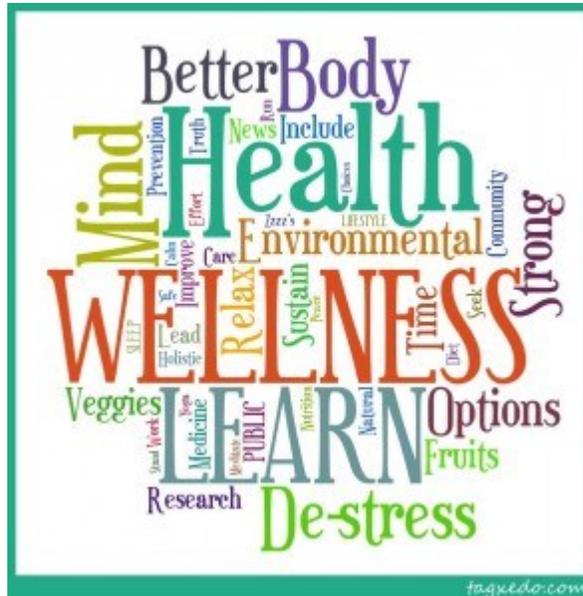


Greenwood Public School District's Wellness Policy



**Created by: Committee Members from without and within the
Greenwood Public School District**
Created for: Accreditation Requirement
Created on: January 28, 2014

To support the relationship between student health and academic achievement, the 20014 Mississippi Public School Accountability Standards (Standard 17.5.1) and the Child Nutrition and WIC Reauthorization Act of 2004 (PL # 108-265) requires each local school to establish a local school wellness policy. This document seeks to satisfy this requirement.

Below are listed the minimum requirements as established by federal law:

- **Goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines is appropriate;**
- **Nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;**
- **Assurances that guidelines for reimbursable school meals are not less restrictive than the regulations issued by the USDA;**
- **Ways of measuring how well the school wellness policy is being implemented, including designation of one or more persons at each school with operational responsibility for ensuring that the school is meeting the policy;**
- **Involvement of parents, students, representatives of the school food authority, the school board and school administrators, and the public, in developing the wellness policy.**

Members of the Greenwood Public School District's Health Council or Wellness Committee are: The

- **Healthcare providers**, especially pediatricians, dietitians, public health professionals, dentists, and orthodontists-*Samaria Stevenson, Melissa Homolik*
- **Hospitals and public health departments**, especially those with pediatric services and diabetes clinics-*John Cook, Dawn McMinn*
- **Non-profit health organizations**, like the American Cancer Society, American Diabetes Association, and American Heart Association-*Desiree Norwood*
- **Physical activity groups**, like YMCA/YWCA, youth sports leagues, and commercial fitness centers-*John Cook*
- **Community youth organizations**, like Boys and Girls Clubs, Boy/Girl Scouts of America, and faith-based groups for young people-*Adriene Hicks, James Tolleson*
- **University departments and other government agencies**, especially those involved in nutrition, physical activity, and education (e.g., Mississippi State University Extension Service)-*Jennifer Wiley, Silvia Moody*
- **Faith-based organizations, clergy, and churches**-*Joe McCall*
- **Parents** who have children in the individual schools-*Yvette Totten, Charles Johnson, Samaria Stevenson, Miranda Hodge, Barbara O'Bannon, Catherine Jones*
- **Teachers** employed in the school district-*Miranda Hodge, Barbara O'Bannon, Tracy Woods, Catherine Jones, Kendrick Cox*
- **Students** enrolled in the individual school-*Linnie Stevenson, Kamron Daniels, Jordan Smith, Tija Johnson, Forrest Kimbrough*
- **Administrators** employed in the school district-*Chester Leigh, Charles Johnson*
- **Directors** employed in the school district-*Yvette Totten*

- **Counselor**-*Dorothy Randle*
- **Parent Center Coordinator**-*Linda Bradley*

The following are guidelines for Mississippi School Health Councils

1. School Health Councils must meet a minimum of three times per year.
2. School Health Councils must maintain minutes for each meeting for documentation.
3. A minimum of one presentation per year must be made to the local school board for approval of all school wellness policies.
4. The federal Child Nutrition legislation does require that any local educational agency participating in USDA school meals program must have established a local wellness policy by the beginning of school year 2006-2007.
5. The measurement of the implementation and evaluation of the policy will be done annually by the wellness committee.
6. Two wellness committee members will ensure that the district does meet the minimum guidelines.

Below is the eight-component model of a coordinated approach to school health, developed by the Centers for Disease Control and Prevention. It depicts the importance of leadership, coordination, and partnerships to successfully implement quality school health programs that provide opportunities for all children to be fit, healthy, and ready to succeed.



Greenwood Public School District's Wellness Policy

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. 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 is also an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

Goal

All students in the Greenwood Public School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in the Greenwood Public School Districts are encouraged to model healthy eating and physical activity as a valuable part of daily life. To meet this goal, the Greenwood Public School District adopts this 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.

