

**IUKA MIDDLE SCHOOL
WELLNESS POLICY
2022-2033**

Iuka Middle School

Local Wellness Policy

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 reduce the 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 student's overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

Goal:

All students at Iuka Middle School will possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff at Iuka Middle School are encouraged to model healthful eating and physical activity as a valuable part of a healthy lifestyle. To meet this goal, Iuka Middle School adopts this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. In determining these goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, LEA's are required to review and consider evidence-based strategies in determining these goals.

Commitment to Nutrition:

Iuka Middle School's Wellness Policy will initiate its commitment to Helping Students Develop Healthier Lifestyles by committing to the following guidelines:

- * Offer a nutritionally balanced lunch program with menus that meet the meal patterns and nutritional guidelines established by the U.S. Dept. of Agriculture and the Mississippi Dept. of Education, Office of Child Nutrition Programs.
- * Offer school breakfast and snack programs (where approved and applicable) 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.
- * Encourage school staff, students, and families to participate in school meal programs through student registration and special events inviting community and family members to eat with our student body.
- * Operate all Child Nutrition Programs with school food service staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code 2001).
- * Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service school site.
- * 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 Nutritional 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/staff lunch/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 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>).

* Ensure that no foods are fried.

* Establish standards for all foods 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 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/>

* Encourage students and school staff to provide/bring healthy foods/snacks during the school day.

Commitment to Food Safe Schools:

Iuka Middle School's Wellness Policy will initiate its commitment to Helping Students Develop Healthier Lifestyles by committing to the following guidelines:

* 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:
- <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 have 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. Examples of professional development include, but are not limited to, the video developed by the Office of Healthy Schools and Eating Safety at School, (<http://school.health.nabs.org/site/docs/42400/42324.pdf>) developed by the National School Board Association.

- * 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 intolerance.
- * Make school meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go lunches, or alternative eating sites.
- * Add nutritious and appealing options, such as a salad bar as an alternative nutritious meal.

Commitment to Physical Activity/Physical Education:

Iuka Middle School's Wellness Policy will initiate its commitment to Helping Students Develop Healthier Lifestyles by committing to the following guidelines:

- * Provide physical education for all students 5th-8th grades for a minimum of 150 minutes per week (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 fit 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 the 2013-2014 Mississippi Physical Education Framework.
- * Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- *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)

* Links to resources to aid policy development and Office of Healthy Schools website www.cdc.gov/concussion/HeadsUp/high_school.html#5
<http://www.misshsaa.com/GeneralInfo/SportsMedicine.aspx>
<http://www.mdek12.org/OHS>

Commitment to Comprehensive Health Education:

Iuka Middle School's Wellness Policy will initiate its commitment to Helping Students Develop Healthier Lifestyles by committing to the following guidelines:

- * 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 5 through 8.
- * Foster an environment conducive to health discussion and planning on an individual and group level within the classroom through use of hand on activities and current health trends.
- * Instruction must be based on the Mississippi Contemporary Health for grades K-8.
- * Provide counseling services and school nurse interventions for classroom events and individual needs.
- * Implement the requirements of MS Code 37-13-171, 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:

Iuka Middle School's Wellness Policy will initiate its commitment to Helping Students Develop Healthier Lifestyles by committing to the following guidelines:

- * 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.com); 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 semester.
- * Ensure that two means of exits 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 exit.
- * 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 license and operate 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 buses 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 © (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 at www.edi.msstate.edu).
- * 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); see the School Safety Manual and the MDE School Occupational Safety and Crisis Response Plan at:
<http://www.healthyschoolsms.org/healthyschoolenvironment/schoolsafety.htm>.
- * State Board Policy EBS (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.

Commitment to Quality Health Services:

Iuka Middle School's Wellness Policy will initiate its commitment to Helping Students Develop Healthier Lifestyles by committing to the following guidelines:

- * Ensure all school nurses are working under the guidelines of the 2013 Mississippi School Nurse Procedures and Standards of Care.
- * 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 disease.
- * Provide for teachers and staff training regarding signs and symptoms of asthma. (MS Code Sections 37-11-71 and 73-25-37)
- * 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. (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.
- * Optimize the provision of health services with a school nurse-to-student ratio of 1:750 for students in the general population.
- * Schools may seek community support that provides auto-injector epinephrine to stock emergency medication needs.

