

Wayne County School District  
District Policy



Revised September 2018

# DISTRICT WELLNESS COMMITTEE MEMBERS

LaKeshia Powe.....Wellness Committee Chair

Bobby Jones..... Superintendent of Education

Al Smith..... School Board Member

Tyrone Marshall.....Assistant Superintendent of Education

Jackie T. Henry..... CN Director

Melanie Taylor..... CN Assistant

Donna Hopkins.....Administrator

Cynthia Greene.....School Nurse

Sara Waller.....Teacher

Tim Blackwell.....Physical Education

Meshell Lofton.....Cafeteria Manager

Amy Pruitt.....Parent

Dr. Sherrell Gilmore.....District Compliance Director

Darryl Sean McDonald.....Jones College Director, Waynesboro Branch

## **SCHOOL HEALTH COUNCIL COMMITTEE MEMBERS**

Each individual school is responsible for selecting their school health council members. The committee should consist of the following:

Principal  
Assistant Principal  
School Wellness Site Coordinator  
Teachers (2)  
    Curriculum  
    Physical Education  
School Nurse  
Cafeteria Manager  
Parent (2)  
Student (2)  
Community Leader

## **Rationale:**

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, like Type 2 diabetes. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

## **Goal:**

All students in Wayne County Schools shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Wayne County School District are encouraged to model healthful eating and physical activity as a valuable part of daily life.

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

## **Nutrition Environment and Services**

The Wayne County Schools 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 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.
- Establish guidelines in accordance with USDA Smart Snacks in Schools for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity
  - Establish guidelines in accordance with USDA Smart Snacks in Schools for the sale of food items for fundraising.
  - Use Smart Snacks Resources to educate the school community about the importance of offering healthy snacks for students and staff members.

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/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)
- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service school site.
- 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 Education, Office of Child Nutrition Programs.
- Encourage school staff and families to participate in school meal programs.
- Provide adequate time for students to eat and enjoy school meals (a minimum of 15-20 minutes at breakfast and 18-25 minutes at lunch).
- All students will have access to potable drinking water during meal service at all times.
- 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.

## **Food Safe Schools**

The Wayne County Schools 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](http://www.fightbac.org)) and other national standards for safe food handling at home and in school.
- Ensure that all staff have viewed the video developed by the Office of Healthy Schools to support food safety on the school campus. For compliance with the Nutrition Standards 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](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 and facilities managers, and administrative support staff) will receive copies of the Local School Wellness Policy to include food safety policies and procedures and relevant professional development.
- Adequate access to hand washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.
- The food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances.
- Encourage students to make food choices based on the Healthy Hunger-Free Kids Act of 2010 (HHFKA) and the ChooseMyPlate resources, emphasizing menu options that feature baked (rather than fried foods), whole grains, fresh fruits and vegetables, and reduced-fat dairy products.
- Make school meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go lunches, or alternate eating sites
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home.
- Provide parents, caregivers, vendors, and any other community members who provide or are likely to provide foods prepared for consumption at school events with appropriate food safety information.

## **Physical Education/Physical Activity**

The Wayne County Schools will:

- Provide 150 minutes per week of activity-based instruction for all students in grades K-8 (in accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference -2014 Mississippi Public Schools Accountability Standards 27.1.

- Provide Physical Education/Activity in accordance with the Physical Education Rules and Regulations as approved by the State Board of Education in compliance with the Mississippi Healthy Students Act (State Board of Education Policy 4012).
- 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 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Beginning with 9<sup>th</sup> graders in school year 2015-2016, provide instruction in Cardiopulmonary Resuscitation (CPR) and use of Automated External Defibrillator (AED) for students in grades 9 – 12 in the school year they earn their ½ Carnegie Unit for physical education or health education. MS Code 37-13-134 (Senate Bill 2185)
- Address concussions by adopting and implementing a policy for students in grades 7-12 who participate in activities sanctioned by the Mississippi High School Association (MHSAA). This policy will include a concussion recognition course that has been endorsed by the Mississippi Department of Health. This course will provide information on the nature and risk of concussions for students participating athletics. Also include in the policy, parents/guardians will be provided with a concussion policy before the start of regular school athletic season. (House Bill 48)
- Schedule recess (or physical education) where permitted before lunch times in order to increase food consumed, decrease plate waste, and improve cafeteria behavior.
- Incorporate 5 to 10 minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons.
- 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.
- Require fitness testing for all 5<sup>th</sup> grade students.
- Require fitness testing for high school students; during the year they acquire the ½ Carnegie unit in physical education as required for graduation by the Mississippi Healthy Students Act (State Board of Education Policy 4012).

## **Health Education**

The Wayne County High School will:

- Provide ½ Carnegie unit of comprehensive health education for graduation (2012 Mississippi Public School Accountability Standard 20, Appendix A).