Commitment to Nutrition

The Greenwood Public School District 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 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.**
- 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. Schedule recess before lunch, in order to increase meal consumption and nutrient intake at meals and to improve behavior in the dining area.

Commitment to Food Safe Schools

The Greenwood Public School District 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. HACCP Principles for K-12 schools can be downloaded at: <http://www.nfsmi.org/ResourcesOverview.aspx?ID=151>**
- **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 all staff must complete and sign pre and post test developed by the Office of Healthy Schools and maintain documentation of completion. The video, Pre/Post Test and answer guide can be found at the following links:**
http://origin.k12.ms.us/Everyone/Food_Safety/Food_Safety_files/Default.htm,
http://healthyschoolsms.org/ohs_main/documents/PreandPostFoodSafetyTest_000.doc,
http://healthyschoolsms.org/ohs_main/documents/PreandPostTestAnswerGuide_000.doc
- **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.

Commitment to Physical Activity/Physical Education

The Greenwood Public School District 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).
- Require fitness testing for all 5th 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).
- 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 2013-2014 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.
- 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. (House Bill 432)
- Address concussions by adopting and implementing a policy for students in grades 7-12 who participate in activities sanctioned by the Mississippi High School Activities 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 in athletics. Also included in the policy, parents/guardians will be provided with a concussion policy before the start of regular school athletic season. (House Bill 48)
- 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.
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.

- Create opportunities for students to voluntarily participate in before- and after-school physical activity programs like intramurals, clubs, and at the secondary level, interscholastic athletics.

Commitment to Comprehensive Health Education

The Greenwood Public School District will:

- Provide ½ Carnegie unit of health education for graduation (2012 Mississippi Public School Accountability Standard 20, Appendix A).
- Instruction must be based on the Mississippi Contemporary Health 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.
- 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 evidenced based abstinence-only or abstinence-plus curricula.
- Emphasize the disease prevention strand in the 2012 Mississippi Contemporary Health Education Curriculum.
- Integrate Health Education into other subject areas (www.mde.k12.ms.us/healthy-schools Click on Health in Action).
- Research, select, and purchase disease prevention materials for grades K-8 and provide training for teachers on the use of the materials.
- Provide students with quality disease prevention instruction based on the Contemporary Health Education Framework and other selected materials approved by the district.

Commitment to a Healthy School Environment

The Greenwood Public School District 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.
- 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.

Commitment to Quality Health Services

The Greenwood Public School District 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)**
- Offer comprehensive health services for students in grades K-12, through the employment of school nurses, as a means to academic success.
- 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.
- Promote healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).

Commitment to Providing Counseling, Psychological and Social Services

The Greenwood Public School District 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.**
- **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, psychometrists, and others (as required by the Mississippi Public School Accountability Standards, Process Standard 6).**
- **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.**
- ❑ **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.**
- ❑ **Other counseling duties or other duties as assigned by the school principal.**
- Offer quality counseling, psychological and social services provided by professionals such as certified school counselors, psychologists, and social workers.
- 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.

Commitment to Family and Community Involvement

The Greenwood Public School District 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.
- Provide resources and training to parents on health-related topics, parenting skills, child development, and family relationships.
- Encourage health education skill-building activities at home by including homework for health instruction, personal goal setting for healthy behaviors, and other health education-related activities.
- Develop homework assignments for students that involve family discussions about health topics and age-related health issues.
- Encourage regular family mealtimes that include healthy choices, i.e.-Nutrition Nuggets, Teen Food & Fitness
- Schedule school health fairs and invite parents and the public to attend, i.e.-Ad in newspaper and flyers distributed by school nurses to the parent center coordinators
- Increase PTA/PTO Membership.
- Plan Healthy Rewards for students and encourage parents to do the same.

Commitment to Implementing a Quality Staff Wellness Program

The Greenwood Public School District 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 – www.MyActiveHealth.com/Mississippi, i.e.-Business Office personnel does this upon the initial hiring of each employee.
- Provide health promotion programs for school staff to include opportunities for physical activity, health screenings, nutrition education, weight management, smoking cessation, and

stress reduction and management.

- Encourage after school health and fitness sessions for school staff.
- Develop relationships with community health providers (e.g., local health departments, hospitals, neighborhood clinics, health professionals), recreational facilities, voluntary health organizations (e.g., American Cancer Society, American Lung Association, American Heart Association), and other community members who can provide resources for or support school employee wellness activities.
- Organize employee walking teams or clubs.

Commitment to Marketing a Healthy School Environment

The Greenwood Public School District will:

- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
- Use traditional marketing materials such as posters, flyers, T-shirts, wrist bands, buttons, etc. to promote health messages to students and families.
- 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).
- Work with the local newspaper, TV and radio to promote healthy lifestyles and to highlight the benefits and successes of school health initiatives.
- Create awareness of the link between the health of students and academic performance.
- Prepare media releases that share successes to local newspapers.

Commitment to Implementation

The Greenwood Public School District 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 recommendations for any revisions to the policy as necessary.**

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