

# *PEARL PUBLIC SCHOOL DISTRICT*



*The mission of the Pearl Public School District is to prepare each student to become a lifelong learner, achieve individual goals, and positively impact a global society.*

## **Wellness Policy** **2018-2019**

**Pearl Public School District**  
**Wellness Policy**

## 2018-2019

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**WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD**



**Pearl Public School District  
Wellness Policy  
2018-2019**

**Mission Statement**

The mission of the Pearl Public School District is to prepare each student to become a lifelong learner, achieve individual goals, and positively impact a global society.

**Core Values**

We believe that

- Everyone has purpose and worth.
- Everyone is responsible for his/her choices.
- Lifelong learning enriches the individual and the community.
- Goal setting and high expectations are the foundation of success.
- Everyone has the potential to make a positive difference.
- Faith-based values create community stability and prosperity.

## **Rationale**

Health trends indicate that nutrition, physical activity, and health education are closely linked to overall health, which impacts educational success. It is essential that students have healthy habits to achieve their full academic potential. Reaching that potential will enhance the likelihood of lifelong health. The number of students affected by chronic health issues is increasing at an alarming rate. We are facing epidemics with diseases such as diabetes, heart disease, and childhood obesity. All schools in the Pearl Public District share with parents and the community, the responsibility to help students learn, establish, and maintain healthy eating and activity habits. The Pearl Public School District will establish and implement a wellness policy that will be reflected in the schools' nutrition and physical activity programs. The foundation of this healthy school environment will be the support that staff and the community contribute through modeling healthy behaviors.

## **Goals**

1. The students of PPSD will be engaged in the continual learning process necessary to make good nutritious food choices and enjoyable activity choices. Making these healthy choices for a lifetime will affect the student's health outcomes.
2. The staff of PPSD will be involved in continual encouragement of students by modeling healthy food choices and activity choices. Making these healthy choices for a lifetime will affect that individual's health outcomes as well as the health outcomes of future generations.
3. The community in which PPSD is part of will become more aware of the link between healthy choices and academic success, which will lead to generations of productivity in our community.

To meet these goals, the Pearl Public School District and its Local Education Authority (LEA) adopts this wellness policy for the schools in its district. These schools include Pearl Lower Elementary, Northside Elementary, Pearl Upper Elementary, Pearl Junior High School, and Pearl High School. The policy will address the following components: nutrition and food safe schools, nutrition education/health education, health services, counseling/psychological services, staff wellness, physical education/activity, healthy school environment, family/community involvement, marketing, use of tobacco and illegal drugs, and implementation. All available resources will be used to serve the needs of all students, staff, and community. Cultural and religious differences will be considered as this policy is implemented.

## **Commitment to Nutrition Environment and Services**

Pearl 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 (USDA) 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 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.
  - 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.

## Food Safe Schools

- **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.**
  - **Develop a food safety education plan for all staff and students, consistent with Fight Bac® and other national standards for safe food handling at home and in schools.**
  - **Ensure that all staff has received instructions to support food safety on the school campus.**
  - **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.**
  - **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.**
- 
- Provide food allergy education for food service staff, teachers, administration, and students.
  - 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.
  - Establish guidelines for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.
  - Eliminate fried foods from all school lunch menus by preparing in combination ovens/steamers foods that were previously fried. Purchase additional combination oven/steamers as budget allows.
  - Include nutritious and appealing options (such as baked chips, nutra-grain bars, bottled water, pickles, sunflower seeds, and fruit snacks) whenever food/ beverages are sold or otherwise offered at school.
  - Promote informed, healthy food choices by providing monthly menus that contain sample nutrition information.
  - Breakfast will be offered at all schools.

Offer at least two milk choices in compliance with USDA regulations. We will offer 1% low fat unflavored and fat free flavored milks.

- Offer fresh fruits and vegetables to students during breakfast and lunch. Three (3) fresh fruits will be offered to student each week. Weekly requirements for vegetable subgroups will be met, which include 1) dark green 2) red/orange, 3)beans/peas/legumes, 4) starchy, and 5)other.
- Verify that each student's tray at lunch contains a minimum of three and a maximum of five components, one of which must be ½ cup vegetable in compliance with the Healthy, Hunger-free Kids Act of 2010 and Offer-versus-serve.
- Offer only 100% fruit and vegetable juice with no added sugar.
- Weekly grain minimum ranges at breakfast and lunch are being met.
- Sell extra food items in individual packages not to exceed 200 calories.
- Fruit quantity offered at breakfast was increase from ½ cup per day to 1 cup per day
- The 2014-2015 Sodium Target 1 has been met for breakfast and lunch. Pursuant to the Proclamation USDA Commitment to School Meals dated May 1, 2017, schools that meet Sodium Target 1 for school years 2017-2020 will be considered compliant with USDA sodium requirements.
- Each student's tray at breakfast will be verified that it contains a minimum of three and a maximum of four items, one of which must be ½ cup fruit or ½ cup vegetable in compliance with Healthy, Hunger-Free Kids Act of 2010 and Offer vs. Serve.
- Implement MS Smart Snacks Standards for ALL Foods Sold in Schools. Smart Snacks guidelines apply to all foods sold on campus during the school day. The school day is defined as the period from midnight before to 30 minutes after the end of the official school day or 4:00 p.m., whichever is later.
- Smart Snacks and SBE Policies apply to all foods and beverages available to students through vending machines, student stores, snack bars, fundraisers, and any other sales.
- In addition, SBE Policy 2002 states: no food items will be sold on the school campus for one (1) hour before the start of any meal service period, including breakfast, if offered, until the last student is served for that meal service.
- 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.
- Offer salad daily at all schools.



## **Commitment to Physical Education/Physical Activity**

Pearl 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 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).**
- **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 9<sup>th</sup> through 12<sup>th</sup> grade students shall include ½ Carnegie unit in physical education.**
- **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 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)**
- **Require ½ Carnegie unit of Physical Education as a graduation requirement for all students who are not involved in sports, JROTC, or band.**
- **Require Physical Education for all junior high students (grades 6-8).**
- **Collaborate with local recreational departments and youth fitness programs to promote participation in physical activities.**

Goals:

- Teachers will incorporate more multi-sensory instructional strategies to promote physical activity in addition to the acquisition of content knowledge and skills.
- Teachers will be encouraged to implement brief physical activity during times transition from one lesson/activity/subject to the next.
- More students will be encouraged to participate in Physical Education classes and/or other competitive physical extracurricular activities at the secondary level.
- Staff and students will participate in a health challenge/competition to model and increase the engagement in physical activity on a regular basis.
- Create more opportunities for students to voluntarily participate in after-school physical activity programs.

## **Commitment to Health Education**

**Pearl 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.**
- **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 health education or physical education. MS Code 37-13-134 (Senate Bill 2185)**
- Implementing the 2006 Mississippi Comprehensive Health Framework for grades 9-12 (2004 Mississippi Public School Accountability Standard 20, Appendix A), including the nutrition strand and emphasizing the disease and prevention strand.
- Encourage the integration of health education into other subject areas when possible.
- Provide food allergy education for food service staff, teachers, administration, and students.
- Provide students and staff with information on consequences of tobacco use on available cessation programs.

- Coordinate guest speakers to address the student body on the topics of bullying, unintentional injuries, and suicide at the secondary level.
- Provide abstinence-only sex education for all students in grade 7 using a medically accurate evidenced based program. “Choosing the Best” curriculum approved by the Department of Education/Office of Healthy Schools will be used to meet the requirements of MS Code 37-13-171.
- Increase the dissemination of health-related information in the form of posters, handouts, announcements, and other materials with age/grade appropriate information.

## **Commitment to Physical Environment**

**Pearl 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**
- **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 drill per month.**
- **Every school will have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school.**
- **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**
- **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)**
- **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.**
  - **Establish and maintain facilities that meet the following criteria:**
    - a. **Clean and safe facilities.**
    - b. **Proper signage explaining that alcohol, tobacco, weapons, and drugs are prohibited on all school campuses and at all school functions.**
    - c. **Facilities that are properly equipped and functional to meet the instructional needs of the students and staff.**
    - d. **Air conditioned classrooms (MS Code 31-17-6-(2)).**
- **Comply with the requirements for safe and Healthy Schools:**
  - a. **Maintain a comprehensive Safety Plan (Crisis Management Plan) on file that has been approved annually by the school board.**

- b. Prohibit the possession of pistols, firearms, or weapons by any person, other than duly authorized law enforcement, on school premises or at school functions.
  - c. Enforce MS Code 97-32-9, which prohibits students from possessing 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.
  - d. Eliminate unnecessary school bus idling that causes pollution and creates health risks for children.
  - e. Continue the use of School Resource Officers.
  - f. Conduct random drug testing of students who participate in extracurricular activities and of employees who have a commercial driver's license obtained through the school district.
  - g. Maintain security cameras throughout the district..
  - h. Utilize regularly scheduled meetings of School Health Councils, School Board, etc. to discuss and determine the current strengths, weaknesses, opportunities, and challenges associated with implementing and maintain the healthy and safe environment in each school.
  - i. Utilize best practices for the use of pesticides in school buildings and on school grounds.
  - j. Ensure safety by installing automated gates and additional security cameras.
- Comply with the applicable rules and regulation of the Mississippi state board of education in the operation of the district's transportation program (MS Code 37-41-53; SBE policies 7903, 7904, 7909; Accreditation Standard 35):
    - a. Inspect all buses quarterly and ensure that each is well maintained and clean.
    - b. Require all bus drivers have a valid bus driver certificate, a commercial driver's license, and operate the bus according to all specified safety procedures.
    - c. 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 (SBE-7903).
    - d. Conduct bus evacuation drills at least two times each year. (SB Policy 7904)

The Safety Coordinator will:

- Ensure that no pad locks, chains, or other obstructions are on exit doors in accordance with the Mississippi State Fire Code.
- Ensure that all fire extinguishers are inspected each year and properly tagged.
- Complete yearly maintenance of heating and cooling systems in all schools to maintain safe operation and healthy air quality.
- Ensure that all exit signs are illuminated and clearly visible.
- Conduct emergency evacuation drills as outlined by the PPSD Crisis Management Plan and scheduled by the PPSD Safety Director.
- Conduct risk management training sessions for custodial, transportation, and child nutrition staff.
- Conduct risk assessments of all campuses on a rotating schedule.
- Monitor the safety of school playgrounds, referring to the U.S. Consumers Product Safety Commission's Handbook for Public Playground Safety for federal guidelines.
- Upgrade playground equipment as needs arise and as funds become available.
- Conduct self-assessments of schools' safety and security annually prior to the opening of school using the Bureau of safe and Order School's Process Standards 37.1 monitoring tool. Post emergency telephone numbers easily visible by all telephones throughout the buildings.
- Implement a "lights out" plan across the district to ensure all light and equipment not in use is turned off.
- Investigate energy conservation programs and money saving technologies in the management of the district's physical plant.
- Utilize energy-efficient and money-saving technologies in school construction and renovation projects.
- Invite families to tour physical education facilities during events such as Open House.

Goal:

- 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.

## **Commitment to Health Services**

### **Pearl 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 K-12 through the employment of school nurses as a means to academic success.
- Optimize the provision of health services with full-time school nurses that are assigned to each building K5-12.
- The schools nurses will attend the MDE/OHS sponsored training each school year.
- The school nurses will submit health services data to the MDE/OHS on-line site on the 10<sup>th</sup> of each month for the previous month.
- The school nurses will participate in School Based Administrative Claiming Medicaid program for reimbursement of administrative cost associated with health and medical outreach.
- Collaborate with other school staff to provide health services as part of a Coordinated School Health Program.
- Work with students, parents, and local health care providers to effectively manage and treat chronic diseases and health conditions.
- Offer hands only CPR training to all staff at various times throughout the school year.
- Conduct asthma training for all teachers and administrators, according to state requirements.
- Inform every parent/guardian who has a student with a medical diagnosis of Asthma that a student Asthma Action Plan must be completed by their physician and provided to the school as required by state law.

- Conduct “Student Conflict Resolutions” for staff of students in grades 6-8.
- Provide vision and hearing screens for students according to requirements issued by the Office of Healthy Schools.
- Participate in opportunities to expand health services offered to students (grant, government-sponsored programs, etc.).
  - Participated in the Immunization programs offering free vaccines (Tdap, Menactra, HPV, and Influenza) in 2010-2011.
  - Ensure all students are up to date on their Immunizations and provide information on where to have this done if not complete.
  - Participate in administrative claiming for reimbursement of administrative costs associated with health and medical outreach. SBAC participation is a Medicaid funding program that will be continued yearly.
  - Assist counselors in ensuring immunization compliance report is completed in September and December as required by MDE.
  - Assist counselor in ensuring incoming students are compliant with entry immunizations at Kindergarten pre-registration in March and registration in August.
- Provide training class for all cafeteria employees on food emergencies, such as choking.
- Implement district anaphylaxis policy and provide training to staff on the policy.
- Provide training to all designated staff on signs and symptoms of anaphylaxis and on using an epi-pen.
- The District will receive auto-injector epinephrine from Mylan School Program as stock Epi-pens for emergency needs. The epi-pens will be stored in the nurse office and will be readily available.
- Create a written protocol specific to PPSD to address duties, health care, transport, and referrals for any medical emergencies.