- Instruction must be based on the Mississippi Contemporary Health Framework for grades 9 -12 (2012 Mississippi Public School Accountability Standard 20, Appendix A).
- Implement the requirements of the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades K through 8.
- Graduation requirements for 9<sup>th</sup> through 12<sup>th</sup> grade students shall include ½ Carnegie unit in physical education.
- Instruction must be based on the Mississippi Contemporary Health for grades K – 8.
- Implement the requirements of MS Code 37-13-171, which requires the development of a sex related education policy and instruction on medically accurate or evidence based abstinence-only or abstinence-plus curricula.
- Provide instruction in Cardiopulmonary Resuscitation (CPR) and use of Automated External Defibrillator (AED) for students in grades 9-12 in the school year they earn ½ Carnegie Unit for health education or physical education. MS Code 37-13-134 (Senate Bill 2185).

The Wayne County Schools will:

- Participate in USDA nutrition programs such as *Team Nutrition Schools* and the Healthier US School Challenge.
- Integrate Health Education into other subject areas (<http://www.mde.k12.ms.us/ohs/home>).
- Provide students with quality disease prevention instruction based on the Contemporary Health Education Framework and other selected materials approved by the district.

## Physical Environment

The Wayne County Schools 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](http://www.msdssearch.com)).
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety ([www.cpsc.com](http://www.cpsc.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 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 semester.
- Every school will have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school.



- Ensure that two means of egress are available in each classroom in case of an emergency; if there is only one door, designate a window (properly sized) as a 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 #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.

The Wayne County School District will:

- 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>
- Install locks on classroom doors in order to create security from the inside.
- Conduct random drug testing on students. (testing solely depends on school district decision)
- Hire a District Safety Officer or a School Resource Officer.
- Install 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.

## **Health Services**

The Wayne County Schools will:

- Ensure all school nurses are working under the guidelines of the Mississippi School Nurse Procedures and Standards of Care.
- Provide for teachers and staff training regarding signs and systems 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)
- Offer health services for students in grades K-12, through the employment of school nurses, as a means to academic success.

- The school nurse should attend at least one MDE sponsored training each school year.
- Work with students, parents, and local healthcare providers to effectively manage and treat chronic diseases.
- Schools may seek community support that provides auto-injector epinephrine to stock emergency medication needs.

## **Counseling, Psychological and Social Services/Social and Emotional Climate**

The Wayne County Schools 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.
- 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.
- Participate in administrative claiming for reimbursement of administrative cost associated with health and medical outreach.
- Provide additional services to improve students' mental, emotional, and social health.
- Offer counseling, group assessments, interventions and other mental health services, as well as referrals to community health professionals.
- Hire qualified counselor(s) who will address the mental health, academic, and career needs of students in the school setting.
- Provide at a minimum, a ½ time licensed guidance counselor for high school and ensure that all elementary school students have access to qualified student support personnel such as: guidance counselors, social workers, nurses, psychologists, psychometrics, and others (as required by the Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2).

## **Family Engagement and Community Involvement**

The Wayne County Schools will:

- Invite parents and community members to participate in school health planning by serving on the local School Health Council.
- Invite family or community members to eat a meal at school.

## **Employee Wellness**

The Wayne County Schools will:

- Make as a Requirement that all staff members are aware of the Mississippi State and School Employees' Health Insurance Plan that has been enhanced to include My Active Health, a new wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit – <http://www.MyActiveHealth.com/Mississippi>
- Develop a Staff Fitness Center for all school staff.

## **Healthy School Environment**

The Wayne County Schools 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, PTO meetings, open houses, health fairs, teacher in-services, and other events).
- 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](http://www.presidentialyouthfitnessprogram.org).

## **Commitment to Implementation**

The Wayne County Schools 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 towards school wellness policy goals and achievements each year to identify areas of improvement. (see Attachment F)
- 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.
- Ensure that each school committee set one (1) achievable goal each school year that consists of but not limited to nutrition education, physical education and/or school health wellness and safety.
- Document and record all council meetings (see Attachment G).

This wellness plan will be adopted and implemented as written by Beat Four Elementary School (Tommy Branch, Principal), Buckatunna Elementary School (Lynn Revette, Principal), Clara Elementary School (Donna Hopkins, Principal) Wayne Central School (Eric Smith Principal) Waynesboro Riverview School (Shronda Turner, Principal), Wayne County High School (Robert Hathorn, Supervising Principal) and Wayne County Career & Technical Center (Rex Buckhalts, Director). Each school principal/director will be responsible for ensuring that their school meets and follows the local school wellness policy.

**In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, discrimination is prohibited on the basis of race, color, national origin, sex, age, or disability.**

**To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.**

# **Attachment A: Local School Board Policy**

Adopted (Date)

## **WAYNE COUNTY SCHOOL DISTRICT CHILD NUTRITION**

**It is the intent of this School District that every student shall participate in the Child Nutrition Program. To encourage this participation, a variety of foods will be offered that meet USDA meal pattern requirements as stated in the Code of Federal Regulation 7. The lunch meal served will provide approximately 1/3 of the child's Recommended Dietary Allowances and the breakfast meal served will provide approximately 1/4 of the child's Recommended Dietary Allowance as specified by the National Research Council/National Academy of Sciences. Breakfast and lunch meal service is available in all district schools.**

**To reduce plate waste, to better satisfy the personal preferences of our students, and to meet federal program guidelines, "offer versus served" is implemented in grades K through 12. Students are offered all five (5) food components at lunch; however, they must select a minimum of (3) food components at which one of those components must be a fruit or vegetable to be considered a reimbursable meal. A double serving of any food component counts as one (1) meal component and one (1) extra food sale item. Students will also be offered a fruit component daily during breakfast but will not be required to select the fruit component to be considered a reimbursable meal.**

