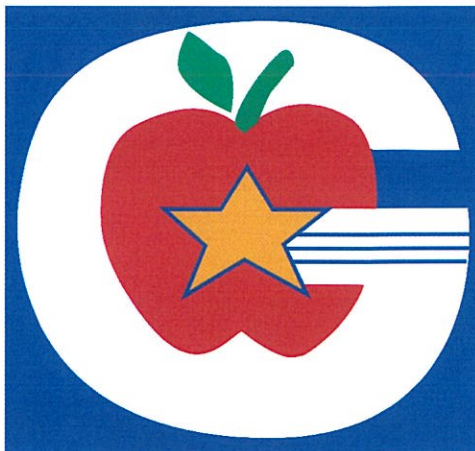


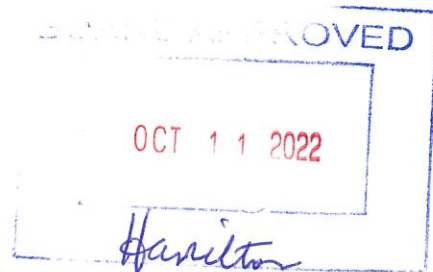
GRENADA SCHOOL DISTRICT

WELLNESS POLICY



Grenada School District
Education, Training, Dreams

October 11, 2022



WHOLE SCHOOL, **WHOLE COMMUNITY**, WHOLE CHILD





Grenada School District Wellness Policy

October 11, 2022

Federal Public Law (PL 108.265, Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the 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 reduced risk for many chronic diseases, like Type 2 diabetes. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

Goal

The Grenada school board affirms its commitment to providing a healthy environment for students and staff. The board directs the superintendent to coordinate the components of the district's wellness policy. The wellness policy shall be developed with the involvement of the school health council. This wellness policy shall be reviewed and approved by the school board annually.

All students in the Grenada School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in the Grenada School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Grenada School District adopts this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. 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.

Grenada School District Wellness Council

C. Lynne Russell, GSD Wellness Coordinator

Amanda Wilson BSN, RN, Grenada Elementary School PreK-3 Wellness Coordinator

Kim Holland MSN RN, Grenada Elementary School 4-5 Wellness Coordinator

Carol Tharpe, Grenada Elementary School 4-5 Principal/Wellness Grant Coordinator

Stephanie Coker BSN, RN, Grenada Middle School Wellness Coordinator

Merribrooke Heath BSN, RN, Grenada High School Wellness Coordinator

Myra Tims, GSD Food Services Coordinator

Emily Tindall, Grenada High School (9-12) Principal

Marshall Whittemore, Grenada Middle School (6-8) Principal

Cole Surrell, Grenada Elementary School (Pre K-3) Principal

Emily Legge, Wellness Secretary

Nutrition Environment and Services

Grenada School District 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.
- Encourage school staff and families to participate in school meal programs.
- 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 17.1)
- 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 17.2).
- Include goals for nutrition promotion, nutrition education, physical activity and other school-based activities to promote student wellness.
- Implement Nutrition Standards as adopted by the State Board of Education in accordance with the Mississippi Healthy Students Act (State Board of Education Policy Rule 38.11),
 - 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 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 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>)
- 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/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

Food Safe Schools

Grenada School District will:

- Implement a food safety program based on HACCP principles for all school meals, as required by the USDA and the Mississippi Department of Education, Office of Child Nutrition Programs and ensure that the food service permit is current for the school sites. 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 schools.
- Ensure that all staff has 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 that includes food safety policies and procedures and provides for 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.

Physical Education/Physical Activity

Grenada School District 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).
- Require fitness testing for all 5th grade students.
- Require fitness testing for high school students; during the year they acquire the ½ Carnegie unit in physical education as required for graduation by the Mississippi Healthy Students Act (State Board of Education Policy Rule 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).
- Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.

- Beginning with 9th graders in school year 2015-2016, provide instruction in Cardiopulmonary Resuscitation (CPR) and use of Automated External Defibrillator (AED) for students in grades 9-12 in the school year they earn their ½ Carnegie Unit for physical education or health Education. MS Code 37-13-134 (Senate Bill 2185)
- 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)
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- 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.
- Create wider opportunities for students to voluntarily participate in before- and after-school physical activity programs like intramurals, clubs, and at the secondary level, interscholastic athletics.

Health Education

Grenada School District will:

- Provide ½ Carnegie unit of health education for graduation (2012 Mississippi Public School Accountability Standard 20, Appendix A).
- Instruction must be based on the Mississippi Contemporary Health for grades 9-12 (2012 Mississippi Public School Accountability Standard 20, Appendix A).
- Implement the requirements of the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades K through 8.
- Instruction must be based on the Mississippi Contemporary Health for grades 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 evidenced based abstinence-only or abstinence-plus curricula.
- Beginning with 9th graders in school year 2015-2016, provide instruction in Cardiopulmonary Resuscitation (CPR) and use of Automated External Defibrillator (AED) for students in grades 9-12 in the school year they earn their ½ Carnegie Unit for health education or physical education. MS Code 37-13-134 (Senate Bill 2185)

Physical Environment

Grenada School District will:

- Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code). Ensure that all exit signs are illuminated and clearly visible.
- Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet www.msdssearch.com).
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety (www.cpsc.gov); for federal guidelines for playground safety.
- Ensure that fire extinguishers are inspected each year and properly tagged.
- Complete yearly maintenance of the heating and cooling system in your school; check coils, filters, belts, etc. in order to maintain safe operation and healthy air quality.
- Conduct at least one emergency evacuation drill per month.
- Every school will have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school.
- Ensure that two means of egress are available in each classroom in case of an emergency; if there is only one door, designate a window (properly sized) as a means of egress.
- Never use extension cords as a permanent source of electricity anywhere on a school campus.
- Comply with the applicable rules and regulations of the State Board of Education in the operation of its transportation program (in accordance with the MS Code 37-41-53; State Board of Education Policies Rule 81.3 and 81.4; and Accreditation Standard #29).
- 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 operates the bus according to all specified safety procedures. Maintain a record of yearly motor vehicle reports on each bus driver and evidence that each driver has received two hours of in-service training per semester. (SB Policy Rule 81.3)
- 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 Rule 81.4)

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 at <http://www.edi.msstate.edu/guidelines/design.php>)
- Provide air conditioning in all classrooms, Code §37-17-6(2).

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.mde.k12.ms.us/safe-and-orderly-schools/school-safety>

- State Board Policy prohibits the possession of pistols, firearms, or weapons by any person on school premises or at school functions. Code §37-11-18 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, Lighters / Electronic Nicotine-Vaporizer delivery system on any educational property, Criminal Code §97-32-9. Code §97-32-29 further prohibits the same 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. The term “smoke” or “smoking” means inhaling, exhaling, burning, carrying, or otherwise possessing any lighted cigarette, cigar, pipe, or any other object or device of any form that contains lighted tobacco or any other smoking product. (Code 41-114-1)

Health Services

Grenada School District will:

- Ensure all school nurses are working under the guidelines of the *June 2018 (Revised October 2019) 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 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.
- 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.
- Promote healthy lifestyles through school and community events (parent meetings, open houses, health fairs, teacher in-services, and other events).

Counseling, Psychological and Social Services/Social and Emotional Climate

Grenada School District will:

- 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 scores a minimum of 70 on the ASWB basic exam.

