

Quitman Upper Elementary School Wellness Policy 2023-2024

School Board
Approved

JUN 12 2023

Quitman School
District

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD



Revised: March 2023

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

Rationale:

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

Goal:

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

To meet this goal, QUE 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.

Commitment to Nutrition Environment and Services

WellSAT NE1: QUE will include goals for nutrition education that are designed to promote student wellness. Nutrition lessons are integrated into the curriculum and the health education program.

WellSAT NE2: Nutrition education teaches skills that are behavior focused, interactive, and/or participatory. Nutrition education will incorporate lessons helping children acquire skills for reading food labels and menu planning.

WellSAT NE3: All elementary school students receive sequential and comprehensive nutrition education. Nutrition topics will be integrated within the comprehensive health education curriculum and taught at every grade level at QUE.

WellSAT NE6: Nutrition education is integrated into other subjects beyond health education. Nutrition education is integrated into physical education classes at QUE.

QUE will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Offer school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture and the Mississippi

Department of Education, Office of Child Nutrition Programs.

- Promote participation in school meal programs to families and staff.
- Operate all Child Nutrition Programs with school food service staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code 2001). All cafeteria/food service staff are trained annually at the beginning of each school year and during the school year to meet the required training hours in accordance with the USDA Professional Standards.
- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code 2002).
- Meet the 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: CN staff prepare recipes in line with The Dietary Guidelines for Healthy Americans.
 - *Marketing of healthy food choices to students, staff and parents: QUE does not allow the marketing of unhealthy food items on campus.
 - *Food preparation ingredients and products: QSD CN staff utilize recipes and food items that are lower in sodium and trans fats for meal preparations.
 - *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: QUE does not allow student access to food items during the Breakfast or Lunch other than what is being served in the cafeteria.
 - *Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs
 - *CN staff decorate the dining room seasonally and do student promotions throughout the school term to increase participation in USDA meal programs.
- Establish guidelines in accordance with the Mississippi Beverage and Snack Regulations for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.
- All foods served to students, outside of the school cafeteria, shall come from approved vendors with a current Health Inspection.

WellSAT NS1: Addresses compliance with USDA nutrition standards (commonly referred to as Smart Snacks) for all food and beverages sold to students during the school day. The school day begins at midnight the night before and goes until 30 minutes after the final bell. Federal Rule language states that policies must contain “standards and nutrition guidelines for all foods and beverages sold to students during the school day on each participating school campus under the jurisdiction of the local educational agency.” QUE is in compliance with all federal and state nutrition standards for all foods served in our school.

WellSAT NS2: USDA Smart Snack standards are easily accessed in the policy and in the QUE cafeteria office. Parents are provided a list of approved snacks that students can bring on campus (during school hours) parties or snacks.

Quitman Upper Elementary Nutritional Snack List for Students



As a part of the healthy schools initiative, we are trying to help our students make better choices to improve their health and we need your help. Below is a list of approved snacks that we recommend for our students on Fun Friday, parties, and other times snacks are served at QUE.

Thank you for your cooperation.

APPROVED SNACKS	
Sweet 'n' salty mix	Trail mix
Granola bars	Cereal bars
Rice krispy treats	String cheese
Muffins	Goldfish
Chewy fruit snacks	Baked Stix O' Cheese
Yogurt – squeeze packs are great!	100 calorie packs – varieties
Fresh fruit	Fresh produce
Baked chip – varieties	Pretzels
Crackers and cheese	Dry cereal
Animal crackers	Whales
Popcorn	
APPROVED DRINKS	
Ragin' Waters by Capri Sun	100% juice drinks
Flavored water	

Well SAT NS3: Regulates food and beverages sold in a la carte. No competitive foods or beverages are sold during the school day.

WellSAT NS4: Regulates food and beverages sold in vending machines. No competitive foods or beverages are sold during the school day.

WellSAT NS5: Regulates food and beverages sold in school stores. No competitive foods or beverages are sold during the school day.

WellSAT NS6: Addresses fundraising with food to be consumed during the school day. No competitive foods or beverages are sold during the school day.

WellSAT NS9: Regulates food and beverages served at class parties and other school celebrations in elementary schools. QUE will provide parents at the beginning of the year a list of allowable party foods that meet the Smart Snack standards.

WellSAT NS10: Addresses nutrition standards for all food and beverages served to students after the school day, including, before/after care on school grounds, clubs, and after school programming. All snacks in the after school program at QUE meet the Smart Snack standards.

