



Tunica Middle School

Active Wellness Policy

Principal: Mr. Glenn Newsom

Assistant Principal: Mrs. Kimberly Powell

Wellness Coordinator: Letesha King

“Serving Our Students, Staff, and Community through Health, Fitness, and Wellness”

The Law

To help combat childhood obesity and improve children health, the Child Nutrition and WIC Reauthorization Act of 2004 (PL # 108-265) requires each local educational agency that receives funding for U.S. Department of Agriculture (USDA) and Child Nutrition Program to establish a local school wellness policy.

With this new requirement, the U.S. Congress recognizes that schools play a critical role in creating a healthy environment for the preventions of childhood obesity and for combating problems, like Type 2 Diabetes, that are associated with poor nutrition and physical inactivity.

To help combat childhood obesity the Tunica County School Board adopts this Wellness Policy with the following commitments to implementing a coordinated approach to school health. This policy is designed to effectively utilize schools and community resources and to equitably serve the needs and interest of all students and staff at Tunica Middle School, taking into consideration differences in culture.

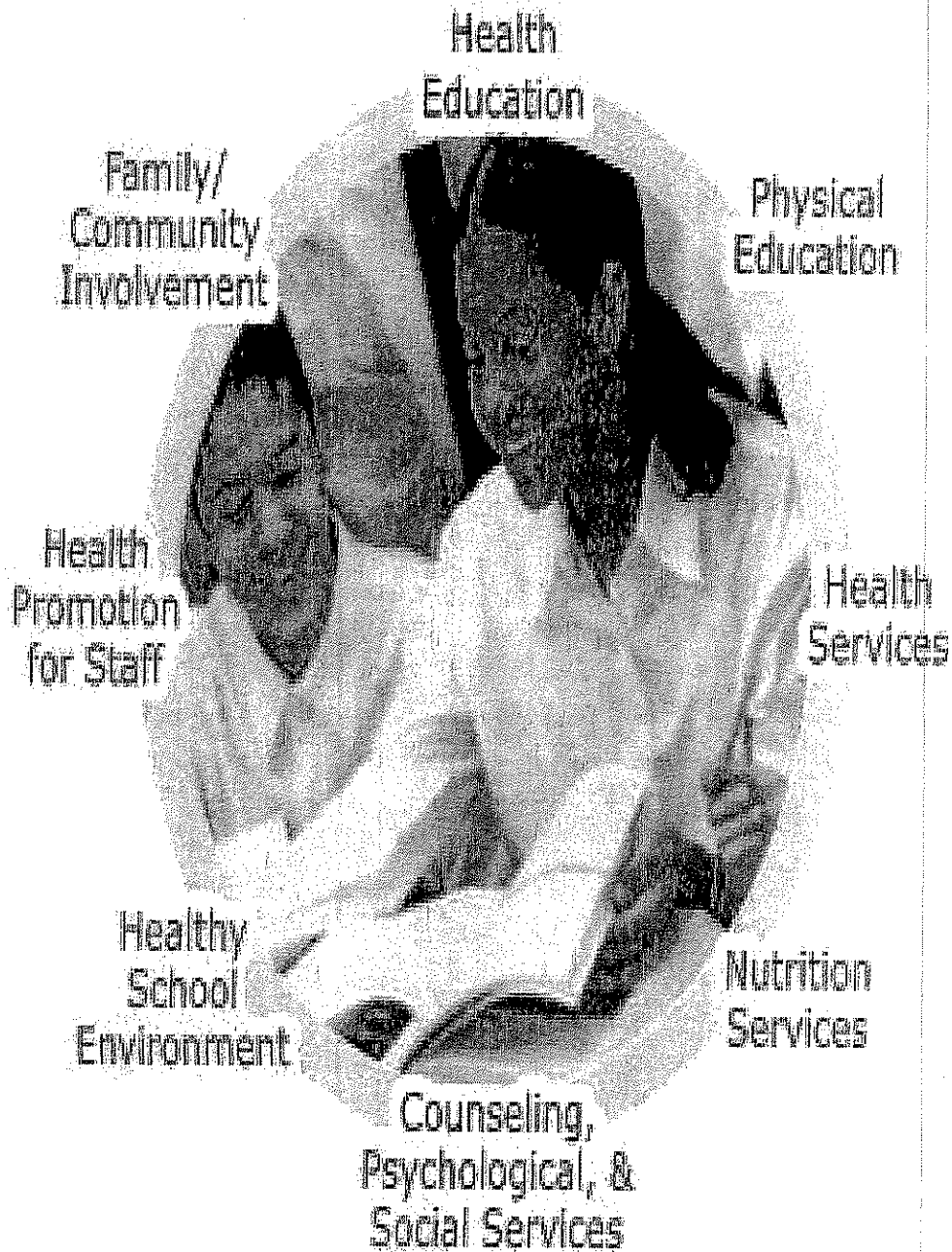
This is to certify that the attached Local School Wellness Policy has been adopted by the local school board and its approval is recorded in the School Board Minutes.