**Meal services rendered by the Child Nutrition Department will be provided equally for all students in the Wayne County School District. Meal services shall be rendered 180 days per fiscal school year in accordance with the board approved academic calendar.**

**According to federal regulations, substitutions in food components for handicapped students whose handicap restricts their diet and for non-handicapped students who are unable to consume the required foods because of medical or other special dietary needs is allowable. A statement of the need must support such an exception for substitutions that include recommended substitute foods. Such statements shall, in the case of handicapped students, be signed by a medical doctor or, in the case of non-handicapped students, by a recognized medical authority. The original copy of this statement should be maintained in the student's permanent record and a copy sent to the Child Nutrition office.**

**In compliance with federal regulations and State Board of Education ruling, to aid students in developing healthy nutritional habits, to assure that sanitary food practices are maintained, and to support a sound financial status in the school feeding program the following policies are established:**

- I. No food items will be sold on the school campus for one hour before the start of any meal service period and until the end of the last meal service period. No foods from fast food commercial establishments will be received or consumed in the cafeteria dining room during serving periods as defined in the previous sentence.**
- II. Food items offered for extra food sales by the Child Nutrition Program shall be only those foods which are components of the approved federal meal patterns being served and milk products.**
- III. With the exception of milk products a student may purchase individual components of the meal only if the full meal unit also is being purchased.**
- IV. Foods of minimal nutritional value are not allowed in the cafeteria during meal service periods. These foods include, but are not inclusive of, carbonated drinks and frozen desserts that contain less than 100% full strength juice.**
- V. All cafeterias will maintain and enforce sanitation and food safety through standard operation policies outlined in the district HACCP (Hazard Analysis and Critical Control Point) policy manual.**

**In addition to providing school lunches and school breakfasts to students' daily, Child Nutrition also provides sack lunches, banquet services and other special services as requested:**

- I. Sack lunches that meet the criteria for federal reimbursable meals are available upon request at the same cost as other reimbursable meals served in this school district. Those students qualifying for free and reduced price meals will receive their sack lunch either free or at a reduced price.**
- II. Special food services such as banquets are available upon request to the Child Nutrition Department. Cost of these services shall be billed to the requesting department or organization.**
- III. Upon request to the Child Nutrition Department kitchen facilities shall be available for district use. For safety and security reasons, when kitchen facilities are used a member from the Child Nutrition staff must be on duty and will be paid at a rate of \$100.00 per event, not to exceed 6 hours, for time worked. The Child Nutrition Department assumes no responsibility for quality, sanitation, and/or wholesomeness of items provided by outside**



**sources for special functions. Serving utensils and containers are the total responsibility of the individual(s) providing the food.**

- IV. No employee shall be asked or required to work for a special function without compensation.**

**According to federal regulations all daily meal counts by category will take place at the end of the serving line, defined as the "point of service", by the cashier for each meal service period. A coded roster and computer program, which contains the names and student numbers of all students, will be used to document participation. Color codes or the words "free" or "reduced" will not appear on the roster used at the meal times. All extra food sales will be accounted for at the point of service. At all times when paying and when meals are served, there will be no overt identification of free and reduced meal recipients to any staff member that is not an employee of the Child Nutrition Department.**

**Adults, including instructional personnel, will be served only from the serving line.**

**Meal prices for students and adults are established by the School Board. Policies relating to the establishment of these prices are:**

- I. There is no reduction in price for meals without a meal component or item served to students where "offer versus served" is being implemented.**
- II. Extra food sale prices are established by the Child Nutrition Central Office with approval of the Board. Only extra food sale prices that reflect a change are resubmitted to the Board annually for approval.**
- III. Meal prices for adults must cover the cost of the meal including preparation and service as no financial assistance is received from the government or state for adult meals. An adult meal consists of the same (5) food components as the student tray.**

**According to federal regulations all meal payments are to be made at the point of service. Payment for all student meal costs will be either by cash or advanced sale. Instructional staff will not have the responsibility or the authority for the collection of monies for sale of meals. Payment for meal costs for adults will be by cash or advanced sale on the line at the point of service.**

**Due to a limited change fund, personal checks and payments by check of combined monies for meals and other school expenses may not be cashed from the School Child Nutrition Fund. The total amount of the check will be deposited into the student's/adult's account.**

**In-kind meals are available free of charge to all Child Nutrition employees whose job is to provide food; cook; serve food; operate kitchen equipment; clean and store dishes, utensils, and kitchen equipment. This definition also includes the Child Nutrition Manager whose responsibility is to manage the Child Nutrition operation. All other adults including instructional personnel, custodial personnel, maintenance personnel, support staff, and guests must pay daily for meals or food received through the Child Nutrition operation. An in-kind meal consists of the same food components and service sizes as middle/high school meals.**

**Child Nutrition sanitation practices in the kitchen shall be in compliance with all Mississippi State board of Health Environment Regulations. To assure that the kitchen is a sanitary environment only Child Nutrition employees are allowed behind the service line and in the food production area, except for repairmen, deliverymen, or other persons essential to the operation of the cafeteria. These personnel will comply with regulations that relate to employee health, personal cleanliness, clothing, and employee practices as specified by the State Board of Health. To provide a clean sanitary appearance Child Nutrition personnel working in kitchens shall wear clean required clothing, white or black shoes (non-skid), and a hair restraint. A washable or disposable outer apron garment may be worn when necessary.**

