

# Iuka Elementary School



# School Wellness Policy 2022-2023

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## **Rationale:**

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, like Type 2 diabetes. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. 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 victim of a violent act. All of which can adversely affect not only a child's health but also his or her *ability to learn*. Staff wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors. 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 Iuka Elementary School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff in Iuka Elementary School are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, Iuka 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 justifiably serve the needs and interests of all students and staff, taking into consideration differences in culture.

In determining goals for nutrition promotion and education, physical activity and other school-based activities that promote student wellness, the Iuka Elementary School Health Council will review and consider evidence-based strategies while determining and setting wellness goals.

### *Commitment to Nutrition*

#### **Iuka 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 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 U. S. Department of Agriculture 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 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) [www.healthyschoolsms.org/MSHealthyStudentsAct.htm](http://www.healthyschoolsms.org/MSHealthyStudentsAct.htm). Including:
  - Healthy food and beverage choices
  - Healthy food preparation
  - Marketing of healthy food choices to students and staff
  - 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 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.
- Establish standards for all food 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 to students and staff members.
- Smart Snacks Product Calculator:  
<http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- The Alliance for 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 federal requirements for Smart Snacks in schools. The calculator can be used for food and beverage products.  
<http://www.healthiergenerations.org/>
- Encourage students to make food choices based on the 2005 Dietary Guidelines for Americans, by emphasizing menu options that feature baked (rather than fried foods), 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 areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students.
- Provide nutrition information for parents, including nutrition analysis of school meals.

## *Commitment to Food Safe Schools*

### **Iuka Elementary School will:**

- 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.
- Develop a food safety education plan for all staff and students, consistent with Fight Bac® ([www.fightbac.org](http://www.fightbac.org)) and other national standards for safe food handling at home and in school.
- Ensure that all staff have 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 cafeterias 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: [http://healthyschoolsms.org/ohs\\_main/instructionalvideo.htm](http://healthyschoolsms.org/ohs_main/instructionalvideo.htm).

- 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.

### ***Commitment to Physical Activity/Physical Education***

#### **Iuka Elementary School will:**

- 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 2014 Mississippi Public Schools Accountability Standards 27.1).
- Kindergarten students will participate in physical activity for a minimum of 40 minutes per school day. The 40 minutes does not have to take place continuously. This time should be used to help the child increase the skills involved in physical coordination (Kindergarten Guidelines).
- 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.
- Instruction must be based on the 2013-2014 Mississippi Physical Education Framework.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Create opportunities for students to voluntarily participate in before- and after-school physical activity programs like clubs, and at the secondary level, interscholastic athletics.
- Offer a 30-minute activity period (recess) daily.
- Provide a ¼ mile walking track available to students and staff.
- 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)

### ***Commitment to Comprehensive Health Education***

#### **Iuka 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.
- Integrate Health Education into other subject areas.
- Incorporate 5-10 minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons. Examples to be found at [www.movetolearn.org](http://www.movetolearn.org)
- Provide staff development/ training on topics including: Medical Emergency Response Plan, Standard/Universal Precautions For School Staff, Asthma, Allergic Reactions (including Epi-Pen use), Diabetes (Hyperglycemia, Hypoglycemia, Glucagon), Seizure First Aid (including seizure types and Diastat Gel), Concussion Fact Sheet, Understanding Suicide Fact Sheet, Tobacco Fact Sheets, CDC Fact Sheets, Asthma Review, and AED training (Demonstration)

### ***Commitment to a Healthy School Environment***

#### **Iuka 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](http://www.msdssearch.com)).
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety ([www.cpsc.gov](http://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.
- Ensure that two means of escape 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 escape.
- 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).