Date of Board Approval: _____

Signed: _____
(Superintendent of Education or Executive Director)

Date: _____

8 Components of a Coordinated School Health Program



Tunica Middle School Wellness Policy

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.*

Goals:

All students at **Tunica Middle School** shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff in Tunica Middle School is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the **Tunica Middle School** adopts this school wellness policy with the following commitments to implementing a coordinated approach to school health. This policy is designated 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.

Tunica Middle School

I. Commitment to Nutrition

The Tunica 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 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 EE-2E).
- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code EEH).
- **Implement Nutrition Standards as adopted by the State Board of Education in accordance with the Mississippi Healthy Student 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.
- **Establish guidelines in accordance with the Mississippi Beverage and Snack Regulations for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.**

Tunica Middle School

II. Commitment to Food Safe Schools

Tunica Middle 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 has viewed the video developed by the Office of Healthy Schools to support food safety on the school campus. For compliance with the Nutrition Standards to all staff must complete and sign pre and post test developed by the Office of Healthy Schools and maintain documentation of completion. The video and Pre/Post Test can be downloaded at: http://healthyschoolsms.org/ohs_main/instructionalvideo.htm.
- All school personnel (school board members, administrators, teachers, school nurses, instructional and health services paraprofessionals, foodservice staff, custodians, facilities managers, administrative support staff) will receive copies of the Local School Wellness Policy to include food safety policies and procedures and relevant professional development. Examples of professional development include, but are not limited to, the video developed by the Office of Healthy Schools and Eating Safely at School, (<http://scholhealth.nsba.org/site/docs/42-400/42324.pdf>) developed by the National School Boards Association.
- Adequate access to handwashing 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.

Tunica Middle School

III. Commitment to Physical Activity/Physical Education

Tunica Middle School will:

- Provide 150 minutes per week of activity-based instruction for all students in grades 6th-8th (in accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference 2004 Mississippi Public Schools Accountability Standards 32, Appendix B and 33).
- 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).
- 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 2006 Mississippi Physical Education Framework.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate bill 2369).
- Participate in a yearly fitness test for all students (e.g. Fitness Gram® www.fitnessgram.net/ or President's Challenge to Physical Fitness www.presidentschallenge.org).

Tunica Middle School

IV. Commitment to Comprehensive Health Education

Tunica 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 6th-8th.
- Host a School Health Fair for students.

Tunica Middle School

V. Commitment to a Healthy School Environment

Tunica 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.epsc.com); 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 systems in your school; check coils, filters, belts, etc. in order to maintain safe operation and healthy air quality.
- Conduct at least one or more evacuation drill per month.
- 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 means of egress.
- Never use extension cords as a permanent source of electricity anywhere on a 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 #35).

- Inspect all buses on a quarterly basis and ensure that they are well maintained and clean.
- Require all bus drivers to 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 one 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#36).

- 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 www.edi.msstate.edu).
- 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 school board. (MS Code 37-3-81 and 37-3-82(2); and Accreditation Standard #37.1); see that School Safety Manual and the MDE School Occupational Safety and Crisis Response Plan at:
http://www.healthschools.ms.org/healthy_school_environment/school_safety.htm.
- 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.

Tunica Middle School

VI. Commitment to Quality Health Services

Tunica Middle School will:

- Ensure all school nurses are working under the guidelines of the *Mississippi School Nurse Procedures and Standards of Care*.
- Collaborate with other school staff to provide health services as part of a Coordinated School Health Program.
- Work with students, parents, and local healthcare providers to effectively manage and treat chronic diseases.

Tunica Middle School

VII. Commitment to Providing Counseling, Psychological and Social Services

Tunica Middle School will:

- Adhere to the details outlined in the Licensure Guidelines (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.
- 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

Tunica Middle School

VIII. Commitment to Family and Community Involvement

Tunica Middle School will:

- Give parents and community the opportunity to serve on the School Health Council (SHC).
- Invite family members to attend health and physical education classes.
- Invite family members to tour physical education facilities.
- Invite family members to a school meal.

Tunica Middle School

IX. Commitment to Implementing a Quality Staff Wellness Program

Tunica Middle School will:

- Encourage after school health and fitness sessions for school staff.
- Organize employee walking teams or clubs.

Tunica Middle School

X. Commitment to Marketing a Healthy School Environment

Tunica Middle School will:

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.

Tunica Middle School

XI. Commitment to Implementation

Tunica Middle 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 (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 recommendation for any revisions to the policy as necessary.

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