**To control food cost, to protect against food contamination, and to protect the reputation of Child Nutrition personnel all leftover food items will be properly labeled, stored and documented in the production record until it can be utilized, or disposed of in a sanitary manner. No leftover food will be removed from any cafeteria for human or animal consumption.**

**The school principal shares responsibility with the Director of Child Nutrition in ensuring that all federal, state, and local regulations applicable to the school's food services are implemented and administered daily.**

# Attachment B: State Competitive Food Policy

Policy and Procedures Manual

Mississippi Child Nutrition Programs

## State Policy on Competitive Foods and Extra Food Sales

Federal Regulations and State Board Policy restrict food sales in competition with the National School Lunch and School Breakfast Programs. On February 22, 1985, the State Board of Education passed the state's policy on the selling of foods in competition with the National School Food Service Programs and on the nutritional quality of foods sold as extra items. This purpose is to ensure that students are not in the position of having to decide between non-nutritious and nutritious foods immediately before or during any meal service period. Mississippi's competitive food sales policy is provided in Exhibit 3.4.

### Exhibit 3.4. Mississippi Board of Education Policy on Competitive Food Sales

- No food is to be sold on the school campus for (1) hour before the start of any meal service period.
- The school food service staff shall serve only those foods that are components of the approved Federal meal patterns being served (or milk products) and such additional foods as necessary to meet the caloric requirements of the age group being served.
- With the exception of milk products, a student may purchase individual components of the meal only if the full meal unit also is being purchased.
- Students who bring a lunch from home may purchase milk products.
- This policy should be viewed as a minimum standard. Local boards of education are encouraged to develop more comprehensive restrictions.

### Clarification Interpretation of Competitive Foods Rule

The state policy is clarified/interpreted below, as follows:

No food is to be sold on campus for one hour before breakfast or one hour before lunch and until the end of either serving period. Any food may be sold after breakfast, until one hour before lunch, and any time after the end of the last lunch period.

School food services shall sell only those foods that are components of the approved Federal meal patterns being served (or milk products). With the exception of milk products, a student may purchase individual components of the meal only if the full meal is being served. After the full meal has been served, a student may purchase individual components or milk products as extra food sales. A food must be a component of the meal pattern to be sold extra.

### Examples:

- Main entrée's, 100% juices, fruits and vegetables are all meal components and are allowable extra food sale items.
- Only desserts that qualify as a bread/grain requirement are allowable extra food sale items.
- Bread/grain products that meet meal components are allowable extra food sale items.
- Dairy products such as milk (1% all varieties) are a meal component and are allowable extra food sale items.

- **Ice cream (200 calories or less) is a dairy/milk product. It is not a meal component but is an allowable extra food sale item.**

**Students who bring meals from home may purchase allowable dairy/milk or bottled water products only.**

**Only students who purchase a reimbursable meal meet the guidelines to purchase all extra food sales items. All extra food sale items should be limited to no more than (2) purchases per student.**

## **Attachment C: Nutrition Standards for Food and Beverages Sold on Campus**

### **Nutrition Standards Intent/Rationale:**

The Wayne County School District requires the sale or distribution of nutrient dense foods for all daily\* school functions and activities. Nutrient dense foods are those 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 school has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. Schools are to utilize these standards in developing building policy using the following Nutrition Standards as guidelines as State Law mandates.

### **Snack Regulations for Mississippi Schools Kindergarten through 12th Grade**

The Mississippi Board of Education recognizes the critical roles that optional nutrition play in health, weights, disease prevention, and dental health, as well as academic performance. The nutrition needs of young people at school are best met through well-balanced, nutrient-rich school meals provided through Child Nutrition Programs, planned by nutrition professionals following US Department of Agriculture (USDA) guidelines.

The following regulations apply to all Mississippi school campuses during the school day defined as the hours between 7:00 A.M. and 4:00 P.M. To protect the integrity of the Child Nutrition Program and to ensure that children do not have to choose between the School Lunch/Breakfast programs and vended items, schools shall follow the Competitive Food policy, EEH.

Food Sales outside of Child Nutrition Programs, including vending machines, student stores, snack bars, and other fundraising programs, are available in Mississippi schools at the discretion of the school district. When schools decide to offer vending, they shall provide a selection of healthful food options to students, with the following overall goals:

- **Minimize excessive intake of calories, especially empty calories from fat and sugar.**
- **Increase intake of nutrients for optimal growth, development, and brain functioning, especially from nutrient-rich, minimally processed foods like whole grains, fruits, vegetables, nuts, seeds, lean meats, and dairy foods.**
- **Develop marketing and nutrition education strategies to promote healthful options to all students, families, and school staff.**

**Food:**

- **Encourage the consumption of nutrient dense foods, i.e. WHOLE GRAINS, FRESH FRUITS, VEGETABLES, and REDUCED-FAT DAIRY PRODUCTS.**
- **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 with minimal added fat in processing (no more than 3 grams of added fat per standards) because they are nutrient dense and contain high levels of monounsaturated fat.**

