

Choctaw County School District

Weir Elementary School Wellness Policy

Adopted September 2017

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 Weir Elementary School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members in Weir 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 Weir 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

Minimum requirements:

Weir Elementary School will:	Person/s responsible:
<ul style="list-style-type: none">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.	Judy Black, District Food Service Director Angie Stevenson, Weir Elementary School Cafeteria Manager

<p>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</p>	<p>Judy Black, District Food Service Director</p> <p>Angie Stevenson, Weir Elementary School Cafeteria Manager</p>
<p>Promote participation in school meal programs to families and staff.</p>	<p>Judy Black, District Food Service Director</p> <p>Angie Stevenson, Weir Elementary School Cafeteria Manager</p>
<p>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).</p>	<p>Judy Black, District Food Service Director</p> <p>Angie Stevenson, Weir Elementary School Cafeteria Manager</p>
<p>Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code 2002).</p>	<p>Judy Black, District Food Service Director</p> <p>Angie Stevenson, Weir Elementary School Cafeteria Manager</p>
<p>Include goals for nutrition promotion, nutrition education, physical activity and other school-based activities to promote student wellness.</p>	<p>Judy Black, District Food Service Director</p> <p>Angie Stevenson, Weir Elementary School Cafeteria Manager</p> <p>Robbie Denson, Weir Elementary School Principal</p> <p>Shaine Talley, PE Teacher</p>
<p>• 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),</p> <ul style="list-style-type: none"> ❑ 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; 	<p>Judy Black, District Food Service Director</p> <p>Angie Stevenson, Weir Elementary School Cafeteria Manager</p> <p>Robbie Denson, Weir Elementary School Principal</p>

<ul style="list-style-type: none"> ❑ 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. 	
<p>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.</p>	<p>Judy Black, District Food Service Director</p> <p>Angie Stevenson, Weir Elementary School Cafeteria Manager</p> <p>Robbie Denson, Weir Elementary School Principal</p>

Optional policy statement:

Weir Elementary School will:	Person/s responsible:
<p>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.</p>	<p>Judy Black, District Food Service Director</p> <p>Angie Stevenson, Weir Elementary School Cafeteria Manager</p>
<p>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</p>	<p>Judy Black, District Food Service Director</p> <p>Angie Stevenson, Weir Elementary School Cafeteria Manager</p> <p>Robbie Denson, Weir Elementary School Principal</p> <p>Weir Elementary School Staff</p>
<p>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</p>	<p>Judy Black, District Food Service Director</p> <p>Angie Stevenson, Weir Elementary School Cafeteria Manager</p>

Commitment to Food Safe Schools

Minimum requirements:

Weir Elementary School will:	Person/s responsible:
<p>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:</p> <p>http://www.nfsmi.org/ResourcesOverview.aspx?ID=151</p>	<p>Judy Black, District Food Service Director</p> <p>Angie Stevenson, Weir Elementary School Cafeteria Manager</p>
<p>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.</p>	<p>Judy Black, District Food Service Director</p> <p>Angie Stevenson, Weir Elementary School Cafeteria Manager</p>
<p>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 post- test developed by the Office of Healthy Schools and maintain documentation of completion. The video and Pre/Post Test can be downloaded at:</p> <p>http://healthyschoolsms.org/ohs_main/instructionalvideo.htm</p>	<p>Judy Black, District Food Service Director</p> <p>Robbie Denson, Weir Elementary School Principal</p>
<p>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. Examples of professional development include, but are not limited to, the video developed by the Office of Healthy Schools and <i>Eating Safely at School</i>, (http://schoolhealth.nsba.org/site/docs/42400/42324.pdf) developed by the National School Boards Association</p>	<p>Judy Black, District Food Service Director</p> <p>Robbie Denson, Weir Elementary School Principal</p> <p>Glen Blaine, Assistant Superintendent</p>

<p>Adequate access to hand-washing facilities and supplies will be available <u>whenever and wherever</u> students, staff, and families prepare, handle, or consume food</p>	<p>Angie Stevenson, Weir Elementary School Cafeteria Manager</p> <p>Robbie Denson, Weir Elementary School Principal</p> <p>David McNutt, Weir Elementary Custodian</p>
<p>The food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances.</p>	<p>Judy Black, District Food Service Director</p>

Optional policy statements:

Weir Elementary School will:	Person/s responsible:
<p>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 about safe food preparation and storage.</p>	<p>Judy Black, District Food Service Director</p> <p>Angie Stevenson, Weir Elementary School Cafeteria Manager</p>

Commitment to Physical Activity/Physical Education

Minimum requirements:

