



Eastside Elementary School Wellness Policy

**Eastside School Health Council Members
2017-2018**

I. Parents – Amanda Mansell; Becky Pierson

II. Teachers – Kerri Burnside; Lea Ann Dabbs;
Kassy Harrell; Marcy McDonald; Stephanie Nervis; Khadijah Nobles;
Catherine Pannell; Nicky Ruffin

III. Students – Ella Barber; Damon Williams

IV. Administrators – Cindy Hamil; Brittany Ricker

V. Counselor – Russ Booth

VI. Healthcare Professionals – Mary Williams; Caryn Womack

VII. The Business Community –Mark Jones

VIII. Law Enforcement – Al Kimbrell

IX. Senior Citizens – Peggy Roberts

X. Clergy – Jason Barber

XI. Non-profit Organization –Rocheryl Ware

XII. Food Service – Keba Laird; Wendy Robinson

XIII. College/University Personnel- Piper Walters

Rationale:

Health and school achievement are interconnected. Educators cannot achieve their primary mission if students and staff are not healthy and fit physically, mentally, and socially. It has become apparent that problems such as poor nutrition, lack of physical activity, substance abuse, depression, obesity, bullying, and more can adversely affect not only a child's health, but his or her ability to learn. These same problems can also affect an educator's ability to deliver instruction. It is imperative that a coordinated approach to school health is taken to reinforce positive healthy behaviors and to replace those behaviors and concerns that have a negative impact on a school environment. This coordinated approach can improve students' health and their capacity to learn while also improving educators' health and their capacity to teach in a fun and engaging way. This is accomplished through the support of families, our school, and our community working together to promote that good health and learning go hand in hand.

Goal:

All students at Eastside Elementary School shall possess the knowledge and skills necessary to embrace healthy behaviors for a lifetime. All staff at Eastside Elementary shall encourage and model healthy behaviors daily. All visitors to Eastside Elementary shall model and promote the vision of the school health council while on campus.

To meet this goal, Eastside Elementary School adopts this wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, and implementation. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

**Clinton Public School District
School Health Council
Roles and Responsibilities**

- Meet three times per year and maintain minutes of meetings along with a signed attendance roster.
- Review school wellness policies annually and develop an action plan for improving school health.
- Help build health awareness (i.e. nutrition, physical activity, etc.) and support among students, parents, staff, and community partners, and promote wellness activities and initiatives that instill long-term behavior change.
- Publicize school health activities and accomplishments in school and community media.
- Help plan more efficient and effective ways to use existing resources to meet the health needs of students and staff.

Commitment to Nutrition

Minimum requirements:

Eastside Elementary School will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Offer school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Promote participation in school meal programs to families and staff.
- Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code 2001).
- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code 2002).
- Include goals for nutrition promotion, nutrition education, physical activity, and other school-based activities to promote student wellness.
- Establish guidelines in accordance with USDA Smart Snacks in Schools for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.
- Establish guidelines in accordance with USDA Smart Snacks in Schools for the sale of food items for fundraising.
- Use Smart Snacks Resources to educate the school community about the importance of offering healthy snacks for students and staff members.
 - <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- Implement Nutrition Standards as adopted by the State Board of Education in accordance with the Mississippi Healthy Students Act (State Board of Education Policy 4011). www.healthyschoolsms.org/MSHealthyStudentsAct.htm
 - Healthy food and beverage choices;
 - Healthy food preparation;
 - Marketing of healthy food choices to students and staff;
 - Food preparation ingredients and products;
 - Minimum/maximum time allotted for students and staff lunch and breakfast;
 - Availability of food items during the lunch and breakfast periods of the Child Nutrition Breakfast and Lunch Programs;
 - Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs.

Eastside Elementary will meet all minimum requirements set by the Mississippi Department of Education as well as the following additions:

- Establish a cafeteria environment conducive to a positive dining experience with supervision of eating areas with adults who model proper conduct, voice level, and healthy habits.
- Scheduled recess before or after lunch, in order to increase meal consumption and nutrients intake at meals and to improve behavior in the classroom and at meals.
- Make school meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go lunches, or alternate eating sites.
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home.
- Eliminate use of foods as rewards for student accomplishment and the withholding of food as punishment. Also, do not use any type of physical activity as a means of punishment.
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs.
- Establish fundraisers that are non-food related.
- Provide healthy alternatives for parties and celebrations through the Child Nutrition Department.