**Approved by State Board of Education 10/20/2006**

**References Sheet**

**Mississippi Department of Education List of Approved Items for Vending**

## **Candy:**

**Candy is defined as any processed food item that has:**

- **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), syrup) is listed as one of the first two ingredients AND sugar is more than 25% of the item by weight**
- **Vending sales of candy will NOT be permitted on school grounds without board approval.**
- **Non-vending sales of candy will be permitted ONLY at the conclusion of the instructional school day after 4:00 P.M.**

## **Snacks, Bars, and Dessert Items:**

**This category includes, but is not limited to chips, crackers, popcorn, cereal, trail mix, nuts, seeds, peanut butter and other nut butters, jerky, cookies, animal/graham crackers and cereal bars, granola bars, bakery items (e.g., pastries, toaster pastries, muffins, soft pretzels), frozen desserts, ice cream, cheese, yogurt and smoothies (made with low-fat yogurt or other low-fat daily alternatives and/or fruit/juice).**

**Based on manufacturer's nutritional data or Nutrition Facts labels, all foods must meet the following criteria per package:**

**Key Nutrients: At least 5% of the recommended Daily Value (DV) for three or more nutrients (fiber; vitamins A,C,D,E; thiamin, niacin, riboflavin, calcium, iron, and zinc). At least 3 grams protein per package may be substituted for one of the listed nutrients. Schools are encouraged to offer foods that:**

- **Are good sources (at least 10% of the recommended Daily Value or DV) of one or more nutrients listed above.**
- **Contain at least 5 grams protein.**
- **List a whole grain as the first item on the ingredient list.**
- **Total Calories: No more than 200 calories per package.**
- **Fat: No more than 35 percent of total calories from fat and 7 grams maximum (with the exception of nuts, seeds, peanut and other nut butters, and cheeses).**
- **Saturated Fat and Trans Fat: No more than 10 percent of calories from saturated fat and /or trans fat and 2 grams maximum (with the exception of nuts, seeds, peanut and other nut butters, and cheeses).**
- **Added Sugar: No more than 35 percent added sugar by weight and 15 grams maximum (excludes sugars naturally occurring in fruits, vegetables, and dairy). For smoothies (made with low-fat yogurt or other low-fat dairy alternatives and/or fruit/juice), yogurt and pudding, no more than 5 grams total sugar (added and naturally occurring) per ounce.**

## **Fruits and Vegetables:**

**Include quality\* fruits and vegetables available anywhere snack items are sold. For example, dried fruit in vending machines, fresh fruit (e.g., pineapple slices or melon cubes), or fresh vegetables (e.g., baby carrots) in snack bars and concessions.**

**Based on manufacturer's nutritional data or Nutrition Facts labels, all foods must meet the following criteria per package:**

- **Key Nutrients:** At least 5% of the recommended Daily Value (DV) for three or more nutrients (fiber, vitamins A, C, .D, .E; thiamin, niacin, riboflavin, calcium, iron, and zinc). Schools are encouraged to offer foods with at least 10% of the recommended Daily Value (DV) for one or more of these nutrients.
- **Total Calories:** no more than 200 total calories.
- **Fat:** No more than 35% of total calories from fat and 7 grams maximum.
- **Saturated Fat and Trans Fat:** No more than 10% of calories from saturated fat and/or trans fat and 2 grams maximum.
- **Added Sugar:** No more than 35% added sugar by weight and 15 grams maximum (excludes sugars naturally occurring in fruits and vegetables).

**ALL ITEMS MUST BE APPROVED BY THE STATE DEPARTMENT OF EDUCATION.**

**\* See Child Nutrition Director for a form to evaluate food items for sales/vending and State approved product list.**



## BEVERAGE REGULATIONS FOR MISSISSIPPI SCHOOLS

The Mississippi Board of Education recognizes the critical role that adequate hydration plays in healthy weights, disease prevention, and dental health, as well as academic performance. The fluid and nutrition needs of young people at school are best met through well-balanced, nutrient-rich school meals provided through Child Nutrition Programs, planned by nutrition professionals following US Department of Agriculture (USDA) guidelines.

### Time of Day

The following beverage regulations apply to all Mississippi School Campuses during the regular and extended school day defined as the hours between 7:00 am and 4:00 pm. The extended school day includes activities such as clubs, yearbook, band and choir practice, student government, drama and childcare/latchkey programs.

This beverage policy does not apply to school-related events; such as interscholastic sporting events, school plays, and band concerts; where parents and other adults constitute a significant portion of the audience or are selling beverages as boosters.

### Implementation

As of the 2007 – 2008 school year, all full calorie, sugared carbonated soft drinks shall no longer be sold to students in Mississippi schools during the school day.