## Commitment to Counseling, Psychological and Social Services/Social and Emotional Climate

### Pearl 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.**
- **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**
- **Provide training sessions for administrators and staff in mental health-related areas in order to make employees more aware of topics relevant to children and youth.**
  - **A Positive Behavior Intervention and Support Program was implemented in 2013-2014, for which all administrators received training.**
  - **Untrained certified employees receive suicide prevention training each year provided through online training coursed on “My Benefits Channel.”**
- **Provide parents and children with educational material and support in the area of mental health resources.**
- **Provide a full-time guidance counselor at each school who**

- Holds a valid Mississippi educator license, endorsed in the area of guidance and counseling.
- Agrees to abide by the American School Counselor Association Code of Ethics.
- Ensure that all elementary school students have access to qualified student support personnel such as a guidance counselor, social worker, nurse, psychologist, psychometrist, and others, as required by the Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2.
- Work with staff to identify students in need of mental health services.
- Offer individual, small group, and class counseling services as needed in the areas of character education, anger management, conflict resolution, self-esteem, teenage pregnancy, substance abuse, etc.
- Refer students to local mental health service providers to ensure the mental health and academic needs of students are being met.
- Develop and implement a comprehensive plan for identifying and addressing the emotional and behavior needs of students K-12.
- Expand the mental health related resources available to parents.
- Ensure the Immunization Compliance Report is completed in September and December of each year as required by MDE.
- Participate in School Based Administrative Claiming Medicaid program for reimbursement of administrative cost associated with health and medical outreach.
- Refer students in grades kindergarten through fourth grade to behavior specialist that is housed at Pearl Northside Elementary when needed.
- Increase the time spent offering counseling services to individuals and small groups of students with emotional/mental health issues.

## **Commitment to Family Engagement and Community Involvement**

### **Pearl Public School District will:**

- **Invite parents and community members to participate in school health planning by serving on the local School Health Council.**

- Recruit, train, and involve families as volunteers for wellness/fitness/healthy lifestyle programs.
- Provide families and community with information about special events and programs, such as the PUE 5K Spirit Sprint, Northside Math/Science Day, and March of Dimes to encourage participation.
- Invite family members of students in grades K-5 to participate in school meals with their students.
- Provide families with information on available facilities for physical activities in the community flyers and information provided on district/building websites and newsletters.
- Encourage students to participate in service projects that address wellness/fitness/health issues in the community.

## **Commitment to Employee Wellness**

### **Pearl 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
- Encourage Wellness visits yearly for all staff with their health care provider. Catapult is a health service group that comes to the school to perform wellness checks for staff that have state BC/BS insurance when scheduled.
- Offer special district-wide fitness/wellness/healthy lifestyle programs.
- Offer flu shots to all district employees each year.
- Promote participation in health/wellness activities in schools and/or across the district, such as local walks or runs, Weight Watchers, Biggest Loser, etc.
- Continue to explore opportunities for special programs for stress management for staff such as massage session, yoga instruction, etc. on campuses where this has begun.

### **Goals:**

- Hold health fairs at each building or district-wide at a central location.
- Make efforts to increase the participation of staff in building fitness and/or district wellness/fitness/healthy lifestyle programs.

- Form fitness groups at each school.

## **Commitment to Marketing a Healthy School Environment**

### **Pearl Public School District will:**

- Encourage advertising and other materials on school campuses that promote fitness and healthy lifestyle choices.
- Utilize district and school websites, newsletters, and calling systems to inform students and parents about wellness/fitness/healthy lifestyle programs and services.
- Work with local media, including the Pearl TV Channel, to inform parents and students about wellness/fitness/healthy lifestyle programs available.

### **Goals:**

- Involve students and parents in the planning for a healthy school environment using surveys and questionnaires.

## **Commitment to Prevent Use of Tobacco and Illegal Drugs**

### **Pearl Public School District will:**

- Prohibit smoking and the use of other tobacco product on school property throughout the district.
- Prohibit the use and possession of illegal drugs on school property throughout the district.
- Provide information on tobacco cessation programs to staff and faculty and to all students.
- Participate in special programs, such as RAT (Reject All Tobacco), when they become available.
- Participate in “Red Ribbon Week” activities to encourage students and staff to be drug free.
- Implement a random drug testing program which includes monthly testing for students in grades 7-12 who participate in MHSAA affiliated extracurricular activities and who participate in band, choir and NJROTC using district funding.

- Implement a random drug testing program for all employees who are required to possess a commercial driver's license, such as bus drivers and coaches.
- Implement a random drug testing program for students who have been placed in an alternative school setting (9-12).
- Participate in smart Track Survey on an annual basis at the secondary level (school and staff).

Goals:

- Expand the random drug testing program for students who have been placed in an alternative school setting to include students in grades 6-8.

## **Commitment to Implementation**

**Pearl 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.**
- Designate a district Wellness Policy Coordinator to ensure the implementation of the PPSD Wellness Policy across the district.
- Conduct an annual review of the district's wellness policy to monitor progress toward goals and to identify areas for improvement.
- Revise the district's wellness policy based on the results from the annual review process.
- Prepare and submit a yearly report to the school board regarding progress toward implementation of the district's wellness policy and recommendations for any revisions to the policy as deemed necessary by the annual review process.
- Identify a school Health council coordinator at each building to address all aspects of a coordinated school health program, including the implementation of the district's wellness policy.

## Reference / Resources

### Commitment to Nutrition Environment and Services

- *Nutrition Environment and Services section of the Tools That Work – Your Guide to Success for Building a Healthy School Toolkit that is found on the Office of Healthy Schools website at [www.mde.k12.ms.us/ohs/home](http://www.mde.k12.ms.us/ohs/home)*
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- Smart Snacks Product Calculator:  
<https://www.healthiergeneration.org/take-action/schools/snacks-and-beverages/smart-snacks/alliance-product-calculator/>
- HACCP Principles for K-12 schools can be downloaded at:  
<http://www.nfsmi.org/ResourcesOverview.aspx?ID=151>
- Food Safety training power-point presentation, food Safety Post Test and Food Safety Post Test Answer Key can be found on the Office of Healthy Schools website at [www.mde.k12.ms.us/ohs/home](http://www.mde.k12.ms.us/ohs/home) .

### Physical Education/Physical Activity

- Links to resources to aid policy development and Office of Healthy Schools website  
[www.cdc.gov/concussion/HeadsUp/high\\_school.html#5](http://www.cdc.gov/concussion/HeadsUp/high_school.html#5)  
<http://www.misshsaa.com/GeneralInfo/SportsMedicine.aspx>  
<http://www.mde.k12.ms.us/ohs/home>

### Health Education

- Health in Action <http://www.mde.k12.ms.us/ohs/home>

### Physical Environment

- Material Safety Data Sheet at [www.msdssearch.com](http://www.msdssearch.com)
- Handbook for Public Playground Safety\_ [www.epsc.gov](http://www.epsc.gov)
- Mississippi School Design Guidelines at: <http://www.edi.msstate.edu/guidelines/design.php>
- 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>
- 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>
- Eliminating unnecessary school bus idling– <http://www.epa.gov/cleanschoolbus>

### Health Services

- 2013 *Mississippi School Nurse Procedures and Standards of Care.*  
<http://www.mde.k12.ms.us/docs/healthy-schools/procedures-manual-.pdf?sfvrsn=0>

### Employee Wellness

- My Active Health– <http://www.MyActiveHealth.com/Mississippi>

### Implementation

- Office of Healthy Schools Monitoring instruments and Local School Wellness Policy Guide for Development <http://www.mde.k12.ms.us/ohs/home>

# *PEARL HIGH SCHOOL*



*The mission of the Pearl Public School District and Pearl High School is to prepare each student to become a lifelong learner, achieve individual goals, and to positively impact a global society.*

## Wellness Policy 2018-2019



WHOLE SCHOOL, **WHOLE COMMUNITY**, **WHOLE CHILD**





Pearl High School  
Wellness Policy  
2018-2019

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# School Wellness Policy

## Pearl High School

### Mission Statement

The mission of the Pearl Public School District and Pearl High School is to prepare each student to become a lifelong learner, achieve individual goals, and positively impact a global society.

### Core Values

We believe that

- Everyone has purpose and worth.
- Everyone is responsible for his/her choices.
- Lifelong learning enriches the individual and the community.
- Goal setting and high expectations are the foundation of success.
- Everyone has the potential to make a positive difference.
- Faith-based values create community stability and prosperity.

### Rationale

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

### GOALS

1. The students of PHS will be engaged in the continual learning process necessary to make good nutritious food choices and enjoyable activity choices. Making these healthy choices for a lifetime will affect the student’s health outcomes.
2. The staff of PHS will be involved in continual encouragement of students by modeling healthy food choices and activity choices. Making these healthy choices for a lifetime will affect that individual’s health outcomes as well as the health outcomes of future generations.
3. The community in which PHS is part of will become more aware of the link between healthy choices and academic success, which will lead to generations of productivity in our community.

To meet these goals, the Pearl High School adopts this school wellness policy with the following commitments to implementing a coordinated approach to school health. 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.

The policy will address the following components: nutrition and food safe schools, health education, health services, counseling/psychological/social services, staff wellness, physical education/activity, healthy school environment, family/community involvement, marketing, use of tobacco and illegal drugs, and implementation. All available resources will be used to serve the needs of all students, staff, and community. Cultural and religious differences will be considered as this policy is implemented.

## **Nutrition Environment and Services**

*Pear High School will:*

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture (USDA) 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 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.
- Offer two milk choices in compliance with USDA regulations. ~~Pursuant to the Proclamation USDA Commitment to School Meals dated May 1, 2017, we We~~ will offer ~~all milk to be~~ 1% low fat ~~unflavored and fat free flavored milks. , both flavored and unflavored.~~
- Offer fresh fruits and vegetables to students during breakfast and lunch. Three (3) fresh fruits will be offered to student each week. Weekly requirements for vegetable subgroups will be met, which include 1) dark green 2) red/orange, 3) beans/peas/legumes, 4) starchy, and 5) other.

- Verify that each student's tray at lunch contains a minimum of three and a maximum of five components, one of which must be ½ cup vegetable in compliance with the Healthy, Hunger-free Kids Act of 2010 and Offer-versus-serve.
- Offer only 100% fruit and vegetable juice with no added sugar.
- Weekly grain minimum ranges at breakfast and lunch are being met.
- Sell extra food items in individual packages not to exceed 200 calories.
- Fruit quantity offered at breakfast was increased from ½ cup per day to 1 cup per day.
- The 2014-2015 Sodium Target 1 has been met for breakfast and lunch. Pursuant to the Proclamation USDA Commitment to School Meals dated May 1, 2017, schools that meet Sodium Target 1 for school years 2107-2020 will be considered compliant with USDA sodium requirements.
- Each student's tray at breakfast will be verified that it contains a minimum of three and a maximum of four ~~components~~ items, one of which must be ½ cup fruit or ½ cup vegetable in compliance with Healthy, Hunger-Free Kids Act of 2010 and Offer vs. Serve.
- Implement MS Smart Snacks Standards for ALL Foods Sold in Schools. Smart Snacks guidelines apply to all foods sold on campus during the school day. The school day is defined as the period from 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 items will be sold on the school campus for one (1) hour before the start of any meal service period, including breakfast, if offered, until the last student is served for that meal service.
- Offer salads daily for lunch.
- 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.
- 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.

## **Food Safe Schools**

- 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.
- Develop a food safety education plan for all staff and students, consistent with Fight Bac® and other national standards for safe food handling at home and in schools.
- Ensure that all staff has received instructions to support food safety on the school campus. Food Safety resources have been developed by the Office of Child Nutrition to assist with the training of school staff members. These resources which include a training power-point presentation, food Safety Post Test and Food Safety Post Test Answer Key can be found on the Office of Healthy Schools website.
- 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.

- 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, by emphasizing menu options that feature baked (rather than fried foods), whole grains, fresh fruits and vegetables, and reduced-fat dairy products.
- 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.
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home.

## **Physical Education/Physical Activity**

Pearl High School will:

- 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 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 9<sup>th</sup> through 12<sup>th</sup> grade students shall include ½ Carnegie unit in physical education.
- 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 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)

### **Goals:**

- Incorporate 5 to 10 minutes of physical activity sessions in classrooms that teach subject areas and to make transitions between different lessons.
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.

## **Health Education**

### **Pearl High School 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 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. This is taught in 7<sup>th</sup> grade using “Choosing the Best” abstinence-only program as approved by the DOE/OHS.
- 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 health education or physical education. MS Code 37-13-134 (Senate Bill 2185)
- Provide food allergy education for food service staff, teachers, administration, and students.
- Provide students and staff with information on the consequences of tobacco use and on available cessation programs.
- Coordinate guest speakers to address the student body on topics of bullying, unintentional injuries, and suicide.
- Increase health-related information at school for all students with age/grade appropriate information. This may be in the form of a health fair, handouts, announcements, and special programs.

