

# Tse'ii'ahi' Community School

Wellness Handbook

School Year 2025-2026

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**TSE'II'AHIP'**  
COMMUNITY SCHOOL

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Tse'ii'ahi' Community School reserves the right and discretion to amend handbooks as needed throughout the school year. Changes are effective as of the date of their occurrence.

## MESSAGE ON SCHOOL BOARD

The school board and Navajo District Schools strive to ensure every student graduates fully prepared for college or career readiness. Each school board acts in accordance with the policies outlined in the 25 CFR and 62 BIAM to effectively support students, families and community.

## MESSAGE ON WELLNESS

We encourage students and their families to practice traditional concepts of hozho, and take measures to address their physical, mental, and spiritual well-being. In addition to academic instruction, the schools will take measures to provide nutritious food and expose students to physical activities to the extent possible. We encourage students and their families to eat healthy, exercise, and maintain their mental health so students can reach their full academic potential.

## TSE'II'AHÍ' COMMUNITY SCHOOL VISION STATEMENT

Tse'ii'ahi Community School understands each student has unique needs. We pledge to provide a creative environment where every student acquires excellence in academics, self-confidence, and cultural awareness to create a love of lifelong learning.

## TSE'II'AHÍ' COMMUNITY SCHOOL MISSION STATEMENT

Tse'ii'ahi' Community School is the key to our future

### Goal

- Tse'ii'ahi' Community School 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.
- Tse'ii'ahi' Community School will adhere to the guidelines and standards of the United States Department of Agriculture (USDA), Navajo Nation Special Diabetes Program and the New Mexico Public Education Department (NMPED) Mandates (6.12.5.N.M.A.C). The health and Wellness in Bureau of Education (BIE) Schools, K-12, Part 30, and Indian Affairs Manual will also be utilized to guide the wellness program.
- Tse'ii'ahi' Community School will promote a healthy diet by providing nutritious meals with regular physical activity and promote healthy eating habits in school. Students will excel at learning mentally and physically. This will encourage the development of healthy eating habits that will last throughout their lifetimes. Our school will provide well-balanced meals, nutrition education and daily physical activities to reduce the risk of obesity, diabetes, cancer, and other chronic illnesses.

## Definitions

- Nutrition at Tse'ii'ahi' Community School provides access to a variety of nutritious and appealing meals that accommodate the health and nutritional needs of all students.
- Nutrition Education aims to teach, model, encourage and support healthy eating practices. Nutrition education and health education will promote proper physical growth, physical activity, brain development, ability to learn, emotional balance, a sense of well-being, obesity prevention, and the ability to resist disease while integrating harmony with traditional values.

### **Policies**

1. New Mexico Wellness Policy
  2. Nutritional Quality Food and Beverages Served on Campus
  3. Nutritional and Physical Promotion and Food Marketing
  4. Physical Activity Opportunities and Physical Education
  5. Monitoring and Policy Review
  6. Wellness Policy family, School, and Community Involvement
  7. Nutrition and Nutrition Education
  8. HACCP (Hazard Analysis Critical Control Point ([Hazard Analysis Critical Control Point \(HACCP\) | FDA](#)))
- Tse'ii'ahi' Community School is committed to providing a School environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. The wellness policy shall include nutritional guidelines meeting the guidelines set forth in (Subsection B of (6.12.5.8 NMAC))
  - Tse'ii'ahi' Community School will engage students, Parents, Teachers, Food Services Professional, Health Professional, and other interested community members in developing, implementing, and monitoring the policies.

Tse'ii'ahi' FACE (Center based Program) and K– 4<sup>th</sup> grade will have opportunities, support, and encouragement to be physically active daily. Tse'ii'ahi' Community School promotes and maintains healthy eating habits which promote physical, emotional, and mental health.

