

Tishomingo Elementary & Middle School Wellness Policy 2024-2025

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**August 2024
Revised May 15, 2024**

***TCSD's policies will attempt to follow CDC and MSDH guidelines and recommendations in an effort to minimize the spread of COVID-19**

Tishomingo Elementary & Middle School Wellness Policy

To support the relationship between student health and academic achievement, the 2014 Ms. Public School Accountability Standards (Standard 17.5.1) and the Healthy Hunger-Free Kids Act of 2010 (HHFKA) requires each local school to establish a local school wellness policy. Mississippi Code of 1972, Annotated Section 37-13-134 requires the recommendations made by a school health council to be based on a coordinated approach to school health. This guide has been revised, as of June 2015, to support local schools in their development to meet state and federal requirements. The Office of Healthy Schools is committed to supporting academic achievement through school health programs that ensure every child has the opportunity to be fit, healthy and ready to succeed.

The following minimum requirements are established by the federal legislation. This law places responsibility of developing a school wellness policy at the local level, so individual needs of each school can be addressed most

effectively. States and schools may choose to require or add additional components. Specifically, the federal legislation requires:

-Specific 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 evidenced-based strategies in determining these goals;

-Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for:

-School meal nutrition standards

-Smart snacks in School Nutrition standards

-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).

-Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School Nutrition standards.

To assist Mississippi schools in complying with these state and federal requirements, the Mississippi Department of Education (MDE) has identified a three-step approach to

developing an effective local school wellness policy, along with sample language for a policy. This Local School Wellness Policy Guide for Development includes all the minimum requirements necessary to comply with the federal law, as well as existing Mississippi statutes and standards. It also offers additional policy options that schools are encouraged to utilize in developing their specific goals.

Three Steps to an Effective School Wellness Policy

This three-step process is designed to meet the state and federal requirements for a school wellness policy-and to support student health and academic achievement in Mississippi schools. LEAs must establish wellness policy leadership who have the authority and responsibility to ensure each school complies with the policy.

Step 1: Gather input and assess current situation

At a minimum, LEAs must permit participation by the general public and the school community (including parents, students, and representatives of the school food authority, teachers of physical education, school health professionals, the school board and school administrators) in the wellness

policy process. Download the listing of required members to serve on School Health Councils at: <http://www.mdek12.org/OHS/Resources>

Mississippi Code of 1972, Annotated Section 37-13-134 requires the establishment of School Health Councils (SHC). The SHC is one of the most efficient and effective ways to gather the necessary local input for a school wellness policy, as well as to address the overall health concerns within a local school. The SHC can also play a leadership role in determining the goals for a school wellness policy and in the successful implementation of the policy once it is developed. For more information on establishing a School Health Council, go to <http://www.mdek12.org/OHS> and click on Tools That Work under What's New. Other resources can be found at <http://www.mdek12.org/OHS/resources>

Local stakeholders can be invited to join the School Health Councils-to provide necessary resources and assist schools in developing appropriate, science-based wellness policies. The following list contains the minimum requirements for members of local school health councils; other key stakeholders should be added as necessary. These councils must make recommendations based on a coordinated approach to school health.

~Healthcare providers, especially pediatricians, dietitians, public health professionals, dentists and orthodontists.

~Hospitals and public health departments, especially those with pediatric services and diabetes clinics.

~Non-profit health organizations, like the American Cancer Society, American Diabetes Association and American Heart Association.

~Physical activity groups, like YMCA/YWCA, youth sports leagues and commercial fitness centers.

~Community Youth Organizations like Boys and Girls Clubs, Boy/Girl Scouts of America and faith-based groups for young people.

~University departments and other government agencies, especially those involved in nutrition, physical activity and education (e.g. MSU Extension Service)

~Faith-based organizations, clergy and churches

~Parents who have children in the individual school

~Teachers employed in the individual school

~Students enrolled in the individual school
Before establishing the required goals and guidelines, schools are encouraged to gather baseline information and determine what changes are appropriate for their local situation. This assessment can be done using the CDC School

Health Index tool or the Ms. Healthy School Self-Assessment.