### **Goals:**

- Encourage integration of Health Education into other subject areas.
- Encourage health teachers to include in their health curriculum:
  - a. Opportunities for students to practice health skills in class as appropriate for each lesson
  - b. Assigned projects on health issues that require some interactions with family and community.

## **Physical Environment**

### **Pearl High 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 Sheets.
- 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.
- 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.
- 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.
- 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.**

- **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.**
- **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.**
- **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.**
- **Install locks on classroom doors in order to create security from the inside.**
- **Eliminate unnecessary school bus idling that causes pollution and creates health risk for children such as; asthma, allergies, and other respiratory problems.**
- **Continue using a School Resource Officer.**
- **Conduct random drug testing on students who participate in extracurricular activities and on employees who have a commercial driver's license obtained through the school district.**
- **Install security cameras on the school campus.**
- **Utilize regularly scheduled meetings with the School Safety Committee, 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.**
- **Utilize best practices for the use of pesticides and pest management in school buildings and on school grounds.**
- **Integrate energy-efficient and money-saving technologies in school construction and renovation projects.**

#### **Goals:**

- **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.**

### **Health Services**

#### **Pearl High School 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. Inform every parent/guardian who has a student with a medical diagnosis of asthma that a School Asthma Plan from their medical provider must be provided to the school nurse as required by state law.**



- **Know the district anaphylaxis policy. Provide training by a healthcare professional, the 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**
- **The school nurse will attend MDE/OHS sponsored training each school year.**
- **The school nurse will submit health services data to the DOE/OHS on-line site on the 10<sup>th</sup> of each month for the previous month.**
- **Offer comprehensive health services for students in grades 9-12, through the employment of school nurses, as a means to academic success.**
- **Optimize the provision of health services with a school nurse that is assigned to the high school for the whole school day.**
- **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).**
- **Participate in administrative claiming for reimbursement of administrative cost associated with health and medical outreach.**
- **The high school will receive auto-injector epinephrine from Mylan School Program as stock Epi-pens for emergency needs. The epi-pens will be stored in the nurse office and will be readily available.**
- **Provide hearing and vision screenings for students in grade 9 as recommended by the DOE/OHS.**
- **Provide training to school staff on health topics such as chronic health conditions, emergency care, first-aid, on using an epi-pen, on performing hands-only CPR and AED usage, on infection control and on any pertinent health issues that may occur during the school year.**

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

**Pearl High School 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.**
- **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**
- **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 counselors who will address the mental health, academic, and career needs of students in the school setting.**
- **Participate in administrative claiming for reimbursement of administrative cost associated with health and medical outreach.**
- **Work with staff to identify students in need of mental health services.**
- **Offer individual, small group, and class counseling services as needed in the areas of character education, anger management, conflict resolution, self-esteem, teenage pregnancy, substance abuse, etc.**
- **Refer students to local mental health service providers to ensure the mental health and academic needs of students are being met.**
- **Develop and implement a comprehensive plan for identifying and addressing the emotional and behavior needs of students 9-12.**
- **Ensure that all students have access to qualified student support personnel such as guidance counselor, nurse, psychologist, social worker and others.**

## **Family Engagement and Community Involvement**

**Pearl High School 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.**
- **Use the Best Practices Shared Use Agreement Toolkit to build support for a shared use agreement.**
- **Encourage regular family mealtimes that include healthy choices.**
- **Update parents on school health successes through monthly newsletters and/or email.**

- **Increase PTA/PTO Membership.**
- **Invite families to tour physical education facilities during events such as Open House.**
- **Provide families and community with information about special events and programs to encourage participation.**

**Goals:**

- **Recruit, train, and involve families as volunteers for wellness/fitness/healthy lifestyle programs.**
- **Provide families with information on available facilities for physical activities in the community using flyers and posting information on district/building websites and newsletters.**
- **Encourage students to participate in service projects that address wellness/fitness/health issues in the community.**
- **Develop homework assignments for students that involve family discussions about health topics and age-related health issues.**
- **Schedule school health fairs and invite parents and the public to attend.**

## **Employee Wellness**

**Pearl High School 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. Reviewed each school year at the beginning of the school year on My Benefits Channel.**
- **Promote health and reduce risk factors through professional and staff development programs, providing information flyers and newsletters, introducing incentives for participating in healthy practices and activities, and offering an employee assistance program.**
- **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.**
- **Implement a healthy weight program for staff, such as Weight Watchers at Work Program®.**
- **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.**
- **Encourage after school health and fitness sessions for school staff.**
- **Offer flu vaccines to all employees each school year. MEA provides the vaccines and staff for this event.**
- **Encourage Wellness visits yearly for all staff with their health care provider. Catapult is a health service group that comes to the school to perform wellness checks for staff that have state BC/BS insurance when scheduled.**

## **Marketing a Healthy School Environment**

**Pearl High School will:**

- **Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.**
- **Use school announcement systems, internal TV channels, school website, Facebook, text messaging and other social media to promote health messages to students and families.**
- **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.**
- **Eliminate advertising or promoting unhealthy food choices on the school campus.**
- **Work with the local newspaper and Pearl TV Channel 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.**
- **Involve students and parents in planning for a healthy school environment using surveys. The Health Survey is on the district web site for parents or students to complete whenever on the site.**

## **Tobacco and Illegal Drugs**

**Pearl High School will:**

- **Prohibit smoking and the use of other tobacco product on school property.**
- **Prohibit the use and possession of illegal drugs on school property.**
- **Provide information on tobacco cessation programs to staff and faculty and to students in grades 9-12.**
- **Participate in “Red Ribbon Week” activities to encourage students and staff to be drug free.**
- **Implement a random drug testing program which includes monthly testing for students in grades 9-12 who participate in MHSAA affiliated extracurricular activities and who participate in band, choir and NJROTC using district funding.**
- **Implement a random drug testing program for all employees who are required to possess a commercial driver’s license, such as bus drivers and coaches.**
- **Implement a random drug testing program for students who have been placed in an alternative school setting (9-12).**
- **Participate in smart Track Survey on an annual basis at the secondary level (school and staff).**

## **Implementation**

**Pearl High School will:**

- **Establish a plan for implementation of the school wellness policy.**
- **Designate one or more persons to ensure that the school wellness policy is implemented as written. The school nurse works with the district administrator to ensure implementation.**
- **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.**
- **Use monitoring instruments, developed by the Office of Healthy Schools, to conduct a self-assessment that identifies strengths and weaknesses toward implementation of the minimum requirements. Monitoring instruments can be downloaded.**
- **Revise the school's wellness policy based on the results from the annual review process.**
- **Work with the district Wellness Policy Coordinator to address all aspects of the coordinated school health program and to ensure the implementation of the PPSD Wellness Policy across the district.**
- **Prepare and submit a yearly report to the district administrator acting as district Wellness Policy Coordinator regarding progress toward implementation of the school's wellness policy and recommendations for any revisions to the policy as deemed necessary by the annual review process. The district administrator will present a yearly report to the school board.**

## Reference / Resources

### Commitment to Nutrition Environment and Services

- *Nutrition Environment and Services* section of the Tools That Work – Your Guide to Success for Building a Healthy School Toolkit that is found on the Office of Healthy Schools website at: [www.mde.k12.ms.us/ohs/home](http://www.mde.k12.ms.us/ohs/home)
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- Smart Snacks Product Calculator:  
<https://www.healthiergeneration.org/take-action/schools/snacks-and-beverages/smart-snacks/alliance-product-calculator/>
- HACCP Principles for K-12 schools can be downloaded at:  
<http://www.nfsmi.org/ResourcesOverview.aspx?ID=151>
- Food Safety training power-point presentation, food Safety Post Test and Food Safety Post Test Answer Key can be found on the Office of Healthy Schools website at [www.mde.k12.ms.us/ohs/home](http://www.mde.k12.ms.us/ohs/home) .

### Physical Education/Physical Activity

- Links to resources to aid policy development and Office of Healthy Schools website  
[www.cdc.gov/concussion/HeadsUp/high\\_school.html#5](http://www.cdc.gov/concussion/HeadsUp/high_school.html#5)  
<http://www.misshsaa.com/GeneralInfo/SportsMedicine.aspx>  
<http://www.mde.k12.ms.us/ohs/home>

### Health Education

- Health in Action <http://www.mde.k12.ms.us/ohs/home>

### Physical Environment

- Material Safety Data Sheet at [www.msdssearch.com](http://www.msdssearch.com)
- Handbook for Public Playground Safety, [www.cpsc.gov](http://www.cpsc.gov)
- Mississippi School Design Guidelines at:  
<http://www.edi.msstate.edu/guidelines/design.php>
- 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>
- Bureau of Safe and Orderly Schools' Process Standard # 29 and #30 Monitoring Tool at:  
<http://www.mde.k12.ms.us/safe-and-orderly-schools/school-buildings-and-grounds>
- Eliminating unnecessary school bus idling-<http://www.epa.gov/cleanschoolbus>

### Health Services

- 2013 Mississippi School Nurse Procedures and Standards of Care.  
<http://www.mde.k12.ms.us/docs/healthy-schools/procedures-manual-.pdf?sfvrsn=0>

### Employee Wellness

- My Active Health-<http://www.MyActiveHealth.com/Mississippi>

### Implementation

- Office of Healthy Schools Monitoring instruments and Local School Wellness Policy Guide for Development <http://www.mde.k12.ms.us/ohs/home>





# *PEARL JUNIOR HIGH SCHOOL*



*The mission of the Pearl Public School District and the Pearl Junior High School is to prepare each student to become a lifelong learner, achieve individual goals, and positively impact a global society.*

## Wellness Policy 2018-2019



**Pearl Junior High School  
Wellness Policy  
2018-2019**

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# WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD



# **Pearl Junior High School Wellness Policy 2018-2019**

## **Mission Statement**

The mission of the Pearl Public School District is to prepare each student to become a lifelong learner, achieve individual goals, and positively impact a global society.

## **Core Values**

We believe that

- Everyone has purpose and worth.
- Everyone is responsible for his/her choices.
- Lifelong learning enriches the individual and the community.
- Goal setting and high expectations are the foundation of success.
- Everyone has the potential to make a positive difference.
- Faith-based values create community stability and prosperity.

**Rationale:**

Health trends indicate that nutrition, physical activity, and health education are closely linked to overall health, which impacts educational success. It is essential that students have healthy habits to achieve their full academic potential. Reaching that potential will enhance the likelihood of lifelong health. The number of students affected by chronic health issues is increasing at an alarming rate. We are facing epidemics with diseases such as diabetes, heart disease, and childhood obesity. PJHS shares with parents and the community, the responsibility to help students learn, establish, and maintain healthy eating and activity habits. PJHS will establish and implement a wellness policy that will be reflected in the school's nutrition and physical activity programs. The foundation of this healthy school environment will be the support that staff and the community contribute through modeling healthy behaviors.

**Goals:**

1. The students of PJHS will be engaged in the continual learning process necessary to make good nutritious food choices and enjoyable activity choices. Making these healthy choices for a lifetime will affect the student's health outcomes.
2. The staff of PJHS will be involved in continual encouragement of students by modeling healthy food choices and activity choices. Making these healthy choices for a lifetime will affect that individual's health outcomes as well as the health outcomes of future generations.
3. The community in which PJHS is part of will become more aware of the link between healthy choices and academic success, which will lead to generations of productivity in our community.

This policy will address the following components: nutrition and food safe schools, nutrition education/health education, health services, counseling/psychological services, staff wellness, physical education/activity, healthy school environment, family/community involvement, marketing, use of tobacco and illegal drugs, and implementation. All available resources will be used to serve the needs of all students, staff, and community. Cultural and religious differences will be considered as this policy is implemented.

## **Commitment to Nutrition Environment and Services**

Pearl Junior High School will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture (USDA) 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 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.

