

District: Newton Municipal School District-Newton High School (9-12)
Section: J-Students
Policy Code: JG-School Wellness Policy

**BOARD
APPROVED**

DATE Jan 19, 2023
SIGNED M. Brantley

SCHOOL WELLNESS POLICY

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

Goal:

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

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

In determining these goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, The Newton High School Health Council has reviewed and considered evidenced-based strategies.

Nutrition Environment and Services:

The Newton High School will:

1. 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.
2. 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.
3. Promote participation in school meal programs to families and staff.

4. Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code 2001).
5. Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code 2002).
6. Include goals for nutrition promotion, nutrition education, physical activity and other school-based activities to promote student wellness.
7. Implement Nutrition Standards as adopted by the State Board of Education in accordance with the Mississippi Healthy Students Act (State Board of Education Policy 4011),
 - a. Healthy food and beverage choices;
 - b. Healthy food preparation;
 - c. Marketing of healthy food choices to students, staff and parents;
 - d. Food preparation ingredients and products;
 - e. Minimum/maximum time allotted for students and staff lunch and breakfast;
 - f. Availability of food items during the lunch and breakfast periods of the Child Nutrition Breakfast and Lunch Programs;
 - g. Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs.
8. 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 Appendix A for examples of guidelines**
9. Establish standards for all foods and beverages provided but not sold to students during the school day (e.g. in classroom parties, classroom snacks brought by parents, or other foods given as incentives). **See Appendix B for Non-Food Rewards**
10. Establish guidelines in accordance with USDA Smart Snacks in Schools for the sale of food items for fundraising. **See Appendix C for Fundraising Alternatives**
11. Use Smart Snacks Resources to educate the school community about the importance of offering healthy snacks for students and staff members.
12. <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks> Smart Snacks Product Calculator:
13. 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/>

Food Safe Schools

1. 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>
2. 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.
3. 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 <http://www.mdek12.org/OHS> .

4. 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.
5. Adequate access to hand-washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.
6. 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

The Newton High School will:

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).
2. 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).
3. Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
4. Instruction must be based on 2013-2014 Mississippi Physical Education Frameworks.
5. Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
6. Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.
7. 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)
8. Address concussions by adopting and implementing a policy for students in grades 7-12 who participate in activities sanctioned by the Mississippi High School Activities Association (MHSAA). This policy will include a concussion recognition course that has been endorsed by the Mississippi Department of Health. This course will provide information on the nature and risk of concussions for students participating in athletics. Also included in the policy, parents/guardians will be provided with a concussion policy before the start of regular school athletic season. (House Bill 48)

Links to resources to aid policy development and Office of Healthy Schools website

www.cdc.gov/concussion/HeadsUp/high_school.html#5

<http://www.misshsaa.com/GeneralInfo/SportsMedicine.aspx>

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

STATE REQUIREMENTS MONITORED BY THE OFFICE OF HEALTHY SCHOOLS

Health Education

The Newton High School will:

1. Provide ½ Carnegie unit of health education for graduation (2012 Mississippi Public School Accountability Standard 20, Appendix A).
2. Instruction must be based on the Mississippi Contemporary Health for grades 9-12 (2012 Mississippi Public School Accountability Standard 20, Appendix A).
3. 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.
4. 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)

Health Services

The Newton High School will:

1. Ensure all school nurses are working under the guidelines of the 2013 *Mississippi School Nurse Procedures and Standards of Care*.
2. Provide for teachers and staff training regarding signs and symptoms of asthma. (MS Code Sections 37-11-71 and 73-25-37)
3. Every child who has been diagnosed with asthma must have an asthma action plan on file in the school office.
4. 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)

Counseling, Psychological and Social Services/Social and Emotional Climate:

The Newton High School will:

1. 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.
2. Abide by Mississippi Code 37-9-79 (Amended 2014) as the school provides for counseling and guidance for students.

