

QUITMAN HIGH SCHOOL  
WELLNESS POLICY  
2023 - 2024  
UPDATED April, 2023

School Board  
Approved  
JUN 13 2023  
Quitman School  
District

***Whole School, Whole Community, Whole Child***



**Whole School, Whole Community, Whole Child**, provides focus on health issues and the opportunity to successfully implement quality school health programs that provide opportunities for all children to be fit, healthy and ready to succeed

## WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD

### **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 kid's 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 in Quitman High School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff in Quitman High School are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, Quitman 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.

## Commitment to Nutrition

- Offer a school lunch and breakfast programs 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 EE-2E).
- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code EEH).
- 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), [www.healthyschools.ms.gov/MSHealthyStudentsAct.htm](http://www.healthyschools.ms.gov/MSHealthyStudentsAct.htm).
  - Healthy food and beverage choices
  - Healthy food preparation
  - Marketing of healthy food choices to students and staff
  - Food preparation ingredients and products
  - To the extent possible school and transportation schedules shall be designed to encourage participation in school meal programs.
  - Offer free portable drinking water in the cafeteria during meal times.
  - Students and staff will have access to free, safe and fresh drinking water throughout the school day (water fountains, water from home etc.)
  - The cafeteria only sells USDA Smart Snack approved foods and drinks
  - The school does not sell competitive food or beverages on campus, including vending machines or food related fundraisers, before, during, or after school
  - Snacks served in after-school meet the requirements of the USDA Smart Snacks program
  - The school will encourage non-food rewards for academic or behavior achievements
  - Healthy food preparation: Child Nutrition (CN) staff prepares recipes in line with “The Dietary Guidelines for Healthy Americans”.
  - Marketing of healthy food choices to students, staff and parents: QHS does not allow the marketing of unhealthy food items on campus.
  - Fresh, locally grown foods will be included in school meals whenever possible
  - Food preparation ingredients and products: QSD CN staff utilize recipes and food items that are lower in sodium and trans fats for meal preparation
  - 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: QHS does not allow students access to food items during the breakfast or lunch other than what is being served in the cafeteria.
  - CN staff decorate the dining room seasonally and do student promotions throughout the school term to increase participation in USDA meal programs.



- 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.
- 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 incentive). Parents are provided a list of approved snacks that students can bring on campus (during school hours) parties or snacks.
- Establish guidelines in accordance with USDA Smart Snacks in Schools for the sale of food items for fundraising.
- Use Smart Snack Resources to educate the school community about the importance of offering healthy snacks for students and staff members  
<http://www.lfns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks> Smart Snacks Product Calculator
- The Alliance for 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.  
<http://www.healthiergenerations.org/>

Through the Community Eligibility Program (CEP) all Quitman High School students will receive free meals for breakfast and lunch.

With the school on the CEP program, this eliminates any potential for unpaid meal balances which might cause the stigmatizing of a student

Parents and guardians are notified at the beginning of the school year that the district participates in the CEP program and that their child will receive free meals. Prior to the district's participation in the CEP program, applications were given to ALL students to take home for the parent/guardian to complete and return to school.

Establish guidelines in accordance with the Mississippi Beverage and Snack Regulations for all foods available on the school campus during the school day and after school programs, with the objective of promoting student health and reducing childhood obesity. (see 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 School website at <http://www.mdek12.org/OHS>)

### Commitment to Food Safe Schools

- QSD CN staff follow HACCP principles for all school meals prepared in the cafeterias, 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.
- All foods served to students, outside of the school cafeteria, shall come from approved vendors with a current Health Inspection.
- Develop a food safety education plan for all staff and students, consistent with Fight Bae® ([www.fightbac.org](http://www.fightbac.org)) and other national standards for safe food handling at home and in school. All staff will receive instructions to support food safety on the school campus annually. 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 Health Schools website at [www.mdek12.org/OHS](http://www.mdek12.org/OHS)
- All school personnel will have access to copies of the Local School Wellness Policy to include food safety policies and procedures and relevant professional development. Examples of professional development include, but are not limited to, the video developed by the Office of Healthy Schools and Eating Safely at School,
- Adequate access to handwashing 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.

### Commitment to Physical Activity/Physical Education

- 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, focusing on personal fitness.
- Instruction must be based on the 2006 Mississippi Physical Education Framework. Instruction will be given by certified teacher(s) endorsed to teach physical education. All physical education teachers will have the opportunity for professional development each year.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.
- Address concussion 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). The 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 the regular school athletic season. (House Bill 48) Links to resources to aid policy development and Office of Healthy Schools website: [https://www.cdc.gov/headsup/youths\\_ports/index.html](https://www.cdc.gov/headsup/youths_ports/index.html)  
<http://www.mde.k12.ms.us/ohs/home>

- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- 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 Comprehensive Health Education

- Provide 1/2 Carnegie unit of comprehensive health education for graduation (2004 Mississippi Public School Accountability Standard 20, Appendix A).
- Instruction must be based on the 2006 Mississippi Comprehensive Health Framework for grades 9-12 (2004 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.
- Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.

