

Quitman Lower Elementary Wellness Policy 2023/2024

School Board
Approved
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Quitman School
District



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(Revised)

Office of Healthy Schools



Quitman Lower Elementary School Wellness Policy

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 Lower Elementary School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members in Quitman Lower Elementary 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 Lower Elementary 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 Lower Elementary School Health Council has reviewed and considered evidenced-based strategies.

Nutrition Environment and Services

The Quitman Lower Elementary School will:

- Will provide all students with free breakfast and lunch provided through the USDA National School Lunch Programs. Letters will be sent home to all families at the beginning of the year and be available to view on the district website.
- Offer a school lunch program with menus that meet the meal patterns, nutrition standards, and calorie requirements for Pre-K-2nd grade established by the U.S. Department of Agriculture (USDA) and the Mississippi Department of Education, Office of Child Nutrition Programs, as specified in 7 CFR 210.10 and 220.8. (<https://www.govinfo.gov/app/details/CFR-2011-title7-vol4/CFR-2011-title7-vol4-sec210-10>) (<https://www.govinfo.gov/app/details/CFR-2011-title7-vol4/CFR-2011-title7-vol4-sec220-8>)
- Offer a school breakfast program with menus that meet the meal patterns, nutrition standards, and calorie requirements for Pre-K-2nd grade established by the U.S. Department of Agriculture (USDA) and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Use USDA smarter lunch room tools and other resources available on the USDA website.
- Morning bus routes will be scheduled to allow students to arrive at school in time to eat breakfast.
- After obtaining food, students will have at least 20 minutes to eat lunch.
- Shall provide periodic food promotions to encourage taste testing of healthy new foods being introduced on the menu.
- Promote participation in school meal programs to families and staff
- 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.
- 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).
- Discourage the consumption of competitive foods in place of meals by limiting competitive food choices and prohibiting outside competitive foods to be brought into the lunch during meal times.
- Free water will be available in the cafeteria during meal times. Students will also have access to free, safe, and fresh drinking water throughout the school day. Water fountains and water bottle filling stations are available to students and staff throughout the school building.
- Snacks served to students during after school programs will meet the same Smart Snack Standard and foods served during the school day.
- 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. (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>)
- The district will regulate all food and beverages served during classroom activities. (e.g. in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Only water, milk, and 100% juice will be offered to students during the school day.
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthy foods for fundraising programs. The sale of candy and other foods and beverages that do not meet the Smart Snacks Standards are prohibited from being sold as fundraisers during the school day.
- All food items served or offered (for sale) to students during the school day (from the midnight prior, to 30 minutes after the end of the official school day) will meet all federal, state, and local standards for all nutrient and competitive food guidelines.
- 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/>

- Here are the school's guidelines for snacks and beverages on campus.
 - ❖ A list of healthy snack options has been developed and will be distributed to all parents and teachers at QLE.
 - ❖ In lieu of birthday celebrations, we will celebrate all birthdays from the month at the end of that month as a group. A snack will be provided by the school. This option will cut down on the massive amounts of cupcakes that come into the building for birthday celebrations.
- Eliminate use of food as rewards for student accomplishment and the withholding of food as punishment (e.g., restricting a child's selection of flavored milk at mealtime due to behavior problems). Also, do not use any type of physical activity as a means of punishment.
- Provide nutrition lessons integrated into the curriculum and the health education program and taught at every grade level (Pre-K- 2nd grade). This will provide the knowledge and skills necessary to promote health.
- Provide nutrition education by intergrading into the broader curriculum, where appropriate.
- Ensure the school environment be aligned with healthy school goals to positively influence a student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home.

Food Safe Schools

- Implement a food safety program based on HACCP principles for all school meals, as required by the USDA and the Mississippi Department of Education, Office of Child Nutrition Programs and ensure that the food service permit is current for the school sites. HACCP Principles for K-12 schools can be downloaded 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 8 presentation, food Safety Post Test and Food Safety Post Test Answer Key can be found on the Office of Healthy Schools website at <http://www.mdek12.org/OHS>
- QLE will have all school staff view a food safety video at staff in-service.
- Nutrition program directors, managers, and staff will meet hiring and annual continuing education/training requirement 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.
- School meals will include fresh, locally-grown foods in school meals from farms engaged in sustainable practice whenever possible and these foods will be promoted in the cafeteria.

- 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.
- All foods served to students, outside of the school cafeteria, shall come from approved vendors with a current Health Inspection.

Physical Education/Physical Activity

The Quitman Lower Elementary School will:

- Provide Physical Education/Activity in accordance with the Physical Education Rules and Regulations as approved by the State Board of Education in compliance with the Mississippi Healthy Students Act (State Board of Education Policy 4012).
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment, to promote skills needed for lifelong physical fitness.
- Require Instruction to be based on 2013-2014 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369) which require 45 minutes per of physical education instruction as defined by the State Board of Education for Pre-K-8th grade.
- Physical education for grades k-12 is required to be taught by a certified/licensed teacher who is endorsed to teach physical education.
- Provide all physical education teachers with annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.
- Not allow students to be exempt for required physical education class time. This does not include exemptions due to disability, religious, or medical reasons.
- Shall provide at least 20 minutes of daily recess to all students.
- Incorporate 5 to 10-minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (Examples can be found at www.movetolearnms.org)
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- Shall encourage teachers to find alternatives to withholding recess or other physical activities as a punishment.

