

Quitman Junior High School School Wellness Policy 2023-2024

School Board
Approved
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Quitman School
District

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD



Revised: March, 2023

Wellness Policy

Quitman Junior High School

Rationale:

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

Goal:

All students in Quitman Junior High School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members in Quitman Junior High School 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, the Quitman Junior 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.

In determining these goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, the Quitman junior High School Health Council has reviewed and considered evidenced-based strategies.

Nutrition Environment and Services

The Quitman Junior High School will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture (USDA) and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Offer school breakfast and snack programs (where approved and applicable) with menus that meet the meal patterns and nutrition standards established by the USDA and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Promote participation in school meal programs to families and staff by sending out monthly menus and website information.
- 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).
- All cafeteria/food service staff will meet or exceed professional develop training 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).
- 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;
 - Offer free potable 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 school does not sell food or drinks outside of the cafeteria;
 - 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;
 - Marketing of healthy food choices to students, staff and parents;
 - Fresh, locally grown foods will be included in school meals whenever possible;
 - 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. (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 Schools website at <http://www.mdek12.org/OHS>).
- 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).

- 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.
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
Smart Snacks Product Calculator:
- The Alliance for a Healthier Generation Smart Snacks Product Calculator is an effective online instrument that has been determined by the USDA, Food and Nutrition Service to be accurate in assessing product compliance with the federal requirements for Smart Snacks in Schools. The calculator can be used for food and beverage products. <https://www.healthiergeneration.org/>
- Through the Community Eligibility Program (CEP), all Quitman Junior 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 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 the school.

Food Safe School

The Quitman Junior High School will:

- Implement a food safety program based on HACCP principles for all school meals, as required by the USDA and the Mississippi Department of Education, Office of Child Nutrition Programs and ensure that the food service permit is current for the school sites. HACCP Principles for K-12 schools can be downloaded at: <http://www.nfsmi.org/ResourcesOverview.aspx?ID=151>
- Develop a food safety education plan for all staff and students, consistent with Fight Bac® (www.fightbac.org) and other national standards for safe food handling at home and in schools.
- Ensure that all staff has received instructions to support food safety on the school campus. Food Safety resources have been developed by the Office of Child Nutrition to assist with the training of school staff members. These resources, which include a training power-point presentation, food Safety Post Test and Food Safety Post Test Answer Key can be found on the Office of Healthy Schools website at www.mdek12.org/OHS.
- 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.
- All foods served to students, outside of the school cafeteria, shall come from approved vendors with a current Health Inspection.
- The food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances.

- Encourage students to make food choices based on the **Healthy Hunger-Free Kids Act of 2010 (HHFKA)** and the **ChooseMyPlate** resources, by emphasizing menu options that feature baked (rather than fried foods), whole grains, fresh fruits and vegetables, and reduced-fat dairy products. Read more about HHFKA at <http://www.choosemyplate.gov/>
- Establish a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students.

Physical Education/Physical Activity

The Quitman Junior High School will:

- Provide 150 minutes per week of activity-based instruction for all students in grades 6-8 (in accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference -2014 Mississippi Public Schools Accountability Standards 27.1.
- Provide Physical Education/Activity in accordance with the Physical Education Rules and Regulations as approved by the State Board of Education in compliance with the Mississippi Healthy Students Act (State Board of Education Policy 4012).
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment, focusing on personal fitness.
- Instruction must be based on 2013-2014 Mississippi Physical Education Frameworks.
- 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;
- All students are encouraged to participate in a physical education class/program unless there is a scheduling conflict. Examples would include substituting P.E. for band, chorus, athletics, etc.
- Physical activity clubs, groups, teams, etc. will be available during and outside of normal school hours;
- Physical activity breaks will be provided every 60 minutes, or less, of academic instruction;
- The school has developed joint agreements with community partners to provide expanded physical activity opportunities for students and community members;
- The district promotes walking and biking to school for students living within a one-mile radius of each school campus;
- Staff is encouraged to use physical activity as a reward for students but not as punishment;
- Physical activity will not be withheld from students for poor behavior or incomplete classwork;
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Address concussions by adopting and implementing a policy for students in grades 7-12 who participate in activities sanctioned by the Mississippi High School Activities Association (MHSAA). This policy will include a concussion recognition course that has been endorsed by the Mississippi Department of Health. This course will provide information on the nature and risk of concussions for students participating in athletics. Also included in the policy, parents/guardians will be provided with a concussion policy before the start of regular school athletic season. (House Bill 48)

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./OHS>

STATE REQUIREMENTS MONITORED BY THE OFFICE OF HEALTHY SCHOOLS

Health Education

The Quitman Junior High School will:

- Implement the requirements of the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades K-8.
- Instruction must be based on the Mississippi Contemporary Health for grades K-8.
- Students will receive nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
- Nutrition lessons will be designed for integration into the curriculum and the health education program.
- Teachers will be encouraged to integrate nutrition education into other curriculum at the school across all grade levels.
- Nutritional education occurs in a daily/weekly classroom setting.
- 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.

