

Pass Christian High School



2019-2020 HEALTH AND WELLNESS POLICY

I. SCHOOL HEALTH COUNCILS

The Pass Christian 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 addresses all aspects of a coordinated school health program, including a Health and Wellness Policy.

Pass High School Health Council Members:

Boyd West	Pass Christian High School Principal
Jed Mooney	Pass Christian High School Assistant Principal
Tim Ladner	Pass Christian Athletic Director
Jeremy Greenslade	PCHS Teacher
Blake Pennock	PCHS Teacher
Rebecca Montgomery	PCHS Teacher
Andy Batten	PCHS Teacher
Ricky Smith	PCHS Teacher

Implementation

Minimum requirements:

Pass Christian High School will:

- 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

Pass Christian and Pass High School have 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.

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD



Pass Christian High School Wellness Policy

Pass Christian School District

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

Our goal at Pass Christian High School is to promote a healthy school environment by supporting wellness, good nutrition, and regular physical activity as part of the total learning environment. To meet this goal, we have adopted this Health and Wellness Policy with commitments to nutrition, physical activity, comprehensive health education, and marketing. This policy is designed to effectively utilize school and community resources and to serve the needs and interests of all students and staff.

Pass Christian High School Vision Statement

Pass Christian High School 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
 - 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 health and wellness activities
 - Initiate monthly newsletters for staff that contain health and wellness awareness and weekly challenges.
 - Encourage employee participation in the weekly fitness activities, which promotes health and wellness.
3. Encourage community-wide wellness activities
 - Promote a community running/walking event to encourage crossover between the classroom and promoting health and wellness in the community.

To meet these goals, Pass Christian High School adopts 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.

Physical Education/Physical Activity

High school students are required to complete a nine-week Physical Education (.5 credit) course in order to meet graduation requirements. Band, Football, and Basketball may substitute for a physical education credit. In addition, Pass High offers Fitness and Dance as an elective for sophomores, juniors, and seniors; however, these classes do not count toward the fulfillment of the physical education requirement

Minimum requirements:

Pass Christian High School will:

- 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 Rule 38.12).
- 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 will be based on 2013-2014 Mississippi Physical Education Frameworks.
- Implement requirements of the Mississippi Healthy Students Act of 2007 (37-13-134).

Health Education

Minimum requirements:

Pass Christian High School will:

- Implementation of the Youth Concussion Law (MS Code 37-24-1) by informing student athletes in grades 7-12 and their parents of the nature and risk of concussions in accordance with the requirements of the Mississippi High School Activities Association, PCSD Board Policy JGED, and PCSD Athletic Handbook.
- Instruction must be based on the Mississippi Contemporary Health for grades 9-12.
- Creating healthy and responsible teens by utilizing an age-appropriate sex-related education Abstinence Only curriculum recommended by the Mississippi Department of Education. (MS Code 37-19-71) and PCSD Board Policy ICG)
- For more information visit: Mississippi Office of Healthy Schools (www.healthyschoolsms.org)

Nutrition Environment and Services

Minimum requirements:

Pass Christian High 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 (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 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.
- 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),
 - Healthy food and beverage choices;
 - Healthy food preparation;
 - Marketing of healthy food choices to students, staff and parents;
 - Food preparation ingredients and products;
 - Allow 15 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;
 - All students have access to a water source in the cafeteria and throughout the school.
- 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. (see Nutrition Environment and Services section of the *Tools That Work – Your Guide to Success for Building a Healthy School Toolkit* that is found on the Office of Healthy Schools website at www.mde.k12.ms.us/ohs/home)
- 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:
- The Alliance for a Healthier Generation Smart Snacks Product Calculator is an effective online instrument that has been determined by the USDA, Food and Nutrition Service to be accurate in assessing product compliance with the federal requirements for Smart Snacks in Schools. The calculator can be used for food and beverage products.
https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

DISTRICT NUTRITION STANDARDS

The Pass Christian 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 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.