- Food and beverages served at the school will meet the nutritional recommendations of the U.S Dietary Guidelines for students.
- School will provide nutritional education and physical education to foster lifelong habits of healthy eating and physical activity.
- Including School Sponsored fundraisers before and after school hours minimally meeting guidelines set for the in (Paragraph (1) of subsection C of 6.12.5.8 NMAC)

- Will provide awareness about diabetes, risk factors and potential strategies for preventing diabetes and other diabetes related diseases, including blindness, amputations, kidney diseases, etc. Preventing requires an understanding of self-awareness and self-management behaviors. Students will learn healthy lifelong habits and practice making healthy lifelong choices.

## New Mexico Wellness Policy

The New Mexico Wellness Policy is comprised of Ten Components:

1. **School Health Advisory Council** - Responsible for the local Wellness Policy. The school will meet a minimum of two times annually for the purpose of making recommendations to the local school board in the development or revision, implementation, and evaluation of the wellness policy.
2. **Family, school, and community involvement**- Integration of family, school, and community. Public updates, including public access to the wellness policy, summary of changes made on at least an annual basis, annual assessments, and triennial assessments.
3. **Health Education**- Be responsible for initiating challenges and attending training. Instructional program that provides opportunities to motivate and assist.
4. **Health Services**- Students maintaining and improving their health, preventing disease, and reducing health-related risk behaviors.
5. **Healthy and Safe Environment**– 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
6. **Nutrition** – Program will provide access to a variety of nutritious and appealing meals and snacks that accommodate the Health and Nutrition needs of all students.
7. **Physical Activity** – Body movement of any type of which includes recreational, fitness, and sport activities.
8. **Physical Education** – the instructional program that provides cognitive content and learning experiences in a variety of activity areas.
9. **Social and Emotional well-being** – Services provided to maintain and/or improve students’ mental, emotional, Behavioral and Social Health.
10. **Staff Wellness** – Opportunities for School Staff to improve their health status through activities such as Health Assessments, Health Education and Health-related fitness activities.

## Nutritional Quality of Foods and Beverages Served on Campus

### School Meals

Meals served through the national school lunch and breakfast programs will:

- Be appealing and attractive towards children.

- Be serviced in clean and pleasant settings.
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations:
- Offer a variety of fresh fruits and fresh vegetables.
- Serve only skim milk, (1%) milk and (1%) chocolate milk and nutritionally equivalent Non-dairy.
- Ensure that half of the served grains are whole grain.
- Ensure nutritional guidelines are met for sodium, calories, and sugar intake.
- Water

Schools should engage Students and Parents, through taste-tests of new entrees and survey, in selecting foods through the school meal programs in order to identify, new healthful and appealing food choices. In addition, schools should share information about the nutritional content of meals with parents and students, such as information that could be made available on Menu, and on cafeteria menu boards.

## Free and Reduced meals

All the students are eating free.

## School

- Will provide students with enough time to eat meals during breakfast and lunch.
- Will schedule meal periods to proceed recess periods.
- Will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

## Nutrition Guideline for Serving Staff and Visitors

- Staff who are doing lunch duty will eat with the students and complete the survey form.
- Staff/visitors who want to eat a school meal during lunch will pay \$3.50 and \$2.50 for breakfast at the point of service and sign in.

## Food request procedure

1. Completed food request forms are requested 2 weeks in advance, allows the purchase of food, supplies, and materials are ordered in time for the planned event.
2. The form is approved by Principal.

## Breakfast and Lunch Schedule

Breakfast is from 7:30 a.m. – 8:10 a.m.

The cafeteria closes at 9:00 a.m. If students are late teachers notify the kitchen staff and provide a Jumpstart breakfast.

On Full Day schedule, lunch is from 11:30 a.m. – 12:00 pm (1<sup>st</sup> – 4<sup>th</sup> grade) and 12:00 pm – 12:30 pm (K-FACE). On Half Days Lunch is from 10:30 a.m. – 11:30 a.m.

