

Choctaw County School District Ackerman Elementary School Local 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 Ackerman Elementary School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members in Ackerman 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, Ackerman 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.

Commitment to Nutrition Environment and Services

Minimum requirements:

Ackerman Elementary 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 with menus that meet the meal patterns and nutrition standards established by the USDA and the Mississippi Department of Education, Office of Child Nutrition Programs.**
- **Promote participation in school meal programs to families and staff.**
- **Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code 2001).**
- **Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code 2002).**

- **Include goals for nutrition promotion, nutrition education, physical activity and other school-based activities to promote student wellness.**
- **Implement Nutrition Standards as adopted by the State Board of Education in accordance with the Mississippi Healthy Students Act (State Board of Education Policy 4011),**
 - Healthy food and beverage choices;
 - Healthy food preparation;
 - Marketing of healthy food choices to students, staff and parents;
 - Food preparation ingredients and products;
 - Minimum/maximum time allotted for students and staff lunch and breakfast;
 - Availability of food items during the lunch and breakfast periods of the Child Nutrition Breakfast and Lunch Programs;
 - Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs.
- **Establish guidelines in accordance with the USDA Smart Snacks for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.**
- **Establish guidelines in accordance with USDA Smart Snacks in Schools for the sale of food items for fundraising.**
- **Use Smart Snacks Resources to educate the school community about the importance of offering healthy snacks for students and staff members.**
 - <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/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

Commitment to Food Safe Schools

Minimum requirements:

Ackerman Elementary 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 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 Bac® (www.fightbac.org) and other national standards for safe food handling at home and in school.**
- **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 <http://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 to include food safety policies and procedures and 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.

Optional policy statements:

Ackerman Elementary School will:

- Provide adequate time for students to eat and enjoy school meals (a minimum of 15-20 minutes at breakfast and 18-25 minutes at lunch)
- 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.gpo.gov/fdsys/pkg/FR-2013-06-28/pdf/2013-15249.pdf> and ChooseMyPlate 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.
- Make school meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go lunches, or alternate eating sites
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home.
- Add nutritious and appealing options (such as fruits, vegetables, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice, and water) whenever foods/beverages are sold or otherwise offered at school, including vending machines, school stores, concession stands at sporting and academic events, parties, celebrations, social events, and other school functions.
- Reduce use of foods 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.
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. The sale of candy as a fund-raiser is strongly discouraged.
- Provide parents, caregivers, vendors, and any other community members who provide or are likely to provide foods prepared for consumption at school events with appropriate information.

Commitment to Physical Education/Physical Activity

Minimum requirements:

Ackerman Elementary School will:

- **Provide 150 minutes per week of activity-based instruction for all students in grades Pre-K-6 (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.**
- **Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).**

Optional policy statements:

Ackerman Elementary School will:

- Schedule recess (or physical education) when possible before lunch times in order to increase food consumed, decrease plate waste, and improve cafeteria behavior.
- Encourage 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)
- Establish or enhance physical activity opportunities (like walking clubs or fitness challenges) for staff and/or parents.
- 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.
- Conduct yearly fitness testing for students in grades 3-6.

Commitment to Health Education

Minimum requirements:

Ackerman Elementary 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 through 8.**
- **Instruction must be based on the Mississippi Contemporary Health for grades K-8.**

Optional policy statements:

Ackerman Elementary School will:

- Emphasize the disease and prevention strand in the 2012 Mississippi Contemporary Health Curriculum.

- Integrate Health Education into other subject areas www.movetolearnms.org.

Commitment to Quality Health Services

Minimum requirements:

Ackerman 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. (SB 2393)**
- **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**

Optional policy statements:

Ackerman Elementary School will:

- Offer comprehensive health services for students in grades K-6, 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 1:525 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.

Commitment to Providing Counseling, Psychological and Social Services

Minimum requirements:

Ackerman Elementary School will:

- **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.**
- **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, 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.
 - ❑ 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
 - ❑ Other counseling duties or other duties as assigned by the school principal.
 - ❑ Provide teachers and administrators with health education on the topic of suicide prevention according to SB 2770.

Optional policy statements:

Ackerman Elementary School

- Provide additional services to improve students' mental, emotional, and social health.
- 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.

Commitment to Family Engagement and Community Involvement

Minimum requirements:

Ackerman Elementary School will:

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

Optional policy statements:

Ackerman Elementary School will:

- Increase PTA/PTO Membership.
- Use the Family and Community Involvement Packet documents to promote health and

wellness among families and communities –<http://www.mdek12.org/OHS/FCS> - Click on Resources

- Plan Healthy Rewards for students and encourage parents to do the same.

Commitment to Employee Wellness Program

Optional policy statements:

Ackerman Elementary 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>
- 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 health promotion programs for school staff to include opportunities for physical activity, health screenings, nutrition education, weight management, smoking cessation, and stress reduction and management.
- Encourage after school health and fitness sessions for school staff.
- Encourage employee walking teams or clubs.

Commitment to Marketing a Healthy School Environment

Optional policy statements:

Ackerman Elementary School will:

- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
- Use school announcement systems, school website, Facebook, text messaging and other social media 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 registration, parent-teacher conferences, PTA meetings, open houses, health fairs, teacher in-services, and other events).
- Work with the local newspaper, TV and radio to promote healthy lifestyles and to highlight the benefits and successes of school health initiatives.
- Create awareness of the link between the health of students and academic performance.
- Prepare media releases that share successes to local newspapers.

Commitment to Implementation

Minimum requirements:

Ackerman Elementary School will:

- **Establish a plan for implementation of the school wellness policy.**
- **Designate one or more persons to insure 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.**

Optional policy statements:

Ackerman Elementary School will:

- **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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