United States Department of the Interior
BUREAU OF INDIAN EDUCATION
Taos Day School
200 Rotten Tree Rd
P.O. Box 1850
Taos, New Mexico 87571-1850

Lunch Program and Wellness Policy
2026-2027 School Year.

SHAC/WOW (Working on Wellness) Participants:

Members:

Meredith Sandy- School Head Cook

Claireen Espinoza- Acting Principal

Valerie Suazo- Kindergarten Lead Instructor

Nola Miller- First Grade Lead Instructor

Christopher R. Aloia- Community advisor

Lisa Fernandez- Assistant School Cook

SHAC/WOW WELLNESS POLICY:

This wellness policy was developed by the school Wellness Committee, a group comprising individuals from the following groups: teachers, school administration, food service director, staff, nutrition, Board of Education, Health Services, and Health and Physical Education staff. The committee meets twice during the school year to review and revise and edit, if needed, any policy content and to design and evaluate implementation plans throughout district school. A progress report is/will be prepared after each meeting for the superintendent evaluating the implementation of the policy and regulations and included recommended changes or revisions. The Committee shall also undertake additional tasks as consistent with the wellness policy guidelines issued by the USDA. All meeting dates, times and WellSAT Scorecard will be posted on the school district's website and meetings will be open to the public.

Section 1: Local School Wellness Policy

-The Taos Day School wellness policy is completed following Federal 7 C.F.R pts 210 & 220 and PED NMAC 6.12.6.8

-Taos Day School has a District School Health Advisory Council (SHAC) is established, we also refer to it as our WOW (Working on Wellness) Committee.

-Taos Day School has designated the principal for the district to ensure the school wellness policy is complying and is implemented SHAC/WOW meeting at least twice a school year.

-Potential stakeholders are made aware of their ability to participate in the development, review, update, and implementation of the local school wellness policy by attending open meetings for review and revisions.
-Taos Day Schools plan is in place for measuring implementation and evaluation of the local school wellness policy by utilizing the documentation of the triennial assessment of the local school wellness policy for each school under its jurisdiction.
-Taos Day School wellness policy is available to the public in writing or on our school website At https://tds.bie.edu/
-Results of the most recent triennial assessment, completed on June 3, 2026, on the implementation of the policy is available to the public in an accessible and easily understood manner.
-Taos Day School recordkeeping SHAC/WOW meeting records are filed in the school office with the principal.

Section 2: Nutrition

-Taos Day School meets or exceeds local, state and federal nutrition requirements and/or USDA nutrition standards. Our program includes Afterschool Snack Programs, Fresh Fruit and Vegetable Program and/or Summer Food Service Program.
-Taos Day school does not allow any food or beverages to be sold during the school day.
- Standards for all foods and beverages provided, but not sold, to students during the school day (classroom parties, classroom snacks brought by parents, or other foods given as incentives) are encouraged by Taos Day School to include healthy food items as aligned with our WOW policy.
-Taos Day School established guidelines for the documentation of fundraisers that do not meet the competitive food standards that must be limited to no more than two occasions per semester or trimester term per school and may not be conducted during meal service or in the food service area (6.12.5.8 NMAC)
-Policies for food and beverage marketing in NOT allowed, advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards as per USDA approved materials.
-Taos Day School is continually in the process of revising and developing specific goals for nutrition promotion and education that promote student wellness and consider evidence-based strategies in determining these goals. Staff devote two staff meetings per year to review nutritional strategies.
-Taos Day School 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
-Free drinking water is available to students in the place where meals are served during meal service and throughout multiple locations in school campus buildings.
-Taos Day School implements safety measures in food preparation and handling for students with food allergies. Training is given to staff on common food allergens and a communication system is in place for staff to respond to food allergy reactions and emergencies by CHR (Community Health Resource).

Section 3: Physical Activity

-Taos Day School guidelines created to provide physical activity opportunities before, during and after school (6.12.6.8.D.3 NMAC) Unique opportunities such as Tai Chi, Dance & Yoga occur weekly.

- Taos Day School physical activity is included as a health education topic (6.29.9 NMAC). Working on Wellness (WOW) continues to be the guideline for classroom activities and lessons that focus on health and well-being.

- Taos Day School specific goals for physical activity that promote student wellness include grade appropriate activities in kindergarten- 2nd grade students must participate in a minimum of two 30 minute outside recess activities, two weekly sessions of Yoga & Dance, and Tai Chi. In grades 3rd – 8th grade student must participate in two 30 minute outside recess activities and participate monthly with Taos Fit (hiking club), Fiends of Rio Grande (fishing), River & Birds (hiking) in the Fall and Spring, and Taos Pueblo Youth Outreach (Project Venture).