- o Inspect all buses on a quarterly basis and ensure that they are well maintained and clean.
- o 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)
- o Ensure arrival of all buses at their designated school sites prior to the start of the instructional day.
- o 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).
  - o Provide facilities that are clean.
  - o Provide facilities that are safe.
  - o Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions.
  - o 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 [www.edi.msstate.edu](http://www.edi.msstate.edu)).
  - o Provide air conditioning in all classrooms, Code §37-17-6(2) (2000).
- Comply with the requirements for Safe and Healthy Schools:
  - o 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.healthyschoolsms.org/healthy\\_school\\_environment/school\\_safety.htm](http://www.healthyschoolsms.org/healthy_school_environment/school_safety.htm).
  - o State Board Policy EBB (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.
  - o 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.
- Utilize the District Safety Officer/ School Resource Officer.
- Utilize security cameras on the school campus.

- Utilize regularly scheduled meetings with the School Health Council, school board members, etc. to determine and discuss the current strengths, weaknesses, opportunities, and challenges associated with implementing and maintaining your school's healthy and safe environment.
- TCSD's policies will attempt to follow CDC and MSDH guidelines and recommendations in an effort to minimize the spread of COVID-19.

### ***Commitment to Quality Health Services***

#### **Iuka Elementary School will:**

- Ensure all school nurses are working under the guidelines of the 2013 *Mississippi School Nurse Procedures and Standards of Care*.
- Offer health services for students in grades K-4, through the employment of a school nurse, 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.
- Provide hearing, vision, height, weight, and blood pressure screenings for students in Kindergarten, 2<sup>nd</sup> grade, and 4<sup>th</sup> grade each year.
- Ensure all 1<sup>st</sup> grade students who's initial vision screening indicated a need for a comprehensive eye exam is reassessed per MS HB 1322.
- Adhere to the guidelines set forth in Senate Bill 2218 "Mississippi Asthma and Anaphylaxis Child Safety Act".
- Every child who has been diagnosed with asthma must have an asthma action plan on file in the school office.
- Provide for teachers and staff training regarding signs and symptoms of asthma (MS Code Sections 37-11-71 and 73-25-37)
- Maintain a supply of auto-injectable epinephrine (EpiPen) to be administered to a student when the school nurse or trained school employee, in good faith, believes the student is having an anaphylactic reaction, whether or not the student has a prescription for epinephrine in accordance with the "MS Asthma and Anaphylaxis Child Safety Act"
- Know the district anaphylaxis policy. Providing training by 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 submit health services data on the 10<sup>th</sup> of each month for the previous month.
- Allow service dogs on campus to assist children with medical conditions or disabilities in accordance with the Americans with Disabilities Act.

### *Commitment to Providing Counseling, Psychological, and Social Services*

#### **Iuka Elementary School will:**

- Adhere to the details outlined in the Licensure Guidelines (451 or 436) 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
- Provide at a minimum, a ½ 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, 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 2017-2018 school year, the State Dept. of Education shall require that local school districts conduct in-service training on suicide prevention education for all district employees. Thereafter, only new employees are required to have training.
  - Referrals to community agencies
  - Educational consultations and collaborations with teachers, administrators, parents and community leaders
  - Education and career placement services
  - Follow-up counseling services

- o Conflict resolution
  - o Professional school counselors must spend a minimum of eighty percent (80%) of their contractual time to the delivery services to students outlined by the American School Counselor Association
  - o Other counseling duties or other duties as assigned by the school principal
- Offer quality counseling, psychological and social services provided by professionals such as certified school counselors, psychologists, and social workers.
  - 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 and Community Involvement***

#### **Iuka Elementary School will:**

- Invite parents and community members to participate in school health planning by serving on the local School Health Council.
- Establish methods to inform and update the public regarding the LSWP and the assessment of the LSWP
- Invite family and community members to eat a meal at school.

### ***Commitment to Marketing a Healthy School Environment***

#### **Iuka Elementary School will:**

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events
- Eliminate advertising and other materials on the school campus that promote foods of minimal nutrition value.

### ***Commitment to Implementation***

#### **Iuka 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.
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- 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.