Weir Elementary School will:	Person/s responsible;
<p>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 2012 Mississippi Public Schools Accountability Standards 32, Appendix B and 33).</p>	<p>Robbie Denson, Weir Elementary School Principal</p> <p>Shaine Talley, PE Teacher</p> <p>Rachel Kirk, Music Teacher</p>
<p>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).</p>	<p>Shaine Talley, PE Teacher</p>
<p>Require fitness testing for all 5th grade students.</p>	<p>Shaine Talley, PE Teacher</p>

Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.	Shaine Talley, PE Teacher
Instruction must be based on 2013-2014 Mississippi Physical Education Frameworks.	Shaine Talley, PE Teacher
Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).	Shaine Talley, PE Teacher

Optional policy statements:

Weir Elementary School will:	Person/s Responsible:
Participate in a yearly fitness test for all students.	Shaine Talley, PE Teacher
Establish or enhance physical activity opportunities for staff and/or parents	Shaine Talley, PE Teacher Robbie Denson, Weir Elementary School Principal
Create opportunities for students to voluntarily participate in before-and after-school physical activity programs like intramurals.	Shaine Talley, PE Teacher Robbie Denson, Weir Elementary School Principal

Commitment to Comprehensive Health Education

Minimum requirements:

Weir Elementary School will:	Person/s Responsible:
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.	Shaine Talley, PE Teacher
Instruction must be based on the Mississippi Contemporary Health for grades K-8.	Robbie Denson, Weir Elementary School Principal Shaine Talley, PE Teacher

Commitment to a Healthy School Environment

Minimum requirements:

Weir Elementary School will:	Person/s responsible:
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.	Robbie Denson, Weir Elementary School Principal David McNutt, Weir Elementary School Custodian
Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet www.msdssearch.com).	Robbie Denson, Weir Elementary School Principal David McNutt, Weir Elementary School Custodian
Refer to the U.S. Consumer Product Safety Commission's <u>Handbook for Public Playground Safety</u> (www.cpsc.gov); for federal guidelines for playground safety.	Robbie Denson, Weir Elementary School Principal
Ensure that fire extinguishers are inspected each year and properly tagged.	Anthony McGee, Facilities Director
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.	Mike Miller, Maintenance Personnel Jerry Foust, Maintenance Personnel
Conduct at least one emergency evacuation drill per month.	Robbie Denson, Weir Elementary School Principal
Every school will have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school.	Robbie Denson, Weir Elementary School Principal
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.	Robbie Denson, Weir Elementary School Principal

<p>Never use extension cords as a permanent source of electricity anywhere on a school campus.</p>	<p>Robbie Denson, Weir Elementary School Principal</p>
<p>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).</p> <ul style="list-style-type: none"> • 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. <u>(SB Policy 7903)</u> • 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. <u>(SB Policy 7904)</u> 	<p>Morgan Scribner, Transportation Director</p>
<p>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).</p> <ul style="list-style-type: none"> • 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/ 	<p>Robbie Denson, Weir Elementary School Principal</p>

<p>design.php</p> <ul style="list-style-type: none"> • Provide air conditioning in all classrooms, Code §37-17-6(2) (2000). 	
<p>Comply with the requirements for Safe and Healthy Schools:</p> <ul style="list-style-type: none"> • 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 <u>EBB</u> (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 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. 	<p>Robbie Denson, Weir Elementary School Principal</p>

Optional policy statements:

Weir Elementary School will:	Person/s responsible:
Install locks on classroom doors in order to create security from the inside.	Robbie Denson, Weir Elementary School Principal
Install security cameras on the school campus.	Robbie Denson, Weir Elementary School Principal

Commitment to Quality Health Services

Minimum requirements:

Weir Elementary School will:	Person/s responsible:
Ensure all school nurses are working under the guidelines of the 2013 Mississippi School Nurse Procedures and Standards of Care.	Glen Blaine, Assistant Superintendent
Provide for teachers and staff training regarding signs and symptoms of asthma. (SB 2393)	Ann Ellington, Choctaw County School Nurse
Every child who has been diagnosed with asthma must have an asthma action plan on file in the school office.	Ann Ellington, Choctaw County School Nurse Robbie Denson, Weir Elementary School Principal

Optional policy statements:

Weir Elementary School will:	Person/s responsible:
The school nurse should attend at least one MDE sponsored training each school year.	Ann Ellington, Choctaw County School Nurse
The school nurse should submit health services data on the 10 th of each month for the previous month.	Ann Ellington, Choctaw County School Nurse
Collaborate with other school staff to provide health services as part of a Coordinated School Health Program.	Ann Ellington, Choctaw County School Nurse
Promote healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).	Ann Ellington, Choctaw County School Nurse
Participate in administrative claiming for reimbursement of administrative cost associated	Ann Ellington, Choctaw County School Nurse

with health and medical outreach.	
-----------------------------------	--

Commitment to Providing Counseling, Psychological and Social Services

Minimum requirements:

