

**Pueblo Pintado Community School**

**Nutrition/Wellness Policy**

**School Year 2025-2026**



# Pueblo Pintado Community School Nutrition/Wellness Policy

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### Web Links

Choose My Plate: United States Department of Agriculture



## **Pueblo Pintado Community School Nutrition/Wellness Policy**

**Mission Statement:** Pueblo Pintado Community School (PPCS) is committed to providing a nutritional diet and promoting a healthy lifestyle to prevent the onset of diabetes, obesity, poor nutrition, and/or other afflictions related to a poor diet. PPCS will adhere to the guidelines and standards of the United States Department of Agriculture (USDA) Federal 7 C.F.R 210 & 220, Navajo Nation Special Diabetes Program, and the New Mexico Public Education Department (NMPED) mandates (6.12.6 N.M.A.C). The Health and Wellness in Bureau of Indian Education (BIE) Schools, K – 12, Part 31, Bureau of Indian Affairs Manual (30.IAM.7, 2011) will also be utilized to guide the wellness program.

**Vision:** To promote and maintain healthy eating habits that will reinforce physical, emotional, and mental health.

**Goal:** Pueblo Pintado Community School will promote a healthy diet by providing nutritious meals with regular physical activity and healthy habits in the school and residential life environment, allowing students to grow mentally and physically. This goal will encourage the development of healthy eating habits that will last throughout their lifetime. Our school will provide well-balanced meals, nutrition education, and daily physical activity to reduce the risk of obesity, diabetes, cancer, and other chronic illnesses.

**BIE Strategic Direction:** Wellness, Behavioral Health, and Safety Goal 2 – All students will develop the knowledge, skills, and behaviors necessary for physical, mental, and emotional wellbeing in a positive, safe, and culturally relevant learning environment ([BIE Strategic Direction 2018-2023](#)).

### **Definitions:**

Nutrition at Pueblo Pintado Community School means providing access to a variety of nutritious and appealing meals that accommodate the health and nutritional needs of all students. **Nutrition promotion and education** aims to teach, model, encourage, and support healthy eating practices. Nutrition Education and healthy eating habits will promote proper physical growth, physical activity, brain development, ability to learn, emotional balance, a sense of well-being, obesity prevention, the ability to resist disease, and integrated harmony with traditional values.

Everyone has a role to play in reducing childhood obesity, including parents, elected officials from all levels of government, schools, health care professionals, faith-based and community-based organizations, and private sector companies. Your involvement is a key component to ensuring a healthy future for our children.

**Requirement:** The Nutrition/Wellness Policy shall include nutrition guidelines meeting guidelines set forth in (Subsection B of (6.12.5.8 NMAC)).

The Nutrition/Wellness Policy shall include guidelines for school sponsored fund raisers before and after school hours minimally meeting guidelines set forth in (paragraph (1) of Subsection C of 6.12.5.8 NMAC).

The Nutrition/Wellness Policy shall include guidelines for school sponsored fund raisers before and after school hours ensuring that at least 50% 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).

**Services:** The activities are divided into two components. Component one (1) includes the New Mexico Public Education Department (NMPED) requirements that are outlines in the school district wellness policy rule (6.12.6.6 N.M.A.C.). The NMPED required activities are expected to be included in every wellness policy submitted to the NMPED. Component two (2) includes other activities each school health advisory council can create in addition to the requirements that are specific to the needs of the school.

**Wellness Policy:** The Nutrition/Wellness Policy at PPCS recognizes students, school personnel, parents, and other stakeholders will benefit from utilizing the wellness policy as it will enhance the educational process and recognize the importance of providing awareness of a comprehensive school education and health program.

The Nutrition/Wellness Policy will provide awareness about diabetes, the risk factors, and potential strategies for preventing diabetes and other diabetes related diseases, like blindness, amputations, and kidney diseases, etc. Prevention/intervention includes an understanding of self-awareness and self-management behaviors that foster healthy living and healthy choices. The implementation of the Nutrition/Wellness Policy will ensure that students and staff personnel will become role models for the future generations. Students will learn healthy lifelong habits and practice making healthy lifelong choices.

**The New Mexico Wellness Policy is comprised of eight components:**

- **School Health Advisory Committee (SHAC)**– Will consist of at least 2 academic staff, 1-food service staff, at least 1-parent, and the athletic coordinator. The committee will meet a minimum of 2x a year. The principal is designated to oversee the wellness policy to ensure compliance and implementation. The committee is responsible for the local wellness policy, including a plan in place for measuring implementation and evaluation and analysis of data (student surveys, etc) at least 1x a year, initiating challenge, attending trainings, and ensure the Nutritional/Wellness policy is available on the school website and within the student/parent handbook.