- Abide by Mississippi Code 37-9-79 (Amended 2014) as the school provides for counseling and guidance for students.
- Hire school guidance counselors with a minimum of a Master's Degree in Guidance and Counseling, or in an emergency situation, an appropriate certification as determined by the Commission on Teacher and Administrator Education, Certification and Licensure and Development. MS Code 37-9-79 – (Amended 2014 – Senate Bill 2423).
- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
- Ensure that all school guidance counselors provide comprehensive counseling services such as:
 - Academic and personal/social counseling.
 - Student assessment and assessment counseling.
 - Career and educational counseling.
 - Individual and group counseling.
 - Crisis intervention and preventive counseling.
 - Beginning with 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

Family Engagement and Community Involvement

Grenada School District will:

- Invite family or community members to participate in health and/or physical education classes
- Invite family or community members to eat a meal at school.
- Recruit, train and involve family and community members as volunteers for teaching certain health units.
- Invite family and community volunteers to lead physical activities for children, such as lunchtime walkathons, weekend games, after-school programs, cheerleading, karate, aerobics, yoga, etc.
- Encourage health education skill-building activities at home by including homework for health instruction, personal goal setting for healthy behaviors, and other health education-related activities.

- Develop homework assignments for students that involve family discussions about health topics and age-related health issues.
- Encourage regular family mealtimes that include healthy choices.
- Update parents on school health successes through monthly newsletters and/or email.
- Increase PTA/PTO Membership.
- Plan Healthy Fundraisers and Healthy School Celebrations.
- Plan Healthy Rewards for students and encourage parents to do the same.

Employee Wellness

Grenada School District will:

- Make as a **Requirement** that all staff is 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 – www.MyActiveHealth.com/Mississippi .
- Promote health and reduce risk factors through professional and staff development programs, providing information flyers and newsletters, introducing incentives for participating in healthy practices and activities, and offering an employee assistance program.
- Provide health promotion programs for school staff to include opportunities for physical activity, health screenings, nutrition education, weight management, smoking cessation, and stress reduction and management.
- Encourage after school health and fitness sessions for school staff.
- 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.

Marketing a Healthy School Environment

Grenada School District will:

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- Ensure individual schools promote healthful 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).
- Work with local media, like newspaper, TV, and radio, to inform the community about the health problems facing Mississippi children, as well as the need for and benefits of healthy school environments.
- Ensure individual schools involve students in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.

Implementation

Grenada School District will:

- 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.
- 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 law and U.S. Department of Agriculture (USDA) policy, discrimination is prohibited on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Grenada School District commits to the implementation of coordinated school wellness. The following established plans for implementation include: Grenada School District designates the Grenada School District Wellness Council, comprised of the district wellness coordinator, food services director, school nurse coordinator, and school level principals, to insure each school level policy is implemented as written. Secondly, the district commits to ensure each individual school health council addresses all aspects of the coordinated school health program. Additionally, the district council commits to review gathered data and progress toward the overall district's goal of coordinated school health, and present findings to the Grenada School District School Board. **Grenada** Schools commit to the implementation of school wellness. The following established plans for implementation include: Each Grenada school will designate one or more persons to ensure the school wellness policy is implemented as written. Within each Grenada school, the principal has been designated as the key facilitator.

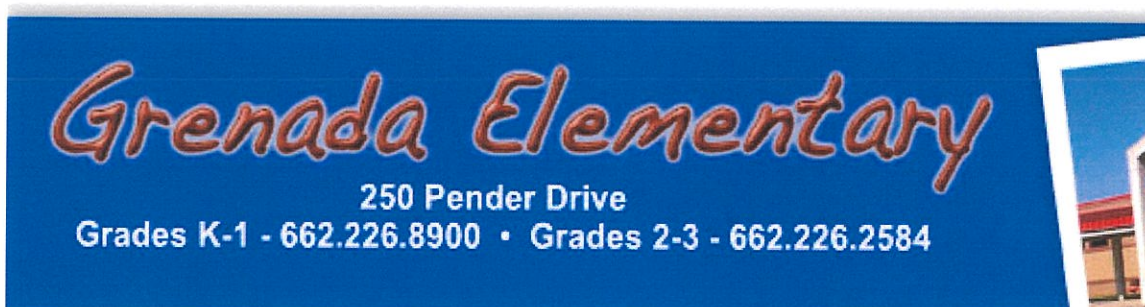
Secondly, each school establishes a School Health Council (SHC) which addresses all aspects of a coordinated school health program, including a school wellness policy. The wellness councils include student, parent, community, and school representatives. The representatives serve as spokespersons for the school in the areas of health instruction, physical education, health services, counseling/psychological services, healthy school environment, health promotion for staff, and parent and community involvement. Additionally, each school conducts periodic reviews of the progress toward school wellness goals to identify areas for improvement. Revisions are submitted to the Grenada School District School board each year regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.

Grenada Elementary Schools



GES – PreK-3
&
GES – 4-5

Grenada Elementary School Pre K-3 Wellness Plan



Cole Surrell, Principal Pre K–3
Dr. Reginald Herrington, Assistant Principal
Dawn Terry, Assistant Principal

Grenada Elementary School
250 Pender Drive
Grenada, MS 38901
Telephone: (662) 226-8900 (K-1)
(662) 226-2584 (2-3)
Fax: (662) 227-4497

GES Wellness Policy

Federal Public Law (PL 108.265, Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006, all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

GRENADA ELEMENTARY SCHOOL HEALTH COUNCIL

Health Instruction

Reginald Herrington- Assistant Principal

Mary Cox- Teacher

Kin Hayward- Teacher

Jaxon Corbett- 3rd Grade Student

Felicia Hughes- MS State Extension Services Health Instructor

Physical Education

Dawn Terry- Assistant Principal

Amy Laster Williams- Physical Education Assistant Instructor/Assistant Coach

Leslie Lancaster- Physical Education Instructor/Coach

Kyle Thomas Doolittle- 2nd Grade Student

Health Services

Amanda Wilson, BSN, RN; GES School Nurse

Lawanda Stokes, LPN; GES Nurse

Rafe Armstrong, MD; Advisor/Standing Orders

Food Services

Sandra Brooks- GES Cafeteria Manager

Myra Tims- District Food Services Supervisor

Violet Boeni- 2nd Grade Student

Counseling/Psychological Services

Kim Graves- GES Counselor

Melanie Harlow- GES Counselor

Miya Bellamy- Life Help Counselor

Stephanie Conley- Life Help Counselor

Healthy School Environment

Cole Surrell- GES Principal

Jeff Pickle- GSD Maintenance Director

Benji Britt- GSD Campus Police Chief

Beverly Waters- Teacher

Kyndall Baggett- 3rd Grade Student

Rationale

The link between nutrition, physical activity, and learning is well documented.

Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, like Type 2 diabetes. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. 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 in the Grenada School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in the Grenada School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Grenada School District adopts this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. 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 cultures.

The GES is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

- All school-based activities are consistent with local wellness policy goals.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.

Nutrition Environment and Services

Grenada 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 programs with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Encourage school staff and families to participate in school meals programs.
- Operate a Child Nutrition Program with school food service staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code 17.1).

- Establish food safety as a key component of 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 17.2).
- Include goals for nutrition promotion, nutrition education, physical activity and other school-based activities to promote student wellness.
- Implement Nutrition Standards as adopted by the State Board of Education in accordance with the Mississippi Healthy Students Act (State Board of Education Policy Rule 38.11),
 - 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 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 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>)
- 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/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/
- Provide adequate time for students to eat and enjoy school meals.
- Encourage students to make food choices based on the 2005 Dietary Guidelines for Americans, by emphasizing menu options that feature baked foods, whole grains, fresh fruits and vegetables, and reduced-fat dairy products.
- Establish a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits of eating with the students.
- Make school meals accessible to students with a variety of delivery strategies, such as grab-and-go lunches for field trips, or alternate eating sites.
- Add nutritious and appealing options (such as fruits, vegetable, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice, and water) whenever foods/beverages are sold or otherwise offered at school.