Health Services

The Quitman Junior High School:

- 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)
- The school nurse should attend at least one MDE sponsored training each school year.
- The school nurse should submit health services data on the 10th of each month for the previous month.
- Optimize the provision of health services with a school nurse-to-student ratio of 1:750 for students in the general population.
- Offer comprehensive health services for students in grades 6-8, 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).

Counseling, Psychological and Social Services/Social and Emotional Climate

The Quitman Junior High School will:

- Adhere to the details outlined in the Licensure Guidelines (436 or 451) when hiring guidance counselors and psychologists. The state does not have a policy specifically outlining the requirements for a school social worker. For licensure as a social worker in the state of Mississippi, a candidate must: provide verification of a baccalaureate degree in social work from a college or university accredited by the Council on Social Work Education (CSWE) or Southern Association of Colleges and Schools (SACS) and scores a minimum of 70 on the ASWB basic exam.
- Abide by Mississippi Code 37-9-79 (Amended 2014) as the school provides for counseling and guidance for students.
- Hire school guidance counselors with a minimum of a master's degree in Guidance and Counseling, or in an emergency situation, an appropriate certification as determined by the Commission on Teacher and Administrator Education, Certification and Licensure and Development. MS Code 37-9-79 – (Amended 2014-Senate Bill 2423)
- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
- Ensure that all school guidance counselors provide comprehensive counseling services such as:
 - Academic and personal/social counseling.
 - Student assessment and assessment counseling.
 - Career and educational counseling.
 - Individual and group counseling.
 - Crisis intervention and preventive counseling.
 - Beginning with the 2017-2018 school year, the State Department of Education shall require that local school districts conduct in-service training on suicide prevention education for all school district employees. Thereafter, only new employees are required to have training.
The Mississippi Department of Mental Health will be responsible for developing the content of the training (HB 263).
 - 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

- Offer counseling and other mental health services such as referrals to community health professionals.
- Hire qualified counselors who will address the mental health, academic, and career needs of students in the school setting.

Family Engagement and Community Involvement

The Quitman Junior High School will:

- Invite parents and community members to participate in school health planning by serving on the local School Health Council.
- The School Wellness Policy will be available for family and community members in the front office and on the QSD's website.
- Establish methods to inform and update the public regarding the LSWP and the assessment of the LSWP.
- Invite family or community members to eat a meal at school.
- Offer counseling, group assessments, interventions and other mental health services, as well as referrals to community health professionals.
- Hire qualified counselors who will address the mental health, academic, and career needs of students in the school setting.
- The Quitman School District will post the triennial progress report with regards to the Wellness Policy on its website.
- Every three (3) years, the Wellness Committee will review the latest national recommendations pertaining to school health and will update the Wellness Policy accordingly.

Employee Wellness

The Quitman Junior High School will:

- Make as a **Requirement** that all staff are aware of the Mississippi State and School Employees' Health Insurance Plan that has been enhanced to include **My Active Health**, a wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit – <http://www.MyActiveHealth.com/Mississippi>
- School administrators will review and encourage staff to model healthy eating and physical activity behaviors.

Marketing a Healthy School Environment

The Quitman Junior High School will:

- Eliminate advertising, marketing, 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.

- Every effort will be made to select materials free of brand names, logos, and illustrations of unhealthy foods and beverages.
- Advertising of any food or beverage that may not be sold on campus during the school day is prohibited.
- Advertising of any brand on containers used to serve food or beverages or in areas where food is purchased is prohibited.
- The district will not expose students to food marketing of any kind, including school publications and media outlets.
- The school discourages participation in fundraising events or incentive programs that do not align with the school Wellness Policy.
- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
- Use school announcement systems to promote health messages to students.
- Create awareness of the link between the health of students and academic performance.

Implementation

The Quitman Junior High School will:

- A plan for implementation of the school wellness policy has been established.
- The School Wellness Committee meets at least quarterly throughout the school year.
- Designate one or more persons to ensure that the school wellness policy is implemented as written. The Quitman Junior High School designates the school principal and school nurse for this purpose.
- 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 to update and modify the program as appropriate.
- 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.org/OHS>

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- (1) Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

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