Rio Grande Academy of Fine Arts Wellness Policy

Revised draft for review • November 3, 2026

This policy establishes RioGAFA's approach to student and staff wellness, including nutrition, physical activity, health education, social and emotional wellbeing, safety, and health services. This revised draft incorporates additions drawn from the RFK example. Proposed commitments require school review before adoption. Items needing confirmation are listed in the review appendix.

RioGAFA believes that good health habits foster benefits for children and adults that last a lifetime and create an optimum environment for effective teaching and learning. To that end, the school's directors will support and ensure the schools fulfills the following health and wellness standards.

Section A. Designation of One District Person to Ensure Implementation and Compliance

The Executive Co-Directors are responsible for implementation and compliance. They will designate one co-director as the wellness policy coordinator each year and make that individual's name, title, and school contact information available with the policy. The coordinator will convene the SHAC, assign responsibilities, and monitor progress.

Section B. School Health Advisory Council (SHAC)

RioGAFA as a means to comply with wellness regulations and as a means to ensure that the best interest of the "whole child'' is being met. The overall goal of the SHAC is to oversee and facilitate student health and wellness, thereby increasing the chances of academic success. The SHAC makes suggestions to the school administrators and Governing Board to develop or revise, implement, and evaluate the wellness policy. The wellness policy at RioGAFA includes the following:

- Family, school, and community involvement guidelines.
- Nutrition guidelines for school meals, competitive food and beverages sold during the school day, exempt fundraisers, water, celebrations and rewards, and nutrition promotion education.
- Physical activity guidelines for before, during and/or after school.
- Guidelines for a planned, sequential physical education curriculum that provides the optimal opportunity for all students to learn and develop skills, knowledge, and attitudes that encourage a lifetime of physical activity, consistent with the New Mexico Physical Education content standards with Benchmark and Performance Standards as outlined in Standards for Excellence (6.27.30.11 NMAC),
- Guidelines for a planned, sequential health education curriculum that addresses the physical, mental, emotional, and social dimensions of health aligned to the New Mexico Health Education Content

Standards with Benchmarks and Performance Standards outlined in Standards for Excellence (6.29.6.8 - 6.29.6.10 NMAC).

Establish course maps for health education for all grades served by RioGAFA.

- Develop a plan that addresses the behavioral health needs of all students in the educational process by focusing on all students' social and emotional wellbeing.
- Provide and submit a safe school plan focused on healthy, safe environments, including but not limited to policies, procedures, and an all-hazards emergency operations plan (EOP) that is inclusive of prevention, protection, mitigation, response, and recovery, and is aligned with the National Response Framework, the U.S. Departments of Education's Guide for Developing High-Quality School Emergency Operations Plan (2013).
- A plan that addresses the health service needs of students in the educational process.
- A plan that addresses the wellness needs of all staff and minimally ensures an equitable work environment that meets the Americans with Disabilities Act.
- The implementation and evaluation of all guidelines using the Evaluation Template when creating the plan for measuring implementation and evaluation.

Section B.1 List of SHAC Members

The SHAC will include parents or caregivers, students, school food service personnel, administrators, teachers, school health professionals, and a community representative. Membership will reflect the grade levels and diversity of the school community. RioGAFA will actively invite participation through school communications.

Section B.2 SHAC Meeting Schedule (minimum twice annually)

The SHAC will meet at least twice each school year. Meeting notices will explain how families, students, staff, and community members can participate. Meeting agendas, attendance, and recommendations will be documented.

Section B.3 School Wellness Policy Available to Public

The complete wellness policy will be available on the school website and in the administrative office. At least annually, RioGAFA will notify families and the public of its availability, any updates, and opportunities to participate in its development, implementation, and review. Communications will use accessible formats and languages appropriate to the school community.

Section C. Health and Wellness Policies

RioGAFA's wellness policy includes the components of a Coordinated School Health Model approach to student health and well-being (6.12.6 NMAC).

Section C.1 Nutrition Policy

RioGAFA will provide evidence-based, age-appropriate, culturally responsive nutrition education that supports healthy eating, student wellbeing, and participation in school meals. Instruction will address food variety, fruits and vegetables, whole grains, food labels, added sugars, hydration, food safety, positive body image, and evaluating nutrition information. Nutrition learning will be integrated into classroom subjects and arts activities where appropriate. RioGAFA will implement the following:

School food sales and fundraising will follow the school meal and competitive food standards described below.