- Provide nutrition information upon request, for parents, including nutrition analysis of school meals and resources to help parents to improve food that they serve at home.

Grenada Elementary School's commitment to Nutrition is being met by the implementation of the above stated goals. Families are encouraged to come and dine with their children, a pleasant atmosphere with ample time to eat is provided, and a variety of nutritious and appealing fruits, vegetables, reduced fat milk, 100% juices, and water are served.

Food Safe Schools

Grenada 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. 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 has 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. The 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.
- 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.

Physical Education/Physical Activity

Grenada 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).

- Teachers use Move to Learn and Go Noodle videos to include movement and academic lessons.

Health Education

Grenada 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.
- 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.
- Emphasize the disease and prevention strand in the 2012 Mississippi Contemporary Health Education Curriculum.

Grenada Elementary School participates in the Mississippi State Extension Services' Nutrition program in grades K, 1, and 2. Nutrition classes are presented once a week for five weeks to each class. 2006 Mississippi Comprehensive Health Framework lesson plans for grades K-3 are available for the teachers. The lesson plans address the competencies required to be taught and the plans are easily integrated into the reading, math, language, and science curricula. The competencies provide a general guideline for on-going instruction. The suggested lesson plans are available in the School Nurse's office. The 2006 Mississippi Comprehensive Health Framework for Health addressing comprehensive health education, the nutrition strand, and the disease and prevention strand are being addressed.

Physical Environment

Grenada Elementary School will:

- Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code). Ensure that all exit signs are illuminated and clearly visible.
- Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet www.msdssearch.com).
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety (www.cpsc.gov); for federal guidelines for playground safety.
- Ensure that fire extinguishers are inspected each year and properly tagged.
- Complete yearly maintenance of the heating and cooling system in your school; check coils, filters, belts, etc. in order to maintain safe operation and healthy air quality.
- Conduct at least one emergency evacuation drill per month.
- Every school will have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school.
- Ensure that two means of egress are available in each classroom in case of an emergency; if there is only one door, designate a window (properly sized) as a means of egress.
- Never use extension cords as a permanent source of electricity anywhere on a school campus.
- Comply with the applicable rules and regulations of the State Board of Education in the

operation of its transportation program (in accordance with the MS Code 37-41-53; State Board of Education Policies Rule 81.3 and 81.4; and Accreditation Standard #29).

- 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 operates the bus according to all specified safety procedures. Maintain a record of yearly motor vehicle reports on each bus driver and evidence that each driver has received two hours of in-service training per semester. (SB Policy Rule 81.3)
- 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 Rule 81.4).

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 <http://www.edi.msstate.edu/guidelines/design.php>)
- Provide air conditioning in all classrooms, Code §37-17-6(2).

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.mde.k12.ms.us/safe-and-orderly-schools/school-safety>
- 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 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, Lighters / Electronic Nicotine-Vaporizer delivery system on any educational property, Criminal Code §97-32-9. Code §97-32-29 further prohibits the same 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. The term “smoke” or “smoking” means inhaling, exhaling, burning, carrying, or otherwise possessing any lighted cigarette, cigar, pipe, or any other object or device of any form that contains lighted tobacco or any other smoking product. (Code 41-114-1)
- Install exhaust fans in restrooms to eliminate odors.
- Install locks on classroom doors in order to create security from the inside.
- Hire a District Safety Officer or a School Resource Officer.
- Install security cameras on the school campus.
- Utilize regularly scheduled meetings with the School Health Council, school board members, etc. to determine and discuss the current strengths, weaknesses, opportunities,

and challenges associated with implementing and maintaining your school's healthy and safe environment.

Health Services

Grenada Elementary School will:

- Ensure all school nurses are working under the guidelines of the *June 2018 (Revised October 2019) 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 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 will 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.
- 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.
- Promote healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).

Counseling, Psychological and Social Services/Social and Emotional Climate

Grenada Elementary School will:

- 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 scores a minimum of 70 on the ASWB basic exam.
- Abide by Mississippi Code 37-9-79 (Amended 2014) as the school provides for counseling and guidance for students.
- Hire school guidance counselors with a minimum of a Master's Degree in Guidance and Counseling, or in an emergency situation, an appropriate certification as determined by the Commission on Teacher and Administrator Education, Certification and Licensure and Development. MS Code 37-9-79 – (Amended 2014 – Senate Bill 2423).
- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
- Ensure that all school guidance counselors provide comprehensive counseling services such as:

- Academic and personal/social counseling.
- Student assessment and assessment counseling.
- Career and educational counseling.
- Individual and group counseling.
- Crisis intervention and preventive counseling.
- Beginning with 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.
- 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.

Family Engagement and Community Involvement

Grenada Elementary School will:

- Invite parents and community members to participate in school health planning by serving on the Grenada Elementary School Health Council.
- Invite family or community members to participate in health and/or physical education classes
- Invite family or community members to eat a meal at school.
- Recruit, train and involve family and community members as volunteers for teaching certain health units.
- Invite family and community volunteers to lead physical activities for children, such as lunchtime walkathons, weekend games, after-school programs, cheerleading, karate, aerobics, yoga, etc.
- Encourage health education skill-building activities at home by including homework for health instruction, personal goal setting for healthy behaviors, and other health education-related activities.
- Develop homework assignments for students that involve family discussions about health topics and age-related health issues.
- Encourage regular family mealtimes that include healthy choices.
- Update parents on school health successes through monthly newsletters and/or email.
- Increase PTA/PTO Membership.
- Plan Healthy Fundraisers and Healthy School Celebrations.
- Plan Healthy Rewards for students and encourage parents to do the same.

Employee Wellness

Grenada Elementary School will:

- Make as a **Requirement** that all staff is 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 – www.MyActiveHealth.com/Mississippi .
- Promote health and reduce risk factors through professional and staff development programs, providing information flyers and newsletters, introducing incentives for participating in healthy practices and activities, and offering an employee assistance program.
- Provide health promotion programs for school staff to include opportunities for physical activity, health screenings, nutrition education, weight management, smoking cessation, and stress reduction and management.
- Implement a healthy weight program for staff, such as Weight Watchers at Work Program®, <http://www.weightwatchers.com>
- Encourage after school health and fitness sessions for school staff.
- 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.
- Coordinate school employee wellness activities with student health-promotion activities.
- Organize employee walking teams or clubs.

Marketing a Healthy School Environment

Grenada Elementary School will:

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- Involve students in planning for a health school environment. Students will be active participants of the district wellness council.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, administrators, and the community at school events e.g., schools registration, parent-teacher conference, PTA meetings, open houses, health fairs, teacher in services, and other events.
- Promote foods of nutritional value within advertising and other materials on the school campus.
- Work with local media including the newspaper, 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.

Grenada Elementary School is providing positive motivating messages promoting healthy lifestyle practices by having health and character posters in the halls and classrooms throughout the building. Grenada Elementary has an active Health Advisory committee made up of

administrators, teachers, nurses, a nutritionist, Physical education instructors, and parents. This spring, the committee will add a student from each grade level K-3. Grenada Elementary has a Health Fair for parents and staff. Teacher in services are held and/or handouts given to encourage healthy life style, first aid for minor injuries, universal precautions, and management of seizures. BMI calculations and diet instruction are available to parents, staff, and students through parental request. Nutritional posters and handouts are used to further promote healthy eating habits. Our local newspaper has covered our Health Fair and the many other health promotions of Grenada Elementary.