Weir Elementary School will:	Person/s responsible:
<ul style="list-style-type: none"> 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. 	Choctaw County School Board Stewart G. Beard, Jr., Superintendent of Choctaw County School District Robbie Denson, Weir Elementary School Principal
<ul style="list-style-type: none"> Provide at a minimum, a 1/2 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). 	Choctaw County School Board Stewart G. Beard, Jr., Superintendent of Choctaw County School District Robbie Denson, Weir Elementary School Principal
<ul style="list-style-type: none"> 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. 	Choctaw County School Board Stewart G. Beard, Jr., Superintendent of Choctaw County School District Robbie Denson, Weir Elementary School Principal
Hire school counselors who agree to	Choctaw County School Board

<p>abide by the American School Counselor Association Code of Ethics.</p>	<p>Stewart G. Beard, Jr., Superintendent of Choctaw County School District</p> <p>Robbie Denson, Weir Elementary School Principal</p>
<ul style="list-style-type: none"> • Ensure that all school guidance counselors provide comprehensive counseling services such as: <ul style="list-style-type: none"> ❑ 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. ❑ Provide teachers and administrators with health education on the topic of suicide prevention according to SB 2770. 	<p>Choctaw County School Board</p> <p>Stewart G. Beard, Jr., Superintendent of Choctaw County School District</p> <p>Robbie Denson, Weir Elementary School Principal</p>

Optional policy statements:

<p>Weir Elementary School will:</p>	<p>Person/s responsible:</p>
<p>Offer quality counseling, psychological and social services provided by professionals such as certified school counselors, psychologists, and social workers.</p>	<p>Jackie Wise, Weir Elementary School Counselor</p> <p>Community Counseling</p>

Commitment to Family and Community Involvement

Minimum requirements:

Weir Elementary School will:	Person/s responsible:
Invite parents and community members to participate in school health planning by serving on the local School Health Council.	Robbie Denson, Weir Elementary School Principal

Optional policy statements:

Weir Elementary School will:	Person/s responsible:
Invite family or community members to eat a meal at school.	Robbie Denson, Weir Elementary School Principal Angie Stevenson, Cafeteria Manager Teachers
Invite family and community volunteers to lead physical activities for children, such as lunchtime walkathons, weekend games, after-school programs, cheerleading, karate, aerobics, yoga, etc.	Robbie Denson, Weir Elementary School Principal

Commitment to Implementing a Quality Staff Wellness Program

Optional policy statements:

Weir Elementary School will:	Person/s responsible:
Develop a Staff Fitness Center on the school site.	Robbie Denson, Weir Elementary School Principal Shaine Talley, PE Teacher
Encourage after school health and fitness sessions for school staff.	Robbie Denson, Weir Elementary School Principal Shaine Talley, PE Teacher

Commitment to Marketing a Healthy School Environment

Optional policy statements:

Weir Elementary School will:	Person/s responsible:
Involve students in the local school health council for planning and marketing school health messages throughout the school.	Shaine Talley, PE Teacher
Work with the local newspaper, TV and radio to promote healthy lifestyles and to highlight the benefits and successes of school health initiatives.	Robbie Denson, Weir Elementary School Principal Shaine Talley, PE Teacher
Create awareness of the link between the health of students and academic performance.	Robbie Denson, Weir Elementary School Principal Shaine Talley, PE Teacher

Commitment to Implementation

Minimum requirements:

Weir Elementary School will:	Person/s responsible:
Establish a plan for implementation of the school wellness policy.	Robbie Denson, Weir Elementary School Principal
Designate one or more persons to insure that the school wellness policy is implemented as written.	Robbie Denson, Weir Elementary School Principal
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).	Robbie Denson, Weir Elementary School Principal
Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.	Robbie Denson, Weir Elementary School Principal School Health Council
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.	Robbie Denson, Weir Elementary School Principal

--	--

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, discrimination is prohibited on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

WES Health Council

2017-2018

Position	Name
Healthcare provider	Mrs. Kim Thomas
Hospital	Ms. Trella Long
Non-Profit Health Organization	Ms. Susan Wells
Physical Activity Group	Mr. Nick Morrow, Choctaw County Summer Youth League
Community Youth Organization	Donna McKay, Chamber of Commerce
University Department	Mr. Joe Lynn Gant, Track Coach, Mississippi State Univ.
Faith-Based Organization	Jason Stewart, Enon CP
Parent	Ms. Valerie Coleman
Teacher	Mr. Shaine Talley
Teacher	Ms. Shuni Coffey
Student	Taylor Hunt
Student	Derrick Floyd
Custodian	Mr. David McNutt
School Counselor	Ms. Jackie Wise
Community Counseling	Ms. Sharon Triplett
Transportation Director	Mr. Morgan Scribner
District School Nurse	Ann Ellington
Cafeteria Manager	Ms. Angie Stevenson
District Food Service Director	Ms. Judy Black
Principal	Ms. Robbie Denson