3. 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)
4. Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
5. 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

The Newton School District will:

- Invite parents and community members to participate in school health planning by serving on the local School Health Council.
- Establish methods to inform and update the public regarding the LSWP and the assessment of the LSWP
- Invite family 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.
- 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.
- Develop homework assignments for students that involve family discussions about health topics and age-related health issues.
- Schedule school health fairs and invite parents and the public to attend.
- Update parents on school health successes through monthly newsletters and/or email.
- Sponsor a Family Fitness Night.

- Increase PTA/PTO Membership.
- Plan Healthy Fundraisers and Healthy School Celebrations.

Employee Wellness

The Newton High School will:

1. 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.
2. Encourage after school health and fitness sessions for school staff.
3. 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.
4. Organize employee walking teams or clubs.

Marketing a Healthy School Environment

The Newton High School will:

1. Eliminate advertising or promoting unhealthy food choices on the school campus. Advertising must be restricted to only those foods and beverages that meet the Smart Snacks in School Nutrition Standards.
2. Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
3. Use traditional marketing materials such as posters, flyers, T-shirts, wrist bands, buttons, etc. to promote health messages to students and families.
4. Involve students in the local school health council for planning and marketing school health messages throughout the school.
5. 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).
6. Create awareness of the link between the health of students and academic performance.
7. Apply for recognition award through the Governor's Commission on Physical Fitness and Sports at <https://pyfp.org/>

Implementation

The Newton High School will:

1. Establish a plan for implementation of the school wellness policy.

2. Designate one or more persons to ensure that the school wellness policy is implemented as written. The Newton Municipal School District designates Wellness Coordinator for this purpose.
3. 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).
4. Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.
5. 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 to update and modify the program as appropriate.
6. 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>

Newton Municipal School District's School Health Council

- Healthcare Provider-Dr. Arain
- Hospital and Public Health Department- Mrs. Latoya Harrison
- Non-Profit Health Organization- MS Tobacco Free Coalition Newton/Lauderdale County
- NMSD Athletic Department - Mr. Crandal Porter
- Community Youth Organization- Mr. Allen Tillman
- MS State Extension Services - Mrs. Katrina McCalphia
- Faith-Based Organization, Clergy, and Churches- Mr. Leroy Coleman
- NMSD Parents who have children in the individual school
- NMSD Teachers-Mrs. Williams (NHS), Mr. Corey Carlton (NES), Mr. Allen Tillman (N.H. Pilate)
- NMSD Students enrolled in the individual schools
- NMSD Parent Liaison- Ms. Mahogany Agee
- NMSD Nursing Department- Mrs. Allen (NHS/NES) & Mrs. Amos (N.H. Pilate)
- NMSD Police Department- Mr. Harvey Curry
- NMSD Child Nutrition Department- Ms. Pamela Cox
- NMSD Communication & Information Department- Ms. Tiwari McLain

Appendix A: Nutrition Guidelines

The Newton Municipal School District strongly encourages the sale or distribution of nutrient dense foods for all school function and activities. Nutrient dense foods are those foods that provide students with calories rich in the nutrient content needed to be healthy. In an effort to support the consumption of nutrient dense foods in the school setting, the district has adopted the following nutrition standards governing the sale of food, beverage, and candy on school grounds. Schools are to study these standards and develop building policy using the following Nutrition standards as minimal guidelines.

These food and beverage regulations apply to all Mississippi school campuses during the regular and extended school day defined as the hours between 7:00 am and 4:00 pm. The extended school day includes activities such as clubs, yearbook, band and choir practice, student government and drama.

This policy does not apply to school-related events: such as interscholastic sporting events, school plays, and band concerts where parents and other adults constitute a significant portion of the audience or are selling beverages as boosters.

Food

- Include fruits and vegetables prepared and packaged without added fat, sugar, or sodium.
- Snack items should contain < 200 calories per package, no more than 35 percent of total calories from fat (with the exception of nuts, seeds, peanut and other nut butters, and cheeses), no more than 10 percent of calories from saturated and or trans fat.