Implementation

Grenada Elementary School will:

- 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.
- 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 goals each year to identify areas for improvement.
- Prepare and submit a yearly report to the Grenada School District school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.

Grenada Elementary School has implemented a school wellness policy. Cole Surrell, Principal, is designated to ensure that the school policy was implemented as written. For ten years Grenada Elementary has had a School Health Council (SHC) that has addressed aspects of our school health program and the rise of childhood obesity. The input from this committee helped provide ideas and information for Grenada Elementary Good Health for Life goals.

Grenada Elementary will review our wellness goals using measurable data i.e. comparing growth and development yearly, weight, and height. Data will be compared to norms for boys and girls. Special attention will be paid to the numbers of students that fall into the obese category with further attention to blood pressure levels of overweight/underweight students. Each year Grenada Elementary will file a written report with emphasis on goals achieved and any recommendations for revision to the policy.

Grenada Elementary School 4-5 Wellness Plan



**Carol Tharpe, Principal
Dr. John Daves, Assistant Principal
Kasey Lott, Assistant Principal**

**Grenada Elementary School 4-5
500 Pender Drive
Grenada, MS 38901
Telephone: (662)226-2818
Fax: (662)227-6107**

Federal Public Law (PL 108.265, Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006 all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Grenada Elementary School 4-5 Health Council

HEALTH INSTRUCTION

Amy Barham, Physical Education Teacher
Cleta Parker, Physical Education Assistant
Sue Mashburne, MTFC Director of Grenada, Yalobusha and Calhoun Counties

PHYSICAL EDUCATION

Brooke Foster, 4 th Grade Teacher
Amy Killebrew, Music Teacher
Angela Zelinski, Special Education Teacher
Luke Foster, 4 th Grade Student
Adley Franklin, 4 th Grade Student
Averi Hood, 5 th Grade Student
Sallie Hughes, 5 th Grade Student

HEALTH SERVICES

Kim Holland, MSN RN NCSN- EPSDT School Nurse/GES 4-5 School Health/Wellness Coordinator
Anna Gaskin, GES 4-5 Inclusion Teacher
Susan Miller, GES 4-5 Inclusion Teacher
Amanda Ferguson, GES 4-5 Speech Therapist
Deandra Gibson, RN-Nursing Instructor- Holmes Community College
Deborah Hughes, RN-Grenada County Health Department

FOOD SERVICES

Kathy Dukes, GES 4-5 Cafeteria Manager
Myra Tims, Food Service District Supervisor
Krystal Laster, 5 th Grade Teacher

COUNSELING/PSYCHOLOGICAL SERVICES

Carie Housel, GES 4-5 School Counselor
Crystal Gholston, Life Help Counselor

HEALTHY SCHOOL ENVIRONMENT

Carol Tharpe, Principal
Haley Stewart, 5 th Grade Teacher
Lois Gaskin, GSD Landscaping Director
Lynne Russell, Grenada School District Wellness Coordinator
Rebecca Howell, 5 th Grade Student
Braxden Dukes, 4 th Grade Student
Austin Storey, 4 th Grade Student

HEALTH PROMOTION FOR STAFF

Dr. John Daves, Assistant Principal
Kacey Lott, Assistant Principal
Jan Walton, Grenada County 4-H Youth Development Agent
Devonn Tipton, Science Teacher-Discovery Lab

PARENT AND COMMUNITY INVOLVEMENT

Rafe Armstrong, MD – Grenada Family Medicine

Billy Collins, Mayor City of Grenada

Kevin Horan-Mississippi House of Representatives

Sylvia Beane, Educational Consultant

Lisa Wilbourn, Instructor/Holmes Community College-Grenada Campus

Jim Legge, Manager Walmart, Grenada MS

Arlene Conley, Grenada School District School Board Member

David Braswell, DMD, Grenada School District Board Member

Eric Williams, Grenada School District School Resource Officer

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, which are essential for maintaining a healthy weight, are also linked to reduced risk for many chronic diseases, like Type 2 diabetes and heart disease. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. 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 Grenada Elementary School 4-5 students shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All Grenada Elementary School 4-5 staff members are encouraged to model healthful eating and physical activity as a valuable part of daily life.

In order to meet this goal, Grenada Elementary School 4-5 adopts this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interest of all students and staff, taking into consideration differences in culture.

Nutrition Environment and Services

Grenada Elementary School 4-5 is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals, Grenada Elementary 4-5 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 programs with menus that meet the meal patterns and nutrition standards established by the U. S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Encourage school staff and families to participate in school meals programs.
- Operate a Child Nutrition Program with school food service staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code 17.1).
- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code 17.2).
- Encourage students to make food choices based on the Healthy Hunger-Free Kids Act of 2010 and the ChooseMyPlate resources, by emphasizing menu options that feature baked foods, whole grains, fresh fruits and vegetables, and reduced-fat dairy products.
- Establish a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits of eating with the students.
- Make school meals accessible to students with a variety of delivery strategies, such as grab-and-go lunches for field trips, or alternate eating sites.
- Provide a school environment that is safe, comfortable, pleasing, and allows ample time and space for eating meals.
- Add nutritious and appealing options (such as fruits, vegetables, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice, and water) whenever foods/beverages are sold or otherwise offered at school.
- Provide nutrition information upon request, for parents, including nutrition analysis of school meals and resources to help parents to improve food that they serve at home.
- Include goals for nutrition promotion, nutrition education, physical activity, and other school-based activities to promote student wellness.
- Implement Nutrition Standards as adopted by the State Board of Education in accordance with the Mississippi Healthy Students Act (State Board of Education Policy Rule 38.11),
 - ❑ 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 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 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>)
- 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/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

Food Safe Schools

Grenada Elementary School 4-5 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. 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 has 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. The 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.
- 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.

Physical Education/Physical Activity

Grenada Elementary School 4-5 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 Regulation 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 based on 2013-2014 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Provide a varied and interesting physical education curriculum such as SPARK, and the physical education curriculum offered through the Project Fit America Grant.
- Establish or enhance physical activity opportunities such as walking clubs or fitness challenges for staff and/or parents.
- Provide opportunities for staff improvement in health and physical fitness through health education and health related fitness activities, including Weight-Watchers nutritional program, aerobic classes, cardiovascular exercise, and training in behavior modification for improved student and teacher mental health.
- Provide opportunities provided by Project Fit America. Grant acquired in Dec. 2008 with implementation starting in the school year 2009-2010.
- Provide an exciting new component to our Physical Education Class – Dance, Dance, Revolution.
- Provide “Peaceful Playgrounds” to add additional activities during free time and physical education activity time.

Health Education

Grenada Elementary School 4-5 will:

- Offer comprehensive health education instruction in grades K-8 based on the Mississippi Contemporary Health.
- 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.
- Emphasize the disease and prevention strand in the 2012 Mississippi Contemporary Health education curriculum.
- Instruction must be based on the Mississippi Contemporary Health for grades K-8.
- Emphasize a hands-on-approach to health education. Every other year we will attain use of the *Body Walk* exhibit. Sponsored by the Mississippi State Extension Service, *Body Walk* offers students the opportunity to learn more about the human body through personal interaction in the “walk through the body” exhibit.

- 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 criteria.
- Provide health services by GES 4-5 EPSDT nurse, local service organizations, and medical groups, such as vision and dental screening, and lessons of personal hygiene.
- Provide key staff first-aid and emergency training, such as AED/CPR certification and Epi Pen In-services for anaphylactic emergencies at regular intervals.
- Provide opportunities for staff improvement in health and physical fitness through health education and health related fitness activities, including Weight-Watchers nutritional program, aerobic classes and cardiovascular exercise, and training in behavior modification for improved student and teacher mental health.

