

West Jasper School District Wellness Plan 2023-2024 School Year

Rationale:

The link between the health of students and learning is well documented. If children are to be successful in school, they cannot be tired, hungry, sick, suffering from drug abuse, or worried that school is an unsafe environment in which they could become a victim of a violent act. It has become apparent that problems such as poor nutrition, lack of physical activity, substance abuse, depression, teen pregnancy, obesity, bullying, and more – can adversely affect not only a child’s health, but also his or her *ability to learn!* And that is precisely why a coordinated approach to school health can make a difference! A coordinated approach to school health improves kids’ health and their capacity to learn through the support of families, schools, and communities working together. At its very core, a coordinated approach to school health is about keeping students healthy over time, reinforcing positive healthy behaviors throughout the school day, and making it clear that *good health and learning go hand in hand.*

All students at West Jasper School District shall possess the knowledge and skills necessary to make healthy food choices that promote a healthy lifestyle. All staff at West Jasper School District are encouraged to model healthy eating patterns and moderate physical activity as a valuable part of their daily lives.

To meet this goal, all educational facilities within the West Jasper School District, Bay Springs Elementary School, Bay Springs High school, Bay springs Middle School and Stringer Attendance Center shall adopt 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.

Commitment to Nutrition: West Jasper 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 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 2001)
- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code 2002).
 - 1) Sales of food items outside of school breakfast and lunch, will not be allowed before 1:00 PM Prohibit food deliveries from outside vendors.
- 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).
 - 1) Healthy food and beverage choices – carbonated beverages are not permitted in school cafeterias.
 - 2) Healthy food preparation
 - 3) Marketing of healthy food choices to students, staff, and parents
 - 4) Food preparation ingredients and products- follow guidelines of the Healthy Hunger Free Kids Act of 2010
 - 5) Availability of food items during the lunch and breakfast periods of the Child Nutrition Breakfast and Lunch
 - 6) Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs
 - 7) 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).
 - 8) Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs.
- Establish guidelines in accordance with the “Smart Snacks in Schools – All Foods Sold in Schools” standards for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.

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- 1) Any food sold in schools must be a “whole grain-rich product; or have as the first ingredient a fruit, vegetable, 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 of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).
 - 2) Foods must also meet several nutrient requirements:
 - 3) Snack items must contain zero grams of trans fat and meet the following additional requirements:
 - a. ≤200 calories
 - b. ≤230 mg sodium
 - c. ≤35% of calories may come from total fat
 - d. ≤10% of calories may come from saturated fat
 - e. ≤35% of weight from total sugar in food item
 - 4) Entrée Items must contain zero grams of trans fat and meet the following additional requirements:
 - a. ≤350 calories
 - b. ≤480 mg sodium
 - c. ≤35% of calories may come from total fat.
 - d. ≤10% of calories may come from saturated fat.
 - e. ≤35% of weight from total sugar in food item
 - 5) Accompaniments such as cream cheese, salad dressing, and butter must be included in the nutrient profile as a part of the food item sold.
 - 6) Beverages must meet the following nutrition standards:
 - a. Plain water
 - b. Unflavored low-fat milk
 - c. Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - d. 100% fruit or vegetable juice
 - e. 100% fruit or vegetable juice diluted with water and no added sweeteners.
 - 7) Sales vended to adult staff shall meet at least one-half the guidelines for students as outlined in the Mississippi Beverage and Snack Regulations
- The number of extra sale items that may be purchased with a reimbursable meal will be limited as follows: Students in grades K-8 — 2 extra sale items other than beverage; High School students (grades 9-12) — 3 extra sale items other than beverage. This policy excludes extra beverage purchases of milk, juice and/or water.
 - Add nutritious and appealing options (such as fruits, vegetables, nuts, trail mix, beef jerky, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice, and water) whenever foods/beverages are sold or otherwise offered at school including vending machines, school stores, concession stands at sporting academic events, parties, celebrations, social events, and other school functions.

Commitment to Food Safe Schools: West Jasper School District will:

- Implement a food safety program based on HACCP principles for all school meals, as required by the USDA and the Mississippi Department of Education, Office of Child Nutrition Programs and ensure that the food service permit is current for the school sites. HACCP Principles for K-12 schools can be downloaded.
- All school personnel (school board members, administrators, teachers, school nurses, instructional and health services paraprofessionals, foodservice staff, custodians and facilities managers, and administrative support staff) will receive copies of the Local School Wellness Policy that includes food safety policies and procedures and provides for relevant professional development.
- Address strategies that minimize risks for students and staff who have food allergies and intolerances in the food safety assurance plan.
- Provide adequate access to handwashing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.
- 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.

Board Approved 03/19/2024.

- Eliminate use of food as rewards for student accomplishment and the withholding of food as punishment (e.g., restricting a child's selection of flavored milk at mealtime due to behavior problems). Also, do not use any type of physical activity as a means of punishment.
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthy foods for fundraising programs. The sale of candy and other foods and beverages that do not meet the Smart Snacks Standards are prohibited from being sold as fundraisers during the school day.