## Food Safe Schools

- 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.
- Develop a food safety education plan for all staff and students, consistent with Fight Bac® and other national standards for safe food handling at home and in schools.
- Ensure that all staff has received instructions to support food safety on the school campus. Food Safety resources have been developed by the Office of Child Nutrition to assist with the training of school staff members.
- 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.
- 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.
- Eliminate fried foods from all school lunch menus by preparing in combination ovens/steamers foods that were previously fried. Purchase additional combination oven/steamers as budget allows.
- Include nutritious and appealing options (such as baked chips, nutra-grain bars, bottled water, pickles, sunflower seeds, and fruit snacks) whenever foods/beverages are sold or otherwise offered at school.
- Promote informed, healthy food choices by providing monthly menus that contain sample nutrition information.
- Breakfast will be offered at school.
- Offer at least two milk choices in compliance with USDA regulations. ~~Pursuant to the Proclamation USDA Commitment to School Meals dated May 1, 2017, we~~ We will offer ~~all milk to be~~ 1% low fat unflavored and fat free flavored milks. ~~, both flavored and unflavored.~~

- Offer fresh fruits and vegetables to students during breakfast and lunch. Three (3) fresh fruits will be offered to students each week. Weekly requirements for vegetable subgroups will be met, which include 1) dark green 2) red/orange 3) beans/peas/legumes 4) starchy 5) other.
- Verify that each student's tray at lunch contains a minimum of three and a maximum of five components, one of which must be ½ cup vegetable in compliance with the Healthy, Hunger-free Kids Act of 2010 and Offer-versus-serve.
- Offer only 100% fruit and vegetable juice with no added sugar.
- Weekly grain minimum ranges at breakfast and lunch are being met.
- Sell extra food items in individual packages not to exceed 200 calories.
- Fruit quantity offered at breakfast was increased from ½ cup per day to 1 cup per day in 2014-2015.
- The 2014-2015 Sodium Target 1 has been met for breakfast and lunch. Pursuant to the Proclamation USDA Commitment to School Meals dated May 1, 2017, schools that meet Sodium Target 1 for school years 2017-2020 will be considered compliant with USDA sodium requirements.
- Each student's tray at breakfast will be verified that it contains a minimum of three and a maximum of four ~~components~~ items, one of which must be ½ cup fruit or ½ cup vegetable in compliance with Healthy, Hunger-Free Kids Act of 2010 and Offer vs. Serve.
- Implement MS Smart Snacks Standards for ALL Foods Sold in Schools. Smart Snacks guidelines apply to all foods sold on campus during the school day. The school day is defined as the period from midnight before to 30 minutes after the end of the official school day or 4:00 p.m., whichever is later.
- Smart Snacks and SBE Policies apply to all foods and beverages available to students through vending machines, student stores, snack bars, fundraisers, and any other sales..
- In addition, SBE Policy 2002 states: no food items will be sold on the school campus for one (1) hour before the start of any meal service period, including breakfast, is offered, until the last student is served for that meal service.
- 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.
- Offer salad daily at school.
- Adequate opportunities to access hand washing facilities and supplies will be available wherever and whenever students, staff, and families prepare, handle, and consume food.

## **Physical Education/Physical Activity**

Pearl Junior High School will:

- Provide 150 minutes per week of activity-based instruction for all students in grades 6-8 (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 2013-2014 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- 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)
- Require Physical Education for all junior high students (grades 6-8).
- Collaborate with local recreational departments and youth fitness programs to promote participation in physical activities.
- Students will be encouraged to participate in Physical Education classes at the secondary level.

Goals:

- Incorporate brief 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.
- 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 Health Education**

Pearl Junior High School will:

- Implement the requirements of the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades 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.
- Encourage the integrations of health education into other subject areas when possible.
- Provide food allergy education for food service staff, teachers, administrations, and students.
- Provide students and staff with information on consequences of tobacco use and available cessation programs.
- Coordinate guest speakers to address the student body on the topics of bullying, unintentional injuries, and suicide at the secondary level.
- Provide abstinence-only sex education for all students in grade 7 using a medically accurate evidenced based program. “Choosing the Best” curriculum approved by the Department of Education/Office of Healthy Schools will be used to meet the requirements of MS Code 37-13-171.
- Increase the dissemination of health-related information at all schools in the form of health fairs, posters, handouts, announcements, and/or special programs for all students with age/grade appropriate information.

## **Commitment to Physical Environment**

Pearl Junior High 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.
- 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.
- 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
- 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).

- 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.
- Eliminate unnecessary school bus idling that causes pollution and creates health risk for children such as: asthma, allergies, and other respiratory problems.
- Continue the use of School Resource Officer.
- Conduct random drug testing of students in grades 7-8 who participate in extracurricular activities and of employees who have a commercial driver's license obtained through the school district.
- Maintain security cameras at Pearl Junior High School.
- 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 the school's healthy and safe environment.
- Utilize best practices for the use of pesticides in the school building and on school grounds.
- Ensure safety by automated gates and security cameras.
- Conduct risk management training sessions for custodial, transportation, and child nutrition staff.
- Conduct risk assessments.
- Conduct self-assessments of school's safety and security annually prior to the opening of school using the Bureau of safe and Order School's Process Standards 37.1 monitoring tool. Post emergency telephone numbers easily visible by all telephones throughout the buildings.
- Implement a "lights out" plan to ensure all light and equipment not in use is turned off.
- Investigate energy conservation programs and money saving technologies in any school construction and renovation projects.
- Utilize energy-efficient and money-saving technologies in any school constructions and renovation projects.

- Invite families to tour physical education facilities during events such as Open House.
- 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.

Goals:

- 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.

## **Commitment to Health Services**

Pearl Junior High School 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)
- Inform every parent/guardian who has a student with a medical diagnosis of Asthma that a student Asthma Action Plan must be completed by their physician and provided to the school as required by state law.
- 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.
- The school nurse will attend the MDE/OHS sponsored training each school year.
- The school nurse will submit health services data to the MDE/OHS on-line site on the 10<sup>th</sup> of each month for the previous month.
- Selected staff will participate in School Based Administrative Claiming for reimbursement of administrative cost associated with health and medical outreach.
- 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 and health conditions.

- Offer hands only CPR training to all staff at various times throughout the school year.
- Conduct asthma training for all teachers and administrators, according to state requirements.
- Provide vision and hearing screens for students in grade 7 according to recommendation issued by the Office of Healthy Schools.
- Participate in opportunities to expand health services offered to students (grant, government-sponsored programs, etc.).
  - ❑ Assist counselors in ensuring immunization compliance report is done in September and December as required by MDE.
  - ❑ Provide information to parents to ensure 6<sup>th</sup> graders have Tdap before entering the 7<sup>th</sup> grade.
  - ❑ Participate in administrative claiming for reimbursement of administrative costs associated with health and medical outreach. SBAC participation is a Medicaid funding program that will be continued yearly.
  - ❑ School nurse's salary is funded through a School Nurse Intervention grant.
- Provide training for all cafeteria employees on food emergencies, such as choking.
- Implement the district anaphylaxis policy and provide training to staff on policy.
- Provide training to all designated staff on signs and symptoms of anaphylaxis and on using an epi-pen.
- PJHS will receive auto-injector epinephrine from Mylan School Program as stock EpiPens for emergency medication needs. The EpiPens will be stored in the nurse's office and readily available.
- Optimize the provision of health services with a full-time school nurse that is assigned to Pearl Junior High School.

Goals:

- Create a written protocol specific to PPSD to address duties, health care, transport, and referrals for any medical emergencies.
- Promote healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).

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

Pearl Junior High School 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.
- 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
- Provide training sessions for administrators and staff in mental health-related areas in order to make employees more aware of topics relevant to children and youth.
  - ❑ A Positive Behavior Intervention and Support Program was implemented in 2013-2014, for which all administrators received training.
  - ❑ Untrained certified employees receive suicide prevention training each year provided through online training course on “My Benefits Channel.”
- Provide parents and children with educational material and support in the area of mental health resources.
- Ensure that all students have access to qualified student support personnel such as a guidance counselor, social worker, nurse, psychologist, psychometrist, and others, as required by the Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2.
- Work with staff to identify students in need of mental health services.
- Offer individual, small group, and class counseling services as needed in the areas of character education, anger management, conflict resolution, self-esteem, teenage pregnancy, substance abuse, etc.
- Refer students to local mental health service providers to ensure the mental, health, and academic needs of students are being met.
- Develop and implement a comprehensive plan for identifying and addressing the emotional and behavior needs of students.
- Expand the mental health related resources available to parents.
- Ensure the Immunization Compliance Report is completed in September and December of each year as required by the MDE.
- Participate in School Based Administrative Claiming Medicaid program for reimbursement of administrative cost associated with health and medical outreach.
- Counselors will address the mental health, academic, and career needs of students in the school setting.

Goals:

- Increase the time spent offering counseling services to individuals and small groups of students with emotional/mental health issues.

## **Commitment Family Engagement and Community Involvement**

Pearl Junior High School will:

- Invite parents and community members to participate in school health planning by serving on the School Health Council.
- Recruit, train and involve family and community members as volunteers for wellness/fitness/healthy lifestyle programs.
- Provide families and community with information about special events and programs, and encourage participation.
- Provide families with information on available facilities for physical activities in the community by use of flyers and information provided on district/building websites and newsletters.
- Encourage students to participate in service projects that address wellness/fitness/health issues in the community.
- Invite families to tour physical education facilities during events such as Open House.

Goals:

- Invite family or community members to eat a meal at school.
- Encourage regular family mealtimes that include healthy choices.
- Plan Healthy Rewards for students and encourage parents to do the same.



## Commitment to Employee Wellness

Pearl Junior High School 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.
- Encourage Wellness visits yearly for all staff with their health care provider. Catapult is a health service group that comes to the school to perform wellness checks for staff that have state BC/BS insurance when scheduled.
- 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.
- Offer special district-wide fitness/wellness/healthy lifestyle programs.
- Offer flu shots to all employees each year.
- Promote participation in health/wellness activities in schools and/or across the district, such as local walks or runs, Weight Watchers, Biggest Loser, etc.
- Continue to explore opportunities for special programs for stress management for staff such as massage session, yoga instruction, etc.

Goals:

- Conduct a health fair.
- Make efforts to increase the participation of staff in building fitness and/or district wellness/fitness/healthy lifestyle programs.
- Encourage after school health and fitness sessions for school staff.
- Coordinate Staff Wellness events and activities with state and national health observances throughout the year.

## **Commitment to Marketing a Healthy School Environment**

Pearl Junior High School will:

- Encourage advertising and other materials on school campuses that promote fitness and healthy lifestyle choices.
- Utilize school website, newsletters, and calling systems to inform students and parents about wellness/fitness/healthy lifestyle programs and services.
- Work with local media, including the Pearl TV Channel, to inform parents and students about wellness/fitness/healthy lifestyle programs available.
- Involve students and parents in the planning for a healthy school environment using surveys and questionnaires.

## **Commitment to Use of Tobacco Illegal Drugs**

Pearl Junior High School will:

- Prohibit smoking and the use of other tobacco products on school property.
- Prohibit the use and possession of illegal drugs on school property.
- Provide information on tobacco cessation programs to staff, faculty, and to all students.
- Participate in “Red Ribbon Week” activities to encourage students and staff to be drug free.
- Implement a random drug testing program which includes monthly testing for students in grades 7-8 who participate in MHSAA affiliated extracurricular activities and who participate in band, choir and NJROTC using district funding.
- Implement a random drug testing program for all employees who are required to possess a commercial driver’s license, such as bus drivers and coaches.
- Participate in smart Track Survey on an annual basis at the secondary level (school and staff).

Goals:

- Participate in special programs, such as RAT (Reject All Tobacco), when they become available.
- Expand the random drug testing program for students who have been placed in an alternative school setting to include students in grades 6-8.

## **Commitment to Implementation**

Pearl Junior High School will:

- Establish a plan for implementation of the school wellness policy.
- Designate one or more persons to insure that the school wellness policy is implemented as written.
- Establish and support a School Health Council (SHC) that addresses all aspects of a coordinated school health program, including a school wellness policy (Mississippi Code of 1972 Annotated, Section 37-13-134).
- Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.
- Prepare and submit a yearly report to the school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.
- Designate a district Wellness Policy Coordinator to ensure the implementation of the Pearl Junior High School Wellness Policy.
- Conduct an annual review of the district's wellness policy to monitor progress toward goals and to identify areas for improvement.
- Revise the district's wellness policy based on the results from the annual review process.
- Prepare and submit a yearly report to the school board regarding progress toward implementation of the district's wellness policy and recommendations for any revisions to the policy as deemed necessary by the annual review process.
- Identify a school Health Council coordinator at each building to address all aspects of a coordinated school health program, including the implementation of the district's wellness policy.

## Reference / Resources

### Commitment to Nutrition Environment and Services

- *Nutrition Environment and Services section of the Tools That Work – Your Guide to Success for Building a Healthy School Toolkit that is found on the Office of Healthy Schools website at [www.mde.k12.ms.us/ohs/home](http://www.mde.k12.ms.us/ohs/home)*
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- Smart Snacks Product Calculator:  
<https://www.healthiergeneration.org/take-action/schools/snacks-and-beverages/smart-snacks/alliance-product-calculator/>
- HACCP Principles for K-12 schools can be downloaded at:  
<http://www.nfsmi.org/ResourcesOverview.aspx?ID=151>
- Food Safety training power-point presentation, food Safety Post Test and Food Safety Post Test Answer Key can be found on the Office of Healthy Schools website at [www.mde.k12.ms.us/ohs/home](http://www.mde.k12.ms.us/ohs/home) .