Physical Environment

Grenada Elementary School 4-5 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.gov); for federal guidelines for playground safety.
- Ensure that fire extinguishers are inspected each year and properly tagged.
- Complete yearly maintenance of the heating and cooling system in your school; check coils, filters, belts, etc. in order to maintain safe operation and healthy air quality.
- Conduct at least one emergency evacuation drill per month.
- Every school will have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school.
- Ensure that two means of egress are available in each classroom in case of an emergency; if there is only one door, designate a window (properly sized) as a means of egress.
- Never use extension cords as a permanent source of electricity anywhere on a school campus.
- Comply with the applicable rules and regulations of the State Board of Education in the operation of its transportation program (in accordance with the MS Code 37-41-53; State Board of Education Policies Rule 81.3 and 81.4; and Accreditation Standard #29).
- 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 operates the bus according to all specified safety procedures. Maintain a record of yearly motor vehicle reports on each bus driver and evidence that each driver has received two hours of in-service training per semester. (SB Policy Rule 81.3)
- 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 Rule 81.4).

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 <http://www.edi.msstate.edu/guidelines/design.php>)
- Provide air conditioning in all classrooms, Code §37-17-6(2).

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.mde.k12.ms.us/safe-and-orderly-schools/school-safety>
- State Board Policy prohibits the possession of pistols, firearms or weapons by any person on school premises or at school functions. Code §37-11-18 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, Lighters / Electronic Nicotine-Vaporizer delivery system on any educational property, Criminal Code §97-32-9. Code §97-32-29 further prohibits the same 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. The term “smoke” or “smoking” means inhaling, exhaling, burning, carrying, or otherwise possessing any lighted cigarette, cigar, pipe, or any other object or device of any form that contains lighted tobacco or any other smoking product. (Code 41-114-1)
- Install exhaust fans in restrooms to eliminate odors.
- Install locks on classroom doors in order to create security from the inside.
- Hire a District Safety Officer or a School Resource Officer.
- Install security cameras on the school campus.
- Utilize regularly scheduled meetings with the School Health Council, school board members, etc. to determine and discuss the current strengths, weaknesses, opportunities, and challenges associated with implementing and maintaining your school's healthy and safe environment.

Health Services

Grenada Elementary School 4-5 will:

- Ensure all school nurses are working under the guidelines of the *June 2018 (Revised October 2019) 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 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 will 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.
- 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.
- Promote healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).

Counseling, Psychological and Social Services/Social and Emotional Climate

Grenada Elementary School 4-5 will:

- 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 scores a minimum of 70 on the ASWB basic exam.
- Abide by Mississippi Code 37-9-79 (Amended 2014) as the school provides for counseling and guidance for students.
- Hire school guidance counselors with a minimum of a Master's Degree in Guidance and Counseling, or in an emergency situation, an appropriate certification as determined by the Commission on Teacher and Administrator Education, Certification and Licensure and Development. MS Code 37-9-79 - (Amended 2014 - Senate Bill 2423).
- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
- Ensure that all school guidance counselors provide comprehensive counseling services such as:
 - Academic and personal/social counseling.
 - Student assessment and assessment counseling.
 - Career and educational counseling.
 - Individual and group counseling.
 - Crisis intervention and preventive counseling.
 - Beginning with 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.
- 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.

Family Engagement and Community Involvement

Grenada Elementary School 4-5 will:

- Invite parents and community members to participate in school health planning by serving on the Grenada Elementary School 4-5 Health Council.
- Invite family or community members to participate in health and/or physical education classes
- 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 through the school website – <http://www.grenadaupper.org>
- Recruit, train and involve family and community members as volunteers for teaching certain health units.
- Invite family and community volunteers to lead physical activities for children, such as lunchtime walkathons, weekend games, after-school programs, cheerleading, karate, aerobics, yoga, etc.
- Encourage health education skill-building activities at home by including homework for health instruction, personal goal setting for healthy behaviors, and other health education-related activities.
- Develop homework assignments for students that involve family discussions about health topics and age-related health issues.
- Encourage regular family mealtimes that include healthy choices.
- Update parents on school health successes through monthly newsletters and/or email.
- Increase PTA/PTO Membership.
- Plan Healthy Fundraisers and Healthy School Celebrations.
- Plan Healthy Rewards for students and encourage parents to do the same.

Employee Wellness

Grenada Elementary School 4-5 will:

- Make as a **Requirement** that all staff is 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 – www.MyActiveHealth.com/Mississippi .
- Promote health and reduce risk factors through professional and staff development programs, providing information flyers and newsletters, introducing incentives for participating in healthy practices and activities, and offering an employee assistance

program.

- Provide health promotion programs for school staff to include opportunities for physical activity, health screenings, nutrition education, weight management, smoking cessation, and stress reduction and management.
- Implement a healthy weight program for staff, such as Weight Watchers at Work Program®, <http://www.weightwatchers.com>
- Encourage after school health and fitness sessions for school staff.
- 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.
- Coordinate school employee wellness activities with student health-promotion activities.
- Organize employee walking teams or clubs.

Marketing a Healthy School Environment

Grenada Elementary School 4-5 will:

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- Involve students in planning for healthy school environment. Students will be active participants of the district wellness council.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, administrators, and the community at school events e.g., schools registration, parent teacher conferences, PTA meetings, open houses, health fairs, teacher in services, and other events.
- Promote foods of nutritional value within advertising and other materials on the school campus.
- Work with local media including the newspaper, 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.

Implementation

Grenada Elementary School 4-5 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 a School Health Council 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 goals each year to identify areas for improvement.
- Prepare and submit a yearly report to the Grenada School District school board, regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.

- Implement the Positive Behavior Intervention and Support program on appropriate, acceptable behavior for every area of the school (i.e. classroom, hallway, playground, cafeteria, and bus). With this program, all teachers teach a specific curriculum to all students.

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, discrimination is prohibited on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Grenada Elementary School 4-5 has implemented a school wellness policy following the eight-component model of a coordinated approach to school health that was developed by the CDC and depicts the importance of leadership, coordination, and partnerships to successfully implement quality school health programs that provide opportunities for all children to be fit, healthy, and ready to succeed. Carol Tharpe, principal, will ensure that the school policy is implemented as written.

For several years, Grenada Elementary School 4-5 has utilized a School Health Council that has worked together to identify strengths and areas of concern in all aspects of our school health program. The input from this committee has helped provide ideas for improvement in health/physical education instruction, student health services, food services, health promotion for staff, and parent and community involvement. The following are some of the successful implementations that have been achieved at Grenada Elementary School 4-5:

Grenada Elementary School 4-5 is providing positive motivating messages promoting healthy lifestyle practices by having health and character posters in the halls and classrooms throughout the building. Grenada Elementary 4-5 has an active Health Advisory committee made up of administrators, teachers, nurses, a nutritionist, physical education instructors, students, and parents. Teacher in-services are held and/or handouts given to encourage healthy lifestyles, first aid for minor injuries, universal precautions, and management of seizures and anaphylactic reactions. BMI calculations and diet instruction are available to parents, staff, and students through parental request. Weight Watchers at Work is available to Grenada Elementary 4-5 Staff. Nutritional posters and handouts are used to further promote healthy eating habits. Our local newspaper has covered our annual “Muffins with Mom” and “Donuts with Dad” programs and the many other health promotions of Grenada Elementary 4-5.