Commitment to Food Safe Schools

Minimum requirements:

Eastside Elementary School will:

- **Implement a food safety program based on HACCP principles for all school meals, as required by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs and ensure that the food service permit is current for the school site.**
- **Develop a food safety education plan for all staff and students, consistent with Fight Bac® (www.fightbac.org) and other national standards for safe food handling at home and in school.**
- **Ensure that all staff have received instructions to support food safety on the school campus.**
- **All school personnel (school board members, administrators, teachers, school nurses, instructional and health services paraprofessionals, foodservice staff, custodians and facilities managers, and administrative support staff) will receive copies of the Local School Wellness Policy to include food safety policies and procedures and relevant professional development.**
- **Adequate access to hand-washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.**
- **The food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances.**

Commitment to Physical Activity/Physical Education

Minimum requirements:

Eastside Elementary School will:

- **Provide 150 minutes per week of activity-based instruction for all students in grades K-8 (in accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference -2014 Mississippi Public Schools Accountability Standards 27.1).**
- **Provide Physical Education/Activity in accordance with the Physical Education Rules and Regulations as approved by the State Board of Education in compliance with the Mississippi Healthy Students Act (State Board of Education Policy 4012).**
- **Require fitness testing for all 5th grade students.**
- **Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.**
- **Instruction must be based on the 2013-2014 Mississippi Physical Education Framework.**
- **Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).**

Eastside Elementary will meet all minimum requirements set by the Mississippi Department of Education as well as the following additions:

- Enhance physical activity opportunities for staff and parents (like after-school aerobics classes and fitness challenges).
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- Incorporate five to ten minute physical activity sessions in classrooms to teach subject areas and to make transitions between lessons.
- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.

Commitment to Comprehensive Health Education

Minimum requirements:

Eastside Elementary School will:

- **Implement the requirements of the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades K through 8.**
- **Instruction must be based on the Mississippi Contemporary Health for grades K-8.**

Eastside Elementary will meet all minimum requirements set by the Mississippi Department of Education as well as the following addition:

- Host a School Health Fair for students, teachers, staff, and parents.

Commitment to a Healthy School Environment

Minimum requirements:

Eastside Elementary School will:

- **Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code). Ensure that all exit signs are illuminated and clearly visible.**
- **Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet).**
- **Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety for federal guidelines for playground safety.**
- **Ensure that fire extinguishers are inspected each year and properly tagged.**
- **Complete yearly maintenance of the heating and cooling system in our school; check coils, filters, belts, etc. in order to maintain safe operation and healthy air quality.**
- **Conduct at least one emergency evacuation drill per month.**
- **Have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school.**
- **Ensure that two means of egress are available in each classroom in case of an emergency; if there is only one door, designate a window as means of egress.**
- **Never use extension cords as a permanent source of electricity anywhere on our school campus.**

Comply with the applicable rules and regulations of the State Board of Education in the operation of its transportation program (in accordance with the MS Code 37-41-53; State Board of Education Policies 7903, 7904, and 7909; and Accreditation Standard #29)

- **Inspect all buses on a quarterly basis and ensure that they are well maintained and clean.**
- **Require that all bus drivers have a valid bus driver certificate and a commercial driver's license and operate the bus according to all specified safety procedures. Maintain a record of yearly motor vehicles reports on each bus driver and evidence that each driver has received two hours of in-service training per semester. (SB Policy 7903)**
- **Ensure arrival of all buses at their designated school sites prior to the start of the instructional day.**
- **Conduct bus evacuation drills at least two times per year. (SB Policy 7904)**

Provide facilities that meet the criteria of MS Code 37-7-301 (c) (d) (j); 37-11-5, 49 and 45-11-101; and Accreditation Standard #29.

- **Provide facilities that are clean.**

- Provide facilities that are safe.
- Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions.
- Provide operational facilities that are equipped and functional to meet the instructional needs of students and staff (in accordance with the Mississippi School Design Guidelines.)
- Provide air conditioning in all classrooms.

Comply with the requirements for Safe and Healthy Schools:

- Maintain a comprehensive School Safety Plan on file that has been approved annually by the local school board.
- State Board Policy EBB (1990) prohibits the possession of pistols, firearms, or weapons by any person on school premises or at school functions. Code 37-11-18 (1996) requires any student who possesses a knife, a handgun, other firearm, or any instrument considered to be dangerous and capable of causing bodily harm or who commits a violent act on educational property be subject to automatic expulsion for one calendar year. The superintendent of the school is authorized to modify the period of time for expulsion on a case-by-case basis.
- Prohibits students from possessing tobacco on any educational property, Criminal Code 97-32-9 (2000). Code 97-32-29 (2000) further prohibits the use of tobacco on any educational property for adults who, if in violation, would be subject to a fine and issued a citation by a law enforcement officer. Educational property is defined as any public school building or bus, campus, grounds, athletic field, or other property used or operated during a school-related activity.

Eastside Elementary will meet all minimum requirements set by the Mississippi Department of Education as well as the following additions:

- Conduct self-assessments of the school's safety and security annually.
- Install locks on classroom doors in order to create security from the inside.
- Eliminate unnecessary school bus idling that causes pollution and creates health risks for children such as asthma, allergies, and other respiratory problems.
- Hire a District Safety Officer or a School Resource Officer.
- Utilize regularly scheduled meetings with the School Health Council, school board members, etc. to determine and discuss the current strengths, weaknesses, opportunities, and challenges associated with implementing and maintaining our school's healthy and safe environment.

