

Approval of Pearl Public School District

2024-2025 Wellness Policy



Pearl Public School District
School Board of Trustees

Sondra Odom, Board President

Dr. Brad Hayes, DMD, Board Secretary

Andy Eaton

Charlene Barnette

Kirby Ware

Board Approved

Date 8/12/24

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 2024-2025

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



**Pearl Public School District
Wellness Policy
2024-2025**

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) the Pearl Public School District Board of Trustees 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. In determining these goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, the Pearl School Health Council has reviewed and considered evidenced-based strategies.

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.

Goals:

- Establish standards for all foods and beverages provided but not sold to students during the school day (e.g. in classroom parties, classroom snacks brought by parents, or other foods given as incentives).

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.**
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- 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 up to a maximum of five components, one of which must be ½ cup fruit or 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 Final Rule: Child Nutrition Program Flexibilities for Milk, Whole Grains, and Sodium Requirements, effective February 11,2019, schools that meet Sodium Target 1 for school years 2017-2024 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 up to 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 at all schools.
- Child Nutrition staff employed by the District's food service partner will be trained in COVID safety measures.
- All serving and prep areas are cleaned and sanitized during the day according to food safety protocols and will have a final sanitizing at the end of each day.

Goals:

- Pearl Public School District's Child Nutrition Department and their Food Service Partner will continue to monitor MSDH, CDC, and MDE-Office of Child Nutrition guidelines and implement any needed changes throughout the school year.

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 5th grade students.
- Require fitness testing for high school students; during the year they acquire the ½ Carnegie unit in physical education as required for graduation by the Mississippi Healthy Students Act (State Board of Education Policy 4012).
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- Instruction must be based on 2013-2014 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.
- Beginning with 9th graders in school year 2015-2016, provide instruction in Cardiopulmonary Resuscitation (CPR) and use of Automated External Defibrillator (AED) for students in grades 9-12 in the school year they earn their ½ Carnegie Unit for 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 9th graders in school year 2015-2016, provide instruction in Cardiopulmonary Resuscitation (CPR) and use of Automated External Defibrillator (AED) for students in grades 9-12 in the school year they earn their ½ Carnegie Unit for health education or physical education. MS Code 37-13-134 (Senate Bill 2185)**
- 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 10th 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.
- Develop, implement, and provide staff training on health and safety measures related to the COVID-19 Pandemic. These measures include but are not limited to: staff/student screenings, social distancing guidelines, infection control measures, health and safety signage in each building, parent notification procedures, staff/student contact tracing, completing required MSDH Reports, etc.
- Participate in the MSDH COVID-19 School Based Testing Initiative.
- Participate in the MDE-UMMC School Based Telehealth Program.

Goal:

- Continue to monitor MSDH, CDC, and MDE-OHS guidelines and implement any needed changes throughout the school year.

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.**
- **Establish methods to inform and update the public regarding the LSWP and the assessment of the LSWP.**
 - 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.
- Eliminate advertising or promoting unhealthy food choices on the school campus. Advertising must be restricted to only those foods and beverages that meet the Smart Snacks in School Nutrition Standards.

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 ensure that the school wellness policy is implemented as written. The Pearl Public School District designates Central Office Administrators, Building Administrators, and School Nurses to oversee the implementation of the LSWP.**
- **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.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.

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.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.msdsearch.com
- Handbook for Public Playground Safety_ 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>