### Physical Education/Physical Activity

- Links to resources to aid policy development and Office of Healthy Schools website  
[www.cdc.gov/concussion/HeadsUp/high\\_school.html#5](http://www.cdc.gov/concussion/HeadsUp/high_school.html#5)  
<http://www.misshsaa.com/GeneralInfo/SportsMedicine.aspx>  
<http://www.mde.k12.ms.us/ohs/home>

### Health Education

- Health in Action <http://www.mde.k12.ms.us/ohs/home>

### Physical Environment

- Material Safety Data Sheet at [www.msdssearch.com](http://www.msdssearch.com)
- Handbook for Public Playground Safety\_ [www.cpssc.gov](http://www.cpssc.gov)
- Mississippi School Design Guidelines at:  
<http://www.edi.msstate.edu/guidelines/design.php>
- 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>
- 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>
- Eliminating unnecessary school bus idling– <http://www.epa.gov/cleanschoolbus>

### Health Services

- 2013 *Mississippi School Nurse Procedures and Standards of Care.*  
<http://www.mde.k12.ms.us/docs/healthy-schools/procedures-manual-pdf?sfvrsn=0>

### Employee Wellness

- My Active Health– <http://www.MyActiveHealth.com/Mississippi>

### Implementation

- Office of Healthy Schools Monitoring instruments and Local School Wellness Policy Guide for Development <http://www.mde.k12.ms.us/ohs/home>

# *PEARL UPPER ELEMENTARY*



*The mission of the Pearl Public School District and Pearl Upper Elementary is to prepare each student to become a lifelong learner, achieve individual goals, and positively impact a global society.*

## Wellness Policy 2018-2019

**Pearl Upper Elementary  
Wellness Policy  
2018-2019**

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WHOLE SCHOOL, **WHOLE COMMUNITY**, WHOLE CHILD



**Pearl Upper Elementary  
Wellness Policy  
2018-2019**

**Mission Statement**

The mission of the Pearl Public School District and Pearl Upper Elementary is to prepare each student to become a lifelong learner, achieve individual goals, and positively impact a global society.

**Core Values**

We believe that

- Everyone has purpose and worth.
- Everyone is responsible for his/her choices.
- Lifelong learning enriches the individual and the community.
- Goal setting and high expectations are the foundation of success.
- Everyone has the potential to make a positive difference.
- Faith-based values create community stability and prosperity.



## **Rationale**

Health trends indicate that nutrition, physical activity, and health education are closely linked to overall health, which impacts educational success. It is essential that students have healthy habits to achieve their full academic potential. Reaching that potential will enhance the likelihood of lifelong health. The number of students affected by chronic health issues is increasing at an alarming rate. We are facing epidemics with diseases such as diabetes, heart disease, and childhood obesity. PUE shares with parents and the community, the responsibility to help students learn, establish, and maintain healthy eating and activity habits. PUE will establish and implement a wellness policy that will be reflected in the schools nutrition and physical activity programs. The foundation of this healthy school environment will be the support that staff and the community contribute through modeling healthy behaviors.

## **Goals**

1. The students of PUE will be engaged in the continual learning process necessary to make good nutritious food choices and enjoyable activity choices. Making these healthy choices for a lifetime will affect the student's health outcomes.
2. The staff of PUE will be involved in continual encouragement of students by modeling healthy food choices and activity choices. Making these healthy choices for a lifetime will affect that individual's health outcomes as well as the health outcomes of future generations.
3. The community in which PUE is part of will become more aware of the link between healthy choices and academic success, which will lead to generations of productivity in our community.

The policy will address the following components: nutrition and food safe schools, nutrition education/health education, health services, counseling/psychological services, staff wellness, physical education/activity, healthy school environment, family/community involvement, marketing, use of tobacco and illegal drugs, and implementation. All available resources will be used to serve the needs of all students, staff, and community. Cultural and religious differences will be considered as this policy is implemented.

## **Commitment to Nutrition Environment and Services**

Pearl Upper 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 (USDA) 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 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.
  - 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.

## Food Safe Schools

- **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.**
  - **Develop a food safety education plan for all staff and students, consistent with Fight Bac® and other national standards for safe food handling at home and in schools.**
  - **Ensure that all staff has received instructions to support food safety on the school campus.**
  - **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.**
  - **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 addresses strategies that minimize risks for students and staff who have food allergies and intolerances.**
- 
- Provide food allergy education for food service staff, teachers, administration, and student.
  - Eliminate fried foods from all school lunch menus by preparing in combination ovens/steamers foods that were previously fried. Purchase additional combination oven/steamers as budget allows.
  - Include nutritious and appealing options (such as baked chips, nutra-grain bars, bottled water, pickles, sunflower seeds, and fruit snacks) whenever food/ beverages are sold or otherwise offered at school.
  - Promote informed, healthy food choices by providing monthly menus that contain sample nutrition information.
  - Breakfast will be offered at school.
- 
- ~~Offer at least two milk choices in compliance with USDA regulations. Pursuant to the Proclamation USDA Commitment to School Meals dated May 1, 2017, we We will offer all milk to be 1% low fat unflavored and fat free flavored milks., both flavored and unflavored.~~
  - Offer fresh fruits and vegetables to students during breakfast and lunch. Three (3) fresh fruits will be offered to student each week. Weekly requirements for vegetable subgroups will be met, which include 1) dark green 2) red/orange, 3)beans/peas/legumes, 4) starchy, and 5)other.

- Verify that each student's tray at lunch contains a minimum of three and a maximum of five components, one of which must be ½ cup vegetable in compliance with the Healthy, Hunger-free Kids Act of 2010 and Offer-versus-serve.
- Offer only 100% fruit and vegetable juice with no added sugar.
- All grains offered at breakfast and lunch are whole-grain rich.
- Weekly grain minimum ranges at breakfast and lunch are being met.
- Sell extra food items in individual packages not to exceed 200 calories.
- Fruit quantity offered at breakfast was increased from ½ cup per day to 1 cup per day
- The 2014-2015 Sodium Target 1 has been met for breakfast and lunch. Pursuant to the Proclamation USDA Commitment to School Meals dated May 1, 2017, schools that meet Sodium Target 1 for school years 2017-2020 will be considered compliant with USDA sodium requirements.
- Each student's tray at breakfast will be verified that it contains a minimum of three and a maximum of four ~~components~~ items, one of which must be ½ cup fruit or ½ cup vegetable in compliance with Healthy, Hunger-Free Kids Act of 2010 and Offer vs. Serve.
- Offer salad daily at school.

## **Commitment to Physical Education/Physical Activity**

**Pearl Upper 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 -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 5<sup>th</sup> grade students.**
- **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).**
  - Collaborate with local recreational departments and youth fitness programs to promote participation in physical activities.
  - Students in 5<sup>th</sup> grade who participate in a Physical Education class will participate in two yearly fitness tests.
  - Teachers will be encouraged to implement brief physical activity during times of transition from one lesson/activity/subject to the next.

Goals:

- Teachers will incorporate more multi-sensory instructional strategies to promote physical activity in addition to the acquisition of content knowledge and skills.
- Staff and students will participate in a health challenge/competition to model and increase the engagement in physical activity on a regular basis.
- Establish or enhance physical activity opportunities (like walking clubs or fitness challenges) for staff.

## **Commitment to Health Education**

**Pearl Upper Elementary will:**

- **Implement the requirements of the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades 4 through 5.**
- **Instruction must be based on the Mississippi Contemporary Health for grades 4-5.**
  - Encourage the integration of health education into other subject areas when possible.
  - Provide food allergy education for food service staff, teachers, administration, and students.
  - Provide students and staff with information on consequences of tobacco use on available cessation programs.
  - Increase the dissemination of health-related information in the form of posters, handouts, announcements, and other materials with age/grade appropriate information.

Goals:

- Coordinate guest speakers to address the student body on the topics of bullying, unintentional injuries, and suicide.

- Host a School Health Fair for students.

## **Commitment to Physical Environment**

Pearl Upper Elementary 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.
- 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 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**
- **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)**
- **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.**
  - Eliminate unnecessary school bus idling that causes pollution and creates health risks for children.
  - Continue the use of School Resource Officers.
  - Schedule three meetings for the School Health Council to discuss and determine the current strengths, weaknesses, opportunities, and challenges associated with implementing and maintain the healthy and safe environment in school.
  - Utilize best practices for the use of pesticides in school buildings and on school grounds.
  - Ensure safety by locking gates and outside doors.
  - The Safety Coordinator will:
    - Ensure that no pad locks, chains, or other obstructions are on exit doors in accordance with the Mississippi State Fire Code.
    - Ensure that all fire extinguishers are inspected each year and properly tagged.
    - Complete yearly maintenance of heating and cooling systems in all schools to maintain safe operation and healthy air quality.
    - Ensure that all exit signs are illuminated and clearly visible.

- Conduct emergency evacuation drills as outlined by the PPSD Crisis Management Plan and scheduled by the PPSD Safety Director.
- Conduct risk management training sessions for custodial, transportation, and child nutrition staff.
- Conduct risk assessments of all campuses on a rotating schedule.
- Monitor the safety of school playgrounds, referring to the U.S. Consumers Product Safety Commission's Handbook for Public Playground Safety for federal guidelines.
- Upgrade playground equipment as needs arise and as funds become available.
- Conduct self-assessments of schools' safety and security annually prior to the opening of school using the Bureau of safe and Order School's Process Standards 37.1 monitoring tool. Post emergency telephone numbers easily visible by all telephones throughout the buildings.
- Implement a "lights out" plan across the district to ensure all light and equipment not in use is turned off.
- Investigate energy conservation programs and money saving technologies in the management of the district's physical plant.
- Utilize energy-efficient and money-saving technologies in school construction and renovation projects.

Goal:

- 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.

## **Commitment to Health Services**

**Pearl Upper Elementary 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 through the employment of a school nurse as a means to academic success.
- The schools nurse will attend the MDE/OHS sponsored training each school year.
- The school nurse will submit health services data to the MDE/OHS on-line site on the 10<sup>th</sup> of each month for the previous month.
- The school nurse will participate in School Based Administrative Claiming Medicaid program for reimbursement of administrative cost associated with health and medical outreach.
- Collaborate with other school staff to provide health services as part of a Coordinated School Health Program.
- Work with students, parents, and local health care providers to effectively manage and treat chronic diseases and health conditions.
- Provide training to school staff on health topics such as chronic health conditions, emergency care, first-aid, using an epi-pen, performing hands only CPR and AED usage, on infection control and on any pertinent health issues that may occur during the school year.
- Inform every parent/guardian who has a student with a medical diagnosis of Asthma that a student Asthma Action Plan must be completed by their physician and provided to the school as required by state law.
- Provide vision and hearing screens for students in the 4<sup>th</sup> grade according to requirements issued by the Office of Healthy Schools.
- Participate in opportunities to expand health services offered to students (grant, government-sponsored programs, etc.).
  - Ensure all students are up to date on their Immunizations and provide information on where to have this done if not complete.
  - Participate in administrative claiming for reimbursement of administrative costs associated with health and medical outreach. SBAC participation is a Medicaid funding program that will be continued yearly.
  - Assist counselors in ensuring immunization compliance report is completed in September and December as required by MDE.
- Provide training class for all cafeteria employees on food emergencies, such as choking.

- Ensure there is a written protocol specific to PPSD to address duties, health care, transport, and referrals for any medical emergencies.
- Optimize the provision of health services with a full-time school nurse that is assigned to Pearl Upper Elementary.
- Providing training to staff on the district anaphylaxis policy. Provide training to all designated staff on signs and symptoms of anaphylaxis and on using an epi-pen.
- Pearl Upper Elementary will receive auto-injector epinephrine from Mylan School Program as stock Epi-pens for emergency needs. The epi-pens will be stored in the nurses office and will be readily available.

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

**Pearl Upper Elementary 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.**
- **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**
- Provide training sessions for administrators and staff in mental health-related areas in order to make employees more aware of topics relevant to children and youth.
  - A Positive Behavior Intervention and Support Program was implemented in 2013-2014, for which all administrators received training.
  - Untrained certified employees receive suicide prevention training each year provided through online training coursed on “My Benefits Channel.”
- Provide parents and children with educational material and support in the area of mental health resources.
- Ensure the Immunization Compliance Report is completed in September and December of each year as required by MDE.
- Ensure that all elementary school students have access to qualified student support personnel such as a guidance counselor, social worker, nurse, psychologist, psychometrist, and others, as required by the Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2.
- Work with staff to identify students in need of mental health services.
- Offer individual, small group, and class counseling services as needed in the areas of character education, anger management, conflict resolution, self-esteem, etc.
- Refer students to Behavioral Specialist that is housed at Northside Elementary when needed.
- Refer students to local mental health service providers to ensure the mental health and academic needs of students are being met.
- Develop and implement a comprehensive plan for identifying and addressing the emotional and behavior needs of students.
- Expand the mental health related resources available to parents.
- Participate in School Based Administrative Claiming Medicaid program for reimbursement of administrative cost associated with health and medical outreach.

- Increase the time spent offering counseling services to individuals and small groups of students with emotional/mental health issues.

## **Commitment to Family Engagement and Community Involvement**

**Pearl Upper Elementary will:**

- **Invite parents and community members to participate in school health planning by serving on the local School Health Council.**
  - Recruit, train, and involve families as volunteers for wellness/fitness/healthy lifestyle programs.
  - Invite families to tour physical education facilities during events such as Open House.
  - Provide families and community with information about special events and programs, such as the PUE 5K Spirit Sprint, Veterans Day program, and March of Dimes to encourage participation.
  - Invite family members of students to participate in school meals with their students.
  - Provide families with information on available facilities for physical activities in the community by use of flyers and information provided on district/building websites and newsletters.
  - Encourage students to participate in service projects that address wellness/fitness/health issues in the community.