~CDC's school Health Index-

<https://www.cdc.gov/healthyschools/shi/index.htm>

~Mississippi Healthy School Self-Assessment-

<http://www.mdek12.org/OHS/Resources>

Guidelines for Mississippi School Health Councils

- 1. School Health Councils must meet a minimum of three times per year.**
- 2. School Health Councils must maintain minutes for each meeting for documentation.**
- 3. A minimum of one presentation per year must be made to the local school board for approval of all school wellness policies.**

Step 2: Develop and approve a School Wellness Policy

Once local input has been gathered, schools can develop goals and guidelines to address their specific situation. For assistance in drafting an effective policy, schools may utilize the following guide and sample language provided by the Ms. Dept. of Education, along with other resources as needed. Goals and guidelines can be developed to best fit the needs and concerns of each local school and they should be adapted over time. As the initial goals are met, new coordinated school health goals can be chosen by the School Health Council with community input.

Once a local school wellness policy has been developed,

school board approval must be obtained using all appropriate and legal timelines and procedures. Federal Child Nutrition legislation does require that any local educational agency participating in USDA school meals programs must have established a local wellness policy by the beginning of school year 2006-2007.

Step 3: Implement and evaluate a School Wellness Policy

Approving a School Wellness Policy is just the first step toward creating an environment that supports student health and academic achievement. The federal legislation also requires a plan for measuring the implementation and evaluation of the policy, including the designation of one or more persons with the responsibility for ensuring the school meets minimum guidelines.

A School Health Council (SHC) can also be useful in the implementation and evaluation process. In order to ensure a smooth and consistent implementation of a locally approved policy, the SHC can help to educate the school and community about the requirements for a policy and its importance for children in Ms. Schools. It can also be involved in measuring progress towards local goals related to nutrition, physical activity and student wellness.

LOCAL SCHOOL WELLNESS POLICY

The purpose of the guide is to provide sample language for schools to use in developing their own local policies. It is based on existing state requirements and USDA guidance as of June 2018 and on the experiences of successful schools in Ms. and the United States.

This guide contains both minimum requirements and optional policy statements. The minimum requirements, based on federal and state legislation and standards, must be included in any School Wellness Policy adopted by Ms. schools. Schools are encouraged to review the optional policy statements, based on the best practices from other schools, and to adopt those that meet the goals of their school and community.

The final rule requires State agencies to assess compliance with the wellness policy requirements as a part of the general areas of the administrative review every 3 years.

LEAs must conduct an assessment of the wellness policy every 3 years, at a minimum. This assessment will determine:

- Compliance with the wellness policy
- How the wellness policy compares to model wellness policies
- Progress made in attaining the goals set by the policy.

The “new” ten-component model developed by the Centers

for Disease Control and Prevention,- Whole School, Whole Community, Whole Child, provides school health councils the opportunity to focus on health issues and to successfully implement quality school health programs that provide opportunities for all children to be fit, healthy, and ready to succeed.

Rationale:

The link between the 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 attending Tishomingo Elementary & Middle Schools shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff at Tishomingo Elementary & Middle School are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, Tishomingo Elementary & Middle 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

The Tishomingo Elementary & Middle Schools 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 (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.
 - Promote participation in school meal programs to families and staff.
 - 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 EE-2E).
 - Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code EEH).
 - 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.
- 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.

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.
- alizing 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.
- Replace deep fat fryers with combination oven steamers. Visit www.healthyschoolsms.org/ohs_main/initiatives.htm for an approved listing of combination oven steamers based on state bid procedures and a step-by-step guide for installation.
- Make school meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go lunches, or alternate eating sites.

- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home.
- Provide nutrition education through different educational programs. The school will work with the Mississippi State University Extension Service to provide classroom instruction on nutrition in grades K-2.
- Add nutritious and appealing options (such as fruits, vegetables, nuts, trail mix, beef jerky, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice, and water) **whenever** foods/beverages are sold or otherwise offered at school, including vending machines, school stores, concession stands at sporting and academic events, parties, celebrations, social events, and other school functions. Download nutrition guidelines at www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.
- Eliminate use of foods as rewards for student accomplishment and the withholding of food as punishment (e.g., restricting a child's selection of flavored milk at mealtime due to behavior problems). Non-food reward ideas can be downloaded at www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. The sale of candy as a fund-raiser is strongly discouraged (or prohibited). Alternative fundraising ideas can be downloaded at www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.

Commitment to Food Safe Schools

Tishomingo Elementary & Middle Schools 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) 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 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.
- 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 Safely at*

School, (<http://schoolhealth.nsba.org/site/docs/42400/42324.pdf>) developed by the National School Boards Association.