<b>Full Days Schedule</b>	1 <sup>st</sup> - 4 <sup>th</sup> Grade 11:30 AM – 12:00 PM	Kindergarten and FACE (Center based Program) 12:00 PM – 12:30 PM
<b>Half Days Schedule</b>	1 <sup>st</sup> – 4 <sup>th</sup> grade: 10:30 a.m. 11:00 am	Kindergarten/FACE – 11:00 a.m. - 11:30 am

The kitchen closes at 12:30 p.m. Cooks will provide to-go trays for students if they have an appointment and are returning to school, and teachers will notify cooks ahead of time.

## Food Allergy

Students with known food-related allergies and special feeding needs must provide a statement from a health provider. The statement will be made available in the cafeteria and placed in the administrative office. Medical documentation must be provided and is valid for the current school year. Updates must be made annually. The school cannot accept written notices from parents.

- Teachers need to make sure medical documentation is shared with food service staff.
- Medical documentation must be provided for a child if there are any food allergies.

## Qualifications of School Food Service Staff

Qualified nutrition professionals will administer the school menu programs. As a part of the School District's responsibility to operate a food service program, we will provide continuing professional development for all nutrition professionals in schools; staff development programs should include appropriate certification and/or training programs for child nutrition director, school nutrition managers, AMS cafeteria workers, according to their levels of responsibility.

## Fund Raising Activities

Tse'ii'ahi' Community school supports children's health and school nutrition-education efforts, school fundraising activities will occur once a week, (e.g., Friday afternoon before the bus route). The fundraising activities will only occur if items are needed throughout the school year.

## Healthy Snacks in the Classroom

Healthy Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables.

## Classroom Celebrations/Special Events

The school comprehensive health plan includes awareness of foods and beverages served for celebration/special events.

- School will limit celebrations involving food no more than one party per class per month.
- All Celebrations or Special Events occur after lunch.

## Process for Food Request

- Fill out food request forms at least two weeks ahead of time.
- Provide the number of people served.
- Principal and cooks' signatures are required for approval and are returned to cook for processing.
- The cook provides food items, utensils needed and paper supplies.

## Nutrition and Physical Promotion and Food Marketing

Tse'ii'ahi' aims to teach, encourage, and support healthy eating by students. The school should provide nutritional education and engage in nutritional promotion which:

- Is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Promotes fruits, vegetables, whole grain products, low-fat and fat-free products, soy milk, water, healthy food preparation methods, and health-enhancing nutrition practices:

## Integrating Physical Activity Opportunities and Physical Education into the Classroom Setting

For students to receive the nationally recommended amount of daily physical activity (i.e., at least 30 mins per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Opportunities for physical activity are incorporated into other subject lessons (i.e. SPARK (K-4 and FACE Center Base))

## Monitoring and Policy Review

### School District Wellness Policy Physical Activity

Objective: Children and adolescents should participate in 30-60 minutes of physical activity every day.

(<http://www.cdc.gov/physicalactivity/basics/children/index.htm>).

**Federal Final Rule Requirements:** At a minimum, policies are required to include:

Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. LEAs are required to review and consider evidence-based strategies in determining these goals.

PED Physical Activity Requirement: All schools will meet the requirements that is outlined in the School District Wellness Policy rule (6.12.6 NMAC). A. Create guidelines to provide physical activity opportunities to students before, during and/or after school. B. All schools will provide education on the benefits of physical activity that align with the New Mexico Health Education Content Standards using benchmarks and performance standards as set forth in 6.29.9 NMAC.

**The Following are Examples of Best Practices and Optional Policy Language for Physical Activity:**

Before and After School Activities – The school offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods.  
– The school encourage students to be physically active before and after school by: [The school provide cross-country, intramurals, or nature walks, extra recess, fun walks/run].

Recess (Elementary) – All elementary schools should offer at least 20 minutes of recess on all or most days, not included as part of the instructional day, during the school year – Where possible, recess should be offered prior to lunch or snack times. – If recess is offered before lunch, schools must have appropriate hand-washing facilities and/or hand sanitizing mechanisms located just inside/outside the cafeteria to ensure proper hygiene prior to eating with students required to use these mechanisms before eating. Hand-washing time, as well as time to put Healthy Kids Make Better Students, Better Students Make Healthy Communities away coats/hats/gloves, is built into the recess transition period/timeframe before students enter the cafeteria.