School-sponsored fundraising will promote healthy options and non-food fundraising opportunities.

- All schools will provide nutrition education activities that align with the New Mexico health education content standards, benchmarks, and performance standards outlined in 6.30.2.19 NMAC.

School meal access and standards

RioGAFA will offer breakfast and lunch through the School Breakfast Program and National School Lunch Program. Meals will be accessible to students, served in clean and pleasant settings, and meet current applicable USDA meal requirements. Menus will be communicated to families. Nutrition education and cafeteria practices will encourage participation and healthy choices. Required meal modifications will be arranged for students with qualifying dietary needs.

Students will have at least 10 minutes to eat breakfast and 20 minutes to eat lunch after receiving their meals and being seated. Scheduling will allow adequate time for meal service and eating.

School nutrition directors, managers, and staff will meet applicable hiring qualifications and annual USDA professional development requirements. Training records will be maintained by the school or food service provider, as appropriate.

- Vendors doing business with the school, including the contract food service provider, will be encouraged to promote healthy eating through the programs and services offered to the school.

Section C.1.a Standards for all Foods and Beverage Provided (but not sold) to Students

- Water
    - Hydration will promote hydration by providing accessible, safe, unflavored drinking water to all students throughout the school day and during the before and after school program. RioGAFA will make drinking water available where school meals are served during mealtimes. In addition, students will be allowed to bring and carry (approved) water bottles filled with only water throughout the day. All water sources and containers will be maintained regularly to ensure good hygiene standards. Such sources and containers may include drinking fountains, water jugs, hydration stations, water jets, and other methods for delivering drinking water.
- Food
    - Food items from breakfast and lunch service (healthy snack compliant) that are not temperature-dependent are put out for students at afternoon recess time for anyone who desires a snack.

Section C.1.b Standards and Nutrition Guidelines for All Food and Beverage to be sold to Students (NMAC 6.12.5.8) Elementary Schools:

Beverages offered through school meals will meet the current USDA meal pattern requirements. Any beverages sold outside reimbursable meals must meet the applicable USDA Smart Snacks standards for the students' grade levels.

- Foods: No other foods will be sold to students during the school day outside the school breakfast and lunch program.
- Classroom Snacks and Parties

Foods that are encouraged for snacks and parties are:

- Fresh Fruit
- Fresh Vegetables
- Frozen Fruit

- 100% Fruit Bars
- Whole Grain Muffins
- Multigrain Mini-bagel
- Rice Cakes
- Whole Grain Crackers/Chips
- Baked Chips
- Air Popped Popcorn
- Pretzels
- Granola Bars
- Cereal Bars
- Dried fruits with No Added Sugar
- Salsa
- Cheese Sticks
- Low Sugar Yogurt
- Low Fat Cottage Cheese
- Hummus
- Avocado Dip (no dairy added)
- Nut Butters (check for allergies)
- Sunflower seeds
- Animal Crackers
- String Cheese
- 100% Fruit or Vegetable Juice
- Water

RioGAFA will encourage students to celebrate birthdays in the month to celebrate together. Limit parties with cake and other sugary or high-fat foods to less than once per month. Parents are encouraged to follow these guidelines when sending food to school for their students.

Classroom rewards and incentives

Teachers will prioritize non-food rewards, such as recognition, privileges, art experiences, and classroom activities. Food used as a reward or incentive will meet USDA Smart Snacks standards and individual allergy or dietary plans. The school will provide staff with examples of non-food rewards and healthy celebration options.

To ensure that only foods are prepared and held under safe food handling procedures, no "home cooked" potentially hazardous foods will be allowed to be served to students during school hours. This does not apply to foods that a student brings from home for their own consumption (lunches, snacks).

Secondary Schools:

Any foods and beverages sold to secondary students outside reimbursable meals will meet current USDA Smart Snacks standards and applicable state requirements, except authorized exempt fundraisers described in Section C.1.d.

These standards apply throughout the school campus during the school day, including vending machines, school stores, snack carts, and à la carte sales. For this purpose, the school day runs from midnight before the instructional day through 30 minutes after its end.