Commitment to Physical Activity/Physical Education: West Jasper 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.
- 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).

Commitment to Comprehensive Health Education: West Jasper School District will:

- Provide ½ Carnegie unit of health education for graduation (2012 MS Public School Accountability Standard 20, Appendix A)
- Instruction must be based on the Mississippi Contemporary Health for grades 9-12 (2012 MS 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.
- Instructions 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.
- Beginning with 9th 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 health education or physical education. MS Code 37-13-134 (Senate Bill 2185)

Commitment to a Healthy School Environment: West Jasper School District will:

- Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with MS State Fire Code). Ensure that all exit signs are illuminated and clearly visible.

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- 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 for federal guidelines for playground safety.
- Ensure that fire extinguishers are inspected each year and properly tagged.
- Complete yearly maintenance of the heating/cooling system in your school in order to maintain safe operation and healthy air quality.
- Conduct at least one emergency evacuation drill per month.
- Enforce 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 as a means of egress.
- Never use extension cords as a permanent source of electricity anywhere on a school campus.
- Conduct nine fire drills, two tornado drills, two lock down drills, and two caution drills per year.

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).

- 1) Inspect all buses on a quarterly basis and ensure that they are well maintained and clean.
- 2) Require that all bus drivers have a valid bus driver certificate and a commercial driver's license and operate the bus according to all specified safety procedures.
- 3) Ensure arrival of all buses at their designated school sites prior to the start of the instructional day
- 4) Conduct bus evacuation drills at least two times each year.

Provide facilities that meet the criteria of (MS Code 37-7-301 9 (c) (d) (j); 37-11-5, 49 and 45-11-101; and Accreditation Standard #36).

- 1) Provide facilities that are clean.
- 2) Provide facilities that are safe.
- 3) Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions.
- 4) Provide operational facilities that are equipped and functional to meet the instructional needs of students and staff
- 5) Provide air conditioning in all classrooms.

Comply with the requirements for Safe and Healthy Schools:

- 1) Maintain a comprehensive School Safety Plan on file that has been approved annually by the local school board. 2) Prohibit the possession of pistols, firearms, or weapons by any person on school premises or at school functions. Code 37-11-18 requires any student who possesses a knife, handgun, or 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 is 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.
- 3) 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 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: West Jasper School District will:

- Ensure all school nurses are working under the guidelines of the 2013 MS School Nurse Procedures and Standards of Care
- Provide teachers and staff training regarding signs and symptoms of asthma. (SB 2393)
- Ensure that every child who has been diagnosed with asthma has 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)

Commitment to Providing Counseling, Psychological and Social Services: West Jasper School District will:

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- Adhere to the details outlined in the Licensure Guidelines 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 work 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 or Southern Association of Colleges and Schools 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.
- 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:
 - 1) Academic and personal /social counseling
 - 2) Student assessment and assessment counseling
 - 3) Career and educational counseling
 - 4) Individual and group counseling
 - 5) Crisis intervention and preventive counseling.
 - 6) Beginning with the 2017-2018 school year, the State Department of Education shall require that local school districts conduct in-service training on suicide prevention education for all school district employees. Thereafter, only new employees are required to have training. The Mississippi Department of Mental Health will be responsible for developing the content of the training (HB 263).
 - 7) Referrals to community agencies.
 - 8) Educational consultations and collaborations with teachers, administrators, parents, and community leaders.
 - 9) Education and career placement services.
 - 10) Follow-up counseling services.
 - 11) Conflict resolution.
 - 12) 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

Commitment to Family and Community Involvement: West Jasper School District will:

- Invite parents to participate in school health planning by serving on local School Health Council
- Invite community members to participate in school health planning by serving on the local School Health Council
- Encourage regular family mealtimes that include healthy choices.
- Invite family or community members to eat a meal at school.
- 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.
- Invite parents to help and participate at our annual Field Day Activities.

Commitment to Implementing a Quality Staff Wellness Program: West Jasper School District will:

- Ensure that all staff is aware of the MS State and School Employees Health Insurance Plan that has been enhanced to include WebMD, a wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit.
- 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.

Commitment to Marketing a Healthy School Environment: West Jasper School District will:

- Provide positive 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.

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- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events (registration, parent-teacher conferences, PTA meetings, open houses, health fairs, teacher in-services and other events).
- Eliminate advertising or promoting unhealthy food choices on the school campus. Advertising must be restricted to only those foods and beverages that meet the Smart Snacks in School Nutrition Standards.
- Create awareness of the link between the health of students and academic performance

Commitment to Implementation: West Jasper School District will:

- Establish a plan for implementation of the school wellness policy.
- Designate one or more people to ensure that the school wellness policy is implemented as written.
- 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 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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Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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