Grenada Middle School

Wellness Plan



Marshall Whittemore, Principal
Rebecca Bloodworth, Assistant Principal
Angela Cooley, Assistant Principal
James Harrison, Assistant Principal

Grenada Middle School
28 Jones Road
Grenada, MS 38901
Telephone: (662) 226-5135
Fax: (662) 227-6106

Federal Public Law (PL 108.265, Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006, all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, the school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

GRENADA MIDDLE SCHOOL HEALTH COUNCIL

FAMILY/COMMUNITY INVOLVEMENT

Ashley Harrell, Counselor
Michael Smith, City Council
Lauren McDonald, Parent
Jennah Winter, Student

HEALTH EDUCATION

Sue Mashburne, MTFC
Hannah Ferguson, Teacher
Suzanne Smith, Mississippi Association of Educators
Zoe Beane, Student

STAFF WELLNESS

Ginger Meriwether, Holmes Community College
Gwen Booker, Parent
Malachi Booker, Student

HEALTHY SCHOOL ENVIRONMENT

Angela Cooley, Assistant Principal
Joseph Ward, Grenada City Police Department
Trebria Rogers, Grenada County EMA
Madison Armstrong, Student

COUNSELING, PSYCHOLOGICAL, SOCIAL SERVICES, SOCIAL/EMOTIONAL CLIMATE

Kiara Johnson, Counselor
Jan Walton, MS Extension Service
Makayla Watson, Student

NUTRITION SERVICES

Laqunna Edwards, GMS Food Services
Rebecca Bloodworth, Assistant Principal
April Lee, Teacher
Micah Samples, Student
Garrett Lee, Student

HEALTH SERVICES

Stephanie Coker, School Nurse
Jennifer Trusty, Teacher
David Braswell, DMD
Salina Blankenship, FNP
Tamara Archer, Parent
Armani Archer, Student

PHYSICAL EDUCATION

Chad Griffin, Teacher/Coach
Jeffery Williams, Teacher/Coach
Gamari Govan, Student

GRENADA MIDDLE SCHOOL OBJECTIVE

Grenada Middle School is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals, Grenada Middle School will ensure that:

- Child Nutrition Programs comply with federal, state, and local environments.
- Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.

The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Physical activity is not used as a punishment; and food is not used as a reward or punishment.

Rationale

The link between nutrition, physical activity, and learning is well documented. Healthy eating and physical activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases such as Type 2 diabetes. Schools have a responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. 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 Grenada Middle School shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff at Grenada Middle School is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, Grenada Middle School adopts this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. 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.

Nutrition Environment & Services

Grenada Middle School will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Offer school breakfast and snack programs (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 foodservice staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code 17.1).
- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code 17.2).
- Include goals for nutrition promotion, nutrition education, physical activity and other school-based activities to promote student wellness.
- Implement Nutrition Standards as adopted by the State Board of Education in accordance with the Mississippi Healthy Students Act (State Board of Education Policy Rule 38.11),
 - 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 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. (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>)
- 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/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

Food Safe Schools

Grenada Middle 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. 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 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 complete and sign pre and post test developed by the Office of Healthy Schools and maintain documentation of completion. The video, Pre/Post Test and answer guide can be found at the following links:
http://origin.k12.ms.us/Everyone/Food_Safety/Food_Safety_files/Default.htm,
- http://healthyschoolsms.org/ohs_main/documents/PreandPostFoodSafetyTest_000.doc,
http://healthyschoolsms.org/ohs_main/documents/PreandPostTestAnswerGuide_000.doc
- All school personnel (school board members, administrators, teachers, school nurses, instructional and health services paraprofessionals, foodservice staff, custodians and facilities managers, and administrative support staff) will receive copies of the Local School Wellness Policy to include food safety policies and procedures and relevant professional development.
- Adequate access to hand-washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.
- The food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances.

Physical Education/Physical Activity

Grenada Middle School will:

- Provide 150 minutes per week of activity-based instruction for all students in grades 6-8 (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).
- 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)

- Establish or enhance physical activity opportunities such as walking clubs or fitness challenges for staff and/or parents.
- Collaborate with local recreational departments and physical fitness and wellness centers to promote participation in lifelong physical activities.

Health Education

Grenada Middle 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 6-8.
- 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 evidenced based abstinence-only or abstinence-plus curricula. At this time, Grenada School District's policy is "Abstinence Only" and is implemented in the high school.
- Establish and facilitate a tobacco-free education program for students.

Physical Environment

Grenada Middle School will:

- Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code). Ensure that all exit signs are illuminated and clearly visible.
- Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet www.msdssearch.com).
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety (www.cpsc.gov); for federal guidelines for playground safety.
- Ensure that fire extinguishers are inspected each year and properly tagged.
- Complete yearly maintenance of the heating and cooling system in your school; check coils, filters, belts, etc. in order to maintain safe operation and healthy air quality.
- Conduct at least one emergency evacuation drill per month.
- Every school will have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school.
- Ensure that two means of egress are available in each classroom in case of an emergency; if there is only one door, designate a window (properly sized) as a means of egress.
- Never use extension cords as a permanent source of electricity anywhere on a school campus.
- Comply with the applicable rules and regulations of the State Board of Education in the operation of its transportation program (in accordance with the MS Code 37-41-53; State Board of Education Policies Rule 81.3 and 81.4; and Accreditation Standard #29).
- 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 operates the bus according to all specified safety procedures. Maintain a record of yearly motor vehicle reports on each bus driver and evidence that each driver has received two hours of in-service training per semester. (SB Policy Rule 81.3)

- 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 Rule 81.4)

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 at <http://www.edi.msstate.edu/guidelines/design.php>)
- 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.mde.k12.ms.us/safe-and-orderly-schools/school-safety>
- 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, Lighters / Electronic Nicotine-Vaporizer delivery system on any educational property, Criminal Code §97-32-9 (2000). Code §97-32-29 (2000) further prohibits the same 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. The term “smoke” or “smoking” means inhaling, exhaling, burning, carrying or otherwise possessing any lighted cigarette, cigar, pipe, or any other object or device of any form that contains lighted tobacco or any other smoking product. (Code 41-114-1)

Health Services

Grenada Middle School will:

- Ensure all school nurses are working under the guidelines of the *June 2018 (Revised October 2019) 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 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 as part of a Coordinated School Health Program.
- Work with students, parents, and local healthcare providers to effectively manage and treat chronic diseases.
- Promote healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in services, and/or other events).
- Schools may seek community support that provides auto-injector epinephrine to stock emergency medication needs.

Counseling, Psychological and Social Services/Social and Emotional Climate

Grenada Middle School will:

- 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 scores a minimum of 70 on the ASWB basic exam.
- Abide by Mississippi Code 37-9-79 (Amended 2014) as the school provides for counseling and guidance for students.
- Hire school guidance counselors with a minimum of a Master's Degree in Guidance and Counseling, or in an emergency situation, an appropriate certification as determined by the Commission on Teacher and Administrator Education, Certification and Licensure and Development. MS Code 37-9-79 – (Amended 2014 – Senate Bill 2423).
- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
- Ensure that all school guidance counselors provide comprehensive counseling services such as:
 - Academic and personal/social counseling.
 - Student assessment and assessment counseling.
 - Career and educational counseling.
 - Individual and group counseling.
 - Crisis intervention and preventive counseling.
 - Beginning with 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.
 - Other counseling duties or other duties as assigned by the school principal.
- Ensure that all students have access to qualified student support personnel such as: guidance counselors, social workers, nurses, psychologists, psychometrists, and others (as required by Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2).
- 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.
- Provide students with the tools necessary to help them prepare and succeed in high school and college.

Family Engagement and Community Involvement

Grenada Middle School will:

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

Employee Wellness

Grenada Middle School will:

- Organize employee walking teams or clubs.
- Encourage after school health and fitness sessions for school staff.

