

Jones County School District
East Jones Elementary School
Wellness Policy
2014-2015

Rationale:

Successful learning is linked to nutrition as well as physical and mental activity. The degree of such successful learning is directly affected by establishing and maintaining healthy eating habits and patterns of physical activity from early childhood and throughout life. Maintaining a healthy weight can reduce risk factors for developing many chronic diseases such as Type 2 diabetes. Students also can benefit from adult staff who model positive nutritional and fitness behaviors.

Goal:

All students enrolled at East Jones Elementary School shall possess both the knowledge and skills necessary to make nutritious food choices and beneficial physical activity choices for a lifetime of better health. All staff of East Jones Elementary School is encouraged to model such behavior in order to help both students and themselves be healthier.

To meet these goals, the East Jones Elementary School adopts this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing to students, staff, and community, 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 while respecting cultural and economic factors.

Commitment to Nutrition

East Jones Elementary 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.
- Encourage school staff and families to participate in school meal programs.
- Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code EE-2E).
- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for Food Service.
- Follow State Board of Education policies on competitive foods, vending sales and extra food sales (Mississippi Board of Education Policy, Code EEH).
- Establish guidelines for all foods available on the school campus during the school day with the objective of promoting child health and reducing childhood obesity.
- Review these guidelines with our students each year.
- 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 and staff;
- Food preparation ingredients and products;
- Minimum/maximum time allotted for students and staff lunch and breakfast;

- Availability of food items during the lunch and breakfast periods of the Child Nutrition Breakfast and Lunch Programs;
- Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs.
- Establish guidelines in accordance with the Mississippi Beverage and Snack Regulations for all foods available on the school campus during the objective of promoting student health and reducing childhood obesity.

Marketing

East Jones Elementary School will:

- Promote Healthy School Meals.
- There are many reasons to do promotions for school food and nutrition programs. First and foremost, the students, faculty and staff are customers. They have choices to make in deciding what to purchase and what not to purchase. Promotions are powerful marketing tools that have a direct meaningful impact on customers and their purchasing decisions. Promotions do not necessarily have to promote one particular product or event. After all, nutrition is something to promote all the time.
- Some effective promotions might include:
 - Showing students (customers) that the child nutrition program cares about them
 - Introducing new items
 - Introducing new items or special items by labels or markers on serving line
 - Use Marketing theme, such as National School Lunch Week or Breakfast Week
 - Allow students to have input on menus (Ex. Vote for School Lunch)
 - Establish a positive image or “brand” for the Child Nutrition Department

Commitment to Food Safe Schools

East Jones Elementary 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.
- Adequate access to hand washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.
- Hand sanitizers are in place throughout the school for student/faculty use.
- The food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances.
- Develop a food safety education plan for all staff and students, consistent with Fight Bac.
- Introduce to all staff the Fight Bac Video developed by the Office of Healthy Schools to support food safety on school campuses. For compliance with the National Standards, all staff must complete and sign pre- and post-test developed by the Office of Healthy Schools and maintain documentation of completion.
- ALL school personnel (school board members, administrators, teachers, school nurses, instructional and health service professionals, food service staff, custodians, 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. Examples of professional development include the video developed by the Office of Healthy Schools.

Commitment to Physical Activity/Physical Education

East Jones Elementary 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 2004 Mississippi Public Schools Accountability Standards 32, Appendix B and 33).
- Provide Physical Education/Activity in accordance with the Physical Education Rules and Regulations as approved by the State Board of Education in compliance with the Mississippi Healthy Students Act (State Board of Education Policy 4012).
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- Implement the 2006 Mississippi Physical Education Framework.
- Provide Kindergarten students with a minimum of 40 minutes of activity-based instruction per school day. The 40 minutes does not have to take place continuously. This time should be used to help the child increase the skills involved in physical coordination (Kindergarten Guidelines).
- Require fitness testing for all students grades K-6 in accordance with our grant
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- *Provide a new multi-level playground with additional playground structures for student use.*

Commitment to Comprehensive Health Education

East Jones Elementary School will:

- Promote positive nutrition/health by establishing a “wellness center” in our cafeteria to provide information for students and staff that support this initiative.
- 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.
- Provide supplemental nutrition/health materials to teachers and students.