- Adequate access to handwashing 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

The Tishomingo Elementary & Middle Schools 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 2004 Mississippi Public Schools Accountability Standards 32, Appendix B and 33).
- 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).
- Require fitness testing for all 5th grade students.
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- Instruction must be based on the 2006 Mississippi Physical Education Framework.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Establish or enhance physical activity opportunities (like walking clubs or fitness challenges) for staff and/or parents.
- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities (Dixie Youth Programs, Jump Rope for Heart, Superkids).
- Create opportunities for students to voluntarily participate in before- and after-school physical activity programs like intramurals, clubs, and at the secondary level, interscholastic athletics.

Commitment to Comprehensive Health Education

The Tishomingo Elementary & Middle Schools 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.**
- **Implement the requirements of House Bill 999, which requires the development of a sex related education policy and instruction on medically accurate or evidenced based abstinence only curricula.**
- **Host a school health fair for students when resources are available.**
- **Continue hosting an annual health fair for the faculty.**

Commitment to a Healthy School Environment

The Tishomingo Elementary & Middle Schools 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).**
- **Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety (www.cpsc.com); for federal guidelines for playground safety.**
- **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.**

- **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 emergency evacuation drills per school policy.**
- **Ensure that two means of egress are available in each classroom in case of an emergency; if 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 license and will 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 (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 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 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.**
- **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.**

- 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

The Tishomingo Elementary and Middle School will:

- Ensure all school nurses are working under the guidelines of the *Mississippi School Nurse Procedures and Standards of Care*
- The School Nurse should attend at least one MDE sponsored training each year.
- 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 nurse office and it must be available to all necessary staff as needed.
- Students with severe allergies should be allowed to carry an Epi pen with them at all times.
- The school nurse should submit a health services date on the 10th of each month for the previous month.
- Offer comprehensive health services for students in grades K-8 through the employment of school nurses, as a means to academic success,
- Optimize the provision of health services with a school nurse-t-student ratio of 1:270 for students in the general population.
- Collaborate with other school staff to provide health services as part of a Coordinated School Health Program.
- Promote healthy lifestyles through school and community events (open houses, health fairs, teacher in services and other events).
- Schools may seek community support that provides auto-injector epinephrine to stock emergency medication needs.
- Tishomingo County School District will allow student service animals for conditions requiring assistance as deemed necessary.
- Health screenings will be provided by the Health Office on students in even grades each school year. Ht/Wt/BP, vision, hearing (as deemed appropriate)
- Vision and hearing screenings will be completed on kindergarten students within the first 30 days of school.
- Vision Research services will be used yearly for vision screenings when available. Students will be referred to Sight Savers or other resources for financial assistance in obtaining glasses when needed.
- Health services will adhere to the Tishomingo County School District's Board

approved Covid 19 guidelines.

- Provide for teachers and other staff, health education regarding asthma action plans as directed in SB 2393.
- 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)
- Tishomingo Elem./Middle school nurse will comply with the policy for the School Access to Emergency Epi pen Act and obtain an Epi pen for emergency use. Tishomingo County School District will maintain a supply of Epi pens with a physician's order. School staff will be trained on the proper use of an Epi pen. An Epi pen may be administered by the school nurse or trained staff when in good faith it is believed that a student is having an anaphylactic reaction whether or not the student has a known allergy.
- Promote healthy lifestyles through school and community events (open houses, health fairs, teacher in-services, and other events).
- Hearing and Vision screenings will be done on all kindergarten students within the first 30 days of school starting 2018.
- Ensure all 1st grade students whose initial vision screening indicated a need for comprehension is reassessed per MS HB 1322.

STATE REQUIREMENTS MONITORED BY THE OFFICE OF HEALTHY SCHOOLS

Health Education

Tishomingo Elem./Middle School will:

-Instruction must be based on the Ms. Contemporary Health for grade K-8.

-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 evidence based abstinence-only or abstinence-plus curricula. (The curriculum will be taught to 7th grade students that have written parental consent to attend. Boys and girls will be separated for the program. Abstinence teaching will be provided to female students by female staff, (school nurse) and to male students by a male staff member in separate rooms who will strictly adhere to the Choose The Best Abstinence Only curriculum. Parent consent will be obtained prior to the implementation of the program annually.

-Emphasize the disease prevention strand in the 2012 Ms. Contemporary Health Education Curriculum.

-May choose to participate in the USDA nutrition programs such as *Team Nutrition Schools* and the *Healthier U.S. School Challenge* (as resources allow). The school will conduct nutrition education activities and promotions that involve students, parents and the community. The school team responsible for planning nutrition activities will include food service staff, school nurse, health and PE teachers, coaches and additional staff as appropriate.

