
**Pass Christian School District
DeLisle Elementary School**



2019-2020

HEALTH AND WELLNESS POLICY

I. SCHOOL HEALTH COUNCILS

The Pass Christian Public School District and/or individual schools within the district will create and develop their own health council. This council will be responsible for reviewing, and revising the district current Wellness Policy as it pertains to each school. The council will also review the school nutrition and physical activity policies and make any revisions necessary. The school health council representatives should be parents, students, teachers, health professional, and members of the community and school food service authority.

- Health and Wellness Council members will address all aspects of a coordinated school health program, including a Health and Wellness Policy.

Elementary School Health Council Members:

Jonathan Beasley – School Administrator (Assistant Principal)

Jasmine King, R.N. – School Nurse

Coach Connie Skrmetta – Physical Education Teacher

Raechel Abney - Teacher

Regina Bayer – Music Teacher

Taylor Turcotte – Teacher, Special Education

Sarah Shabazz – Teacher, Special Education

Melissa Saucier – Parent

Diaz Brothers Printing – Community Liaison

Additional administrators, teachers, staff members, students, parents, and community members, will be included, as needed.

WHOLE SCHOOL, **WHOLE COMMUNITY**, WHOLE CHILD



Rationale:

The link between health of students and learning is well documented. If children are to be successful in school they cannot be tired, hungry, sick, suffering from drug abuse, or worried that school is an unsafe environment in which they could become a victim of a violent act. It has become apparent that problems such as poor nutrition, lack of physical activity, substance abuse, depression, teen pregnancy, obesity, bullying, and more can adversely affect not only a child's health, but also his or her *ability to learn!* And that is precisely why a coordinated approach to school health can make a difference! A coordinated approach to school health improves kids' health and their capacity to learn through the support of families, schools, and communities working together. At its very core, a coordinated approach to school health is about keeping students healthy over time, reinforcing positive healthy behaviors throughout the school day, and making it clear that *good health and learning go hand in hand.*

District Health and Wellness Goal:

All students in Pass Christian Public School District shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members in Pass Christian Public School District are encouraged to model a lifestyle of healthy eating patterns and moderate physical activity as a valuable part of their daily lives.

To meet these goals, DeLisle and Pass Christian Elementary School adopt this school wellness policy with the following commitments to implementing a coordinated approach to school health. 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.

Vision Statement

PSCD recognizes that wellness and proper nutrition relate to student and employee physical well-being, growth, development, and productivity. The Health and Wellness Committee is committed to promoting a school and work environment that encourages wellness, proper nutrition, nutrition education, and regular physical activity as important components of the school day. The wellness initiative strives to maintain a healthy school and work environment that supports positive dietary and lifestyle practices to improve student achievement and employee productivity.

Wellness Goals and Action Plan for 2019-2020

1. Publicize healthy Food Services selections and encourage students to choose more fruits and vegetables while also paying attention to their sugar intake.

- Advertise caloric intake on lunch selections for student and employee reference.
 - Ensure menus and nutritional information are accessible for students and parents.
 - Schedule periodic monitoring of student consumption of fruits and vegetables.
2. Encourage staff and student health and wellness activities.
- Initiate monthly newsletters for students and staff that contain health and wellness awareness and weekly challenges.
 - Encourages staff participation in the 100 Mile Club which promotes health and wellness while documenting miles.
 - Encourage staff participation in health screenings offered by district.
 - Increase staff and student time engaged in fitness room in order to maintain and improve physical, mental and emotional well-being.
 - Increase staff and student consumption of water by utilizing the 8x8 formula and documenting consumption with a large visual aid.
 - Staff and students will learn and be trained on how to effectively and efficiently use pedometers, fitness equipment and circuit equipment.
3. Encourage community-wide wellness activities.
- Implement monthly district-wide walks in which community members are encouraged to participate.