Marketing a Healthy School Environment

Grenada Middle School will:

- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
- Involve students in the local school health council for planning and marketing school health messages throughout the school.
- Promote healthful 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).
- Create awareness of the link between the health of students and academic performance.
- Prepare media releases that share successes to local newspapers.

Implementation

Grenada Middle School will:

- 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.
- 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. Monitoring instruments can be downloaded at <http://www.mdek12.org/OHS> - Click on Resources

Plan for implementation

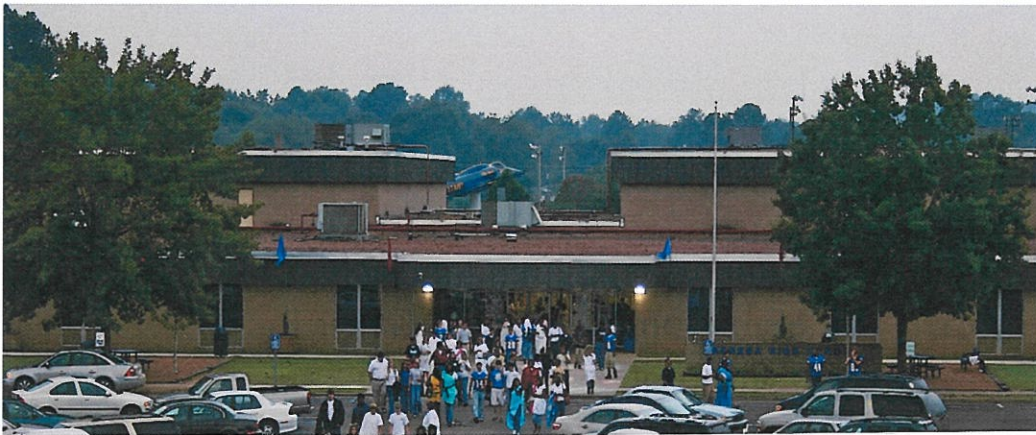
Angela Cooley, Assistant Principal, has been designated to ensure that this wellness policy is implemented as written. Grenada Middle School established a School Health Council in 2004, and has maintained an active health Council, to address aspects of our school health program.

Grenada Middle School will review progress of the wellness goals and file a written report to the Grenada School District School Board yearly regarding the progress of the school wellness policy and will make recommendations for further revisions.

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, discrimination is prohibited on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Grenada High School Wellness Plan



Emily Tindall, Principal
Ezzard Beane, Principal 9
Kelby Surrell, Assistant Principal
Joey Cooley, Assistant Principal

Grenada High School
1875 Fairground Road
Grenada, MS 38901
Telephone: (662) 226-8844
Fax: (662) 227-6109

Federal Public Law (PL 108.265, Section 204) states that by the first day of the 2006 school year beginning after June 30, 2006, all schools must develop a local wellness policy that involves parents, students, a representative from the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring implementation of the local wellness policy.

Grenada High School Wellness Council

HEALTH INSTRUCTION

Tonia Bailey, Family and Individual Health Instructor
Jim Tindall, Health Instructor
Rebecca Wells, Health Science Core I, Health Science Core II, Healthcare and Clinical Sciences
Ezzard Beane, 9th Grade Principal
Barry Rogers, Career and Technical Center Director
Joey Cooley, Boys Basketball/ Assistant Principal
Sue Mashburn, MSDH Health Educator-Grenada, Yalobusha, Calhoun County

PHYSICAL EDUCATION

Ashley Kuhn, Physical Education Instructor
Justin Purvis, Physical Education Instructor
Lyle Williams, Athletic Director
Royce Foster, CPR Coordinator, Assistant Athletic Director

HEALTH SERVICES

Meribrooke Heath, BSN, RN, Grenada High School Nurse
Teresa Redditt, Cafeteria Manager
Myra Tims, Food Service Supervisor
Kelby Surrell, Assistant Principal
Andrea Jackson, Biology I Instructor

COUNSELING/PSYCHOLOGICAL SERVICES

Robert Johnson, Counselor
Chantel Chandler, Counselor
Mark Davis, Parent and Vocational Counselor
Kayla Ellis, Life Help Counselor

HEALTHY PROMOTION FOR STAFF

Kelby Surrell, Assistant Principal
Jan Walton, Grenada County Extension Service
Sydney Samples, Biology Instructor

HEALTHY SCHOOL ENVIRONMENT

Emily Tindall, Principal
Joe Ward, Maintenance Director
Lois Gaskin, Landscaping Director
Eric Williams, School Resource Office
Lynne Russell, District Wellness Coordinator
Reid Viner, 12th grade student
Luke Hardin, 12th grade student
Addie Worsham, 12th grade student
Jadon Reece, 12th grade student
Sydney Beane, 11th grade student
Matt Cummings, 11th grade student
Leah Briscoe, 10th grade student
Caden Patterson, 10th grade student

Isabella Ford, 9th grade student
Rylee Ryals, 9th grade student

PARENT AND COMMUNITY INVOLVEMENT

David Braswell, School Board Member
Kevin Horan, House of Representatives
Terry Lane, PTO Representative
Pam Briscoe, parent
Sylvia Beane, parent
Reid Viner, 12th grade student
JaCorey Cunningham, 12th grade student
Luke Hardin, 12th grade student
Greyson Patton, 11th grade student
Savannah Mallet, 11th grade student
Jacob Medders, 10th grade student
Jakayla Anderson, 9th grade student

Rationale

There is a known link between physical activity, nutrition, and learning. Schools have a responsibility to educate students so that they may have a full life resulting from healthy eating and physical activity. One way this can be achieved is by having a healthy staff to help exemplify healthy behaviors. Effectively planned and implemented school nutrition and physical education programs are shown to develop better behavior, achievement, and health in students. It is essential for students to eat healthy and be physically active to achieve their academic potential and maintain a healthy body. This is also important as nutrition and physical activity have both been proven to help in disease control.

Goal

Students at Grenada High School will be thoroughly educated in the importance of physical activity and nutrition. The staff at Grenada High School will have the opportunity to enhance their knowledge in these fields and be encouraged to set an example as to how nutrition and physical activity should be a part of everyday life for all.

To meet this goal, the administration of Grenada High School commits to having a comprehensive health and physical education program, awareness of nutritional importance, and implementing this wellness plan. By using all school and community means, this policy will serve the needs of both students and staff.

Nutrition Environment and Services

Grenada High 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 (USDA) 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 USDA and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Promote participation in school meal programs to families and staff.
- Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code 17.1).
- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code 17.2).
- Include goals for nutrition promotion, nutrition education, physical activity and other school-based activities to promote student wellness.
- Implement Nutrition Standards as adopted by the State Board of Education in accordance with the Mississippi Healthy Students Act (State Board of Education Policy Rule 38.11),
 - 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 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 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>)
- 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/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/
- Provide adequate time for students to eat and enjoy school meals.
- Encourage students to make food choices based on the 2005 Dietary Guidelines for Americans, by emphasizing menu options that feature baked foods, whole grains, fresh fruits and vegetables, and reduced-fat dairy products.
- Establish a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits of eating with the students.
- Make school meals accessible to all students with a variety of delivery strategies, such as grab-and-go lunches for field trips, or alternate eating sites.
- Add nutritious and appealing options (such as fruits, vegetables, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice, and water whenever foods/beverages are sold or otherwise offered at school.
- Provide nutrition information upon request, for parents including nutrition analysis of school meals and resources to help parents to improve food that they serve at home.

Food Safe Schools

Grenada High School will:

- Implement a food safety program based on HACCP principles for all school meals, as required by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs and ensure that the food service permit is current for the school site.