COMPETITIVE FOOD RULE: No food can be sold one hour before or after meal service. (Mississippi Board of Education Policy, Rule 17.2)

MINIMUM NUTRIENT AND CALORIE LEVELS FOR SCHOOL LUNCHES SCHOOL WEEK AVERAGES				
	MINIMUM REQUIREMENTS (LEVELS ARE MATCHES TO GRADES OF SCHOOL)			
NUTRIENTS AND ENERGY ALLOWANCES	GRADES K-3	GRADES 4 - 12	GRADES K - 6	GRADES 7 - 12
Energy allowances (calories)	633	785	664	825
Total fat (as a percentage of actual total food energy)	1, 2	1, 2	2	1, 2
Saturated fat (as a percentage of actual total food energy)	1, 3	1, 3	3	1,3
RDA for protein (g)	9	15	10	16
RDA for calcium (mg)	267	370	286	400
RDA for iron (mg)	3.3	4.2	3.5	4.5
RDA for Vitamin A (RE)	200	285	224	300
RDA for Vitamin C (mg)	15	17	15	18

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*
- 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: 1/2 cup of fruit, 1/2 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 not be available to students.
- 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:

- Candy is defined as any processed food item that has:
 1. Sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), and syrup) listed as one of the first two ingredients; AND
 2. Sugar is more than 25% of the item by weight.
- 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.

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 that all staff has received instructions to support food safety on the school campus. Food Safety resources have been developed by the Office of Child Nutrition to assist with the training of school staff members. These resources which include a training power-point presentation, food Safety Post Test and Food Safety Post Test Answer Key can be found on the Office of Healthy Schools website at www.mde.k12.ms.us/ohs/home.
- 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 that includes food safety policies and procedures and provides for 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.
- 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. Read more about HHFKA at <http://www.gpo.gov/fdsys/pkg/FR-2013-06-28/pdf/2013-15249.pdf> and 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. Allow 10 minutes for students to eat breakfast and 20 minutes for student lunch.
- Pass Christian High School has successfully removed all fryers from the cafeteria and replaced them with Combination Ovens (Combi-ovens/steamers).
- Eliminate use of food as rewards for student accomplishment and the withholding of food as punishment (e.g., restricting a child's selection of flavored milk at mealtime due to behavior problems). 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 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

Employee Wellness

Minimum requirements:

Pass Christian High School will:

- Make as a *Requirement* 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 - <http://www.MyActiveHealth.com/Mississippi>
- 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 for or support school employee wellness activities.

- Coordinate school employee wellness activities with student health-promotion activities.
- Coordinate Staff Wellness events and activities with state and national health observances throughout the year.

Family Engagement and Community Involvement

Minimum requirements:

Pass Christian High School will:

- 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 annual running/walking events.
- Update parents on school health successes through monthly newsletters and/or email.
- Raise awareness of health and wellness through family nights.

Marketing a Healthy School Environment

Minimum requirements:

Pass Christian High School will:

- 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, 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.
- Apply for recognition award through the Governor's Commission on Physical Fitness and Sports at www.presidentialyouthfitnessprogram.org.

Counseling, Psychological and Social Services/Social and Emotional Climate

Minimum requirements:

Pass Christian High 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.
- 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. MS Code 37-9-79 – (Amended 2014)
- Follow the anti-bullying policy that outlines procedures for dealing with bullying situations in the school.
- 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.
- ❑ Provide all licensed teachers and principals with in-service suicide prevention training as directed by MS Code 37-3-101.
- ❑ 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.
- ❑ Professional school counselors must spend a minimum of eighty percent (80%) of their contractual time to the delivery of services to students as outlined by the American School Counselor Association

Health Services

Minimum requirements:

Pass Christian High School will:

- 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.
- Make referrals and follow-ups to related health problems.
- Provide staff training regarding signs of asthma and anaphylaxis. (MS Code 37-11-71 and MS Code 73-25-37)
- Provide nursing services to all students which will include first aid, emergency treatment, and education on health related topics as per 2013 MS Schools Nurse Procedures and Standards of Care.
- Implement and monitor student compliance with immunization laws.
- Maintain appropriate student health records.
- Participate in the total health education of students, which will include coordination between the home and the school and formation of health policies in the schools.
- Work closely with the faculty on health related issues.
- Provide educational materials on preventative health issues.

Healthy School Environment

Minimum requirements:

Pass Christian High School will:

- Provide students with a healthy learning environment that includes structurally safe facilities that comply with state environmental standards and conditions.
- Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions.
- Annually conduct the Mississippi Healthy School Self-Assessment to identify strengths and areas needing improvement.