As of the 2008 – 2009 school year, only the following options MAY be available for beverage vending:

### Beverages

#### Elementary School

- Bottled Water
- Lowfat and non fat regular and flavored milk\* with up to 160 calories / 8 ounces
- Up to 8 ounce serving of milk and 100% juice\*\*
- 100% juice\*\* with no added sweeteners and up to 120 calories / 8 ounces

#### Middle School

Same as elementary school, except juice and milk may be sold in 10 ounce servings\*\*\*\*

#### High School

- Bottled Water
- No or low calorie beverages with up to 10 calories / 8 ounces
- Up to 12 ounce servings of milk, 100% juice \*\*, light juice and sports drinks
- Low fat and non fat regular and flavored milk with up to 160 calories / 8 ounces
- 100% juice\*\* with no added sweeteners and up to 120 calories / 8 ounces
- Light juices and sports drinks with no more than 66 calories / 8 ounces
- At least 50 % of beverages must be water and no or low calorie options

\*Milk includes nutritionally equivalent milk alternatives (per USDA), such as soymilk.

\*\*100% juice that contains at least 10% of the recommended daily value for three or more vitamins and minerals.

\*\*\*As a practical matter, if middle school and high school students have shared access to areas on a common campus or in common buildings, then the school community has the option to adopt the high school standard.

# **ATTACHMENT C: ADDENDUM – FOOD & BEVERAGE**

(August 2014)

## **Smart Snack Regulations 2014:**

As required by the Healthy, Hunger-Free Kids Act of 2010, schools began implementing USDA “SMART SNACKS” regulations for ALL foods and beverages sold in schools.

Smart Snack guidelines apply to all foods sold on campus during the school day. The school day is defined as the period from the midnight before, to 30 minutes after the end of the official school day or 4:00 p.m., whichever is later. In addition, SBE Policy 2002 states: no food item will be sold on the school campus for one (1) hour before the start of any meal services period, including breakfast if offered.

All foods sold on campus must meet calorie, sodium, fat, sugar and other nutrient guidelines. Due to the variety of items available, it is recommended that school districts use the Healthier Generation Product Calculator (USDA website) to determine if foods meet the Smart Snacks requirement. Also, schools can submit a product evaluation form and a complete product label to the Mississippi State Department Office of Child Nutrition for evaluation.

## **Nutrition Standards for Food:**

- **All foods sold on campus for students and staff must be:**
  - **“Whole grain-rich” grain product or**
  - **Have the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or**
  - **Be a combination food that contains at least ¼ cup of fruit and or vegetable; or**
  - **Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber.)**
  
- **Foods must also meet several nutrient requirements:**
  - **Calorie Limits**
    - **Snack items: 200 calories or less**
    - **Entrée items: 350 calories or less**
  - **Sodium Limits**
    - **Snack Items: 230 mg or less**
    - **Entrée Items: 480 mg or less**
  - **Fat Limits**
    - **Total fat: 35% or less of calories**
    - **Saturated fat: <10% of calories**
    - **Trans fat: zero grams**
  - **Sugar Limits**
    - **35% or less of weight from total sugars in foods**

## **Nutrition Standards for Beverages:**

- **All schools may sell:**
  - **Plain water (with or without carbonation)**
    - **Unflavored low fat milk**
    - **Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP**
    - **100% fruit or vegetable juice and**
    - **100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.**
- **Elementary schools**
  - **may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
- **High School:**
  - **Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.**
- **No more than 20-ounce portions of**
  - **Calorie-free, flavored water (with or without carbonation); and**
  - **Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.**
  - **No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.**

## **Fundraisers:**

- **The sale of food items that meet nutrition requirements at fundraisers are not limited in any way under the standards.**
- **The standards do not apply during non-school hours, on weekends and at off-campus fundraising events.**
- **The standards provide a special exemption for infrequent fundraisers that do not meet the nutrition standards. State agencies may determine the frequency with which fundraising activities take place that allow the sale of food and beverage items that do not meet the nutrition standards.**

# **ATTACHMENT C-1: ADDENDUM – FOOD & BEVERAGE**

(September 2018)

## **Smart Snack Regulations 2018:**

As required by the Healthy, Hunger-Free Kids Act of 2010, schools began implementing USDA “SMART SNACKS” regulations for ALL foods and beverages sold in schools.

Smart Snack guidelines apply to any food and beverage sold to students at schools during the school day, other than those foods provided as part of the school meal programs. Examples include à la carte items sold in the cafeteria and foods sold in school stores, snack bars, and vending machines. Foods and beverages sold during fundraisers, unless these items are not intended for consumption at school or are otherwise exempt by your State agency. The school day is defined as the midnight before to 30 minutes after the end of the school day.

All foods sold on campus must meet calories, sodium, sugar, and fats, (total fat, saturated fat, trans fat). Due to the variety of items available, it is recommended that school districts use the Healthier Generation Smart Snack Product Calculator (<https://foodplanner.healthiergeneration.org/calculator>) to determine if foods meet the Smart Snacks requirement.

## **Nutrition Standards for Food:**

- **All foods sold on campus for students and staff must be:**
  - Be a grain product that contains 50 percent or more whole grains by weight(have a whole grain as the first ingredient) or
  - Have the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
  - Be a combination food that contains at least ¼ cup of fruit and or vegetable; and
  - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber.)
  
