

Oak Park Elementary School

Wellness Plan

Rationale:

The link between health of students and learning is well documented. If children are to be successful in school they cannot be tired, hungry, sick, suffering from drug abuse, or worried that school is an unsafe environment in which they could become a victim of a violent act. It has become apparent that problems such as poor nutrition, lack of physical activity, substance abuse, depression, teen pregnancy, obesity, bullying, and more – can adversely affect not only a child’s health, but also his or her *ability to learn!* And that is precisely why a coordinated approach to school health can make a difference! A coordinated approach to school health improves kids’ health and their capacity to learn through the support of families, schools, and communities working together. At its very core, a coordinated approach to school health is about keeping students healthy over time, reinforcing positive healthy behaviors throughout the school day, and making it clear that *good health and learning go hand in hand.*

Goal:

All students in Oak Park Elementary School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members in Oak Park Elementary School are encouraged to model a lifestyle of healthy eating patterns and moderate physical activity as a valuable part of their daily lives.

To meet this goal, Oak Park Elementary School adopts this school wellness policy with the following commitments to implementing a coordinated approach to school health. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Commitment to Nutrition

Oak Park 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 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).
 - No food items will be sold on the school campus for one hour before the start of and through any meal service period.

- ❑ The child nutrition staff shall serve only those foods which are components of the approved federal meal patterns served (or milk products) and such additional food as necessary to meet caloric requirements of the age group being served.
 - ❑ With the exception of water and milk products, a student may purchase individual components of the meal only if the full meal unit also is purchased.
 - ❑ Students who bring their lunch from home may purchase water and milk products.
 - ❑ No commercial business food deliveries may be received or consumed in the cafeteria dining room during serving period.
- Include goals for nutrition promotion, nutrition education, physical activity and other school-based activities to promote student wellness through campus food guidelines SEE ATTACHMENT A
- 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- fried foods are eliminated from school meals
 - ❑ Marketing of healthy food choices to students, staff and parents– All schools are Team Nutrition Schools. Encourage schools to participate in the Healthier US School Challenge.
 - ❑ Food preparation ingredients and products – – follow Healthy Hunger Free Kids Act of 2010 guidelines.
 - ❑ Minimum/maximum time allotted for students and staff lunch and breakfast; – breakfast 10 minutes and lunch 24 minutes.
 - ❑ Availability of food items during the lunch and breakfast periods of the Child Nutrition Breakfast and Lunch Programs; – Extra food sale items shall be limited to two (2) per student. This will exclude extra beverage purchase of milk, 100% juice, water, fruits and vegetables. Any extra sale items sold from the school meal shall not exceed the menu portion serving size
 - ❑ Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs. Breakfast for lunch and varied menu items.
 - ❑ Establish guidelines in accordance with 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 ATTACHMENT A
 - ❑ Establish guidelines in accordance with USDA Smart Snacks in Schools for the sale of food items for fundraising.
 - ❑ Encourage students to make food choices based on the Healthy Huger-Free Kids Act pf 2010 (HHFKA) and the ChooseMyPlate resources, by emphasizing menu options that are baked (removed all fryers), whole grains, fresh fruits and vegetables, and reduced 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.
 - ❑ Try to schedule recess before lunch, in order to increase meal consumption and nutrient intake at meals and to improve behavior in the dining area.
 - ❑ Add nutritious and appealing options (such as fruits, vegetables, reduced-fat milk, reduced-fat yogurt, reduced-fat cheese 100% fruit juice and water) whenever food/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.

