



El Paso Leadership Academy

We Build, We Lead, We Make



Student Welfare: Wellness and Health Services

Health Services Program:

El Paso Leadership Academy (EPLA) shall establish, maintain, and internally evaluate a health services program that is coordinated with other student's services and health-related needs of students and their families.

Wellness:

EPLA will promote the general wellness of all students and their families through community-wide nutrition education, physical activity, and other school-based activities.

EPLA is committed to the physical and mental well-being of its students and their families and will execute a plan that establishes a health-conscious school culture that will aid in the reduction of illness prevalent along the border region, such as childhood obesity, type-2 diabetes, and heart disease.

*According to the El Paso County Health indicator's report 2017 (pg.7) a child's quality of life and life expectancy is determined more by his/her zip code than by genetics. Meaning that socioeconomic status has plenty to do with a child's lifestyle and health status. El Paso children who live in urban areas and older, historic areas in the city tend to live within the poverty level. 36%-46% of children 0-18 years of age live within the poverty level (El Paso Health indicator report , 2017 figure 5 pg.15). Our commitment is to keep track of our student population's socioeconomic status, and provide opportunities for our student's families for a better quality of life through various forms of assistance which include physical and mental wellbeing for our scholars. According to UT Health Houston School of Public health, Texas is in an all out crisis of childhood obesity. Several health issues are directly correlated to health risks such as diabetes, heart disease, asthma, high blood pressure, depression and sleeping difficulties.

EPLA will promote the general wellness of all students and their families through community-wide nutrition education, physical activity, and other school-based activities.

*El Paso Leadership Academy is committed to our scholars and families in all areas of health. As our scholars register and process to attend our district, our campus operations lead will adhere to all Texas health standards to include but not limited to vaccination mandates. Our LEA will ensure our scholars register with the vaccinations as mandated by the state of Texas therefore creating an environment to thrive in by creating a safe environment for everyone. Vision, hearing and spinal checks will also be conducted as per Texas Health standards.

Resources

El Paso health indicators report 2017

UTHealth Houston public health

Mental health

El Paso Leadership Academy strives to build a different kind of student, one which will forever resinate in the community. Through age appropriate information on the functions of the brain, we are able to supply our scholars with scientific evidence on neuroplasticity. During the presentation, we talk about how the brain goes through stages of change, the environmental input being one of the greatest factors of that change. We also talk about the matter (myelin sheath) that forms around an axon which executes the electrical impulses that make information travel faster from one neuron to another. Along with the scientific information, a game is attached to it for better understanding. Most importantly, the presentation teaches scholars that when there are consistent healthy connections happening, our social emotional skills are strengthened and our overall behavior shifts for the better.

Our mission here at El Paso Leadership Academy is to empower our students through trust-based relationships with teachers and staff. We focus on creating a safe environment where our scholars are able to be themselves, express creativity, and feel confident. Our social emotional curriculum, provided to us by National University, focuses on the development of social skills, peer relationship processes which in turn contributes to the scholars academic success. The curriculum consists of structured activities, lessons, games and stories designed to promote learning environments that are meant to support the development of healthy peer relationships. It is said that it takes a community to raise a child therefore El Paso Leadership Academy collaborates with community partners such as Texas Tech and Methodist Children's Home by coming together to provide our scholars with free mental health services and facilitating student group sessions that focus on healthy relationships and anti-bullying. We not only target our scholars but their families as our mission is to create strong life-long leaders who are ready to shape the future of their community.

1. Bullying reporting:
 - a. It is our school's expectation that all bullying incidents will be reported. The following are steps to be taken in the event of bullying:
 - b. If school personnel witness an act of discrimination harassment, intimidation, or bullying, he or she shall take immediate steps to intervene when safe to do so. Many times the situation can be rectified before it requires complicated interventions.
 - c. Referrals to the school counselor
 - d. Referral to the office
 - e. All reports are to remain confidential, as appropriate
 - f. We also take steps to protect the individual who makes the report from retaliation.
 - g. Extreme cases of bullying always go directly to our administration

EPLA is dedicated to promoting a safe, inclusive, and respectful environment for all students. We believe that every student has a right to feel safe and supported at school, free from bullying or any form of harassment. To ensure that we are combating bullying an anonymous Anti-Bullying Survey. The purpose of this survey is to gather valuable insights into the prevalence of bullying within our school community. Understand various forms it may take, and assess the overall impact it has on a student's well-being and academic experience.

Survey Details

The Survey will be anonymous and will ensure that participants feel comfortable sharing and opinions. It will consist of a combination of multiple-choice questions and open-ended prompts, allowing students to elaborate on their experiences in their own words.

1. Demographic information (grade level, Gender).
2. Types of Bullying experienced or witnessed (physical, verbal, cyber, etc)
3. Awareness and effectiveness of anti-bullying resources and programs.
4. Frequency and locations of bullying incidents

4. Suggestions for improving the schools approach to addressing bullying

i. Actual survey

Development of Guidelines and Goals:

EPLA will develop nutrition guidelines and wellness goals in coordination with parents, students, staff, board members, and the public.

Nutrition Guidelines:

EPLA will ensure that nutrition guidelines for reimbursable school meals are at least as restrictive as federal regulations and guidance and that all foods available on campus are in accordance with the Texas Public School Nutrition Policy.