Physical Environment

Quitman Lower Elementary School will:

- Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code). Ensure that all exit signs are illuminated and clearly visible.
- Ensure that all chemicals are stored properly (in accordance with the Material Safety data Sheet 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.
- Anti-bullying policy that outlines procedures for dealing with bullying situations in the school. (See Attached)
- 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 busses at their designated school sites prior to the start of the instructional day.
- Conduct bus evacuation drills at least two times each year. (SB Policy 7904)
- Provide facilities that meet the criteria of: (MS Code 37-7-301 (c) (d) (j); 37-11-5, 49 and 45-11-101; and Accreditation Standard #29).
- Provide facilities that are clean.
- Provide facilities that are safe.
- Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions.
- Provide operational facilities that are equipped and functional to meet the instructional needs of students and staff (in accordance with the Mississippi School Design Guidelines at <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

STATE REQUIREMENTS MONITORED BY THE OFFICE OF HEALTHY SCHOOLS

Health Education

The Quitman Elementary School will

- Participate in USDA nutrition programs such as Team Nutrition Schools and the Healthier U.S. School Challenge. The school will conduct nutrition education activities and promotions that involve students, parents, and the community. The school team responsible for planning nutrition activities will include school foodservice staff, school nurses, health and PE teachers, coaches, and additional staff, as appropriate.
- Integrate Health Education into other subject areas. www.movetolearnms.org (Click on Lesson Plans).
- Provide Universal Precautions training and Universal Precautions Kits for all teachers, superintendents and staff.

Health Services

The Quitman lower Elementary School will:

- Ensure all school nurses are working under the guidelines of the 2013 Mississippi School Nurse Procedures and Standards of Care.
- Provide for teachers and staff training regarding signs and symptoms of asthma. (MS Code Sections 37-11-71 and 73-25-37)
- 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.
- Offer comprehensive health services for students in grades K-12, through the employment of school nurses, as a means to academic success.
- Optimize the provision of health services with a school nurse-to-student ratio of 1:750 for students in the general population.
- Collaborate with other school staff to provide health services as part of a Coordinated School Health Program.
- Work with students, parents, and local healthcare providers to effectively manage and treat chronic diseases.

- Promote healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).
- Participate in administrative claiming for reimbursement of administrative cost associated with health and medical outreach.
- Schools may seek community support that provides auto-injector epinephrine to stock emergency medication needs.

Counseling, Psychological and Social Services/Social and Emotional Climate

Quitman Lower Elementary School will:

- Adhere to the details outlined in the Licensure Guidelines (436 and 451) when hiring guidance counselors and psychologist. 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.
 - 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.

Family Engagement and Community Involvement

Quitman Lower Elementary School will:

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

Employee Wellness

Quitman Lower Elementary will:

- Ensure 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>
- Promote health and reduce risk factors through professional and staff development programs and providing information flyers and newsletters.
- Implement a healthy weight program for staff, such a Weight Watchers at Work Program®, <http://www.weightwatchers.com>
- 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.

Marketing a Healthy School Environment

Quitman lower Elementary School will:

- Provide positive, consistent, and motivation messages about healthy lifestyle practices throughout the school setting.
- Use traditional marketing materials such as posters, flyers, T-shirts, wrist bands, buttons, etc. to promote health messages to students and families
- Create awareness of the link between the health of students and academic performance.
- School based marketing shall be consistent with the Smart Snacks nutrition standards. The advertisement of foods and beverages that are not available for sale in the district schools will not be advertised on any school property. Criteria for selecting education 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.
- Will not expose students to food marketing of any kind. All advertising in school publications and school media outlets must be approved by the principal.

Implementation

Quitman Lower Elementary School will:

- Establish a plan for implementation of the school wellness policy.
- Establish and support a Wellness Committee that addresses all aspects of a coordinated school health program, including a school wellness policy (Mississippi Code of 1972 Annotated, Section 37-13-134). The committee shall meet quarterly throughout the school year.
- Encourage parents, staff, and community members to join the wellness committee.
- Designate one or more person to ensure that the school wellness policy is implemented as written.
- Ensure school and community awareness of the wellness policy by making it available on the school's website.
- Conduct a review of the progress toward school policy goals each year to identify areas for improvement using such tools as the WellSat-1 or School Health Index.
- 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.
- Use monitoring instrument, developed by the Office of Healthy School, to conduct a self-assessment that identifies strengths and weaknesses toward implementation of the minimum requirements. Monitoring instruments can be downloaded at <http://www.mde.k12.ms.us/ohs/home> - Click on Resources
- Shall update the wellness policy at least every 2 years or as needed.

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