Commitment to Providing Counseling, Psychological, and Social Services:

Iuka Middle School's Wellness Policy will initiate its commitment to Helping Students Develop Healthier Lifestyles by committing to the following guidelines:

- * Adhere to the details outlined in the Licensure Guidelines (436 or 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 score a minimum of 70 on the ASWB basic exam.
- * 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.
- * Abide by Mississippi Code 37-9-79 (Amended 2014) as the school provides counseling and guidance for students.
- * 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 the 2017-2018 school year, the State Department of Education shall require that local school districts conduct in-service training on suicide prevention education for all school district employees. Thereafter, only new employees are required to have training. The Mississippi Department of Mental Health will be responsible for developing the content of the training (HB 263).
- 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.

Commitment to Family and Community Involvement:

Iuka Middle School's Wellness Policy will initiate its commitment to Helping Students Develop Healthier Lifestyles by committing to the following guidelines:

- * Invite parents and community members to participate in school health planning by serving on the local School Health Council.
- * Invite family members to a school meal.
- * Open House, which is at the beginning of the school year, allows parents/guardians to meet the teachers and allows parents to know expectations of classrooms.
- * Parent/Teacher Conference allows parents to meet with teachers and discuss student performance.
- * Establish methods to inform and update the public regarding the LSWP and the assessment of the LSWP.

Commitment to Implementing a Quality Staff Wellness Policy:

Iuka Middle School's Wellness Policy will initiate its commitment to Helping Students Develop Healthier Lifestyles by committing to the following guidelines:

- * 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>
- * Encourage after school health and fitness sessions for school staff (Iuka Wellness Center offers reduced rates for school employees).
- * Weight Watchers offer a reduced rate for school employees.

Commitment to Marketing a Healthy School Environment:

Iuka Middle School's Wellness Policy will initiate its commitment to Helping Students Develop Healthier Lifestyles by committing to the following guidelines:

- * Provide positive, motivating messages (verbal and non-verbal) to students and staff concerning healthy lifestyle practices throughout the school setting.
- * Involve students, faculty, parents, and community members in planning a healthy school environment. Input and feedback will be gathered through our School Health Council and Student Government Association, and comments will be addressed in our needs assessment tool.
- * Promote healthy eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events (e.g., school registration, parent-teacher in services, and other events).
- * Eliminate advertising or promoting unhealthy food choices on the school campus. Advertising must be restricted to only those foods and beverages that meet the Smart Snacks in School Nutrition Standards.
- * Work with local media, like newspapers, TV, and radio, to inform the community about the health problems facing Mississippi children, as well as the need for the benefits of healthy school environments.

Commitment to Implementation:

Iuka Middle School's Wellness Policy will initiate its commitment to Helping Students Develop Healthier Lifestyles by the following guidelines:

- * Establish a plan for implementation of the school wellness policy.
- * Designate one or more persons to ensure that the school wellness policy is implemented as written. The Iuka Middle School designates Chrystal Smith, Bridget Gray, and Chris Simmons for this purpose.
- * 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).
- * Insure the school wellness policy is implemented as written:
In accordance with Federal Law and U.S. Department of Agriculture (USDA) policy, discrimination is prohibited on the base of race, color, national origin, sex, age, or disability.
To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDDD). USDA is an equal opportunity provider and employer.
- * Conduct a review of the progress toward school wellness 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 recommendation for any revisions to the policy as necessary to update and modify the program as appropriate.

Commitment to Abstinence-Focused Curriculum:

Iuka Middle School's Wellness Policy will initiate its commitment to Helping Students Develop Healthier Lifestyles by empowering students with the needed Abstinence-Focused Curriculum as set by sex-related education bill (HB 999) to choose healthy lifestyle behaviors through the following guidelines and goals:

Reasons for implementing a curriculum: Mississippi has the highest rate of teen pregnancy, there are 65.7 pregnancies for every 1000 young women ages 15-19, parenthood is the leading cause of school dropout, children of teen mothers face more health and academic challenges than their peers.

* School Board to determine grades to begin the educational curriculum, Iuka Middle School implementing 7th and 8th grade students.

* Abstinence-only curriculum adopted by our school, which may contain: the state standard, instruction must be factual and age/grade appropriate, gains realized through abstinence, consequences that sexual activity is likely to produce, unwanted sexual advances, discussion of birth control failure rates and STD's, and current laws related to sexual conduct.