RioGAFA realizes that change in diet does not come easily, primarily because eating habits can be culturally based, ingrained in socialization, and potentially dependent on the emotional need. We are committed to encouraging families to make better choices through education. Promoting better food choices might include:

- Fresh Food Smoothies
- Fresh Fruit
- Fresh Vegetables
- Almonds
- Sunflower seeds, pumpkin seeds, etc.
- Rice Cakes
- Dried Fruits
- Low Fat Cottage Cheese
- Nut Butters (check for allergies)
- String Cheese
- Salsa,
- Whole Grain tortillas
- Hummus
- Boiled Egg
- Ants on a log (celery with nut butter and raisins) Pickled cucumber
- Apple chips
- Applesauce
- Fried Sweet Potato
- Air Popped Popcorn (non-GMO)

Section C.1.c Policy for Food and Beverage Marketing

Only foods and beverages meeting USDA Smart Snacks standards may be marketed to students on campus during the school day. This applies to advertising in school publications, posters, branded equipment, vending machine displays, promotional samples, and other school-controlled marketing. New purchases and agreements will be reviewed for consistency with this restriction.

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages and creating food environments that encourage healthy choices and participation in school meal programs. Students and staff will receive consistent nutrition messages throughout schools, classrooms, gymnasiums, and cafeterias. Nutrition promotion also includes marketing and advertising nutritious foods and beverages to students and is most effective when implemented consistently through a comprehensive and multi-channel approach by school staff and teachers, parents, students, and the community.

Section C.1.d Procedures for Documentation of Fundraisers (NMAC 6.12.5.8)

Fundraisers selling foods or beverages that do not meet competitive food standards will be limited to two occasions per semester, each lasting no more than one school day. Such sales will not compete with school meals in the food service area during meal service. The wellness coordinator or designee will approve and maintain a log of exempt fundraisers, including dates, food items, and location, and coordinate annual assurances of compliance to NMPED.

Section C.1.e Assurances for Adherence to Requirements Regarding Potential Food Allergies/Sensitivity

RioGAFA includes a mechanism for families to notify the school regarding (food) allergies and sensitivities through the final registration process. Students whose registration form indicates an allergy must follow up with a FARE (food allergy & anaphylaxis emergency care plan) form authorization from their health care provider. The allergy and care plans are shared with the pertinent faculty. For food service, lunch providers are flagged so the school can ensure an alternative meal if necessary. FARE forms are maintained in the front office with details regarding care in the case of accidental exposure.

Staff responsible for supervising students or serving food will receive training on recognizing food allergy reactions, activating emergency procedures, and following individual care plans. The school will maintain a communication process so relevant staff can access necessary allergy instructions and promptly obtain emergency assistance.

Section C.2 Quality Physical Activity Policy

Section C.2.a Guidelines to provide Physical Activity Opportunities (NMAC 6.12.6.8.D.3)

RioGAFA will use school-level wellness assessment tools, such as the CDC School Health Index, when useful to identify needs and guide improvement. Participation in any external wellness grant will be described in the annual implementation plan only while that grant is active.

RioGAFA believes that for the students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting environments for all students and staff.

Center for Disease Control and Prevention data indicate that physical activity correlates with student learning. Students that engage in physical activity are better prepared to learn in the classroom.

At RioGAFA, quality daily physical activity is essential to the health and wellness of all students and staff. The school offers a wide range of physical activities for students to engage in moderate to vigorous physical exercise before, during and/or after school.

Students at RioGAFA are also provided the opportunity to participate in the following activities:

- Access to a quality after-school program that provides physical activity for students.
- Engage in various physical activities throughout the day.
- Students also engage in at least two 5 to 10-minute active brain breaks.
- RioGAFA's arts-integrated curriculum engages students in dance and movement at least once throughout the core day.
- Students will participate in dance and movement classes throughout the year.
- Depending on interest, RioGAFA will offer several after-school sports teams for students to participate in, including, but not limited to soccer, basketball, and cheer.

Section C.2.b Elementary School Provides Daily Recess

Students participate in several recess opportunities during the school day:

- 20 to 30-minute of activity outside before reporting to their classrooms;
- 30-minutes of structured play and exercise at lunchtime that includes basketball and volleyball and engaging in play;
- 15-minute play recess by grade level in the morning; and
- 15-minute walk (with a snack break).