Commitment to Quality Health Services

Minimum requirements:

Eastside Elementary School will:

- Ensure all school nurses are working under the guidelines of the 2013 Mississippi School Nurse Procedures and Standards of Care.

- Provide for teachers and staff training regarding signs and symptoms of asthma (MS Code Sections 37-11-71 and 73-25-37 and SB 2393).
- Every child who has been diagnosed with asthma must have an asthma action plan on file in the school office.
- Know the district anaphylaxis policy. Providing training by a healthcare professional, preferably a school nurse, for the individuals that will be responsible for implementing the policy at the school site. (MS Code Sections 37-11-71 and 73-25-37)

Eastside Elementary will meet all minimum requirements set by the Mississippi Department of Education as well as the following additions:

- Work with students, parents, and local healthcare providers to effectively manage and treat chronic health issues.
- Promote healthy lifestyles through school and community events (PTO meetings, open house, health fairs and other events).

Commitment to Providing Counseling, Psychological, and Social Services/Social and Emotional Climate

Minimum requirements:

Eastside Elementary School will:

- Adhere to the details outlined in the Licensure Guidelines (436 or 451) when hiring guidance counselors and psychologists.
- Abide by Mississippi Code 37-9-79 (Amended 2014) as the school provides for counseling and guidance for students.
- Ensure that all students have access to qualified student support personnel such as guidance counselors, social workers, nurses, psychologists, psychometrists, and others (as required by the Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2).
- Hire school guidance counselors with a minimum of a Master's Degree in Guidance and Counseling, or in an emergency situation, an appropriate certification as determined by the Commission on Teacher and Administrator Education, Certification, and Licensure and Development.
- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
- Ensure that all school guidance counselors provide comprehensive counseling services such as:
 - Academic and personal/social counseling.
 - Student assessment and assessment counseling.
 - Career and educational counseling.
 - Individual and group counseling.
 - Crisis intervention and preventive counseling.
 - Referrals to community agencies.
 - Educational consultations and collaborations with teachers, administrators, parents, and community leaders.

- Education and career placement services.
- Follow-up Counseling services.
- Conflict resolution.
- Other counseling duties or other duties as assigned by the school principal.
- Provide teachers and administrators with health education on the topic of suicide prevention according to SB 2770.
- Professional school counselors must spend a minimum of 80% of their contractual time to the delivery of services to students as outlined by the American School Counselor Association.

Eastside Elementary will meet all minimum requirements set by the Mississippi Department of Education as well as the following addition:

- Provide additional services to improve students' mental, emotional, and social health.

Commitment to Family and Community Involvement

Minimum requirements:

Eastside Elementary School will:

- **Invite parents and community members to participate in school health planning by serving on the local School Health Council.**

Eastside Elementary will meet all minimum requirements set by the Mississippi Department of Education as well as the following additions:

- Invite family/community members to a school meal.
- Provide resources and training to parents on health-related topics, parenting skills, child development, and family relationships.
- Encourage regular family mealtimes that include healthy choices.
- Schedule a school health fair and invite parents and the public to attend.
- Plan healthy fundraisers and healthy school celebrations.
- Plan healthy rewards for students, and encourage parents to do the same.
- Invite family or community members to participate in after-school health classes.
- Increase PTO Membership.

Commitment to Implementing a Quality Staff Wellness Program

Minimum requirements:

Eastside Elementary School will:

- **Ensure that all staff are aware of the Mississippi State and School Employees' Health Insurance Plan that has been enhanced to include My Active Health, a wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit.**

Eastside Elementary will meet all minimum requirements set by the Mississippi Department of Education as well as the following additions:

- Coordinate school employee wellness activities and health promotion programs with incentives for participating in healthy practices and activities.
- Encourage after-school health and fitness sessions for school staff.

Commitment to Marketing a Healthy School Environment

Minimum requirements:

Eastside Elementary School will:

- **Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.**

Eastside Elementary will meet all minimum requirements set by the Mississippi Department of Education as well as the following additions:

- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events.
- Create awareness of the link between the health of students and academic performance.
- Use the school announcement system to promote health messages to students.
- Involve students in the local school health council for planning and marketing school health messages throughout the school.

Commitment to Implementation

Minimum requirements:

Eastside Elementary School will:

- **Establish a plan for implementation of the school wellness policy.**
- **Designate one or more persons to insure that the school wellness policy is implemented as written.**
- **Establish and support a School Health Council that addresses all aspects of a coordinated school health program, including a school wellness policy. (Mississippi Code of 1972 Annotated, Section 37-13-134)**
- **Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.**
- **Prepare and submit a yearly report to the school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.**

Eastside Elementary will meet all minimum requirements set by the Mississippi Department of Education as well as the following addition:

- Use monitoring instruments, developed by the Office of Healthy Schools, to conduct a self-assessment that identifies strengths and weaknesses toward implementation of the minimum requirements.