Commitment to Physical Education/Physical Activity

Minimum requirements:

- Provide 150 minutes per week of activity-based instruction for all students in grades K-5 (MS Code 37-13-134, 2016 Mississippi Public Schools Accountability Standard 27.1.)
- Provide physical education/activity in accordance with the PE rules and regulations as approved by our State Board of Education (Rule 38.11) in compliance with the Mississippi Healthy Students Act.
- Implement activity-based instruction to meet or exceed the standards as approved by the State Board of Education. (State Board of Education Rule 38.11)
- Require fitness testing for all 5th grade students. Examples: Presidential Youth Fitness or FitnessGram – (www.presidentialyouthfitnessprogram.org.)
- Offer a planned sequential program of physical education instruction that is student centered and based on 2013-2014 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Code 37-13-134).

Commitment to Classroom Movement

Minimum requirements:

- Incorporate 5 to 10 minutes of physical activity sessions in the classroom throughout the day. (Examples can be found at www.movetolearnms.org or GoNoodle.com)
- Establish or enhance physical activity opportunities (like walking clubs or fitness challenges) for staff and/or parents.
- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.

Commitment to Health Education

Minimum requirements:

- 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 5 based on the Mississippi Contemporary Health Frameworks.
- Participate in USDA nutrition programs such as *Team Nutrition Schools* and the *Healthier U.S. School Challenge*. The school will conduct nutrition education activities and promotions that involve students, parents, and the community. The school team responsible for planning nutrition activities will include school foodservice staff, school nurses, health and PE teachers, coaches, and additional staff, as appropriate.
- Introduce teachers to Team Nutrition website as a classroom resource.

Commitment to Nutrition Environment and Services

Minimum requirements:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture (USDA) 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 USDA 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 Rule 17.1).
- Implement Nutrition Standards as adopted by the State Board of Education (Rule 38.12) in accordance with the Mississippi Healthy Students Act,
 - Healthy food and beverage choices;
 - Healthy food preparation;
 - Marketing of healthy food choices to students, staff and parents;
 - Food preparation ingredients and products;
 - Minimum time allotted for students and staff: 10 minutes for breakfast and 20 minutes for lunch;
 - 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

- Ensure access to a water source in the cafeteria and throughout the school for all students.
 - 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.
 - Enforce the Competitive Food Rule: No food can be sold on hour before or after meal service. (Mississippi Board of Education Policy, Rule 17.2)
 - 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>
- Smart Snacks Product Calculator:
https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_alliance_product_calculator/
- Restrict any food item for sale prior to the start of the school day and throughout the instructional day to have no more than 30% of its total calories derived from fat.
 - Restrict any food item for sale prior to the start of the school day and throughout the instructional day to have no more than 10% of its total calories derived from saturated fat.

DISTRICT NUTRITION STANDARDS

The Pass Christian Public School District will strongly encourage the sale and distribution of nutrient dense foods for all school functions and activities. Nutrient dense foods are foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting the Pass Christian Public School District has adopted the following Nutritional Standards governing the sale of food, beverage, and candy on school grounds. Our district shall comply with the existing USDA National School Lunch / School Breakfast programs.

Food:

- Encourage the consumption of nutrient dense foods, i.e. whole grain, fresh fruits, vegetables and reduced-fat dairy products.
- Limit the number of extra sale items that may be purchased with a reimbursable meal. This excludes beverage purchases.
 - Example:
 - a. Elementary School – 1 extra sale item other than a beverage

- b. Middle School – 1 extra sale item other than a beverage
 - c. High School – 2 extra sale items other than a beverage
- Extra sale items in individual packages can't exceed 2000 calories.
 - Example: ice cream, baked chips (gain), 100% juice bars, 100% fruit juice or granola bars, or cereal bars
- Extra sale items in portion can't exceed the menu portion size.
 - Example: ½ cup of fruit, ½ cup of vegetable, 2 ounces wheat roll or entrees with 2-3 ounces protein.
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat.
- Nuts and seeds are exempt from these standards because they are nutrient dense and contain high levels of monounsaturated fat. Foods high in monounsaturated fat help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol (LDL cholesterol are high in animal fat- HDL-removes excess cholesterol from the arteries this slows the buildup).

