

PONTOTOC CITY SCHOOL
REVISED WELLNESS POLICY
2016 -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, 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, bully, 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 improves kid's health and their capacity to learn through the support of families, schools, and communities working together. At it's 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 the Pontotoc City School District shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff in the Pontotoc City Schools are encouraged to model healthy eating and physical activity as a valuable part of daily life.

To meet this goal, the Pontotoc City Schools 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:

The Pontotoc City School District will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the Healthy School Act of 2010, 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 Healthy School of 2010, 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 Department of Education Policy, Code 2002).
- 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 and staff;
- Food 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 Lunch and Breakfast Programs.
- **Establish guidelines in accordance with the Mississippi and Snack Regulations for all foods available on the school campus during the day with the objective of promoting student health and reducing childhood obesity**
Encourage students to make food choices by emphasizing menu items that are baked rather than fried, whole grains, fresh fruits and vegetables, and reduced-fat dairy products.
- Establish a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating area by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students.
- Schedule recess before lunch, in order to increase meal consumption and nutrient intake at meals and to improve behavior in the dining areas.
- Establish alternative ideas for fundraisers and limit sale of candies and cookie dough.
- Establish guidelines for soft drinks and overtly packaged food in the dining areas during breakfast and lunch times.

Commitment to Food Safe Schools

Minimum requirements:

The Pontotoc City School District 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 each school site.
- Develop a food safety education plan for all staff.
- All school administrators will receive copies of the Local School Wellness Policy as well as the Food Safety Book.
- Adequate access to hand washing facilities and supplies will be available whenever and wherever staff and students consume food.

- Adequate food safety assurance plan that addresses parents, students and staff to minimize risk for students with food allergies and religious beliefs.

Commitment to Physical Activity/Physical Education

Minimum Requirements:

The Pontotoc City School District:

- Provide 150 minutes per week of activity-based instruction for all students in grades K- (in accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference 2004 Mississippi Public Schools Accountability Standards 32, Appendix B and 33).
- 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 School Act State Board of Education Policy 4012).
- Require fitness testing for all 5th grade students.
- Require fitness testing for high school students; during the year they acquire ½ Carnegie unit in physical education as required for graduation by the Mississippi Healthy Students Act (State Board of Education Policy 4012).
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- Instruction must be based of the 2006 Mississippi Physical Education Framework.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Graduation requirements for 9th through 12th grade students include ½ Carnegie unit in physical education.

Commitment to Comprehensive Health Education

Minimum requirements

The Pontotoc City School District will:

- Provide ½ Carnegie unit of comprehensive health education for graduation (2004 Mississippi Public School Accountability Standard 20, Appendix A)
- Instruction must be based on the 2006 Mississippi Comprehensive Health Framework for grades 9-12 (Mississippi Public School Accountability Standard 20, Appendix A.
- Implement the requirements of the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades K-8.
- Graduation requirements for the 9th through 12th grade students shall include ½ Carnegie unit in health education.
- Implement the requirements of House Bill, which requires the development of a sex related education policy and instruction on medically accurate or evidenced based abstinence-only or abstinence-plus curricula.

Commitment to a Healthy School Environment

Minimum requirements:

The Pontotoc City School District 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.)
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Safety; 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, filter, 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.

Comply with the applicable rules and regulations of the State Board of Education in the operation of its transportation program (in accordance with the MS Code 37-41-53; State Board of Education Policies 7903, 7904, and 7909; and Accreditation Standard #35).

- Inspect all buses on a quarterly basis and ensure that they are well maintained and clean.
- Require that all bus drivers have a valid bus driver certificate and a commercial driver's 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 on in-service training per semester. (SB Policy 7903)
- Ensure arrival of all buses at their designated school sites prior to the start on the instructional day.
- Conduct bus evacuation drills at least two times each year. (SB Policy 7904)

Provide facilities that meet the criteria of: MS Code 37-7-301 (c) (d) (j); 37-11-5, 49 and 45-11-101; and Accreditation Standard #36).

- Provide facilities that are clean.

- Provide facilities that are safe.
- Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions.
- Provide operational facilities that are equipped and functional to meet the instructional needs of students and staff (in accordance with the Mississippi School Design Guidelines.
- 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).
- State Board Policy EBB (1990) prohibits the possession of pistols, firearms or weapons by any person on school premises or at a 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 any other property used or operated during a school-related activity.
- Eliminate unnecessary school bus idling that cause pollution and creates health risk for children such as; asthma, allergies, and other respiratory problems.
- Hire a District Safety Officer or a School Resource Officer.
- Conduct random drug testing on students.
- Install security cameras on the school campus.

Commitment to Quality Health Services

Minimum requirements:

The Pontotoc City School District 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.

Commitment to Providing Counseling, Psychological and Social Services

Minimum requirements:

The Pontotoc City School District will:

- * Adhere to the details outlined in the Licensure Guidelines (451) when hiring Guidance Counselors and Psychologists.
- 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).
- Hire school guidance counselors with a minimum of a Master's Degree in Guidance and Counseling, or in an emergency situation, and appropriate certification as determined by the Commission on Teacher and Administrator Education, Certification and Licensure and Development.
- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
- Ensure that all school guidance counselors provide comprehensive counseling services such as:
 - * Academic and personal/social counseling.
 - * Student assessment and assessment counseling.
 - * Career and educational counseling.
 - * Individual and group counseling.
 - * Crisis intervention and preventive counseling
 - * Referrals to community agencies
 - * Educational consultations and collaborations with teachers, administrators, parents and community leaders.
 - * Education and career placement services.
 - * Follow-up counseling services.
 - * Conflict resolution.
 - * Other counseling duties or other duties assigned by the school principal.

- * Provide teachers and administrators with health education on the topic of suicide prevention according to SB 2770.

Commitment to Family and Community Involvement

Minimum Requirements:

The Pontotoc City School District will:

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