- ❑ Encourage all school based organizations to use services, contests, non-food items and/or healthful foods for fundraising programs.
- ❑ Develop Campus Food Guidelines that will be distributed to all faculty and staff to provide guidance for food related activities, rewards and incentives.
- ❑ Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home. 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>

Commitment to Food Safe Schools

Oak Park 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 and other national standards for safe food handling at home and in school.
- Ensure that all staff has viewed the video developed by the Office of Healthy Schools to support food safety on the school campus. For compliance with the Nutrition Standards all staff must annually complete and sign pre and posttests developed by the Office of Healthy Schools and maintain documentation of completion.
- 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 campus food guidelines, 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 SEE ATTACHMENT B
- Removed fryers from all school kitchens.
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home.
- Provide parents, caregivers, vendors, and any other community members who provide or are likely to provide foods prepared for consumption at school events with appropriate information about safe food preparation and storage.
- Maintain Food Serve Operational Permit through the Mississippi State Department of Health for approval to operate under the National School Lunch/National School Breakfast Program.
- Monitor security cameras on the school campus
- Utilize District Resource Officer

Commitment to Physical Activity/Physical Education

Oak Park 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).
- 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 2013-2014 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Incorporate 5 to 10 minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons.
- Participate in a yearly fitness test for all students.
- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.
- Encourage active transportation to/from schools by assessing the safest routes for students to walk or bike to school, and by installing bike racks at school buildings.
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- 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.
- Oak Park will not allow recess/physical activity time to be withheld from students as punishment or used as punishment.
- Participate in Presidential Youth Fitness Program Fitness Club for 3rd graders to prepare them for the 4th grade Presidential Youth Fitness Program Testing.

Commitment to Comprehensive Health Education

Oak Park 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.
- Instruction must be based on the Mississippi Contemporary Health for grades K-8.
- Integrate Health Education into other subject areas.
- Provide Universal Precautions training for all teachers and staff.
- Address the attendance of HIV infected students, uphold confidentiality and maintain procedures to protect HIV-infected students and staff from discrimination.

Commitment to a Healthy School Environment

Oak Park 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).
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground 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, filters, belts, etc. in order to maintain safe operation and healthy air quality.
- Conduct at least one emergency evacuation drill per month.
- Every school will follow the district 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 #29).
- Ensure arrival of all buses at their designated school sites prior to the start of the instructional day.
- Conduct bus evacuation drills at least 2 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 #29)
- 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 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.
- 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.

- Install locks on classroom doors in order to create security from the inside.
- Follow the OSSD communicable disease policy.
- Install security cameras on the school campus.
- Utilize regularly scheduled meetings with the School Health Council to determine and discuss the current strengths, weaknesses, opportunities, and challenges associated with implementing and maintaining your school's healthy and safe environment.
- Utilize incentives for integrating energy-efficient and money-saving technologies in school construction.
- Provide a School Resource Officer to be present on campus each school day while students are present.
- All employees will participate Active Shooter training annually.
- Minimize student's exposure to gases, fumes and other pollutants that can aggravate asthma in the school setting.

Commitment to Quality Health Services

Oak Park Elementary School will:

- Ensure all school nurses are working under the guidelines of the 2018 *Mississippi School Nurse Procedures and Standards of Care*.
- 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 a student asthma 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 submit health services data on the 10th of each month for the previous month.
- Offer comprehensive health services for students in grades K-12, through the employment of school nurses, 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.
- Will maintain a supply of unassigned epinephrine auto-injectors in accordance with Senate Bill 2218 and Administrators and/or designee will be trained on proper administration of the auto-injector.
- Offer Basic Life Support classes taught by School nurse to AED team members and any additional staff interested in gaining certification.
- **Perform hearing and vision screening on all Kindergarten students within their first 30 days of enrollment per MDE Kindergarten Guidelines.**
- **Track First Grade vision results per SB 2685, known as the Mississippi Vision for Better Learning Program.**

Commitment to Providing Counseling, Psychological and Social Services

Oak Park Elementary School will:

- Adhere to the details outlined in the Licensure Guidelines (436 or 451) when hiring guidance counselors and psychologists.
- Abide by Mississippi Code 37-9-79 (Amended 2014) as the school provides for counseling and guidance for students.
- 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. Provide all licensed teachers and principals with in-service suicide prevention training as directed by MS Code 37-3-101. 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.
- 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.
- Principal will ensure all employees receive suicide training every 2 years.
- Citizen Aid Public Aid Kits will be in every classroom and at least one large kit per campus.
- Every employee will be trained in Citizen Aid Public Treatment Kits

Commitment to Family and Community Involvement

Oak Park Elementary School will:

- Invite parents and community members to participate in school health planning by serving on the local School Health Council.
- Invite family or community members to eat a meal at school.
- Provide resources and training to parents on health-related topics, parenting skills, child development, and family relationships.