## **Commitment to Employee Wellness**

**Pearl Upper Elementary 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 – <http://www.MyActiveHealth.com/Mississippi>
  - Offer special fitness/wellness/healthy lifestyle programs.
  - Offer flu shots to all employees each year.
  - Promote participation in health/wellness activities in schools and/or across the district, such as local walks or runs, Weight Watchers, Biggest Loser, etc.

- Continue to explore opportunities for special programs for stress management for staff such as massage session, yoga instruction, etc.
- 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.
- Encourage Wellness visits yearly for all staff with their health care provider. Catapult is a health service group that comes to the school to perform wellness checks for staff that have state BC/BS insurance when scheduled.

Goals:

- Hold a health fair.
- Make efforts to increase the participation of staff in building fitness and/or district wellness/fitness/healthy lifestyle programs.
- Encourage/Promote fitness groups.

## **Commitment to Marketing a Healthy School Environment**

**Pearl Upper Elementary will:**

- Encourage advertising and other materials on school campuses that promote fitness and healthy lifestyle choices.
- Utilize district and school websites, newsletters, and calling systems to inform students and parents about wellness/fitness/healthy lifestyle programs and services.
- Work with local media, including the Pearl TV Channel, to inform parents and students about wellness/fitness/healthy lifestyle programs available.

Goals:

- Involve students and parents in the planning for a healthy school environment using surveys and questionnaires.

## **Commitment to Prevent Use of Tobacco and Illegal Drugs**

### **Pearl Upper Elementary will:**

- Prohibit smoking and the use of other tobacco product on school property.
- Prohibit the use and possession of illegal drugs on school property.
- Provide information on tobacco cessation programs to staff and faculty and to students.
- Participate in special programs, such as RAT (Reject All Tobacco).
- Participate in “Red Ribbon Week” activities to encourage students and staff to be drug free.

## **Commitment to Implementation**

### **Pearl Upper 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).**
- **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.**
- Revise the school’s wellness policy based on the results from the annual review process.
- Submit the school’s wellness policy with revisions and recommendations to the district Administrator who will review and report to the school board yearly.
- Use monitoring instruments, developed by the Office of Healthy Schools, to conduct a self-assessment that identifies strengths and weaknesses toward implementation of the minimum requirements.

## Reference / Resources

### Commitment to Nutrition Environment and Services

- *Nutrition Environment and Services section of the Tools That Work – Your Guide to Success for Building a Healthy School Toolkit that is found on the Office of Healthy Schools website at [www.mde.k12.ms.us/ohs/home](http://www.mde.k12.ms.us/ohs/home)*
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- Smart Snacks Product Calculator:  
<https://www.healthiergeneration.org/take-action/schools/snacks-and-beverages/smart-snacks/alliance-product-calculator/>
- HACCP Principles for K-12 schools can be downloaded at:  
<http://www.nfsmi.org/ResourcesOverview.aspx?ID=151>
- Food Safety training power-point presentation, food Safety Post Test and Food Safety Post Test Answer Key can be found on the Office of Healthy Schools website at [www.mde.k12.ms.us/ohs/home](http://www.mde.k12.ms.us/ohs/home) .

### Physical Education/Physical Activity

- Links to resources to aid policy development and Office of Healthy Schools website  
[www.cdc.gov/concussion/HeadsUp/high\\_school.html#5](http://www.cdc.gov/concussion/HeadsUp/high_school.html#5)  
<http://www.misshsaa.com/GeneralInfo/SportsMedicine.aspx>  
<http://www.mde.k12.ms.us/ohs/home>

### Health Education

- Health in Action <http://www.mde.k12.ms.us/ohs/home>

### Physical Environment

- Material Safety Data Sheet at [www.msdssearch.com](http://www.msdssearch.com)
- Handbook for Public Playground Safety\_ [www.epsc.gov](http://www.epsc.gov)
- Mississippi School Design Guidelines at: <http://www.edi.msstate.edu/guidelines/design.php>
- 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>
- 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>
- Eliminating unnecessary school bus idling– <http://www.epa.gov/cleanschoolbus>

### Health Services

- 2013 *Mississippi School Nurse Procedures and Standards of Care*.  
<http://www.mde.k12.ms.us/docs/healthy-schools/procedures-manual-.pdf?sfvrsn=0>

### Employee Wellness

- My Active Health– <http://www.MyActiveHealth.com/Mississippi>

### Implementation

- Office of Healthy Schools Monitoring instruments and Local School Wellness Policy Guide for Development <http://www.mde.k12.ms.us/ohs/home>

# ***NORTHSIDE ELEMENTARY***



*The mission of the Pearl Public School District and Northside Elementary is to prepare each student to become a lifelong learner, achieve individual goals, and positively impact a global society.*

## **Wellness Policy 2018-2019**



**Northside Elementary  
Wellness Policy  
2018-2019**

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WHOLE SCHOOL, **WHOLE COMMUNITY**, WHOLE CHILD



# **Northside Elementary Wellness Policy 2018-2019**

## **Mission Statement**

The mission of the Pearl Public School District and Northside Elementary is to prepare each student to become a lifelong learner, achieve individual goals, and positively impact a global society.

## **Core Values**

We believe that

- Everyone has purpose and worth.
- Everyone is responsible for his/her choices.
- Lifelong learning enriches the individual and the community.
- Goal setting and high expectations are the foundation of success.
- Everyone has the potential to make a positive difference.
- Faith-based values create community stability and prosperity.

## **Rationale**

Health trends indicate that nutrition, physical activity, and health education are closely linked to overall health, which impacts educational success. It is essential that students have healthy habits to achieve their full academic potential. Reaching that potential will enhance the likelihood of lifelong health. The number of students affected by chronic health issues is increasing at an alarming rate. We are facing epidemics with diseases such as diabetes, heart disease, and childhood obesity. NSE shares with parents and the community, the responsibility to help students learn, establish, and maintain healthy eating and activity habits. NSE will establish and implement a wellness policy that will be reflected in the schools nutrition and physical activity programs. The foundation of this healthy school environment will be the support that staff and the community contribute through modeling healthy behaviors.

## **Goals**

1. The students of NSE will be engaged in the continual learning process necessary to make good nutritious food choices and enjoyable activity choices. Making these healthy choices for a lifetime will affect the student's health outcomes.
2. The staff of NSE will be involved in continual encouragement of students by modeling healthy food choices and activity choices. Making these healthy choices for a lifetime will affect that individual's health outcomes as well as the health outcomes of future generations.
3. The community in which NSE is part of will become more aware of the link between healthy choices and academic success, which will lead to generations of productivity in our community.

The policy will address the following components: nutrition and food safe schools, nutrition education/health education, health services, counseling/psychological services, staff wellness, physical education/activity, healthy school environment, family/community involvement, marketing, use of tobacco and illegal drugs, and implementation. All available resources will be used to serve the needs of all students, staff, and community. Cultural and religious differences will be considered as this policy is implemented.

## **Commitment to Nutrition Environment and Services**

Northside 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 (USDA) 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 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.
  - 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.

## Food Safe Schools

- 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.
- Develop a food safety education plan for all staff and students, consistent with Fight Bac® and other national standards for safe food handling at home and in schools.
- Ensure that all staff has received instructions to support food safety on the school campus.
- 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.
- 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 addresses strategies that minimize risks for students and staff who have food allergies and intolerances.
  
- Provide food allergy education for food service staff, teachers, administration, and student.
  
- Eliminate fried foods from all school lunch menus by preparing in combination ovens/steamers foods that were previously fried. Purchase additional combination oven/steamers as budget allows.
  
- Include nutritious and appealing options (such as baked chips, Nutra-grain bars, bottled water, sparkling juice, whole grain pop tarts, and cereal bars) whenever food/ beverages are sold or otherwise offered at school.
  
- Promote informed, healthy food choices by providing monthly menus that contain sample nutrition information.
  
- Breakfast will be offered at school.
  
- Offer at least two milk choices in compliance with USDA regulations. We will offer 1% low fat unflavored and fat free flavored milks.

- ~~Offer fresh fruits and vegetables to students during breakfast and lunch. Pursuant to the Proclamation USDA Commitment to School Meals dated May 1, 2017, we will offer all milk to be 1% low fat, both flavored and unflavored.~~
- Offer fresh fruits and vegetables to students during breakfast and lunch. Three (3) fresh fruits will be offered to student each week. Weekly requirements for vegetable subgroups will be met, which include 1) dark green 2) red/orange, 3)beans/peas/legumes, 4) starchy, and 5)other.
- Verify that each student's tray at lunch contains a minimum of three and a maximum of five components, one of which must be ½ cup vegetable in compliance with the Healthy, Hunger-free Kids Act of 2010 and Offer-versus-serve.
- Offer only 100% fruit and vegetable juice with no added sugar.
- All grains offered at breakfast and lunch are whole-grain rich.
- Weekly grain minimum ranges at breakfast and lunch are being met.
- Sell extra food items in individual packages not to exceed 200 calories.
- Fruit quantity offered at breakfast was increased from ½ cup per day to 1 cup per day
- The 2014-2015 Sodium Target 1 has been met for breakfast and lunch. Pursuant to the Proclamation USDA Commitment to School Meals dated May 1, 2017, school that meet Sodium Target 1 for school years 2017-2020 will be considered complaint with USDA sodium requirements.
- Each student's tray at breakfast will be verified that it contains a minimum of three and a maximum of four ~~components~~ items, one of which must be ½ cup fruit or ½ cup vegetable in compliance with Healthy, Hunger-Free Kids Act of 2010 and Offer vs. Serve.
- Offer salad daily at school.

## **Commitment to Physical Education/Physical Activity**

**Northside 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 -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 2013-2014 Mississippi Physical Education Frameworks.**
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).**
  
- Collaborate with local recreational departments and youth fitness programs to promote participation in physical activities.
  
- Students in the 2nd and 3rd grades who participate in a Physical Education class will participate in two yearly fitness tests.
  
- Teachers will be encouraged to implement brief physical activity during times of transition from one lesson/activity/subject to the next.

**Goals:**

- Teachers will incorporate more multi-sensory instructional strategies to promote physical activity in addition to the acquisition of content knowledge and skills.
- Staff and students will participate in a health challenge/competition to model and increase the engagement in physical activity on a regular basis.
  
- Establish or enhance physical activity opportunities (like walking clubs or fitness challenges) for staff.



## **Commitment to Health Education**

### **Northside Elementary will:**

- Implement the requirements of the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades 4 through 5.**
- Instruction must be based on the Mississippi Contemporary Health for grades 2-3.**
  - Encourage the integration of health education into other subject areas when possible.
  - Provide food allergy education for food service staff, teachers, administration, and students.
  - Provide students and staff with information on consequences of tobacco use on available cessation programs.
  - Participate in HealthTeacher.com, an online health curriculum for 4<sup>th</sup>-5<sup>th</sup> grade teachers.
  - Increase the dissemination of health-related information in the form of posters, handouts, announcements, and other materials with age/grade appropriate information.

### **Goals:**

- Coordinate guest speakers to address the student body on the topics of bullying, bicycle safety, and playground safety.
- Host a School Health Fair/Math and Science Day for students.

## **Commitment to Physical Environment**

Northside Elementary 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.
- 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 drill per month.
- Every school will have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school.
- 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

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)**

**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.**

Eliminate unnecessary school bus idling that causes pollution and creates health risks for children.

Continue the use of School Resource Officers.

Schedule three meetings for the School Health Council to discuss and determine the current strengths, weaknesses, opportunities, and challenges associated with implementing and maintain the healthy and safe environment in school.

Utilize best practices for the use of pesticides in school buildings and on school grounds.

Ensure safety by locking gates and outside doors.

The Safety Coordinator will:

Ensure that no pad locks, chains, or other obstructions are on exit doors in accordance with the Mississippi State Fire Code.

Ensure that all fire extinguishers are inspected each year and properly tagged.

- Complete yearly maintenance of heating and cooling systems in all schools to maintain safe operation and healthy air quality.
- Ensure that all exit signs are illuminated and clearly visible.
- Conduct emergency evacuation drills as outlined by the PPSD Crisis Management Plan and scheduled by the PPSD Safety Director.
- Conduct risk management training sessions for custodial, transportation, and child nutrition staff.
- Conduct risk assessments of all campuses on a rotating schedule.
- Monitor the safety of school playgrounds, referring to the U.S. Consumers Product Safety Commission's Handbook for Public Playground Safety for federal guidelines.
- Upgrade playground equipment as needs arise and as funds become available.
- Conduct self-assessments of schools' safety and security annually prior to the opening of school using the Bureau of safe and Order School's Process Standards 37.1 monitoring tool. Post emergency telephone numbers easily visible by all telephones throughout the buildings.
- Implement a "lights out" plan across the district to ensure all light and equipment not in use is turned off.
- Investigate energy conservation programs and money saving technologies in the management of the district's physical plant.
- Utilize energy-efficient and money-saving technologies in school construction and renovation projects.

Goal:

- 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.

