
  - a. The goal of nutrition promotion and education is to promote healthy eating habits by offering access to nutritious foods and prevent diet-related conditions and risk of chronic diseases.
  - b. NCS provides nutrition education activities that align with the New Mexico Health Education Content Standards with Benchmarks and Performance Standards.
  - c. Information about healthy eating and nutrition is incorporated into curriculum through health and physical education classes which enables students to acquire the knowledge and skills to make healthy lifestyle choices.
- 7. Food Allergies in Schools
  - a. NCS requires families to submit the “Special Diet Authorization Form” yearly to document allergies and special diet requirements. Once forms are received, the SFA provides appropriate meals for these students.
  - a. NCS implements safety measures in food preparation and handling for students with food allergies. Training is given to staff on common food allergens and a communication system is in place for staff to respond to food allergy reactions and emergencies. Reasonable modifications are made to the extent possible to students who may need meal accommodations.

### **Section 3: Physical Activity and Education**

- 1. NCS’s goal for physical activity is to promote overall health and well-being by providing increased opportunities to engage in daily movement and reduce sedentary behavior. Physical activity is essential for supporting students' physical development, mental focus, emotional well-being, and academic performance.
- 2. During the School Day

- a. NCS encourages physical activity throughout the school day. Students have two ten-minute breaks per day and a 30-minute lunch period with access to sports equipment.
  - b. Regular “brain breaks” with the opportunity to move around are provided while students are in class. Movement options in class are available to all students, including standing desk stations, wobble chairs, pedal bikes, and more.
  - c. Physical activity is included in the required Physical Education classes and options are explored through the Health and PE curriculum.
3. Before & After-School
    - a. Students have access to the school gym and sports equipment 30 minutes before school.
    - b. NCS offers several extra-curricular sports options after school to promote physical activity and teamwork.
    - c. NCS provides a bike rack on campus for students who bike to school.
4. Family & Community
    - a. NCS welcomes families to attend sporting events held on campus.
    - b. NCS allows community groups access to the gym for sports after school hours to promote both community and physical fitness.
5. Physical Education Curriculum
    - a. The Physical Education curriculum is planned, sequenced, developmentally appropriate for high school students, and aligned to the Physical Education Content Standards.
    - b. The Physical Education 1.0 credit graduation requirement is typically taken in 9<sup>th</sup> grade. Students who have earned the required PE credit are encouraged to continue physical education through classes in weight training, lifetime fitness, and/or team sports.
    - c. All students are mainstreamed into the general education PE class with modifications and accommodations as specified in the student’s IEP or 504 plan and adapted PE is available to students where appropriate.

#### **Section 4: Health Education**

1. NCS provides a comprehensive health education curriculum aligned to NM Health Education content standards and benchmarks.
2. The Health Education 0.5 credit graduation requirement is typically taken in 10<sup>th</sup> grade at NCS. Students may take the course anytime in grades 9-12, or NCS accepts incoming credit for High School level Health in 8<sup>th</sup> grade when listed on a student’s transcript.

3. NCS applies the NMPED's "opt out" policy regarding the sexuality component of the health education curriculum.
4. HIV instruction is provided as part of the curriculum.

### **Section 5: Social & Emotional Well-Being**

1. NCS addresses the behavioral needs of all students by focusing on students' social and emotional well-being through a supportive school culture and sponsor teacher system.
2. NCS provides services and supports for all students to maintain and/or improve students' mental, emotional, behavioral, and social health.
3. Sponsor teachers serve as students' primary advocate and first line of referrals for social-emotional needs, which may include targeted intervention by the school counselor and/or administrative staff and referral to appropriate external mental health resources.
4. NCS staff members complete mandatory training in child abuse and neglect detection and reporting. Other site-specific mandatory trainings may include topics such as cyberbullying and fostering belonging.
5. NCS adheres to substance abuse reporting per Section 22-5-4, 4NMSA 1978.

### **Section 6: Health Services**

1. NCS provides health services that include activities addressing the health needs of students in the educational process.
  - a. NCS health services follow best practices and enforce state requirements (such as immunization and communicable disease requirements) in partnership with students, parents, staff and community.
  - b. NCS health service personnel follow standards of care for their specific role group as per state statutes and regulations.
  - c. NCS health service programs meet all reporting, record-keeping and confidentiality requirements of state and federal statutes and regulations.
2. Students with healthcare needs that may affect their school attendance and/or performance may have Individualized Health Plans (IHP) based on the school nurse's assessment, which are separated from Individualized Education Program (IEP) plan but attached to the IEP or 504 plan based on a student's needs.
  - a. NCS contracts with a school nurse who identifies students with health concerns that may need Individual Health Plans (IHPs).
3. NCS addresses the needs of students with health conditions through its Safe Schools Plan.

4. NCS ensures that all students infected with HIV/AIDS have appropriate access to public education and that their rights to privacy are protected.
5. NCS does not enroll students unless the student can present satisfactory evidence of commencement or completion of immunization in accordance with the immunization schedule and rules and regulations of the public health division. Exemptions are allowable per NMDOH (NM Department of Health) and for identified students under McKinney-Vento.
6. NCS grants any student authorization to carry and self-administer health care practitioner prescribed asthma treatment medications and anaphylaxis emergency treatment medication if the conditions required by state law are met.
7. NCS grants any student authorization to carry and self-administer health care practitioner prescribed diabetes management and treatment medications.

### **Section 7: Staff Wellness**

1. NCS will ensure the right to privacy of all school employees infected with HIV, keeping records safe and confidential.
2. NCS promotes activities that help maintain and improve the health of school employees, contributing to improved morale and greater personal health commitments ensuring an equitable work environment and ADA is met. These activities:
  - a. promote the physical, emotional and mental health of employees
  - b. prevent disease and disability
  - c. provide opportunities for staff to learn and practice skills to make personal decisions about health-enhancing daily habits.
3. NCS staff are invited and encouraged to participate in the School Health Advisory Council (SHAC).
4. NCS provides employees access to an Employee Assistance Program and Wellness Program through NMPSIA.

\*\*Approved by the Governing Council on 3.18.26