



STUDENT WELLNESS

The Roswell Independent School District Board of Education is committed to the wellness of every student and staff member. The Board believes that healthy eating and physical education help students achieve personal, academic, developmental, and social success.

Wellness Policy Implementation, Monitoring, Accountability, and Community Engagement

The District will engage family members, students, and representatives of the school food authority, school administrators, and the public in the development and regular review of this policy.



Nutrition



The goal is to influence students' eating behaviors by providing nutrition education that is appropriate for students' ages; reflect students' cultures; is integrated into health education or core curricula; and provides opportunities for students to practice skills.

Nutrition Standards for United States Department of Agriculture (USDA) School Meals

All foods available in each school during the day will have as a primary goal the promotion of students' health and the reduction of childhood obesity.



Nutrition Standards for Other Foods and Marketing

Schools will restrict food and beverage marketing to the promotion of only those foods and beverages that meet the nutrition standards set forth in the District Wellness Policy.

Nutrition
Services
Standards

Quality Physical Activity and Education



The goals for physical activity are to provide opportunity for every student to develop the knowledge and skills for specific physical activities, to maintain students' physical fitness, to ensure students' regular participation in physical activity, and to teach students the short and long-term benefits of a physical and healthy lifestyle.

Health Education Content Standards and Benchmarks

Provide Health Education instruction using State Public Education Department (PED) approved content standards with benchmarks and performance standards (6.29.1 NMAC Standards for Excellence).