Commitment to a Healthy School Environment

East Jones Elementary School will:

- Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code).
- Ensure that all exit signs are illuminated and clearly visible.
- Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet).
- Refer to the U.S. Consumer Product Safety Commission’s Handbook for Public Playground Safety; 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 fire drill per month on the last Friday of each month (weather permitting). Fire Drill is documented by administration.*
- *Conduct at least one emergency Tornado drill every three months (weather permitting). Drill is documented by administration.*
- 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 #35).
- 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 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 37-3-301) (c) (d) (j); 31-11-5, 49 and 45-11-101; and Accreditation Standard #36).
- Provide facilities that are clean.
- Provide facilities that are safe.
- Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions.
- Provide operational facilities that are equipped and functional to meet the instructional needs of students and staff.
- Provide air conditioning in all classrooms, Code 37-17-6(2) (2000).
- Comply with the requirements for Safe and Healthy School:
- Maintain a comprehensive School Safety Plan on file that has been approved annually by the local school board.
- 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 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
East Jones Elementary School will:

- Ensure all school nurses are working under the guidelines of the Mississippi School Nurse Procedures and Standards of Care.

Commitment to Providing Counseling, Psychological and Social Services
East Jones Elementary School will:

- Adhere to the details outlined in the Licensure Guidelines (451) when hiring guidance counselors and psychologists. The state does not have 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 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.
- 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 Standards 6.1 and 6.2).
- Hire school guidance counselors with a minimum of a Master's Degree in Guidance and Counseling, or in an emergency situation, an appropriate certification as determined by the Commission on Teacher and Administrator Education, Certification and Licensure and Development.
- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
- Ensure that all school guidance counselors provide comprehensive counseling services such as:
 - *Academic and personal/social counseling
 - *Student assessment and assessment counseling
 - *Career and educational counseling
 - *Individual and group counseling
 - *Crisis intervention and preventive counseling
 - *Referrals to community agencies
 - *Educational consultations and collaborations with teachers, administrators, parents and community leaders
 - *Education and career placement services
 - *Follow-up counseling services
 - *Conflict resolution
 - *Other counseling duties or other duties as assigned by the school principal

Commitment to Marketing a Healthy School Environment
East Jones Elementary will:

- Promote healthful eating, physical activity and healthy lifestyles to students, parents, teachers, administrators, and the community at school events (Health Walk, Open House, Health Fair, In-Service and other events).
- *Promotion of a healthy lifestyle to faculty and staff by adding a "Weight Watchers" group to our campus on Thursday afternoons.*

Commitment to Family and Community Involvement
East Jones Elementary will:

- Give parents and community members the opportunity to serve on the East Jones Elementary School Health Council.
- Give students the opportunity to serve on the East Jones Elementary School Health Council. (4 -Sixth Grade students will be chosen each school year to represent the student body).
- Establish or enhance physical activity opportunities (walking clubs or fitness challenges) for staff and/or parents.
- *Incorporate Sensory Room for Special Needs students into Wellness Activities/Wellness Walks*
- *Parent Volunteer to help with wellness activities for Special Needs students*
- *Provide speaker to Fifth and Sixth Grade students concerning Special Needs students and wellness activities (Occupational Therapist).*

Commitment to Implementation
East Jones Elementary 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) House Bill 319.
- Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.
- East Jones Elementary School will 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.
- Establish and support a School Health Council that addresses all aspects of a coordinated school health program, including a school wellness policy.
- Conduct a review of the progress toward school wellness policy goals each year to identify areas of improvement.