Outdoor recess will be offered when weather is feasible for outdoor play. Depending on regions or weather conditions, districts may create weather guidelines or guidelines for outside play – In the event that the school or district must conduct indoor recess, teachers and staff will follow the indoor recess guidelines that promote physical activity for students, to the extent practicable – Recess will complement, not substitute for, physical education classes. Recess monitors or teachers will encourage students to be active and will serve as role models by being physically active alongside the students whenever feasible.

Physical Activity or “Brain” Breaks (Elementary and Secondary) – The District recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch – Students are offered opportunities to be active and/or stretch throughout the day on all or most days during a typical school week. – The school recommends teachers provide short (3-5 minute) physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. – The school provides resources and links to resources, tools, and technology with ideas for physical activity breaks.

Resources and ideas are available through USDA, Go Noodle, Brain Breaks, and the Alliance for a Healthier Generation. Active Academics – Teachers will serve as role models by being physically active alongside the students whenever feasible. – Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies, and others) and do their part to limit sedentary behavior during the school day. – The school will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement. (Refer to Neuroscience learning, Brain Activities, Movement Matters, etc.)

Resources:

1. [Springboard to Active Schools \(schoolspringboard.org\)](http://schoolspringboard.org)
2. NMPED Physical Education, K-4, Performance Standards, [SHSB K-4-PhysicalEducationStandards.pdf \(state.nm.us\)](http://state.nm.us)
3. Promoting Social and Emotional Learning in Physical Education, [SHSB Promoting-Social-and-Emotional-Learning-in-Physical-Education.pdf \(state.nm.us\)](http://state.nm.us)

## Wellness Policy Family, School, and Community Involvement

### **Definition:**

Family, school and community involvement means an integrated family, school and community approach for enhancing the health and well-being of students by establishing a district school health advisory council that is responsible for making recommendations to the local school board regarding the development or revision, implementation and evaluation of the wellness policy.

The family, school and community involvement components promote long-term effective partnerships between families, schools, and communities in the planning and implementation of health promotion projects and events, both within the school and throughout the community. The partnership can encourage and sustain environmental changes that support healthy lifestyles for children and their families.

### **Wellness Policy Requirement:**

Each local board of education shall establish a wellness committee that consists of parent(s), school food authority personnel, school board member(s), school administrator(s), school staff, students, and community members.

The school will update or modify the wellness policy based on the results of the annual progress reports and 6 Healthy Kids Make Better Students, Better Students Make Healthy Communities triennial assessments, and/or as District priorities change; community needs change; wellness goals are met; new health science information, and technology emerges; and New Federal or state guidance or standards are issued.

**Goal:**

The goal of family, school and community involvement within a coordinated school health approach is to create a holistic school environment that is conducive to student health and academic achievement. This inclusive atmosphere features a shared responsibility that supports healthy children and families. Effective partnerships between families, schools and communities support the development and the maintenance of this comprehensive learning environment.

Other activities: Includes other activities each school may create along with requirements, specific to the needs of the local school district.

- A. Increase community awareness of student health needs.
- B. Partner with the community to support policies and programs.

**Preamble:**

Tse'ii'ahi' Community School is committed to the optimal development of every student. The district believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments at every level, in every setting, throughout the school year. Research shows that two components, good nutrition and physical activity before, during, and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture's (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism, and better performance on cognitive tasks. Conversely, less-than adequate consumption of specific foods including fruits, vegetables, and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education, and extracurricular activities – do better academically. This policy outlines the district's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Students in the District have access to healthy foods throughout the school day – both throughout reimbursable 7 Healthy Kids Make Better Students, Better Students Make Healthy Communities school meals and other foods available throughout the school

campus (See 6.12.5 Competitive Foods Requirements per terms defined by federal laws and regulations, USDA competitive foods rules at 7 CFR 210.11 and 7 CFR 210.11a) – Providing that all foods sold in schools and smart snacks provisions of the Healthy, Hunger Free Kids Act of 2010, the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966 are incorporated for purposes of these rules.