Section C.2.c Secondary School Provides Structured Physical Activities

Students participate in several recess opportunities during the school day:

- 30-minutes of exercise and athletic activities at lunchtime include walking, basketball, volleyball, and catch; and
- 10-minute walk (with a snack break).

Section C.2.d Assurance: Not Withholding Physical Activity as a Form of Punishment

Exclusion from Physical Education activities or recess is not used as a punishment for students. RioGAFA administration is a strong proponent of physical activity and fresh air for young people.

Students are encouraged to dress for the weather to play and be active outside.

Section C.2.e School Encourages Alternate Transportation Modes (walking, bicycle, skate, etc.)

Many of our students may commute to the school via their car or by bus, making it difficult for RioGAFA to promote alternate forms of transportation modes (walking, bicycle, skating, etc.). This also becomes a safety concern.

Section C.2.f Physical Activity Included as Health Education Topic (NMAC 6.29.9)

RioGAFA does not have a Health Educator; however, physical activity will be included as a Health topic within our Science Curriculum. Our literacy program also will integrate physical activity as a health topic.

Section C.2.g Goals for Physical Activity

Physical activity goals will be addressed through physical education and integrated Science/Health instruction. Teachers will identify age-appropriate learning goals and assess student progress.

Section C.3 Physical Education Requirement

At RioGAFA, the Physical Education (PE) program is an instructional program integrated into our dance and core content classes. Physical education is one source but not the only source of physical activity.

RioGAFA offers a planned, sequential PE curriculum and dance and movement classes aligned with the physical education content standards with benchmarks and performance standards outlined in 6.30.2.20 NMAC. Activities are based on goals and objectives that are appropriate for all students.

A comprehensive PE curriculum within a coordinated arts-integrated approach aims to acquire life skills to attain personal, family, community, consumer, and environmental health. RioGAFA'S PE program is skills-based, with plenty of opportunity for practice and assessment.

RioGAFA will:

- Implement a standards-based Physical Education curriculum.
- Offer classes taught by certified, licensed instructors.
- Encourage collaboration amongst teachers and dance and movement instructors to introduce physical activity and education into academic classrooms as part of the arts-integrated curriculum.
- Wherever possible, the size of physical education, dance, and movement classes will not exceed class size requirements for other self-contained classes.
- Educators will be provided with opportunities for professional development such as workshops, conventions, and collaboration to receive the latest information and innovations within PE.

Section C.3.a Adaptive Physical Education

RioGAFA provides adaptive PE for all students that have such indicated as part of their Individualized Education Plan (IEP). Differentiation for students is required by all teachers for students identified with varying abilities and will be implemented as needed even if it is not indicated in an IEP.

Section C.4 Health Education Content Standards and Benchmarks (NMAC 6.29.1) Policy

RioGAFA is an arts integration school that strives to address the "whole child" needs. The elements of practical education, including nutrition, emotional health, leisure, aptitudes, and enrichment, contribute to our whole-child vision. The school will provide a planned, sequential, for all grades served 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 outlined in 6.29.6.8 - 6.29.6.10 NMAC. The curriculum will provide the mechanism to help students acquire life skills that promote personal, family, community, consumer, and environmental health.

RioGAFA will provide activities in comprehensive health education that align with the New Mexico health education content standards, benchmarks, and performance standards as outlined in 6.29.6.8 - 6.29.6.10 NMAC.

RioGAFA shall provide age-appropriate instruction about illness and disease and related issues in the required health education curriculum to all students as outlined in 6.29.6.8 - 6.29.6.10 NMAC.

RioGAFA will:

- Implement a standards-based health curriculum.
- Integrate wellness into other subject areas using New Mexico health and physical education core standards as a guideline.
- Plan to address the wellness needs of staff and students with the guidance of the school health advisory committee
- Ensure an equitable and accessible work and learning environment meets the Americans with Disabilities Act Part III.

Section C.4.b School Applies PED "Opt-Out" Policy for Sexuality Component of Health Curriculum

The appropriate grade level teachers develop the sexuality component of instruction. Lessons are made available to parents prior to instruction, and parents are allowed to opt-out of the lessons by signing the appropriate form.

Section C.4.c Assurance HIV Instruction (NMAC 6.12.2.10)

The school will provide age-appropriate instruction about HIV and related issues in the required health education curriculum to all students as outlined in 6.12.2.10.c NMAC.

Section C.5 Social and Emotional Wellbeing Policy

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.