* No effort to teach abortion as a means to prevent birth

* Boys and Girls must be separated for instruction

- * Requires written notice of inclusion
- * May offer parent education
- * School nurse responsible to implement program

Commitment to Asthma Friendly School:

Iuka Middle School's Wellness Policy will initiate its commitment to Helping Students Develop Healthier Lifestyles by empowering students with the needed asthma action policy:

Reasons for implementing the policy: Asthma has reached epidemic proportions in the United States affecting 20 million people of all ages and races, particularly children. Nearly 1 in 13 school-aged children has asthma. Asthma is the leading cause of school absenteeism due to chronic illness. Asthma symptoms which are not severe enough to require a visit to an emergency room or to a physician can still account for many nights of interrupted sleep, limitation of activity, and disruption of family and care-giver routines. Asthma is not just a family matter, it is also a matter that has to be addressed in the school setting.

- * Control animal allergens by removing and limiting animals from the school environment , if possible; if not locate animals away from sensitive students and ventilation systems.
- * Control cockroach allergens by using integrated pest management practices to prevent cockroach and other pest problems.
- * Clean up mold and control moisture by fixing moisture problems and thoroughly dry wet areas within 24-48 hours to prevent mold growth;

and clean up hardy, moldy surfaces with water and detergent, then dry thoroughly.

- * Eliminate secondhand smoke exposure by enforcing no-smoking policies in the school setting.

- * Reduce dust mite exposure by making sure the school is dusted and vacuumed thoroughly and regularly.

- * Develop a yearly action plan in school by developing policies and requiring students to be able to carry inhalers with parent permission; having physicians fill out asthma action plans with emergency care and medication orders that educates staff what to do on individual students during an asthma attack.

- * Provide school-based asthma education programs for staff on a yearly basis, which is an asthma management program for students with asthma. Asthma action plans are encouraged to be filled out and returned to put in his or her files, so teachers, school nurses, and staff can be notified on action to take on each student. Encourage students to identify their asthma triggers and notify school personnel if triggers are present in the school environment. Students with written permission can carry inhalers and Epi-pens with proper permission from physician and parent.

- * Gather additional asthma information and resources to establish a complete file on existing asthma and allergy-related information sources to reference throughout the school year.

- * Information about asthma is provided by the American Lung Association

Ways to Implement the Wellness Policy in Tishomingo County Schools.

- * All students in even grades (K-12) will receive hearing and vision screening annually
- * Lice screening (K-6) each semester
- * Nurses, PE instructors and regular classroom teachers stress healthy eating habits. Lesson plans are used to measure implantation.
- * State adopted Abstinence Curriculum for grades 7 and 8
- * Registered nurses on staff at all schools (K-12)
- * Nurses assess for illness or injury, administer prescribed medication, provide diabetic care, and other various skill care ordered by physician
- * Nurses provide classroom instruction in wellness, hand washing, nutrition, tobacco education, and bullying

Wellness Policy Monitoring

Tishomingo County School District Wellness Policy will be monitored at the district level by:

Mary Beth Sheffield, Director of Food Services
Katie Crane, Assistant Superintendent

Tishomingo County School District Wellness Policy will be monitored at the school level by:

Belmont, Principal
Burnsville, Jonathan Jones, Principal
Iuka Elementary, BJ Nunley, Principal
Iuka Middle, Chrystal Smith, Principal
Tishomingo, Andy Deaton, Principal
Tishomingo County High School, Dax Glover, Principal
Tishomingo County Career and Technical Center, John-Grady Taylor, Director

Members of Health Council

2022-2023

Chrystal Smith	- Principal
Becky Middleton	- Vice Principal
Bridget Gray	- School Health Nurse
Brooke Nunley	- PE Instructor
Counselor	- Lydia Howell
Dietary Supervisor	- Joyce Nix
Minister	- Sean Glidewell
Student	- Eli Clingan
Health Department Representative	- Crystal Pittman
Tishomingo/Prentiss County Tobacco Coalition	- Sonya Sanderson
Backpack Ministries	- D.D. Lambert
Parent	- Rebecca Gray

Mississippi State Extension Office Representative - Zach Yow

Teacher - Melissa Walker

Local Health Care Providers - Dr. Kaycee Burcham

Local Dental Representative - Haley Bullen

Athletic Director - Chris Simmons