- Students receive quality nutrition education that helps them to develop lifelong healthy eating behaviors.
- Students have opportunities to be physically active, before, during, and after school.
- Schools engage in nutrition and physical activity promotion and other activities that promote student wellness.

In consideration of requirements governing possible food allergies in schools, children with food allergies may qualify for a Section 504 plan through the Individualized Educational Program (IEP) Individualized Health Plan (IHP). (See Individualized Healthcare Plan memo, March 19, 2015 – PED.) Schools are to follow these guidelines to ensure protection of students against allergic reaction to foods:

- Ensure that a copy of the student's current IHP is attached to the student's current IEP.
- Follow guidance from Section 504 of the 1973 Rehabilitation Act regarding persons with disabilities to include substantial limitations for an individual based on his or her food allergies; and
- Adhere to instructions under 6.12.2.9 NMAC, Student's Right to Self-Administer Certain Medications in the potential case of anaphylaxis that may affect breathing and/or potentially affect other major life activities of students due to an allergic reaction. This policy applies to all students, staff, and schools in the district.

## Nutrition and Nutrition Education

**Objective:** The school is committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free, flavored, and low-fat, non-flavored milk; moderate in sodium, low in saturated fat, and zero grams *trans*-fat per serving (nutrition label or manufacturer's specification), and to meet the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

**Federal Final Rule Requirements:** At a minimum, policies are required to include:

- Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. LEAs are required to review and consider evidence-based strategies in determining these goals.

- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for:
  - School meal nutrition standards, and the
  - Smart Snacks in School nutrition standards.
- Standards for all foods and beverages provided, but not sold, to students during the school day (e.g. in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverages marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.

## 7 CFR 210.11 and 6.12.5.8 NMAC

### **Water:**

Schools participating in the school lunch program under this Act shall make available for children free of charge, as nutritionally appropriate, potable water for consumption in the place where meals are served during meal service.

National School Lunch Act, [National School Lunch Act | K12 Academics](#)