WellSAT NS13: Addresses availability of free drinking water throughout the school day. Students and Staff will have access to free, safe, and fresh drinking water throughout the day.

Commitment to Health Education

QUE will:

- Provide instructions that meet 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.

WellSAT SM1: Assures compliance with USDA nutrition standards for reimbursable school meals. Meals served through Quitman School District's food services program will comply with the national School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served.

www.usda.gov

WellSAT SM2: Addresses access to the USDA School Breakfast Program. QUE will provide breakfast through the USDA School Breakfast Program.

WellSAT SM3: District takes steps to protect the privacy of students who qualify for free or reduced priced meals. All students at QUE eat free and are given a code to enter at the cash register.

WellSAT SM6: Specifies strategies to increase participation in school meal programs. QUE does not allow any competitive foods in the cafeteria or the school.

WellSAT SM7: Addresses the amount of "seat time" students have to eat school meals. After obtaining food, students will have at least 10 minutes of "seat time" for breakfast and at least 20 minutes of "seat time" for lunch.

WellSAT SM8: Free drinking water is available during meals. Free water is available in the cafeteria during meal times.

WellSAT SM9: Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards. All school nutrition program directors, managers and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. These school nutrition personnel will refer to USDA's Professional Standards for School Nutrition Standards website to search for training that meets their learning needs.

QUE will:

- QSD CN staff follow HACCP principles for all school meals prepared in the cafeterias and implement a food safety program based on HACCP principles for all school meals, as required by the U.S. Department of

Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs and ensure that the food service permit is current for the school site. HACCP Principles for K-12 schools can be downloaded at: <http://www.nfsmi.org/ResourcesOverview.aspx?ID=151>.

- Develop a food safety education plan for all staff and students, consistent with Fight Bae® (www.fightbac.org) and other national standards for safe food handling at home and in school.
- Ensure that all staff has viewed the video developed by the Office of Healthy Schools to support food safety on the school campus. For compliance with the Nutrition Standards all staff must complete and sign pre and posttest developed by the Office of Healthy Schools and maintain documentation of completion. The video, Pre/Post Test and answer guide can be found at the following links: <http://origin.k12.ms.us/Everyone/FoodSafety/FoodSafetyfiles/Default.htm>, http://healthyschoolsms.org/ohsmain/documents/PreandPostFoodSafetyTest_000.doc, <http://healthyschoolsms.org/ohsmain/documents/PreandPostTestAnswerGuide000.doc>
- All school personnel (school board members, administrators, teachers, school nurses, instructional and health services paraprofessionals, foodservice staff, custodians and facilities managers, and administrative support staff) will receive copies of the Local School Wellness Policy to include food safety policies and procedures and relevant professional development.
- Have adequate access to hand-washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.
- All QUE staff are instructed on the proper method and importance of handwashing.
- The food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances. All staff will receive instructions to support food safety on the school campus annually.

Commitment to Physical Activity/Physical Education

WellSAT PEPA1: There is a written physical education curriculum for grades K-12. QUE follows the 2013-2014 Mississippi Physical Education Curriculum for K-12.

WellSAT PEPA 2: The written physical education curriculum for each grade is aligned with national and/or state physical education standards. The physical education curriculum for grades 3-5 are aligned with the 2013-2014 Mississippi Physical Education Framework for K-12.

WellSAT PEPA3: Physical education promotes a physically active lifestyle. QUE will provide physical education that fosters lifelong habits of physical activity.

WellSAT PEPA 4: Addresses time per week of physical education instruction for all elementary school students. All elementary school students will receive 60 minutes per week of physical education instruction throughout the school year. Also, all elementary students will receive 120 minutes of recess per week.

WellSAT PEPA 7: Addresses qualifications for physical education teachers for grades K-12. Physical education for grades 3-5 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.

WellSAT PEPA 8: Addresses providing physical education training for physical education teachers. The school district will provide the QUE physical education teacher with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.

WellSAT PEPA 9: Addresses physical education exemption requirements for all students. QUE will not allow students to be exempt for required physical education class time.

WellSAT PEPA 10: Addresses physical education substitution for all students. There will be no substitutions allowed for the physical education time requirement.

WellSAT PEPA 13: Addresses recess for all elementary school students. QUE will provide at least 20 minutes of active daily recess to all elementary school students.

WellSAT PEPA 14: Addresses physical activity breaks during school. QUE teachers will provide at least one physical activity break such as <https://lessonplans.movetoearnms.org> for every 60 minutes of academic instruction daily.