## Commitment to Health Services

### Northside Elementary 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 through the employment of a full-time school nurse assigned to Northside Elementary as a means to academic success.
  
- The schools nurse will attend the MDE/OHS sponsored training each school year.
  
- The school nurse will submit health services data to the MDE/OHS on-line site on the 10<sup>th</sup> of each month for the previous month.
  
- The school nurse will participate in School Based Administrative Claiming Medicaid program for reimbursement of administrative cost associated with health and medical outreach.
  
- Collaborate with other school staff to provide health services as part of a Coordinated School Health Program.
  
- Work with students, parents, and local health care providers to effectively manage and treat chronic diseases and health conditions.
  
- Provide training to school staff on health topics such as chronic health conditions, emergency care, first-aid, using an epi-pen, performing hands only CPR and AED usage,

on infection control and on any pertinent health issues that may occur during the school year.

- Inform every parent/guardian who has a student with a medical diagnosis of Asthma that a student Asthma Action Plan must be completed by their physician and provided to the school as required by state law.
- Provide vision and hearing screens for students in the 2nd and 3rd grades according to requirements issued by the Office of Healthy Schools.
- Participate in opportunities to expand health services offered to students (grant, government-sponsored programs, etc.).
  - Ensure all students are up to date on their Immunizations and provide information on where to have this done if not complete.
  - Participate in administrative claiming for reimbursement of administrative costs associated with health and medical outreach. SBAC participation is a Medicaid funding program that will be continued yearly.
  - Assist counselors in ensuring immunization compliance report is completed in September and December as required by MDE.
- Provide training class for all cafeteria employees on food emergencies, such as choking.
- Ensure there is a written protocol specific to PPSD to address duties, health care, transport, and referrals for any medical emergencies.
- Providing training to staff on the district anaphylaxis policy. Provide training to all designated staff on signs and symptoms of anaphylaxis and on using an epi-pen.
- Northside Elementary will receive auto-injector epinephrine from Mylan School Program as stock Epi-pens for emergency needs. The epi-pens will be stored in the nurses office and will be readily available.

Goal:

- Invite an area dentist or Allied Health students to speak on the importance of dental hygiene.

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

**Northside Elementary 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.**
- 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**

- Provide training sessions for administrators and staff in mental health-related areas in order to make employees more aware of topics relevant to children and youth.
  - A Positive Behavior Intervention and Support Program was implemented in 2013-2014, for which all administrators received training.
  - Untrained certified employees receive suicide prevention training each year provided through online training coursed on “My Benefits Channel.”
  
- Provide parents and children with educational material and support in the area of mental health resources.
  
- Ensure the Immunization Compliance Report is completed in September and December of each year as required by MDE.
  
- Ensure that all elementary school students have access to qualified student support personnel such as a guidance counselor, social worker, nurse, psychologist, psychometrist, and others, as required by the Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2.
  
- Work with staff to identify students in need of mental health services.
  
- Offer individual, small group, and class counseling services as needed in the areas of character education, anger management, conflict resolution, self-esteem, etc.
  
- Refer students to Behavioral Specialist that is housed at Northside Elementary when needed.
  
- Refer students to local mental health service providers to ensure the mental health and academic needs of students are being met.
  
- Develop and implement a comprehensive plan for identifying and addressing the emotional and behavior needs of students.
  
- Expand the mental health related resources available to parents.



- Participate in School Based Administrative Claiming Medicaid program for reimbursement of administrative cost associated with health and medical outreach.
- Increase the time spent offering counseling services to individuals and small groups of students with emotional/mental health issues.

Goals:

- Invite a Region 8 Therapist to speak to staff on children's mental health issues and the therapist role in the school environment.
- Implement an anti-bullying program.
- Offer anti-bullying contracts to students.

## **Commitment to Family Engagement and Community Involvement**

**Northside Elementary will:**

- **Invite parents and community members to participate in school health planning by serving on the local School Health Council.**
  - Recruit, train, and involve families as volunteers for wellness/fitness/healthy lifestyle programs.
  - Invite families to tour physical education facilities during events such as Open House.
  - Provide families and community with information about special events and programs, such as the NSE Math and Science Day, Fall Festival, Winter Celebration, Super Hero Celebration and March of Dimes to encourage participation.
  - Invite family members of students to participate in school meals with their students.
  - Provide families with information on available facilities for physical activities in the community by use of flyers and information provided on district/building websites and newsletters.
  - Encourage students to participate in service projects that address wellness/fitness/health issues in the community.

**Goals:**

- Implement a home-based walking program for students and staff.
- Implement more healthy rewards for students related to Party with the Principal, Perfect Attendance, and the Pirate PRIDE Store.
- The nurse will send out an annual newsletter addressing healthy choices for students and their families.

## Commitment to Employee Wellness

### Northside Elementary 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 – <http://www.MyActiveHealth.com/Mississippi>
- Offer special fitness/wellness/healthy lifestyle programs.
- Offer flu shots to all employees each year.
- Promote participation in health/wellness activities in schools and/or across the district, such as local walks or runs, Weight Watchers, Biggest Loser, etc.
- Continue to explore opportunities for special programs for stress management for staff such as massage session, yoga instruction, etc.
- 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.
- Encourage Wellness visits yearly for all staff with their health care provider. Catapult is a health service group that comes to the school to perform wellness checks for staff that have state BC/BS insurance when scheduled.

### Goals:

- Hold a health fair.
- Make efforts to increase the participation of staff in building fitness and/or district wellness/fitness/healthy lifestyle programs.
- Encourage/Promote fitness groups.

## **Commitment to Marketing a Healthy School Environment**

### **Northside Elementary will:**

- Encourage advertising and other materials on school campuses that promote fitness and healthy lifestyle choices.
- Utilize district and school websites, newsletters, and calling systems to inform students and parents about wellness/fitness/healthy lifestyle programs and services.
- Work with local media, including the Pearl TV Channel, to inform parents and students about wellness/fitness/healthy lifestyle programs available.

### **Goals:**

- Involve students and parents in the planning for a healthy school environment using surveys and questionnaires.
- Publicize healthy habits and attitudes for students and staff on announcements.
- Publicize healthy habits and attitudes for students and staff with a bulletin board.

## **Commitment to Prevent Use of Tobacco and Illegal Drugs**

### **Northside Elementary will:**

- Prohibit smoking and the use of other tobacco product on school property.
- Prohibit the use and possession of illegal drugs on school property.
- Provide information on tobacco cessation programs to staff and faculty and to students.
- Participate in “Red Ribbon Week” activities to encourage students and staff to be drug free.

Goal:

- Participate in special programs, such as RAT (Reject All Tobacco), when they become available.

## **Commitment to Implementation**

**Northside 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).**
- 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.**
- Revise the school's wellness policy based on the results from the annual review process.**
- Submit the school's wellness policy with revisions and recommendations to the district Administrator who will review and report to the school board yearly.**

- Use monitoring instruments, developed by the Office of Healthy Schools, to conduct a self-assessment that identifies strengths and weaknesses toward implementation of the minimum requirements.

## Reference / Resources

### Commitment to Nutrition Environment and Services

- *Nutrition Environment and Services section of the Tools That Work – Your Guide to Success for Building a Healthy School Toolkit that is found on the Office of Healthy Schools website at [www.mde.k12.ms.us/ohs/home](http://www.mde.k12.ms.us/ohs/home)*
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- Smart Snacks Product Calculator:  
[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/)
- HACCP Principles for K-12 schools can be downloaded at:  
<http://www.nfsmi.org/ResourcesOverview.aspx?ID=151>
- Food Safety training power-point presentation, food Safety Post Test and Food Safety Post Test Answer Key can be found on the Office of Healthy Schools website at [www.mde.k12.ms.us/ohs/home](http://www.mde.k12.ms.us/ohs/home) .

### Physical Education/Physical Activity

- Links to resources to aid policy development and Office of Healthy Schools website  
[www.cdc.gov/concussion/HeadsUp/high\\_school.html#5](http://www.cdc.gov/concussion/HeadsUp/high_school.html#5)

<http://www.misshsaa.com/GeneralInfo/SportsMedicine.aspx>

<http://www.mde.k12.ms.us/ohs/home>

### **Health Education**

- Health in Action <http://www.mde.k12.ms.us/ohs/home>

### **Physical Environment**

- Material Safety Data Sheet at [www.msdssearch.com](http://www.msdssearch.com)
- Handbook for Public Playground Safety\_ [www.cpsc.gov](http://www.cpsc.gov)
- Mississippi School Design Guidelines at: <http://www.edi.msstate.edu/guidelines/design.php>
- 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>
- 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>
- Eliminating unnecessary school bus idling– <http://www.epa.gov/cleanschoolbus>

### **Health Services**

- 2013 *Mississippi School Nurse Procedures and Standards of Care*.  
<http://www.mde.k12.ms.us/docs/healthy-schools/procedures-manual-.pdf?sfvrsn=0>

### **Employee Wellness**

- My Active Health– <http://www.MyActiveHealth.com/Mississippi>

### **Implementation**

- Office of Healthy Schools Monitoring instruments and Local School Wellness Policy Guide for Development <http://www.mde.k12.ms.us/ohs/home>



# *PEARL LOWER ELEMENTARY*



*The mission of the Pearl Public School District and Pearl Lower Elementary is to prepare each student to become a lifelong learner, achieve individual goals, and positively impact a global society.*

## Wellness Policy 2018-2019

**Pearl Lower Elementary  
Wellness Policy  
2018-2019**

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**WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD**



# **Pearl Lower Elementary Wellness Policy 2018-2019**

## **Mission Statement**

The mission of the Pearl Public School District and Pearl Lower Elementary is to prepare each student to become a lifelong learner, achieve individual goals, and positively impact a global society.

## **Core Values**

We believe that

- Everyone has purpose and worth.
- Everyone is responsible for his/her choices.
- Lifelong learning enriches the individual and the community.
- Goal setting and high expectations are the foundation of success.
- Everyone has the potential to make a positive difference.
- Faith-based values create community stability and prosperity.

## **Rationale**

Health trends indicate that nutrition, physical activity, and health education are closely linked to overall health, which impacts educational success. It is essential that students have healthy habits to achieve their full academic potential. Reaching that potential will enhance the likelihood of lifelong health. The number of students affected by chronic health issues is increasing at an alarming rate. We are facing epidemics with diseases such as diabetes, heart disease, and childhood obesity. PLE shares with parents and the community, the responsibility to help students learn, establish, and maintain healthy eating and activity habits. PLE will establish and implement a wellness policy that will be reflected in the school's nutrition and physical activity programs. The foundation of this healthy school environment will be the support that staff and the community contribute through modeling healthy behaviors.

## **Goals**

1. The students of PLE will be engaged in the continual learning process necessary to make good nutritious food choices and enjoyable activity choices. Making these healthy choices for a lifetime will affect the student's health outcomes.
2. The staff of PLE will be involved in continual encouragement of students by modeling healthy food choices and activity choices. Making these healthy choices for a lifetime will affect that individual's health outcomes as well as the health outcomes of future generations.
3. The community in which PLE is part of will become more aware of the link between healthy choices and academic success, which will lead to generations of productivity in our community.

The policy will address the following components: nutrition and food safe schools, nutrition education/health education, health services, counseling/psychological services, staff wellness, physical education/activity, healthy school environment, family/community involvement, marketing, use of tobacco and illegal drugs, and implementation. All available resources will be used to serve the needs of all students, staff, and community. Cultural and religious differences will be considered as this policy is implemented.

## **Commitment to Nutrition Environment and Services**

### **Pearl Lower 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 (USDA) 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 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.

### **Food Safe Schools**

- 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.
- Develop a food safety education plan for all staff and students, consistent with Fight Bac® and other national standards for safe food handling at home and in schools.
- Ensure that all staff has received instructions to support food safety on the school campus.
- 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.
- 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.
- Provide food allergy education for food service staff, teachers, administration, and students.
- Eliminate fried foods from all school lunch menus by preparing in combination ovens/steamers foods that were previously fried. Purchase additional combination oven/steamers as budget allows.
- Include nutritious and appealing options (such as baked chips, nutra-grain bars, bottled water, pickles, sunflower seeds, and fruit snacks) whenever food/ beverages are sold or otherwise offered at school.
- Promote informed, healthy food choices by providing monthly menus that contain sample nutrition information.
- Breakfast will be offered at school.