Section C.5.a Focusing on Students' Social and Emotional Wellbeing (6.12.6.8.D.6 NMAC)

RioGAFA will follow the Arts Education & Social Emotional Learning Framework through The Center for Arts Education and Social-Emotional Learning as an arts-focused charter school. The arts and social-emotional learning (SEL) create "a synergistic pairing" and allow for the intentional application of appropriate teaching

and learning strategies, with the overarching goal of enhancing art education and addressing behavioral and emotional health.

RioGAFA will develop and maintain plans addressing the behavioral health needs of all students in the educational process. RioGAFA will collaborate with community agencies to provide services and promote strategies that support and/or improve students' social and emotional wellbeing.

Section C.5.b Support Services Available to All Students

- RioGAFA will partner with community social service agencies to meet individual students' social and emotional needs. The school directors will liaise and provide connections to community resources for students and families.
- RioGAFA will provide media, performing, and visual arts to all students through our extended learning day program.
- RioGAFA will encourage all students to become involved in co-curricular and extracurricular activities. These may be school-sponsored activities such as student council, athletics, fine arts, school clubs, or activities offered in the community (Boy Scouts/Girl Scouts, church groups, etc.). Students who feel connected to someone in the school or community are more likely to graduate.
- School policies maintain a safe and healthy school environment. RioGAFA encourages conflict mediation, buddy programs, and other proactive anti-bullying strategies.
- The school will provide age-appropriate supports (grief/divorce/relationships/anger management programs/coping strategies etc.) for students, in keeping with the needs of students and families.
- Parents are encouraged to become partners with the school and students to create a nurturing positive school climate. Schools may use attendance and behavior contracts, counseling, school assemblies, school committee involvement, and other strategies appropriate to their school communities.
- RioGAFA will utilize the Multi-Layered Systems of Support (MLSS) and the Student Assistance Team (SAT) to provide strategies and interventions that may include special education services or a 504 plan.
- RioGAFA will ensure implementation of the (SEL) curriculum across all grade levels.

Section C.5.c All Staff Trained in Child Abuse and Neglect Training, Section 22-10A-32, NMSA

All staff, including administration and ancillary staff, will complete required yearly training in child abuse and neglect detection as well as mandatory reporting.

Section C.5.d Substance Abuse Reporting, Section 22-5-4, NMSA

The school will adhere to substance abuse reporting. Such substances are detrimental to individual development and wellness and undermine effective education. To ensure the highest standards for learning in the classroom, the school will help students abstain from using chemical substances and intervene early when abuse or misuse is detected. RioGAFA has a zero-tolerance policy for the presence or use of prohibited substances. The presence of prohibited substances will result in parent/guardian notification, suspension, and discipline proceedings. Offenses will be dealt with in a case-by-case situation, and law enforcement could be notified of alcohol and drug violations as appropriate.

Section C.6 School Safety and Life Saving Skills Policy

A healthy and safe school environment is vital to academic achievement. It 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.

RioGAFA 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, board policy, and emergency response plans.

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

RioGAFA will:

- Maintain school safety plans focused on supporting healthy and safe environments including, but not necessarily limited to, prevention, policies and procedures, emergency response plans, and compliance with school policies which create an environment free of tobacco, alcohol, and other drugs.
- Cooperate with fire and safety inspections of the school building(s) and equipment conducted by appropriate state and local authorities and cooperate with proper governmental agencies and law enforcement to conduct crisis response exercises, drug searches, and other appropriate law enforcement activities.
- Provide safety procedures and appropriate training for students, teachers, and staff that support personal safety and a violence/harassment-free environment.
- Attempt to make CPR classes available for all staff according to budget constraints and will study ways of increasing the number of CPR and first aid-certified staff members at all school sites.

Section C.7 Health Services Policy

Health services are provided for students to inform, protect and promote health. Services are designed to ensure access or referral to primary health care, behavioral health services, or both. Health services foster appropriate use of primary care and behavioral health to prevent and control infectious disease and other health problems, provide emergency care for illness or injury, promote sanitary conditions, and provide educational and counseling opportunities for promoting and maintaining individual, family, and community health.