**Triennial Progress Assessments Requirement**

At least once every three years, Pueblo Pintado Community School will evaluate compliance with the wellness policy per the USDA nutrition administrative review process to assess the implementation of the policy and shall include:

- The extent to which the school is in compliance with the wellness policy; and
- A description of the progress made in attaining the goals of the school's wellness policy.
- The school will actively notify households/families of the availability of the triennial progress report.

**Recordkeeping**

Pueblo Pintado Community School will retain records to document compliance with the requirements of the wellness policy. Documentation will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating compliance with community involvement requirements, including (1) efforts to actively solicit SHAC membership from the required stakeholder groups; and (2) the participants' involvement in the development, implementation, and periodic review and update of the wellness policy;
- Documentation of annual policy progress reports;
- Documentation of the triennial assessment\* of the policy for each school under its jurisdiction;

and

- Documentation demonstrating compliance with public notification requirements, including (1) methods by which the wellness policy, annual progress reports, and triennial assessments are made available to the public; and (2) efforts to actively notify families about the availability of wellness policy.
- **Family, school and community involvement** - integration of the family, school and community approach to enhance the health and well-being of students
- **Health Education** – the instructional program that provides opportunities to motivate and assist students maintaining and improving their health, prevent disease, and reducing health-related risk behaviors.
- **Health Services** - services provided for students to appraise, protect, and promote health.
- **Healthy and Safe Environment** - the physical and aesthetic surroundings, the psychosocial climate, and culture of the school.
- **Nutrition** - programs will provide access to a variety of nutritious and appealing meals and snacks that accommodate the health and nutrition needs of all students. Free drinking water is available to students in the place where meals are served during meal service. PPCS assures the adherence to requirements such as possible food allergies within the school. (See Parent/Student Handbook page 20)
- **Physical Activity** - body movement of any type which may include recreation, fitness, and sport activities. PPCS allows physical opportunities before, during, and afterschool. Physical education is included as a health education topic. Main goal of physical activity is for overall wellness of our students. Sports are offered afterschool.
- **Physical Education** - the instructional program that provides cognitive content and learning experiences in a variety of activity areas.
- **Social and Emotional well-being** - services provided to maintain and/or improve students' mental, emotional, behavioral, and social health.

Though the Nutrition/Wellness Policy has many components, PPCS will emphasize a school-wide nutrition/wellness policy. The Safety Committee under the direction of the Administration and COOP addresses the “health(y) and safe environment” component. Finally, the social and emotional well-being of students is addressed by the teachers (utilizing the Positive Action (SEL) Program) and counseling services at our school. Residential Life staff will coordinate to plan physical activities for students. The Educational Technicians will provide SPARK fitness activities for grades K-8 and Home Living Assistants for the residential program.

**Nutrition Policy:** All schools will provide nutrition education activities that align with the New Mexico Health Education Content Standards with Benchmarks and Performance Standards as set forth in 6.29.6 NMAC. Pueblo Pintado Community School does not allow food and beverages to be sold to students during the school day.

- Provide meals that meet local, state, and federal nutrition requirements and standards of USDA and the NMPED.
- Meals low in sugar content
- Meals low in sodium content
- Meals low in (total) fat, saturated fat and cholesterol
- Meals with a variety of foods that include vegetables, fruits, milk, and protein
- Encourage healthy cultural food choices, i.e., tortilla and vegetable stew

- Promote healthy snacks for all classroom celebrations and activities
- Prohibit food and beverages (sodas, energy drink, etc...) of non-nutritional value

**Wellness Policy Section II Nutrition (PG12):** All schools' breakfasts and lunch comply with the USDA and state policies; therefore, students will not be allowed outside food (breakfast burritos, etc.) on PPCS Campus:

**Energy Drinks will NOT be allowed on Pueblo Pintado Community School Campus including Residential Dormitory:**

**Reasons:** High levels of caffeine – Red Bull 80 mg., Amp 143 mg., Monster 160 mg., etc...  
Energy drinks contain excessive amounts of herbal stimulate, caffeine, and sugar. Energy drinks not only can make individuals alert (jittery) but can also make the heartbeat rapidly. Energy drinks also increase blood pressure and can affect other organs in the body.

**Consequences:** Energy drinks will be confiscated and disposed of. Student will be held accountable, and a letter will be sent home reminding parents of this policy. If a student continues to bring energy drinks to school, then the consequences will increase according to the Student Behavior Policies in the Student-Parent Handbook.

