

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

Pass Christian Middle School Health Council Members:

John Bramlett, Physical Education Teacher
Beth Bellipanni, Administrator
Saundra Isabelle, Child Nutrition Director
Jacqueline McWilliams, RN, School Nurse
Charlene Stephens, General Education Teacher (6th Grade)
Tisha Posey, School Counselor
Mitch Tinsley, Parent
Boy Student – to be determined
Girl Student – to be determined

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD



Pass Christian Middle 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.

Pass Christian Middle School Vision Statement

Pass Christian Middle 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
 - Share information related to health and wellness in the administrative newsletter.

3. Encourage community-wide wellness activities
 - Implement monthly district-wide walks in which community members are encouraged to participate.

To meet these goals, Pass Christian Middle 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.

Nutrition Environment and Services

Minimum requirements:

Pass Christian Middle 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;
 - 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;
 - 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.

| MINIMUM NUTRIENT AND CALORIE LEVELS FOR SCHOOL LUNCHES SCHOOL WEEK AVERAGES | | | | |
|--|--|------------------|-----------------|------------------|
| NUTRIENTS AND ENERGY ALLOWANCES | MINIMUM REQUIREMENTS (LEVELS ARE MATCHES TO GRADES OF SCHOOL) | | | |
| | 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*
 - b. *Middle School - 1 extra sale item other than a beverage*
 - c. *High School - 2 extra sale items other than 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 not be permitted on school grounds.
- 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.
- Replace deep fat fryers with combination oven 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

Physical Education/Physical Activity

Minimum requirements:

Pass Christian Middle School will:

- Provide 150 minutes per week of activity-based instruction for all students in grades K-5 (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.

www.presidentialyouthfitnessprogram.org.

- 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 the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Incorporate 5 to 10 minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (Examples can be found at www.movetolearnms.org)
- 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.

Health Education

Minimum requirements:

Pass Christian Middle 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 5.
- Instruction must be based on the Mississippi Contemporary Health for grades K-8.
- 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.

Physical Environment

Minimum requirements:

Pass Christian Middle 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 www.msdssearch.com).
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety (www.cpsc.gov); 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 your 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.
- Follow the 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 (properly sized) as a means of egress.

- Never use extension cords as a permanent source of electricity anywhere on a school campus.
- Safety inspection of physical education equipment will take place monthly
- 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 operates the bus according to all specified safety procedures. Maintain a record of yearly motor vehicle 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 each 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 at <http://www.edi.msstate.edu/guidelines/design.php>)
- Provide air conditioning in all classrooms, Code §37-17-6(2) (2000).

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. (MS Code 37-3-81 and 37-3-82(2); and Accreditation Standard #37.1); see the School Safety Manual and the MDE School Occupational Safety and Crisis Response Plan at: <http://www.mde.k12.ms.us/safe-and-orderly-schools/school-safety>
 - 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 other instrument considered to be dangerous and capable of causing bodily harm or who commit 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.

- Conduct self assessments of the school building(s) annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #30 Monitoring Tool at <http://www.mde.k12.ms.us/safe-and-orderly-schools/school-buildings-and-grounds>
- Conduct self-assessments of the school(s) bus transportation system annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #29 Monitoring Tool at <http://www.mde.k12.ms.us/safe-and-orderly-schools/pupil-transportation>
- Conduct self assessments of the school(s) safety and security annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #30.1 Monitoring Tool at <http://www.mde.k12.ms.us/safe-and-orderly-schools/school-buildings-and-grounds>
- Complete a yearly comprehensive health and safety assessment of the school building and grounds and report to the superintendent and school board; using the HealthySEAT Assessment Tool <http://www.epa.gov/schools/healthyseat/index.html> or other applicable resources
- Hire a District Safety Officer or a School Resource Officer.
- Install and maintain security cameras on the school campus.
- 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 your school's healthy and safe environment.
- Annually conduct the School Health Index: A Self-Assessment and Planning Guide, published by the Centers for Disease Control and Prevention, to identify strengths and areas needing improvement.
<http://www.cdc.gov/healthyschools/shi/index.htm>

Health Services

Minimum requirements:

Pass Christian Middle 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)
- 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)

Counseling, Psychological and Social Services/Social and Emotional Climate

Minimum requirements:

Pass Christian Middle School will:

- Adhere to the details outlined in the Licensure Guidelines (436 or 451) when hiring guidance counselors and psychologists. The state does not have a policy specifically

outlining the requirements for a school social worker. For licensure as a social worker in the state of Mississippi, a candidate must: provide verification of a baccalaureate degree in social work from a college or university accredited by the Council on Social Work Education (CSWE) or Southern Association of Colleges and Schools (SACS) and scores a minimum of 70 on the ASWB basic exam.

- 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-Senate Bill 2423)
- 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

Family Engagement and Community Involvement

Minimum requirements:

Pass Christian Middle 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 monthly district/community walks.
- Update parents on school health successes through monthly newsletters and/or email.
- Raise awareness of health and wellness through family nights.

Employee Wellness

Minimum requirements:

Pass Christian Middle 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.
- Implement a healthy weight program for staff, such as Weight Watchers at Work Program®, <http://www.weightwatchers.com>
- 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.

Marketing a Healthy School Environment

Minimum requirements:

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

Implementation

Minimum requirements:

Pass Christian Middle 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 (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.

ASSURANCE POLICY

Pass Christian and Pass Christian Middle Schools 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, these items must be in a sealed container.