Commitment to Implementing a Quality Staff Wellness Program

Oak Park Elementary School will:

- Make all staff 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.
- Encourage after school health and fitness sessions for school staff.
- Encourage staff wellness challenges to promote health and wellness

Commitment to Marketing a Healthy School Environment

Oak Park Elementary School will:

- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
- Use school announcement systems, school website, newsletters, Facebook, and other social media to promote health messages to students and families.
- Create awareness of the link between the health of students and academic performance.
- Distribute a monthly Wellness Newsletter to parents and staff.

Commitment to Implementation

Oak Park 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.
- 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.
- Use monitoring instruments, developed by the Office of Healthy Schools, to conduct a self assessment that identifies strengths and weaknesses toward implementation of the minimum requirements.

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Oak Park Wellness Plan Attachment A

Oak Park Elementary Campus Food Guidelines

All foods sold in schools must meet the USDA Smart Snacks general requirements as follows

Calories (per item as packaged or served)	≤ 200 calories for snacks ≤ 350 calories for entrees
Total fat	≤ 35% of total calories
Saturated fat	≤ 10% calories from saturated and/or trans fat
Trans fat	≤ 10% calories from saturated and/or trans fat*
Sugar (per item as packaged or served)	≤ 35% added sugar by weight
Sodium (per item as packaged or served)	≤ 230 mg for snack item s ≤ 480 mg for entree items
Juice	100% juice with no added sweeteners ≤ 8 fl oz • Must contain at least 10% of recommended DV for three or more vitamins and minerals* • ≤ 120 calories per 8 fl oz
Milk and Milk Alternatives	Low-fat and nonfat, plain or flavored ≤ 8 fl oz Milk alternatives ≤ 8 fl oz • ≤ 160 calories per 8 fl oz*
Caffeine	Caffeine-free

Exemptions

Exemptions from total fat	Nuts, seeds, and peanut and other nut butters Cheese
Exemptions from saturated fat	Nuts, seeds, and peanut and other nut butters Cheese
Exemptions from sugar (per item as packaged or served)	Naturally occurring sugar in: • Fruit • Vegetables • Dairy products

Fundraisers:

Above standards apply to all on-campus fundraisers during the normal school day; no exemptions will be granted.

Time for lunch:

Oak Park shall schedule 25 minute lunch periods to ensure enough time for lunch. Factors influencing the lunch period are wait time, consumption time, standard deviation/variability, and social time.

Classroom Celebrations:

Teachers will encourage parents to provide healthy snacks for classroom celebrations.

Student Rewards:

Oak Park will promote healthy snack options for any foods provided as student rewards.

Staff Vending Machines:

Oak Park will provide water and several healthy snack options in staff vending machines.

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Oak Park Wellness Plan Attachment B

Strategies that minimize risks for student and staff food allergies/intolerances

- All parent submitted allergies/intolerances in PowerSchool are reviewed by School Nurse and approved to be printed on Emergency Cards
- History and Action Plan is sent home by School Nurse for parent to complete to provide detailed information on student condition
- MDE Medical Statement form is sent to all parents to be completed and signed by their doctor, parents are informed unless this form is received back the cafeteria will be required to serve students all of the daily meal components to include any allergen
- A Transportation Plan is sent to Bus Barn by School Nurse for every student with a food allergy
- An Individual Health Plan is developed by the School Nurse and provided to the teacher for every student with a food allergy/intolerance
- Special Area teachers are provided a list of student medical conditions at the beginning of the year and updated as needed
- Teachers notify parents of food allergies in the classroom and post signs outside classroom
- Students with a known food allergy will sit at opposite end of table from students who may be consuming an allergen
- The School Nurse provides the cafeteria manager with a list of student allergies/intolerances at the beginning of the year and update as needed
- Teachers complete hands on training with Injectable Epinephrine Trainer and provide return demonstration to School Nurse yearly
- Staff complete Employee Health Form and turn in to School Nurse

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