- **Foods must also meet several nutrient requirements:**
  - **Calorie Limits**
    - **Snack items:** 200 calories or less
    - **Entrée items:** 350 calories or less
  - **Sodium Limits**
    - **Snack Items:** 200 mg or less
    - **Entrée Items:** 480 mg or less
  - **Fat Limits**
    - **Total fat:** 35% or less of calories
    - **Saturated fat:** <10% of calories
    - **Trans fat:** zero grams

- **Sugar Limits**
  - **35% or less of weight from total sugars in foods**

## **Nutrition Standards for Beverages:**

- **All schools may sell:**
  - **Plain water (with or without carbonation)**
    - **Unflavored low fat milk**
    - **Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP**
    - **100% fruit or vegetable juice, with or without carbonation, and**
    - **100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.**
- **Elementary schools**
  - **May sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water.**
- **High School:**
  - **Beyond this, the standards allow additional “no calorie” and “lower calorie” beverage options for high school students.**
- **No more than 20-ounce portions of**
  - **Calorie-free, flavored water (with or without carbonation); and**
  - **Other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.**
  - **No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.**

## **Fundraisers:**

- **Sales of foods and beverages that meet the Smart Snacks Standards and sales of nonfood items (e.g., wrapping paper and apparel) are not limited under the Federal policy.**
- **Fundraising activities that occur during non-school hours, on weekends, or at off-campus events are not limited under the Federal policy.**
- **Fundraisers selling foods that are intended to be consumed outside the school day are not limited under the Federal policy.**
- **Some State agencies allow a certain number of in-school fundraisers to be exempt from the Smart Snacks Standards. Contact your State agency for more information.**

# **Attachment D: Non-Food Reward Policy**

## **Rational/Goal:**

**Schools can play a major role in helping students become fit, healthy and ready to learn. One way to accomplish this is for foods offered in schools to support lessons learned in the classroom regarding nutrition and physical activity. What better venue than schools, which have a great impact on children to support the message that proper nutrition and physical activity are a key part of a healthy lifestyle? Positive examples of making healthy eating choices and encouraging physical activity should be visible throughout the school. Parties as well as cafeterias, school stores, vending machines, and after-school events offer opportunities for schools to reinforce the message that making healthy food choices and being physically active means a healthier body and a sharper mind.**

## **Commitment to Using Alternative to Food as Reward:**

**Wayne County schools will:**

- **Set a positive example for students by limiting food rewards on a daily or personal basis by offering only those foods that meet or exceed the nutritional guidelines presented in the District Local Health and Wellness Policy.**

**At school, home, and throughout the community kids are offered food as a reward for “good” behavior. Often these foods have little or no nutritional value but are easy, inexpensive, and can bring about short-term behavior change.**

**There are many disadvantages to using food as a reward:**

- **It undermines nutrition education being taught in the school environment.**
- **It encourages over-consumption of foods high in added sugar and fat.**
- **It teaches kids to eat when they’re not hungry as a reward to themselves.**

**Kids learn preferences for foods made available to them; including those that are unhealthy. Poor food choices and inadequate physical activity contribute to overweight and obesity. Currently, obesity among kids is at epidemic levels and can often lead to serious health problems.**

**1. Birch LL. Development of Food Preferences. 2. Ogden CL, Flegal KM, Carroll MD, and Johnson CL.**

**Annu. Rev. Nutr. 1999, 19:41-62. Prevalence and Trends in Overweight Among US Children And Adolescents, 1999-2000. JAMA, October 9, 2002**

**Vol 288, No. 14.**

## **NONFOOD REWARD LIST**

**The following items are suggestions made by the Wayne County School District Local Health and Wellness Council and MS State Department of Education as acceptable nonfood rewards for students in the Wayne County School District.**

**Read a book**  
**Sit by a friend at meal times**  
**Read outdoors**  
**Teach the class**  
**Have extra art time**  
**Enjoy class outdoors**  
**Eat lunch outdoors with the principal**  
**Have an extra recess**  
**Play a computer game**  
**Play a 15 minute game that involves the entire class**  
**Read to a younger class**  
**Get a no homework pass**  
**Make deliveries for the teacher**  
**Listen to music while working**  
**Play a game or put together a puzzle**  
**Earn play money for class privileges**  
**Be a helper in another classroom**  
**Start and maintain a vegetable garden**  
**Dance to a favorite song in class**  
**Get a “free choice” award**  
**Listen with a headset to a book or audio tape**  
**Watch a movie**  
**Be first in line for the day or week**  
**Have the teacher read the students favorite book selection**  
**Take a trip to the treasure box full of stickers, pencils, erasers, bookmarks, etc...**

**Additional online resources can be found at:**

**[http://healthymeals.nal.usda.gov/hsmrs/Connecticut/Food\\_As\\_Reward.pdf](http://healthymeals.nal.usda.gov/hsmrs/Connecticut/Food_As_Reward.pdf)**

**[http://www.clemson.edu/extension/hgic/food/nutrition/nutrition/life\\_stages/hgic4110.html](http://www.clemson.edu/extension/hgic/food/nutrition/nutrition/life_stages/hgic4110.html)**

**[http://www.cspinet.org/nutritionpolicy/constructive\\_rewards.pdf](http://www.cspinet.org/nutritionpolicy/constructive_rewards.pdf)**

## **HEALTHY FOOD AND NONFOOD FUNDRAISING ALTERNATIVES**

Many school fundraising strategies are being developed with school financial needs and concerns about student nutrition in mind. Instead of candy, soda and other unhealthy junk food sales, schools may opt to sell items from the following suggestions. All fundraising events are subject to the approval of the superintendent and school board.