- Develop a food safety education plan for all staff and students, consistent with Fight Bac® (www.fightbac.org) and other national standards for safe food handling at home and in school.
- Ensure that all staff view 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 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.

Physical Education/Physical Activity

Grenada High School will:

- 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 high school students; during the year they acquire the ½ Carnegie unit in physical education as required for graduation by the Mississippi Healthy Students Act (State Board of Education Policy 4012).
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- Instruction must be based on 2013-2014 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.
- Beginning with 9th graders in school year 2015-2016, provide instruction in Cardiopulmonary Resuscitation (CPR) and use of Automated External Defibrillator (AED) for students in grades 9-12 in the school year they earn their ½ Carnegie Unit for physical education or health Education. MS Code 37-13-134 (Senate Bill 2185)
- 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)

*½ Carnegie unit of Physical Education/certified staff
Course code: 340113 Physical Education

*Grades 9-12 Class size maximum not to exceed 40 students per certified staff. Class size will not exceed 80 students with a License teacher and a teacher assistant. Class size should not apply to extracurricular activities such as band, ROTC, and show choir.
Lesson plans for band, ROTC, and show choir will include 50 minutes/week for Physical Education activity-based instruction.

Health Education

Grenada High School will:

- Provide ½ Carnegie unit of health education for graduation (2012 Mississippi Public School Accountability Standard 20, Appendix A).
- Instruction must be based on the Mississippi Contemporary Health for grades 9-12 (2012 Mississippi Public School Accountability Standard 20, Appendix A).
- 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.
- Beginning with 9th graders in school year 2015-2016, provide instruction in Cardiopulmonary Resuscitation (CPR) and use of Automated External Defibrillator (AED) for students in grades 9-12 in the school year they earn their ½ Carnegie Unit for health education or physical education. MS Code 37-13-134 (Senate Bill 2185)
- Offer the emergency and safety technique program, Risk Watch, supported through service organizations and community volunteers.
- Provide staff with emergency and first aid training
- Provide opportunities for staff improvement of health through education and health fairs.
- To educate students in health class of problems specific to our region and cultures (i.e. sickle cell).
- Establish a partnership with the Mississippi State Department of Health and Office of Tobacco Control.

Establish, facilitate, and strengthen the tobacco-free coalition program within each school in the GSD by discouraging the use of tobacco use and by creating tobacco-free lifestyles.

*½ Carnegie unit for Health Education/certified staff
Course code: 340133 Health Education, Grades 9-12

Physical Environment

Grenada High School will:

- Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code). Ensure that all exit signs are illuminated and clearly visible.
- Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet www.msdssearch.com).
- 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 have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school.
- Ensure that two means of egress are available in each classroom in case of an emergency; if there is only one door, designate a window (properly sized) as a means of egress.
- Never use extension cords as a permanent source of electricity anywhere on a school campus.
- Comply with the applicable rules and regulations of the State Board of Education in the operation of its transportation program (in accordance with the MS Code 37-41-53; State Board of Education Policies Rule 81.3 and 81.4; and Accreditation Standard #29).
- 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 operates the bus according to all specified safety procedures. Maintain a record of yearly motor vehicle reports on each bus driver and evidence that each driver has received two hours of in-service training per semester. (SB Policy Rule 81.3)
- 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 81.4)

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 and 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 <http://www.edi.msstate.edu/guidelines/design.php>)
- 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.mde.k12.ms.us/safe-and-orderly-schools/school-safety>
- 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, Lighters / Electronic Nicotine-Vaporizer delivery system on any educational property, Criminal Code §97-32-9 (2000). Code §97-32-29 (2000) further prohibits the same 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. The term “smoke” or “smoking” means inhaling, exhaling, burning, carrying, or otherwise possessing any lighted cigarette, cigar, pipe, or any other object or device of any form that contains lighted tobacco or any other smoking product. (Code 41-114-1)

Health Services

Grenada High School will:

- Ensure all school nurses are working under the guidelines of the *June 2018 (Revised October 2019) 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 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.
- 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.
- Promote healthy lifestyles through school and community events (parent meetings, open houses, health fairs, teacher in-services, and other events).

Counseling, Psychological and Social Services/Social and Emotional Climate

Grenada High School will:

- 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 scores a minimum of 70 on the ASWB basic exam.

- Abide by Mississippi Code 37-9-79 (Amended 2014) as the school provides for counseling and guidance for students.
- Hire qualified counselors who will address the mental health, academic, and career needs of students in the school setting.
- Hire school guidance counselors with a minimum of a Master's Degree in Guidance and Counseling, or in an emergency situation, an appropriate certification as determined by the Commission on Teacher and Administrator Education, Certification and Licensure and Development. MS Code 37-9-79 – (Amended 2014 – Senate Bill 2423).
- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
- Ensure that all school guidance counselors provide comprehensive counseling services such as:
 - Academic and personal/social counseling.
 - Student assessment and assessment counseling.
 - Career and educational counseling.
 - Individual and group counseling.
 - Crisis intervention and preventive counseling.
 - Beginning with 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 delivery of services to students as outlined by the American School Counselor Association

Family Engagement and Community Involvement

Grenada High School will:

- Invite parents and community members to participate in school health planning by serving on the local School Health Council.
- Offer a school environment that is safe for both students and staff
- Provide an environment conducive to learning and the wellness of both students and staff
- Ensure Child Nutrition Programs comply with local, state, and federal regulations and are available to all students and staff
- Make certain students are allowed ample time to eat and have space to do so
- Provide nutrition education that is relevant and multidisciplinary
- Stress the importance of physical activity to both students and staff that all activities are consistent with wellness policy goals
- Food and physical activities are not withheld as a punishment.

Employee Wellness

Grenada High School will:

- Promote health and reduce risk factors through professional and staff development programs, providing information flyers and newsletters, introducing incentives for participating in healthy practices and activities, and offering an employee assistance program.
- Provide health promotion programs for school staff to include opportunities for physical activity, health screenings, nutrition education, weight management, smoking cessation, and stress reduction and management.
- Organize employee walking teams or clubs.

Marketing a Healthy School Environment

Grenada High School will:

- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
- Involve students in the local school health council for planning and marketing school health messages throughout the school.
- Promote healthful 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).
- Create awareness of the link between the health of students and academic performance.
- Prepare media releases that share successes to local newspapers.

Implementation

Grenada High School will:

- 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.
- 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 law and U.S. Department of Agriculture (USDA) policy, discrimination is prohibited on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Grenada High School has implemented a school wellness policy. Emily Tindall and Ezzard Beane, school principals, are designated to ensure the school policy is implemented as written. For three years Grenada High School's School Health Council (SHC) has addressed aspects of the school health programs and the rise of childhood obesity. The input from the committee helps provide ideas and information for Grenada High School's coordinated school health goals.

Grenada High School will continue to participate in the Center for Disease Control and Prevention's Youth Behavior Risk Survey just as the school did during the 2008-2009 SY. Grenada High School was randomly selected to participate in the YRBSS which includes national, state, and local school-based surveys of representative samples of 9th through 12th grade students. The national survey, conducted by CDC, provides data representative of high school students in public and private schools in the United States. The state and local surveys, conducted by departments of health and education, provide data representative of public high school students in each state or local school district. The survey is part of a national study to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States.

Grenada High School will continue to participate in the School Health Index Survey (SHI). The SHI developed by the Center for Disease Control and Prevention is a tool GHS uses as a self-assessment and planning guide for implementing coordinated school health programs. SHI enables GHS to identify strengths and weaknesses of health promotion policies and programs and enables them to develop an action plan for improving student health. The SHI also provides structure and direction to GHS efforts to improve health and safety policies and programs.