Section C.7.a Student Healthcare Needs

RioGAFA adheres to all local, state, and federal regulations regarding public education of students with healthcare needs and or chronic illness. Healthcare needs that affect school attendance or other functions related to school are addressed in an Individualized Health Plan (IHP), 504 plan, or directly addressed in a student Individualized Education Plan (IEP). IEPs and 504s have separate applied processes and are maintained either in special education files or with general education files appropriate for the student's needs.

Section C.7.b HIV/AIDS

RioGAFA will ensure that all students diagnosed with HIV/AIDS have appropriate access to public education and their privacy rights are maintained as stated in 6.12.2.10, NMAC.

Section C.7.c Immunizations

Statute 6.12.2.8, NMAC, makes it unlawful for any student to enroll in public school unless they are properly immunized or become properly immunized and can provide satisfactory evidence of such immunization unless they are exempted and provide required documentation.

RioGAFA maintains a data file in which immunization records are updated regularly. RioGAFA health faculty and data manager also have access to the state-wide immunization database. Exemptions are noted appropriately.

As per the McKinney-Vento Homeless Assistance Act, students identified as homeless are not prevented from entering school based on the inability to produce records typically required for enrollment. RioGAFA will partner for additional school support to increase the identification of and outreach and support to students identified as Homeless.

Section C.7.d Self Administration of Emergency Medication by Students

RioGAFA adheres to the provision that any student with appropriate health care provider authorization may carry and self-administer prescribed asthma and anaphylaxis treatment medications. A student may also self-administer and manage diabetes care in the school setting NMAC, 6.12.2.9 and 6.12.8. See specific school policy for more details and disposal of medication vessels or sharps.

Section C.7.e Vision Screening for Students

RioGAFA adheres to the state vision screening standards under NMAC 7.30.11 and administers vision screening to students in kindergarten, 1st, and 3rd grades. Parents are notified of the screening and offered an option to opt-out in their initial registration intake.

Section C.7.f Confidentiality

Health service programs will meet applicable reporting, recordkeeping, and confidentiality requirements. Student health information will be shared only with authorized personnel as permitted by applicable law and school procedures.

Section C.8 Staff Wellness Policy

Staff wellness means opportunities for school staff to improve their health status through health assessments, education, fitness activities, and social-emotional health education and 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.

Section C.8.1 Staff Wellness Plan

RioGAFA's staff wellness plan will address all school employees, promote an equitable and accessible work environment, and protect the confidentiality of employee medical information. Employee medical records will be maintained separately from personnel files with access restricted to authorized individuals.

Employees will be provided with opportunities to learn and participate in strategies supporting a healthy lifestyle.

RioGAFA will:

- Investigate an Employee Assistance Program (EAP) to support staff desires of counseling services (mental health, substance abuse, etc.) at a reduced membership rate.
- Use health partnerships to assist staff with prevention and health screening information and will be available to help staff members in emergencies.
- Provide opportunities for staff to participate in health promotion programs focusing on exercise, stress management, and nutrition, as appropriate to the work schedules.
- Encourage faculty involvement in signups and participation in fun runs, walks, hobbies, fine arts, and other staff wellness activities.
- Include wellness topics as part of staff in-service days.

Section D. Plan for Measurement of Implementation and Evaluation of Wellness Policy

The School Health Advisory Council will evaluate the Wellness Policy annually using an Evaluation Rubric to ensure that each component of the wellness policy has been fully developed. It will also ensure that all statutes related to the policy are in place.

Annual implementation plan and measurable goals

Each school year, the SHAC and wellness coordinator will maintain an implementation plan identifying goals, responsible staff, actions, timelines, measures of success, and evidence to be collected. The plan will address nutrition promotion and education, food and beverage standards, physical activity, physical education, and other wellness activities. It will document consideration of evidence-based strategies and reflect the school's actual staffing and resources.

Three year assessment and policy revision

At least once every three years, RioGAFA will assess compliance with the policy, compare it with model wellness policies, and describe progress toward its goals. The assessment will be made publicly available in an accessible and understandable format. The SHAC will recommend revisions based on assessment results, community needs, implementation experience, and changes in applicable standards. Substantive policy revisions will be submitted to the Governing Council for approval.

Documentation and records

The wellness coordinator will maintain the current policy, implementation plans, meeting records, stakeholder invitations and participation documentation, annual reports, three-year assessments, fundraiser logs, and evidence of public notification. Records will be maintained in a designated administrative file and accessible electronic folder, with student and employee confidential information protected separately.