-Integrate Health Education into other subject areas. www.movetolearn.org (Click on

lesson plans)

- Provide Universal Precautions training and universal precaution kits for staff.
- Research, select and purchase disease prevention materials for grades K-8 and provide training for teachers on the use of the materials (Red Ribbon Week, Diabetes Awareness, Breast Cancer Awareness).
- Provide professional development for teachers on HIV/AIDS education.
- Provide students with quality disease prevention instruction based on the Contemporary Health Education Framework and other selected material approved by the district.
- Host a school health fair for students when resources are available.
- Provide teaching in the classroom and individually by the school nurse on Tobacco Education, hygiene, hand washing as well as other topics as time permits.
- Provide counseling services as needed.
- School nurses will include education on Juuling and Vaping and emphasize the health risk in the Tobacco Education program in collaboration with the local Tobacco Free Coalition.

Commitment to Providing Counseling, Psychological and Social Services

The Tishomingo Elementary and Middle School will:

- Adhere to the details outlined in the Licensure Guidelines (451) when hiring guidance counselors and psychologists. The state does not have a policy specifically outlining the requirements for a school social worker. For licensure as a social worker in the state of Mississippi, a candidate must: provide verification of a baccalaureate degree in social work from a college or university accredited by the Council on Social Work Education (CSWE) or Southern Association of Colleges and Schools (SACS) and scores a minimum of 70 on the ASWB basic exam.
- 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.
- 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 as assigned by the school principal**
 - **Professional school counselors must spend a minimum of 80% of their contractual time for the delivery of services to students as outlined by the American School Counselor Association.**

- **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

The Tishomingo Elementary and Middle School will:

- **Invite family members to attend health and physical education classes.**
- **Invite family members to visit physical education facilities.**
- **Invite family members to school meals throughout the year such as Thanksgiving, Christmas, Grandparents day.**
- **Invite parents and community members to participate in school health planning by serving on the local School Health Council.**

Commitment to Implementing a Quality Staff Wellness Program

The Tishomingo Elementary and Middle School will:

Encourage all staff to become aware of the Mississippi State and School Employees' Health Insurance Plan that has been enhanced to include WebMD, a wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit. Annual influenza vaccines and State Department of Health advised vaccines available to interested staff members.

- **Implement a healthy weight program for staff, such as Weight Watchers at Work Program®, www.weightwatchers.com.**
- **Develop relationships with community health providers (e.g., local health departments, hospitals, neighborhood clinics, health professionals), recreational facilities, voluntary health organizations (e.g., American Cancer Society, American Lung Association, American Heart Association), and other community members who can provide resources for or support school employee wellness activities.**
- **Organize employee walking teams or clubs.**
- **Ensure that all staff are aware of the Mississippi State and School Employees' Health Insurance Plan that has been enhanced to include *Motivating Mississippi: Keys to Living Healthy*, a new wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit amount.**

Commitment to Marketing a Healthy School Environment

The Tishomingo Elementary & Middle Schools will:

- **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 conferences, PTA meetings, open houses, health fairs, teacher in-services, and other events).**
- **Eliminate advertising and other materials on the school campus that promote foods of minimal nutrition value.**

Commitment to Implementation

The Tishomingo Elementary & Middle Schools will:

- **Establish a plan for implementation of the school wellness policy.**
- **Use monitoring instruments, developed by the Office of Health Schools to conduct a self assessment that identifies strengths and weaknesses toward implementation of**

the minimum requirements. Monitoring instruments can be downloaded at <http://www.mdek1.org/OHS> - Click on Resources

- Designate one or more persons to ensure that the school wellness policy is implemented as written.
- Establish and support a School Health Council (SHC) that addresses all aspects of a coordinated school health program, including a school wellness policy (Mississippi Code of 1972 Annotated, Section 37-13-134).
- Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.
- Prepare and submit a yearly report to the school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Services at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 2250-9420
2. Fax: (202) 690-742
3. Email: program.intake@usda.gov

This Institution is an equal opportunity provider

School Health Council 2023-2024 School Year:

Cherri Cox, RN, School Nurse

_____, Principal
Casey James, Assistant Principal
Jared George, School Resource Officer
Julie Scruggs, Nutrition Services
Debbie McAnally, Counselor
Sonya Sanderson, Tobacco Free Coalition Representative
Jeff Holt, Parent and School Bus Driver
Bentley Holt, Student
Mia McCallus, Student
Bro. Rusty Fair, Pastor Tishomingo Baptist Church