QUE 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.
- 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.
- Meet the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369). Links to resources to aid policy development and Office of Healthy Schools website <http://www.mde.k12.ms.us/healthy-schools>
- Participate in Red Ribbon week annually and activities will be performed in PE classes.

Commitment to a Quality Physical Environment

QUE will:

- Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance to Mississippi State Fire Code). Ensure that all exit signs are illuminated and clearly visible.
- Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet www.msdssearch.com).
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety (www.cpsc.gov); for federal guidelines for playground safety.
- Ensure that fire extinguishers are inspected each year and properly tagged.
- Complete yearly maintenance of the heating and cooling system in your school; check coils, filters, belts, etc. in order to maintain safe operation and healthy air quality.
- Conduct at least one emergency evacuation drill per month.
- Every school will have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school.
- Ensure that two means of egress are available in each classroom in case of an emergency; if there is only one door, designate a window (properly sized) as a means of egress.
- Never use extension cords as a permanent source of electricity anywhere on a school campus.
- Comply with the applicable rules and regulations of the State Board of Education in the operation of its transportation program (in accordance with the MS Code 37-41-53; State Board of Education Policies 7903, 7904, and 7909; and Accreditation Standard #29).
- Inspect all buses on a quarterly basis and ensure that they are well maintained and clean.

- Require that all bus drivers have a valid bus driver certificate and a commercial driver's license and operate 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) U); 37-11-5, 49 and 45-11-101; and Accreditation Standard #29).
- Provide facilities that are clean.
- Provide facilities that are safe.
- Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions.
- Provide operational facilities that are equipped and functional to meet the instructional needs of students and staff (in accordance with the Mississippi School Design Guidelines at <http://www.edi.msstate.edu/guidelines/design.php>)
- Provide air conditioning in all classrooms, Code §37-17-6(2) (2000). Comply with the requirements for Safe and Healthy Schools
- Maintain a comprehensive School Safety Plan on file that has been approved annually by the local school board. (MS Code 37-3-81 and 37-3-82(2); and Accreditation Standard #37.1); see the School Safety Manual and the MDE School Occupational Safety and Crisis Response Plan at: <http://www.mde.k12.ms.us/safe-and-orderly-schools/school-safety>
- State Board Policy EBB (1990) prohibits the possession of pistols, firearms or weapons by any person on school premises or at school functions. Code §37-11-18 (1996) requires any student who possesses a knife, a handgun, other firearm or any other instrument considered to be dangerous and capable of causing bodily harm or who commits 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.
- Provide professional development on vaping by the Mississippi Vaping Free Coalition by Pamela Prestage.

Commitment to Quality Health Services

QUE 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)
- Ensure that our school nurse will implement chronic health conditions awareness once per month and teachers will integrate these chronic health conditions into their lessons once per month for all students to learn and acknowledge.
- Provided a professional development by Eddie Ivy on how to properly administer first aid to different types of wounds.

Commitment to Providing Counseling, Psychological and Social Services

QUE 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 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.
- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
- Ensure that all school guidance counselors provide comprehensive counseling services such as:
 - Academic and personal/social counseling
 - Student assessment and assessment counseling.
 - Career and educational counseling.
 - Individual and group counseling.
 - Crisis intervention and preventive counseling.
 - Provide all licensed teachers and principals with in-service suicide prevention training as directed by MS Code 37-3-101.
 - Referrals to community agencies.
 - Educational consultations and collaborations with teachers, administrators, parents and community leaders.
 - Education and career placement services.
 - Follow-up counseling services.
 - Conflict resolution.
 - Other counseling duties or other duties as assigned by the school principal.
 - Counselor's Corner to all students once a month.
 - Social and emotional awareness once per month and teachers will integrate these SEL conditions into their lessons once per month for all students to learn and acknowledge.

Commitment to Family and Community Involvement

QUE will:

- Provide opportunities for Parent Teacher conferences four times a year.
- Invite family members to our Parent Teacher Organization.
- Invite parents and the community members to participate in school health planning by serving on the local School Health Council.
- Provide Grandparents Day program, Veterans Day program, Thanksgiving/Native American program and Christmas programs throughout the year and invite the community.
- Elective teachers provide monthly instructions during their classes, such as, Hispanic Heritage month, Mississippi Musicians, Black History month and Women's History.

Commitment to Employee Wellness Promotion and Marketing

WellSAT WPM1: Encourages staff to model healthy eating and physical activity behaviors.

School staff members will be encouraged to model healthy eating and physical activity behaviors.