**Classroom Celebrations/Special Events:**

The school comprehensive health plan includes awareness of foods and beverages served for celebrations/special events. Pueblo Pintado Community School Nutrition/Wellness Policy will be utilized for planning and implementing celebrations and special events. Other activities, like fundraising, will also adhere to the Nutrition/Wellness Policy.

- Celebrations or special events should occur only after lunch
- Promote nutrition education school-wide
- Promote physical activity as part of celebrations, or special events
- Omit foods with non-nutritional value from the celebrations (menus)
- No "Junk Food"
- Use the Smart Snacks calculator at [Smart Snacks Product Calculator](#)

***The following beverages may be served***

- Milk 2% or less
- Soy milk
- Water
- 100% fruit juice (serving size not to exceed 20 oz.- middle school only) PPCS will follow Sysco Menu when serving juice to all students.

***The following beverages may not be served at school or school sponsored field trips***

- Fruit drinks, punch, fruit aids, powdered drinks
- Energy drinks
- Flavored water
- Carbonated drinks (soda - regular and diet)
- Non-carbonated flavored water with added sweeteners
- Sports drinks

**The following food guidelines are allowed**

- Fruits (canned, whole, piece), nuts, cheese, and yogurt- provide single serving only
- Less than 200 calories per serving/package
- Less than 8 grams of fat per serving/package
- Less than 2 grams of saturated and trans fat per serving/package
- Less than 15 grams of sugar per serving/package

**Note:** It is recommended that denying a student physical activity should not be used as a form of punishment. Furthermore, food and beverages (excluding water) cannot be used as a reward or punishment in schools. (Subsection B of 6.12.5.8 N.M.A.C.)

Pueblo Pintado Community School is committed to providing healthy meals, healthy snacks, and living a healthy lifestyle to complement and enhance the education process.

- Encourage parents to support the nutrition/wellness policy and promote healthy eating habits
- Provide intervention/prevention programs for diabetes, obesity, poor nutrition and other diseases, like kidney and heart diseases
- Enforce the “no-junk food” rule, teachers should refrain from rewarding students with junk food
- Encourage active participation in physical activities
- Teach children to make healthy choices academically, socially, emotionally, and physically
- Access community resource(s) to support a comprehensive wellness program
- **Be a role model by living a healthy lifestyle**

**Healthy Traditional and Cultural Foods (IAM 1.3.3):** It is the policy of the BIE that all schools and residential facilities:

- Strive to incorporate healthy foods that reflect the traditions and culture(s) of the student body.
- Should strive to serve at least one healthy traditional or cultural dish or snack per month. All dishes and snacks should meet the school meal requirements contained herein.
  - **PPCS will provide students with two traditional meals (one breakfast and one lunch) per month on different days.**
- When feasible, are highly encouraged to develop school gardens.
- Encourage students to participate in cultivation and preparation of healthy traditional and cultural foods, whenever possible.
- Provide with annual professional development training to meet the policy requirements
- Conduct annual taste tests and cooking demonstrations of healthy traditional cultural foods and snacks that are representative of a variety of traditions and cultures found within the school community.

**Food and Beverage Marketing:**

No food or beverage marketing is allowed except for USDA approved materials.

**Fundraisers:**

As part of the Nutrition/Wellness Policy, Pueblo Pintado Community School (PPCS) will regulate all foods served at school and sold as fundraiser items (during and after-school). PPCS may grant up to 2 non-exempt fundraisers during the school day per academic year. Please see the School Health advisory committee for application with final approval form the principal and filed with the school health advisory committee. Fundraisers during the school day are required to meet smart snacks for students. The Smart Snacks Calculator link must be used and can be found at: [Smart Snacks Product Calculator](#). Fundraisers through the concession stand are only permitted after

school.

The following items may be considered for fundraising during the school day or celebrations:

- animal crackers
- baked chips
- beef jerky
- cereal bars
- cereal mix (i.e. Chex mix)
- cheese sticks or single serving packages
- corn nuts
- crackers
- dried fruit
- granola bars (*sugar not listed first*)
- graham crackers
- fresh fruit and vegetables
- fruit cups or bowls
- fruit snacks
- nuts
- pickles
- pretzels
- pudding
- rice cakes
- trail mix
- yogurt

## RESOURCES

- [Print Resources | MyPlate](#)
- [Smart Snacks Product Calculator](#)
- [SHSB\\_2023-Wellness-Policy-Formation-and-Implementation-Guide-.pdf \(state.nm.us\)](#)
- [idc016046.pdf \(bia.gov\)](#)
- [WellSAT Home Page](#)



# Start simple with MyPlate

Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.