### **Prevention of spread of COVID and other infectious disease**

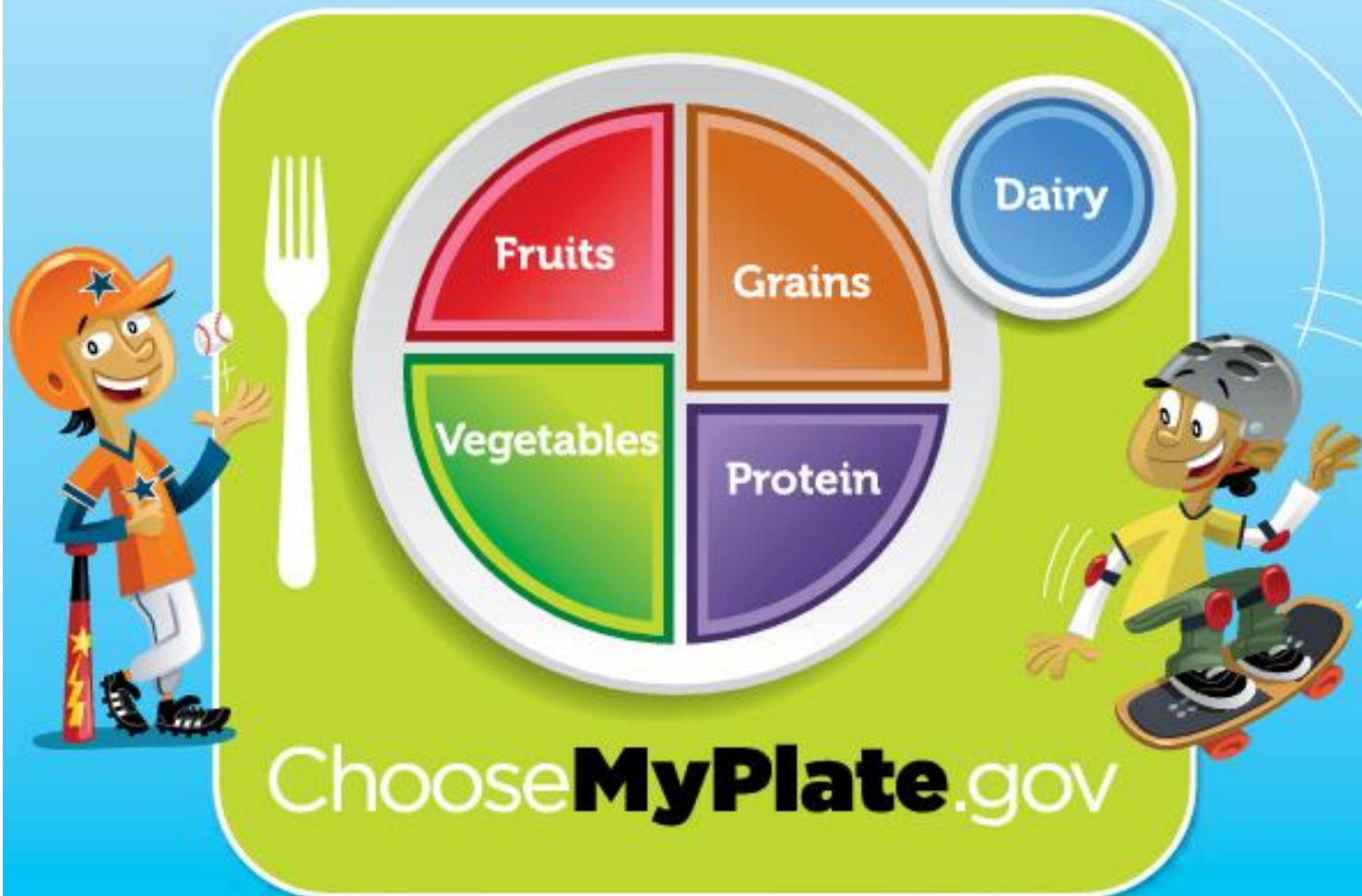
1. Wear mask when sick (students and staff) except during eating.
2. Disinfect most touched surfaces.
3. Follow social distancing when appropriate.
4. Wash hands and use hand sanitizer to limit the spread of infection.

### **School Closure due to pandemic**

1. Food Service, bus drivers, and assigned staff members will serve and deliver meals to students.

# Eat Smart To Play Hard

Use **MyPlate** to help you fuel up with foods from each food group.



## Keep on Moving!

You need at least **60 minutes** of physical activity each day. Whether that's skateboarding, tossing a ball, or playing tag, every little bit counts!



## FRUITS Fuel Up With Fruits at Meals or Snacks

Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.



## VEGETABLES Color Your Plate With Great-Tasting Veggies

Try to eat more dark-green, red, and orange vegetables, and beans and peas.



## GRAINS Make at Least Half Your Grains Whole Grains

Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.



## PROTEIN Vary Your Protein Foods

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chill, fish taco, shrimp or tofu stir-fry, or grilled salmon.



## DAIRY Get Your Calcium-Rich Foods

Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.



**Know Your "Sometimes" Foods** Look out for foods with added sugars or solid fats. They fill you up so that you don't have room for the foods that help you eat smart and play hard.

## Resources

### **6.12.2.9 Students Right to Self-Administer Certain Medications**

### **6.29.1 Primary and Secondary Standards for Excellence**

[Federal Register:: Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010](#)

[MyPlate | U.S. Department of Agriculture](#)

National School Lunch Act, [National School Lunch Act | K12 Academics](#)

[Springboard to Active Schools \(schoolspringboard.org\)](#)

[Wellness Policy – New Mexico Public Education Department \(state.nm.us\)](#)