### **Healthy alternatives may include:**

Fresh and exotic fruits, like cases of fruits and nuts

High quality potatoes, onion or other produce items

Trail mix

Popcorn

Bottled water

Gourmet coffee and/or tea

See also the also the MS. Department of Education list of approved items

### **Non-food alternatives may include:**

Gift wrap/Christmas ornaments

Garden seeds

Discount coupon booklets

Plant and flowers

Class photo sales

Student artwork sale

Bumper stickers

Stuffed animals

Candles

Magazine subscriptions

Gift baskets

School spirit t-shirts

Cookbooks

Stationary

Pet treats or toys

Book fair

### **Student/Parent event alternatives:**

Bike-a-thon

Family game night

Silent actions

Dance-a-thon

Student art show

Walk-a-thon

Family fitness night

Talent show

Car wash

Horseshoe pitching contest

Additional online resources can be found at:

<http://www.healthy-fundraising.org/>



## **Attachment E: Physical Activity Resources**

### **American Alliance for Health, Physical Education, Recreation, and Dance**

**<http://www.aahperd.org/>**

The latest resources for health, physical activity, recreation, and dance professionals, including presentations from February 2005 conference on relationship of physical activity in relationship to *No Child Left Behind*.

### **California Dept. of Education: Academic Achievement and Physical Fitness**

**[www.cde.ca.gov/nr/ne/yr02/yr02rel37.asp](http://www.cde.ca.gov/nr/ne/yr02/yr02rel37.asp)**

This study, released in December 2002, supports the connection between physical fitness levels of students in grades 5, 7, and 9 – and student performance of CA Department of Education Achievement Tests.

### **Centers for Disease Control and Prevention (CDC)**

**[www.cdc.gov/nccdphp/dnpa/](http://www.cdc.gov/nccdphp/dnpa/)**

The CDC site is an essential resource for nutrition and activity issues. Search for surveillance data (including maps of obesity prevalence); pediatric growth charts; and several national activity campaigns, like *Kids Walk-to-School* and *Turn Off Your TV*.

### **Montana Team Nutrition Resources**

**[www.opi.state.mt.us/](http://www.opi.state.mt.us/)**

Search on-site for PDF of physical activity resources from Big Sky country, including *Mind and Body: Activities for the Elementary Classroom*, and *Recess Before Lunch: A Guide for Success*.

### **PE4life**

**<http://pe4life.org/>**

This organization inspires active, healthy living by advancing the development of quality, daily physical education programs for all children. The site features a free newsletter and action kit, as well as information about PEP grants and National PE Day.

### **President's Challenge ~ You're It. Get Fit!**

**[www.presidentschallenge.org/](http://www.presidentschallenge.org/)**

Physical activity and awards program for Americans of ALL ages. Site offers activity logs for kids, teens, and adults (you can register you whole school), as well as cool online tools and ways to win awards for activity.

### **Take 10!**

**[www.take10.net/](http://www.take10.net/)**

**Take 10** is a classroom-based physical activity program for kindergarten to fifth grade students, which is linked to academic learning objectives. The goal is to get American kids moving more – ten minutes at a time.

# **Attachment F: Local School Evaluation Tool**

(To be completed by Child Nutrition Director)

School Name: \_\_\_\_\_

## **Committee members:**

Principal \_\_\_\_\_

School Physical Education Staff member \_\_\_\_\_

School Nurse \_\_\_\_\_

School staff member \_\_\_\_\_

Community leader \_\_\_\_\_

PTO/member \_\_\_\_\_

Student member \_\_\_\_\_

Date of first meeting: \_\_\_\_\_

Goals: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date of second meeting: \_\_\_\_\_

Achievements: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

1. Where all committee meetings conducted twice yearly as required?  
Yes or No
2. Where all committee members present at each meeting?  
Yes or No
3. Where goals set within reasonable nutritional or physical education limits?  
Yes or No
4. Where the goals implemented and carried out as planned?  
Yes or No
5. Where goals based on nutrition, physical education or healthy school environment? \_\_\_\_\_



# Attachment G: Local School Wellness

## Implementation Form

School Name: \_\_\_\_\_

Meeting Date: \_\_\_\_\_

Meeting conducted by: \_\_\_\_\_

Committee members in attendance: **(please attach a sign in sheet)**

Goal or planned activity: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Identify goal(s) as nutrition education based, physical education based, or healthy school environment based?

\_\_\_\_\_

When (will/did) the activity take place: \_\_\_\_\_

Where will the activity take place: \_\_\_\_\_

Who will be in charge of the activity: \_\_\_\_\_

Was the activity successful: \_\_\_\_\_

Comments: (use this area for notes or attach minutes taken during the meeting.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Principals signature

\_\_\_\_\_  
Date

(Form must be filled out and returned to the Child Nutrition office after each committee meeting. Meetings are required to be conducted twice each school year between the months of August and March.)

This School Wellness Policy is approved by the Board of Education of the Wayne County School District on this the \_\_\_\_ day of \_\_\_\_\_ 2018, and is signed by the President of the Board of Education of Wayne County School District and the Superintendent of Education pursuant to an order issued by said Board.

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Board President

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Superintendent