WellSAT WPM2: Addresses strategies to support employee wellness. An employee wellness plan will be developed to meet the needs of school staff.

WellSAT WPM3: Addresses using physical activity as a reward. Teachers may use non-food alternatives as rewards. For example, extra recess may be provided when time allows an agreement by principal.

WellSAT WPM4: Addresses physical activity not being used as a punishment. Students at QUE will not be required to engage in physical activity as punishment.

WellSAT WPM5: Addresses physical activity not being withheld as a punishment. The administration believes that recess and other opportunities for physical activity are an essential part of the school day. Teachers are encouraged to find alternatives to withholding recess or other physical activities as a punishment but this does happen in some cases.

WellSAT WPM6: Specifies marketing to promote healthy food and beverage choices. The healthiest choices, such as salads and fruits, will be prominently displayed in the cafeteria to encourage students to make healthy choices.

WellSAT WPM7: Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards. School-based marketing shall be consistent with Smart Snacks nutrition standards.

WellSAT WPM8: Specifically addresses marketing on school property (e.g., signs, scoreboards, sports equipment). Display and advertising of unhealthful foods is strongly discouraged on school grounds.

WellSAT WPM9: Specifically addresses marketing on educational materials (e.g., curricula, textbooks, or other printed or electronic educational materials). Criteria for selecting educational materials for the classroom shall be expanded to include review of advertising content. Every effort will be made to select materials free of brand names/logos and illustrations of unhealthy foods.

WellSAT WPM10: Specifically addresses marketing where food is purchased (e.g., exteriors of vending machines, food and beverage cups and containers, food display racks, coolers, trash and recycling containers, etc.). An effort will be made to remove advertising from the cafeteria. Existing vending machines and coolers with logos will be replaced when possible.

WellSAT WPM11: Specifically addresses marketing in school publications and media (e.g., advertisements in school publications, school radio stations, in-school television, computer screensavers, school-sponsored Internet sites, and announcements on the public announcement (PA) system). Schools will attempt to limit advertising of unhealthy products in school publications. All ads should be approved by the principal before being printed or included on the school website.

WellSAT WPM12: Specifically addresses marketing through fundraisers and corporate-sponsored programs (e.g., fundraising programs that encourage students and their families to sell, purchase, or consume products and corporate incentive programs that provide funds to schools in exchange for proof of purchases of company products, such as Box Tops for Education). : It is recommended that schools avoid participation in fundraising that promotes a message inconsistent with our goals for a healthy school community.

QUE will:

- 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 positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events (e.g., school registration, parent- teacher conferences, PTA meetings, open houses, health fairs, teacher in-services, and other events).

WellSAT IEC2: Addresses how all relevant stakeholders (parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrator, and the general public) will participate in the development, implementation, and periodic review and update of the local wellness policy. Parents, students, representatives of the school food authority, PE teachers, school health professionals, the school board, school administrators, and the general public will have the opportunity to be included in the development, implementation, review and update of the wellness policy.

WellSAT IEC3: Identifies the officials responsible for the implementation and compliance of the local wellness policy."The Superintendent or designee shall ensure compliance with established district wide nutrition and physical activity policies. In each school, the building administrator or designee shall ensure compliance.

WellSAT IEC4: Addresses making the wellness policy available to the public. All public schools will promote their local wellness policy to faculty, staff, parents, and students. A copy shall be posted on each school's website.

WellSAT IEC5: Addresses the assessment of district implementation of the local wellness policy at least once every three years.

The Advisory Council shall conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool-Implementation (WellSAT-I) or the School Health Index.

WellSAT IEC6: Triennial assessment results will be made available to the public and will include: 1. The extent to which schools under the jurisdiction of the LEA are in compliance with the local school wellness policy; 2. The extent to which the LEA's local school wellness policy compares to model local school wellness policies; 3. A description of the progress made in attaining the goals of the local school wellness policy. The triennial progress report will be posted on the district website.

WellSAT IEC7: Addresses a plan for updating policy based on results of the triennial assessment. Every two-three years, the wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly.

WellSAT IEC8: Addresses the establishment of an ongoing school building level wellness committee. This may also be called a school health team, school health advisory committee, or similar name. The school wellness committee at QUE meets at least three times per year.

QUE 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.
- Establish and support a School Health Council (SHC) that addresses all aspects of a coordinated school health program, including a school wellness policy (Mississippi Code of 1972 Annotated, Section 37-13-134).
- Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.

- Prepare and submit a yearly report to the school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.

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