### Commitment to a Healthy School Environment

- 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 [www.msdssearch.com](http://www.msdssearch.com)).
- 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.
- Ensure that two means of egress are available in each classroom in case of an emergency; if there is only one door, designate a window (properly sized) as a means of egress.
- Never use extension cords as a permanent source of electricity anywhere on a school campus.
- Comply with the applicable rules and regulations of the State Board of Education in the operation of its transportation program (in accordance with the MS Code 37- 41- 53; State Board of Education Policies 7903, 7904, and 7909; and Accreditation Standard #35).

- Inspect all buses on a quarterly basis and ensure that they are well maintained and clean.
- Require that all bus drivers have a valid bus driver certificate and 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 #36).
- Provide facilities that are clean.
- Provide facilities that are safe.
- Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions.
- Provide operational facilities that are equipped and functional to meet the instructional needs of students and staff (in accordance with the Mississippi School Design Guidelines at [www.edi.msstate.edu](http://www.edi.msstate.edu)).
- 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.healthyschoolsms.org/healthyschoolenvironment/schoolsafety.html> .
- 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- 1 8 (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.
- Ensure all school nurses are working under the guidelines of the Mississippi School Nurse Procedures and Standards of Care.
- Offer comprehensive health services for students in grades K-12, through the employment of school nurses, as a means to academic success.
- 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).

### Commitment to Providing Counseling, Psychological and Social Services

- Adhere to the details outlined in the Licensure Guidelines (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.
- Provide at a minimum, a ½ time licensed guidance counselor for high school and ensure that all elementary school students have access to qualified student support personnel such as: guidance counselors, social workers, nurses, psychologists, psychometrists, and others (as required by the Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2).
- Hire school guidance counselors with a minimum of a Master's Degree in Guidance and Counseling, or in an emergency situation, an appropriate certification as determined by the Commission on Teacher and Administrator Education, Certification and Licensure and Development.
- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
- Ensure that all school guidance counselors provide comprehensive counseling services such as:
  - Academic and personal/social counseling
  - Student assessment and assessment counseling
  - Career and educational counseling
  - Individual and group counseling
  - Crisis intervention and preventive counseling
  - Referrals to community agencies
  - Educational consultations and collaborations with teachers, administrators, parents and community leaders
  - Education and career placement services
  - Follow-up counseling services
  - Conflict resolution
  - Other counseling duties or other duties as assigned by the school Principal



## Commitment to Family and Community Involvement

- Provide resources and training to parents on health-related topics, parenting skills, child development, and family relationships.
- Use the Family and Community Involvement Packet documents to promote health and wellness among families and communities – <http://www.mde.k12.ms.us/healthy-school/family-and-community-service> - Click on Resources, train and involve family and community members as volunteers for teaching certain health units.
- Use the Best Practices Shared Use Agreement Toolkit to build support for a shared use agreement- <http://www.mde.k12.ms.us/ohs/home> -Can be found under What's New
- Encourage health education skill-building activities at home by including homework for health instruction, personal goal setting for healthy behaviors, and other health education-related activities.
- Encourage regular family mealtimes that include healthy choices.
- Schedule school health fairs and invites that include healthy choices.
- Update parent on school health successes through monthly newsletters and/or email.
- Plan Healthy Fundraisers and Healthy School Celebrations.
- Plan Healthy Rewards for students and encourage parents to do the same.

## Commitment to Implementing a Quality Staff Wellness Program

- 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 .
- 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](http://www.MyActiveHealth.com/Mississippi)
- Encourage after school health and fitness sessions for school staff.
- 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.
- Coordinate school employee wellness activities with student health-promotion activities.
- Coordinate Staff Wellness events and activities with state and national health observances throughout the year.

## Commitment to Marketing a Healthy School Environment

- 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.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school, events (e.g., school registrations, parent-teacher conferences, PTA meetings, open houses, health fairs, teacher in-services, and other events).
- Eliminate advertising or promoting unhealthy food choices on the school campus.
- Create awareness of the link between the health of students and academic performance.
- Prepare media releases that share successes to local newspapers.

## Implementation

### Goals for 2023 -2024

The Quitman 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.
- 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 at <http://www.mdek12.ms.us/ohs/home> -Click on Resources
- 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.