Beverages:

- Vending sales of carbonated drinks and artificially sweetened drinks will follow Mississippi Board of Education Policy, Rule 17.2.
- Milk, water, and 100% fruit juices may be sold on school grounds both prior to and throughout the instructional day.
- Reduced fat-milk including flavored milk may contain no more than 160 calories per 8-ounces.
- 100% fruit and vegetable juices will have no added sugar.

Candy:

- Vending sales of candy will not be permitted on school grounds.
- Non-vending sales of candy will be permitted *only* at the conclusion of the instructional school day.

Commitment to Food Safe Schools

Minimum requirements:

- Implement a food safety program based on HACCP principles for all school meals, as required by the USDA and the Mississippi Department of Education, Office of Child Nutrition Programs and ensure that the food service permit is current for the school sites. HACCP Principles for K-12 schools can be downloaded at: <http://www.nfsmi.org/ResourcesOverview.aspx?ID=151>
- Ensure 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 relevant professional development on

the Local Wellness Plan. The Pass Christian Public School District will also have this plan on the district webpage at www.pc.k12.ms.us.

- Provide adequate access to hand-washing facilities and supplies whenever and wherever students, staff, and families prepare, handle, or consume food.
- Encourage students to make food choices based on the Healthy Hunger-Free Kids Act of 2010 (HHFKA) and the ChooseMyPlate resources, by emphasizing menu options that feature baked (rather than fried) foods, whole grains, fresh fruits and vegetables, and reduced-fat dairy products. ChooseMyPlate at <http://www.choosemyplate.gov/>
- Establish a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students. Allowing the minimum of 10 minutes for students and staff to eat breakfast and 20 minutes for student and staff to eat lunch.
- Eliminate use of food as rewards for student accomplishment and the withholding of food as punishment.
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthy foods for fundraising programs. The sale of candy and other foods and beverages that do not meet the Smart Snacks Standards are prohibited from being sold as fundraisers during the school day.

**National School Lunch (SBP)
Meal Pattern Requirements for Various Age/Grade Groups**

Quantities Required to Offer				
Required/Component Offering	Grades K-5	Grades 6-8	Grades 9-12	Specific Requirements;
Grains / Breads	8 oz. eq.* wk. min	8 oz. eq.* wk. min.	10 oz. eq.* wk. min.	All grains offered must be 100% whole grain rich (WGR), unless a State Agency waiver has been granted.
When Combining K-5 6-8 to establish a K-8 group.	8 oz. eq.* /wk. min.			
Serving of grains or breads must be whole grain rich	1 oz. per. day min.	1 oz. per. day min.	1 oz. per. day min.	
Fruit	½ cup every day.	½ cup every day.	1 cup every day..	No more than ½ of the total weekly requirement may be met with 100% full-strength fruit juice.
Milk 1% or Fat Free Only	¾ cup (6 fl. oz.)	½ pint (8 fl. oz.)		In grades K-12, fluid milk must be 1% unflavored, or

				fat free flavored or unflavored.
Calorie Ranges	550-650	600-700	750-800	
When Creating a K-8 Group	600-650			Minimum and Maximum Calorie ranges in an average 5- day weekly menu.
Meat / Meat Alternatives (Optional)	8 oz. eq.* wk. min	8 oz. eq.* wk. min	8 oz. eq.* wk. min.	
Sodium (mg)	≤ 1230	≤ 1360	≤ 1420	K-8 Sodium maximum is 1230 mg
Vegetables	3/4 cup every day	3/4 cup every day	1 cup every day	No more than 1/2 of the weekly total requirement may be met with full strength vegetable juice.

****1/2 cup** of Dark Green, Beans/Peas, Starchy, and Other vegetable subgroups must be offered and **3/4 cup** Red/Orange vegetable for Grades K-8.

****1/2 cup** of Dark Green, Beans/Peas, Starchy and **3/4 cup** of Other vegetable subgroups must be offered weekly and **1 1/4 cup** of Red/Orange for grades 9-12.

