

## Coordinated School Health Goals for Las Cruces Publics 2016-17

Area	Goal	Fully in Place	Partially in Place	Under Development	Not in Place
<b>Nutrition</b>					
1	30 minute lunch (NMAC 6.29.1.9-1)				
2	Recess Before Lunch (JLJ-R)				
3	Administrator trained on new regulation and site staff informed with adequate knowledge (JLJ-R)				
4	All food available (given away) will be 50% healthy following Smart Snack guidelines including birthday parties(JLJ-R)				
<b>Nutrition Education</b>					
1	Nutrition Education is part of the curriculum (IHAMD-R, II. B)				
2	Healthy Foods are part of all school celebrations. Parents will be informed and educated on healthy foods for school celebrations. (JLJ-R)				
3	There will be a monthly birthday celebration in each classroom . Activity parties will be encouraged but if food is served it will include 50% healthy options as defined by Smart Snacks. (JLJ-R)				
<b>Physical Education and Activity</b>					
1	All elementary students will receive formal instruction in PE for at least 30 minutes, 3 separate days / week				
2	All schools (K-12) in LCPS will use a common sequential curriculum for PE classes (IHAE, III. C)				
3	All students will have adequate equipment to be active in PE classes (IHAE, III. D)				
4	All PE classes will have safe and adequate indoor and outdoor facilities (IHAE, III. D)				
5	All school personnel will not withhold PE class as a consequence or punishment, unless it is allowed as part of the students' Behavior Intervention Plan (BIP)(IHAE, III.F)				
6	PE teachers and playground monitors will be trained to inspect playground equipment and will request any repairs needed (EB-R, III.D)				

<b>Health Education and Life Skills</b>					
1	Provide mid-morning recess or extended break or active breaks daily. (IHAEA, III, F)				
2	Embed health and nutrition components into elementary and middle school curricula. (IHAM, III, A)				
3	Ensure that all high school students complete 1/2 credit of Health Education (IHAM-R II, B)				
<b>Staff Wellness</b>					
1	On-line staff wellness offered to all staff (GBGC-R, III, J)				
2	2 x a year district support staff will send out staff wellness materials (GBGC-R, III, J)				
3	Site administration will support staff wellness programs in their school (GBGC, III, I)				
<b>Family, School &amp; Community Partnerships</b>					
1	Development of Wellness Policy Leadership Committee (ADF, III, A)				
<b>Healthy and Safe Environment</b>					
1	Monthly drills are performed and documented as required EB-R, IV, B)				
2	EOP Update annually (EB-R III C)				
3	Active site safety committee. Evidence would be schedule of meetings and minutes of items discussed. (EB-R, III, B. C.)				
4	All sites have a "Safe Routes to School" Program (EB-R, III, D)				
<b>Social and Emotional Well Being</b>					
1	Students in elementary schools will have at least three classroom lessons on bully prevention between Kindergarten and 5th grades.				
2	Students in middle schools will have at least one classroom lesson on bully prevention between 6th and 8th grades.				
3	Students in high schools will have at least two classroom lesson on bully prevention between 9th and 12th grades.				
4	Students in middle schools will have at least one classroom lesson on suicide prevention between 6th and 8th grades. (JICL-R)				

5	Students in high schools will have at least one classroom lesson on suicide prevention between 9th and 12th grades. (JICL-R)				
<b>Health Services</b>					
1	All students shall have access to Health Services personnel for day to day health needs.				
2	Vision and Hearing screening shall be done annually for all students in kindergarten, first and third grades and once in middle school. (JLC-R, II. B)				
3	Health services personnel shall maintain student immunizations in accordance with the NM immunization schedule and rules and regulations of the Public Health Division. (JLCB)				
4	School administration will allow access to building staff individually or collectively to address health related issues, ie IHP's (individual health plans), medication training, nurse office visits, etc. (JLC-R, III. J)				
5	Schools selected for statewide Department of Health Body Mass (BMI) surveillance project will participate. (JCC-R, II, J)				