In addition to legal requirements, EPLA shall:

1. Establish age-appropriate guidelines for foods and beverages during classroom and school-wide social events.
2. Establish guidelines for the serving or selling of food for school-sponsored fundraising activities that meet the standards set forth by the El Paso Department of Health. Only before and after school will the school-sponsored fundraiser snacks be sold.
3. Provide students and the public with healthy food options at school-related activities and/or events outside of school hours.

WELLNESS GOALS:

NUTRITION EDUCATION

EPLA implements standards in accordance with law, a health program coordinated with a nutrition education component and shall use a health course curriculum that establishes the importance of proper nutrition.

In addition, EPLA establishes the following goals for nutrition education:

1. **Nutrition education will be a school-wide and district-wide priority for the entire school community.**

Nutrition education components that foster the adoption and maintenance of healthy eating behaviors will be made available to all students and will be extended to parents and family members, as well.

2. **Staff responsible for nutrition education will be adequately prepared and will participate in professional development activities to effectively deliver the program as planned.**

For the purpose of helping our community and kids, eight hours of nutrition education and the Civil Rights training will be taken by the nutrition staff. An additional 6 hours will be taken plus their food manager certification will be taken by the School Nutrition Director and Manager. Nutrition staff will be responsible for following protocols while keeping count of students. Basil Garden, our contractor will also receive professional development, food handlers certification, provide a Policy and Procedure on how food is being handled and cooked to provide the best service for students and to be in compliance with Texas Department of Agriculture.

3. **All EPLA staff will coordinate the delivery of nutrition messages in a variety of school spaces, including the cafeteria, classrooms, and other appropriate settings.**

The School Nutrition Director and School Nutrition Manager will communicate constantly with campuses for any updates and for any requirements. They will be responsible for communicating with Nutrition Staff by meeting with them, slack, or emails. Information shared to parents or students will be through posters in the cafeteria, outside of the office, and on our EPLA website.

4. **EPLA will periodically seek feedback from school and community members to determine how to best maintain and improve nutrition education programs.**

The School Nutrition Director will seek feedback by sending out surveys twice a year to parents, students, and staff to improve our nutrition program.

PHYSICAL ACTIVITY

EPLA shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades.

In addition, EPLA establishes the following goals for physical activity:

1. **EPLA fosters an environment that provides and encourages safe avenues for physical activities for all students, including those who are disabled or otherwise unable to participate in traditional activities.**
2. **Physical education classes regularly emphasize the importance of daily physical activity.**
3. **Physical education and health instructors will regularly collaborate with the other school instructors to plan and implement cross-curricular lesson plans that implement physical activity, when appropriate.**
4. **Physical education and health instructors will work with the leadership team to develop before-school and after-school physical activities that include students and families.**
5. **All EPLA staff will receive training to promote safe and enjoyable life-long physical activities for themselves and their students.**
6. **EPLA will encourage all students, parents, staff, and community members to participate in events that promote physical activity and to use school recreational facilities at designated times outside of the school day.**

Examples of such activities as mentioned above to keep parents/families informed and active within our EPLA culture include the following:

- Awareness Information and communication- send through remind app, open fliers and student word of mouth for events and initiatives as pointed out below.
 - Immunizations (vaccines)
 - Well-child exams
 - Sports physicals
 - Acute care for minor illnesses and injuries
 - Management of chronic illnesses
 - Dental screenings, treatments, and referrals
 - Mental health services
 - Basic health education
- In addition to school established physical educational activities as directed by TEA and EPLA, our LEA also plans other health activities such as bringing in outside community member to provide
 - Yoga
 - Military PT
 - Boxing
 - Pilates
- Current Physical education population as implemented by grade level
 - Flagship 6th P.E (all year but every other day)
 - 33 students
 - Flagship 8th P.E.(all year but every other day)
 - 67students

- East 6th grade P.E (all year but every other day)
 - 49 students
- East 8th grade P.E (all year but every other day)
 - 98 students
- East 9th grade P.E (all year)
 - 164 students
- East 10th grade health. (1semester)
 - 130 students
- Students who do not participate in physical education will take a course on health and will also participate in afterschool sport activities.

SCHOOL-BASED ACTIVITIES

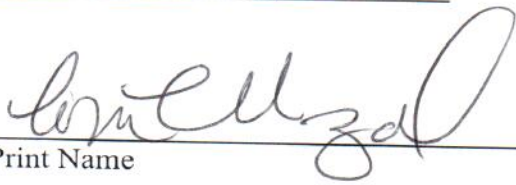
EPLA establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

1. Sufficient time will be allowed for students to eat breakfast, lunch, and snacks in facilities that are clean, safe, and comfortable.
2. Wellness for students and their families will be promoted at suitable school activities.
3. Employee wellness education and involvement will be promoted at suitable school activities.

IMPLEMENTATION

The School Nutrition Director shall oversee the implementation of this policy and shall develop administrative procedures for periodically measuring the implementation of the wellness policy.

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Board President:  toniemyzda
 Print Name Signature

Board Secretary:  Allan R. Lindstrom
 Print Name Signature