Commitment to Employee Wellness

Minimum requirements:

- Make as a requirement 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 – <http://www.MyActiveHealth.com/Mississippi> and PCSD Staff Handbooks.
- Promote health and reduce risk factors through professional and staff development programs, providing information flyers and newsletters, introducing incentives for participating in healthy practices and activities, and offering an employee assistance program.
- Provide health promotion programs for school staff to include opportunities for physical activity, health screenings, nutrition education, weight management, smoking cessation, and stress reduction and management.
- Encourage after school health and fitness sessions for school staff.
- Develop relationships with community health providers (e.g., local health departments, hospitals, neighborhood clinics, health professionals), recreational facilities, voluntary health organizations (e.g., American Cancer Society, American Lung Association, American Heart

Association), and other community members who can provide resources or support school employee wellness activities.

- Coordinate school employee wellness activities with student health-promotion activities.
- Establish and enhance physical activity opportunities (like walking clubs or fitness challenges) for staff and/or parents.
- Coordinate Staff Wellness events and activities with state and national health observances throughout the year.

Commitment to Health Services

Minimum requirements:

- Provide nursing services to all students which include first aid, emergency treatment and education on health related topics. (Ref: 2013 MS School Nurse Procedures and Standards of Care)
- Develop and implement health/medical plans for students with special needs, including asthma plans.
- Provide staff training regarding signs of asthma and anaphylaxis. (MS Code 37-11-71 and MS Code 73-25-37)

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

Minimum requirements:

- Establish a comprehensive school counseling program based on the ASCA National Model: A Framework for School Counseling Programs (MS Code 37-9-79) implemented by a credentialed school counselor at each school.
- Support student personal/social development as well as academic achievement and goals
- Utilize the school counselor skills of leadership, advocacy, and collaboration to promote a healthy emotional climate.
- Ensure that school counselors provide an annual in-service to school staff in the areas of Suicide Prevention (MS Code 37-3-101) and Anti-Bullying Awareness.

Commitment to Family Engagement and Community Involvement

Minimum requirements:

- Invite parents and community members to participate in school health planning by serving on the local School Health Council.
- Invite families/community members to participate in monthly district/community walks, annual 5K run/walk and Fuel Up To Play 60 events.
- Establish and enhance physical activity opportunities (like walking clubs or fitness challenges) for staff and/or parents.
- Raise awareness of health and wellness through family nights.

Commitment to Marketing a Healthy School Environment

Minimum requirements:

- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
- Involve students in the local school health council for planning and marketing school health messages throughout the school.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events (e.g., school registration, parent-teacher conferences, PTA meetings, open houses, health fairs, teacher in-services, and other events).
- Eliminate advertising or promoting unhealthy food choices on the school campus.
- Create awareness of the link between the health of students and academic performance.

Commitment to Healthy School Environment

Minimum requirements:

- Provide students with a healthy learning environment that includes structurally safe facilities that comply with state environmental standards and conditions. (Ref: MS Healthy School Self-Assessment tool, Office of Healthy Schools, MDE and the PCSD School Safety Plan.)
- Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions.

Implementation

Minimum requirements:

- Establish a plan for implementation of the school wellness policy.
- Designate one or more persons to ensure that the school wellness policy is implemented as written.
- Establish and support a School Health Council (SHC) that addresses all aspects of a coordinated school health program, including a school wellness policy (MS Code 37-13-134).
- Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement using the Mississippi Healthy School Self-Assessment as a tool.
- Present annually to the school board regarding health and wellness goals and progress.

ASSURANCE POLICY

DeLisle Elementary School has adopted the following effective August 6, 2008:

ASSURANCE POLICY:

Food offered for sale or service that will be served to the children (example: school parties) must be purchased from outside entities such as Wal-Mart or your local grocery store. In order to protect the students from foods that may be prepared in an unsanitary environment and for those who may have a food allergy, these items must be in a sealed container or individually wrapped with all ingredients listed.