



2025 Wellness Policy

Section 1: Local School Wellness Policy

Purpose

Las Cruces Catholic School (LCCS) will adhere to Federal Public Law ([PL108-265 Section 204](#)) that states all schools must develop a local Wellness Policy. LCCS is committed to ensuring students have access to healthy food throughout the day which will support their personal, academic, developmental, and social success. To help with this access, applications for free/reduced breakfast and lunch are available to parents on the LCCS Student Information System, are emailed to parents, and hard copies are available. The meals will be prepared and provided by the local public school district following the nutrition requirements as set forth by USDA.

Las Cruces Catholic Schools recognizes the need to educate our students in the areas of encouraging healthy eating and physical activity. We are striving to have an impact on our students' eating and activity behaviors.

In the classroom our students are taught to eat healthfully and to be active, but they also need the opportunity to practice those behaviors. We hope our wellness policy combines education with practice to create a healthful school environment and to encourage healthy behavior.

School Health Advisory Council

LCCS's SHAC will work to strengthen, implement, monitor, review, and, as necessary, revise school Wellness Policy. The Wellness Policy shall consist of:

- nutrition guidelines for school meals
- student and staff access to water
- physical and health education and activity guidelines
- social and emotional well-being programs and support

The council also will serve as a resource to the school for implementing those policies. The LCCS SHAC consists of a group of individuals representing the school and community, to include the school cafeteria manager, parents, members of the School Board of Trustees, school administrators, teachers, and health professional (a minimum of 5 members). See Appendix A for the current council roster. The SHAC will meet prior to the school year starting (July or early August) and at least one other time a school year or more as needed. These meetings will be announced to the local community and attendance is open.

It is the responsibility of the SHAC to document meeting records, to make the wellness plan available to the school community, evaluate relative survey results, and share triennial assessment results.

The school principal will work with the Cafeteria Manager to will ensure compliance of the wellness policy and its implantation as it relates to nutrition. The principal will ensure health education and physical activity guidelines are met.

Section 2: Nutrition

Requirement	LCCS Practice
School meals will meet or exceed local, state and federal nutrition requirements and /or USDA nutrition standards.	LCCS agrees to be compliant with these standards and accepts that the local public school distributor provides meals that meet these standards.
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 standard and snacks.	<p>LCCS takes guidance from the public school meal distributor on portion guidelines. Breakfast will provide one-fourth (1/4) and lunch will provide one-third (1/3) of the daily caloric needs (based on age) with the calories from saturated fat below 10% and containing no trans fats. These meals shall also meet a sodium restriction which is age based and is set by the USDA.</p> <p>LCCS will provide an after school snack for students in the After Care Program that is in compliance with USDA regulations.</p>
Standards for foods and beverages provided, but not sold to student during the school day (not sold, to students during the school day.	LCCS will encourage teachers and homeroom parents to promote healthy eating habits when planning class parties and cultural experiences.
Create procedures for fundraisers that do not meet the competitive food standards that must be limited to no more than two occasions per semester and may not be conducted during meal service or in the food service area (6.12.5.8 NMAC)	For fundraising activities in which food is sold, a healthy option will be offered. These activities will take place after meal time or after school.
Policies for food and beverage marketing that allow marketing and advertising on only those foods and beverages that meet the smart Snacks in school nutrition standards.	Food and beverage marketing is not allowed on our campus. No vending machines are available for student use.
Specific goals for Nutrition promotion and education that promote student wellness and consider evidence-based strategies in determining these goals.	
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 .	LCCS provides nutrition education at each grade level as part of a comprehensive program designed to provide student with the knowledge and skills necessary to promote and protect their health.
Free drinking water is available to students in the place where meals are served during meal service.	A drinking fountain is located in the meal area and students are encouraged to bring their water bottles with them. Additionally, water bottle fillers are located throughout campus and supplementary water bottles are available.
Assurance of adherence to requirement regarding possible food allergies in school.	It is trusted that the public school distributor avoids common allergens. LCCS addresses allergies on an individual basis. Students are discouraged from sharing foods and beverages to avoid accidental exposure to allergens.

Section 3: Physical Activity

Requirement	LCCS Practice
<p>Guidelines created to provide physical activity opportunities before, during and after school. (6.12.6.8.D.3 NMAC)</p>	<p>During the school day, LCCS students have recess daily. K– 3rd grade have two 15 minute and one 20 minute recesses per day. PreK has two 30 minutes recesses. Grades 4-5 have one 15 minute and one 20 minute recess. Grades 6 – 8 have one 20 minute recess.</p> <p>Teachers are always welcome to add physical activity into lessons or offer an extra recess as a reward or break. Teachers are discouraged from withholding recess as a consequence. At no time can a physical activity be used as a consequence.</p> <p>Structured physical activities are incorporated into the daily After Care Program’s routine. Volleyball and basketball are seasonal afterschool activities available to LCCS students.</p>
<p>Physical activity is included as a health education topic. (6.29.9 NMACC)</p>	<p>LCCS includes regular physical education PreK – 5th grade twice per week. Additionally, physical education is an elective option of grades 6 – 8.</p>
<p>Specific goals for physical activity that promote student wellness and consider evidence-based strategies in determining these goals.</p>	<p>Classroom teachers will incorporate movement into lessons. Physical activity breaks will be taken when appropriate.</p>

Resources

<https://www.govinfo.gov/content/pkg/PLAW-108publ265/pdf/PLAW-108publ265.pdf>

<https://www.srca.nm.gov/parts/title06/06.012.0006.html>

<https://www.srca.nm.gov/parts/title06/06.012.0005.html>

<https://www.srca.nm.gov/parts/title06/06.029.0009.html>

Appendix A: 2025-2026 School Advisory Council Roster

2025-2026 School Health Advisory Council	
Jerrell De Leon	Cafeteria Manager
Windy Drake	Principal
Amy McCarty	Assistant Principal
Sister Mavis Champagne	Student Support/Counseling
Brooke Sanchez	PE Teacher
Tomasita Fierro	Finance Officer
Dr. Gretchen Struempf	Board of Trustee President Pediatrician