- Offer at least two milk choices in compliance with USDA regulations. ~~Pursuant to the Proclamation USDA Commitment to School Meals dated May 1, 2017, we~~ We will offer ~~all milk to be~~ 1% low fat unflavored and fat free flavored milks. ~~, both flavored and unflavored.~~
- Offer fresh fruits and vegetables to students during breakfast and lunch. Three (3) fresh fruits will be offered to student each week. Weekly requirements for vegetable subgroups will be met, which include 1) dark green 2) red/orange, 3)beans/peas/legumes, 4) starchy, and 5)other.
- Verify that each student’s tray at lunch contains a minimum of three and a maximum of five components, one of which must be ½ cup vegetable in compliance with the Healthy, Hunger-free Kids Act of 2010 and Offer-versus-serve.
- Offer only 100% fruit and vegetable juice with no added sugar.
- All grains offered at breakfast and lunch are whole-grain rich.
- Weekly grain minimum ranges at breakfast and lunch are being met.
- Sell extra food items in individual packages not to exceed 200 calories.
- Fruit quantity offered at breakfast was increased from ½ cup per day to 1 cup per day
- The 2014-2015 Sodium Target 1 has been met for breakfast and lunch. Pursuant to the Proclamation USDA Commitment to School Meals dated May 1, 2017, schools that meet Sodium Target 1 for the school years 2017-2020 will be considered compliant with USDA sodium requirements.
- Each student’s tray at breakfast will be verified that it contains a minimum of three and a maximum of four ~~components~~ items, one of which must be ½ cup fruit or ½ cup vegetable in compliance with Healthy, Hunger-Free Kids Act of 2010 and Offer vs. Serve.
- Offer salad daily at school.

## **Commitment to Physical Education/Physical Activity**

### **Pearl Lower 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 -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 2013-2014 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Collaborate with local recreational departments and youth fitness programs to promote participation in physical activities.
- Students in K and 1<sup>st</sup> grade who participate in a Physical Education class will participate in two yearly fitness tests.
- Teachers will be encouraged to implement brief physical activity during times of transition from one lesson/activity/subject to the next.

Goals:

- Teachers will incorporate more multi-sensory instructional strategies to promote physical activity in addition to the acquisition of content knowledge and skills.
- Staff and students will participate in a health challenge/competition to model and increase the engagement in physical activity on a regular basis.
- Establish or enhance physical activity opportunities (like walking clubs or fitness challenges) for staff.

## **Commitment to Health Education**

### **Pearl Lower Elementary will:**

- Implement the requirements of the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades K through 1.
- Instruction must be based on the Mississippi Contemporary Health for grades K-1.
- Encourage the integration of health education into other subject areas when possible.

- Provide food allergy education for food service staff, teachers, administration, and students.
- Provide students and staff with information on consequences of tobacco use on available cessation programs.
- Increase the dissemination of health-related information in the form of posters, handouts, announcements, and other materials with age/grade appropriate information.

Goals:

- Coordinate guest speakers to address the student body on the topics of bullying, playground safety, and fire safety.
- Host a School Health Fair for students.

## **Commitment to Physical Environment**

**Pearl Lower Elementary 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.
- 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 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
- 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
- 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.

- Eliminate unnecessary school bus idling that causes pollution and creates health risks for children.
- Continue the use of School Resource Officers.
- Schedule three meetings for the School Health Council to discuss and determine the current strengths, weaknesses, opportunities, and challenges associated with implementing and maintain the healthy and safe environment in school.
- Utilize best practices for the use of pesticides in school buildings and on school grounds.
- Ensure safety by locking gates and outside doors.
- The Safety Coordinator will:
  - Ensure that no pad locks, chains, or other obstructions are on exit doors in accordance with the Mississippi State Fire Code.
  - Ensure that all fire extinguishers are inspected each year and properly tagged.
  - Complete yearly maintenance of heating and cooling systems in all schools to maintain safe operation and healthy air quality.
  - Ensure that all exit signs are illuminated and clearly visible.
  - Conduct emergency evacuation drills as outlined by the PPSD Crisis Management Plan and scheduled by the PPSD Safety Director.
  - Conduct risk management training sessions for custodial, transportation, and child nutrition staff.
  - Conduct risk assessments of all campuses on a rotating schedule.
  - Monitor the safety of school playgrounds, referring to the U.S. Consumers Product Safety Commission's Handbook for Public Playground Safety for federal guidelines.
  - Upgrade playground equipment as needs arise and as funds become available.
  - Conduct self-assessments of schools' safety and security annually prior to the opening of school using the Bureau of safe and Order School's Process Standards 37.1 monitoring tool. Post emergency telephone numbers easily visible by all telephones throughout the buildings.

- Implement a “lights out” plan across the district to ensure all lights and equipment not in use is turned off.
- Investigate energy conservation programs and money saving technologies in the management of the district’s physical plant.
- Utilize energy-efficient and money-saving technologies in school construction and renovation projects.

## **Commitment to Health Services**

### **Pearl Lower Elementary 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 through the employment of a full-time school nurse assigned to Pearl Lower Elementary as a means to academic success.
- The schools nurses will attend the MDE/OHS sponsored training each school year.
- The school nurses will submit health services data to the MDE/OHS on-line site on the 10<sup>th</sup> of each month for the previous month.
- The school nurses will participate in School Based Administrative Claiming Medicaid program for reimbursement of administrative cost associated with health and medical outreach.
- Collaborate with other school staff to provide health services as part of a Coordinated School Health Program.

- Work with students, parents, and local health care providers to effectively manage and treat chronic diseases and health conditions.
- Provide training to school staff on health topics such as chronic health conditions, emergency care, first-aid, using an epi-pen, performing hands only CPR and AED usage, on infection control and on any pertinent health issues that may occur during the school year.
- Inform every parent/guardian who has a student with a medical diagnosis of Asthma that a student Asthma Action Plan must be completed by their physician and provided to the school as required by state law.
- Provide vision and hearing screens for students in the 1<sup>st</sup> grade according to requirements issued by the Office of Healthy Schools.
- Participate in opportunities to expand health services offered to students (grant, government-sponsored programs, etc.).
  - Ensure all students are up to date on their Immunizations and provide information on where to have this done if not complete.
  - Participate in administrative claiming for reimbursement of administrative costs associated with health and medical outreach. SBAC participation is a Medicaid funding program that will be continued yearly.
  - Assist counselors in ensuring immunization compliance report is completed in September and December as required by MDE.
- Provide training class for all cafeteria employees on food emergencies, such as choking.
- Ensure there is a written protocol specific to PPSD to address duties, health care, transport, and referrals for any medical emergencies.
- Providing training to staff on the district anaphylaxis policy. Provide training to all designated staff on signs and symptoms of anaphylaxis and on using an epi-pen.
- Pearl Lower Elementary will receive auto-injector epinephrine from Mylan School Program as stock Epi-pens for emergency needs. The epi-pens will be stored in the nurse's office and will be readily available.
- Optimize the provision of Health Services with a full-time school nurse to Pearl Lower Elementary.

Goals:

- Invite an area dentist or allied health students to speak on the importance of dental hygiene.

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

### **Pearl Lower Elementary 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.
- 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

- Provide training sessions for administrators and staff in mental health-related areas in order to make employees more aware of topics relevant to children and youth.
  - A Positive Behavior Intervention and Support Program was implemented in 2013-2014, for which all administrators received training.
  - Untrained certified employees receive suicide prevention training each year provided through online training coursed on “My Benefits Channel.”
- Provide parents and children with educational material and support in the area of mental health resources.
- Ensure the Immunization Compliance Report is completed in September and December of each year as required by MDE.
- Ensure that all elementary school students have access to qualified student support personnel such as a guidance counselor, social worker, nurse, psychologist, psychometrist, and others, as required by the Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2.
- Work with staff to identify students in need of mental health services.
- Offer individual, small group, and class counseling services as needed in the areas of character education, anger management, conflict resolution, self-esteem, etc.
- Refer students to Behavioral Specialist that is housed at Northside Elementary when needed.
- Refer students to local mental health service providers to ensure the mental health and academic needs of students are being met.
- Develop and implement a comprehensive plan for identifying and addressing the emotional and behavior needs of students.
- Expand the mental health related resources available to parents.
- Participate in School Based Administrative Claiming Medicaid program for reimbursement of administrative cost associated with health and medical outreach.

Goals:

- Increase the time spent offering counseling services to individuals and small groups of students with emotional/mental health issues.



- Invite a Region 8 therapist to speak to staff on children’s mental health issues and the therapist’s role in the school environment.

## **Commitment to Family Engagement and Community Involvement**

### **Pearl Lower Elementary will:**

- Invite parents and community members to participate in school health planning by serving on the local School Health Council.
- Recruit, train, and involve families as volunteers for wellness/fitness/healthy lifestyle programs.
- Provide families and community with information about special events and programs, such as the PLE Boosterthon Fun Run, American Lung Association fundraising and Field Day activities, and March of Dimes to encourage participation.
- Invite family members of students to participate in school meals with their students.
- Provide families with information on available facilities for physical activities in the community by use of flyers and information provided on district/building websites and newsletters.
- Encourage students to participate in service projects that address wellness/fitness/health issues in the community.
- Will offer Parents as Partners monthly to foster parent involvement and academic enrichment.
- Participate in Partners in Literacy- a program which involves retired educators from our community coming to PLE weekly to provide additional academic help for students in need.

#### Goals:

- Implement more healthy rewards for students related to Party with the Principal and Pirate Pride Store.

## **Commitment to Employee Wellness**

### **Pearl Lower Elementary 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.

- Offer special fitness/wellness/healthy lifestyle programs.
- Offer flu shots to all district employees each year.
- Promote participation in health/wellness activities in schools and/or across the district, such as local walks or runs, Weight Watchers, Biggest Loser, etc.
- Continue to explore opportunities for special programs for stress management for staff such as massage session, yoga instruction, etc.
- 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.
- Encourage Wellness visits yearly for all staff with their health care provider. Catapult is a health service group that comes to the school to perform wellness checks for staff that have state BC/BS insurance when scheduled.

Goals:

- Hold a health fair.
- Make efforts to increase the participation of staff in building fitness and/or district wellness/fitness/healthy lifestyle programs.
- Encourage/Promote fitness groups at each school.

## **Commitment to Marketing a Healthy School Environment**

**Pearl Lower Elementary will:**

- Encourage advertising and other materials on school campuses that promote fitness and healthy lifestyle choices.
- Utilize district and school websites, newsletters, and calling systems to inform students and parents about wellness/fitness/healthy lifestyle programs and services.

- Work with local media, including the Pearl TV Channel, to inform parents and students about wellness/fitness/healthy lifestyle programs available.

Goals:

- Involve students and parents in the planning for a healthy school environment using surveys and questionnaires.

## **Commitment to Prevent Use of Tobacco and Illegal Drugs**

**Pearl Lower Elementary will:**

- Prohibit smoking and the use of other tobacco product on school property.
- Prohibit the use and possession of illegal drugs on school property.
- Provide information on tobacco cessation programs to staff, faculty, and to all students.
- Participate in special programs, such as RAT (Reject All Tobacco).
- Participate in “Red Ribbon Week” activities to encourage students and staff to be drug free.
- School nurse will spend at least 25% of the school week on tobacco education for students, families, and staff by use of bulletin boards, monthly notes sent home, classroom activities, etc. as required by the Tobacco Grant program.

## **Commitment to Implementation**

**Pearl Lower 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).
- 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.
- Revise the school's wellness policy based on the results from the annual review process.
- Submit the school's wellness policy with revisions and recommendations to the district administrator who will review and report to the school board yearly.
- Use monitoring instruments, developed by the Office of Healthy Schools, to conduct a self-assessment that identifies strengths and weaknesses toward implementation of the minimum requirements.

## Reference / Resources

### Commitment to Nutrition Environment and Services

- *Nutrition Environment and Services* section of the Tools That Work – Your Guide to Success for Building a Healthy School *Toolkit* that is found on the Office of Healthy Schools website at [www.mde.k12.ms.us/ohs/home](http://www.mde.k12.ms.us/ohs/home)
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- Smart Snacks Product Calculator:  
<https://www.healthiergeneration.org/take-action/schools/snacks-and-beverages/smart-snacks/alliance-product-calculator/>
- HACCP Principles for K-12 schools can be downloaded at:  
<http://www.nfsmi.org/ResourcesOverview.aspx?ID=151>
- Food Safety training power-point presentation, food Safety Post Test and Food Safety Post Test Answer Key can be found on the Office of Healthy Schools website at [www.mde.k12.ms.us/ohs/home](http://www.mde.k12.ms.us/ohs/home) .

### Physical Education/Physical Activity

- Links to resources to aid policy development and Office of Healthy Schools website  
[www.cdc.gov/concussion/HeadsUp/high\\_school.html#5](http://www.cdc.gov/concussion/HeadsUp/high_school.html#5)  
<http://www.misshsaa.com/GeneralInfo/SportsMedicine.aspx>  
<http://www.mde.k12.ms.us/ohs/home>

### Health Education

- Health in Action <http://www.mde.k12.ms.us/ohs/home>

### Physical Environment

- Material Safety Data Sheet at [www.msdssearch.com](http://www.msdssearch.com)
- Handbook for Public Playground Safety\_ [www.cpsc.gov](http://www.cpsc.gov)
- Mississippi School Design Guidelines at:  
<http://www.edi.msstate.edu/guidelines/design.php>
- 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>

### Health Services

- 2013 *Mississippi School Nurse Procedures and Standards of Care*.  
<http://www.mde.k12.ms.us/docs/healthy-schools/procedures-manual-.pdf?sfvrsn=0>

### Implementation

- Office of Healthy Schools Monitoring instruments and Local School Wellness Policy Guide for Development <http://www.mde.k12.ms.us/ohs/home>