Beverages

- Only reduced-fat milks (including flavored milk), bottled water, sports drinks and beverages containing 50-100% fruit juices with no added artificial or natural sweeteners, may be sold or distributed on school grounds prior to and during the instructional day in elementary, middle, and high schools.

Candy

- Candy is defined as any processed food item that includes the following:
Sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose (dextrose), high fructose corn syrup, honey, invent sugar, lactose, maltose, molasses, raw sugar, table sugar (sucrose), syrup) is listed as one of the first two ingredients and sugar is more than 25% of the item by weight.

Appendix B: Non-Food Rewards

Read a book.
Sit by friends.
Read outdoors.
Teach the class.
Have extra art time.
Enjoy class outdoors.
Have an extra recess.
Play a computer game.
Read to a younger class.
Get a no homework pass.
Sing a silly song together.
Make deliveries to the office.
Listen to music while working.
Play a favorite game or puzzle.
Earn play money for privileges.
Walk with a teacher or principal.
Eat lunch outdoors with the class.
Be a helper in another classroom.
Eat lunch with a teacher or principal.
Start and maintain a vegetable garden.
Dance to favorite music in the classroom.
Get a "free choice" time at the end of the day.
Listen with a headset to a book on audiotape.
Have a teacher perform special skills. (i.e. sing).
Be first in line when the class leaves the room.
Have a teacher read a special book to the class.
Take a trip to the treasure box (stickers, pencils, erasers, bookmarks, etc.).

Appendix C: Fundraising Alternatives

Many new school fundraising strategies are being developed with school financial needs and concerns about student nutrition in mind. Instead of candy, schools are selling:

1. Fresh and exotic fruit, like cases of citrus fruit
2. High quality potatoes, onions, or other produce items
3. Nuts and trail mix
4. Popcorn

Schools may also sell a variety of non-food items such as:

1. Gift wrap
2. Magazine subscriptions
3. Garden seeds
4. Candles
5. Discount coupon books
6. Plants and flowers
7. School spirit items

Schools may also utilize traditional and non-traditional fundraising events such as:

1. Car washes
2. Walk-a-thons, bike-a-thons, jog-a-thons, skate-a-thons, etc.
3. Family game nights
4. 3-on-3 basketball tournaments
5. Silent auctions
6. Talent shows

Additional Policies:

Vending Machines and School Stores

All snacks and beverages sold to students must meet the nutritional guidelines stated in Vending Regulations for MS Public Schools as approved by State Board of Education October 20, 2006.

Offer vs. Serve

Offer vs. Serve is the regulation which allows students to choose less than all the food items within the lunch meal pattern, is known as the "Offer versus Serve Provision". All schools in the Newton Municipal School District implement "offer vs. serve". All five food components of the National School Lunch Program must be offered and students must choose at least three of these items and ONE of the three must be a fruit or vegetable for the meal to be reimbursable. The mandate allows students to refuse two of the five meal components they do not intend to eat, therefore, reducing plate waste. The choice of three or four items does not relieve the non-needy child from paying full price for the meal.

The "offer vs. serve" provision applies also in the National School Breakfast Program. All four food items on the school breakfast menu must be offered and students must choose at least three items and ONE of the three must be a fruit or fruit juice for the breakfast to be reimbursable. All food is served attractively to entice the students to choose all food items in both the lunch and breakfast program.

A la Carte

A la Carte meal service for students and/or adults is not permitted. Each meal must be priced and served as a unit. Any food item that is not a meal component cannot be sold. Extra food sales are meal components that may be sold in addition to the school lunch to participating students.

Food Substitutions

Substitutions may be made in foods listed in the meal pattern if individual participating children are unable, because of medical or other special dietary needs, to consume such foods. Such substitutions shall be made only when supported by a statement from a recognized medical authority that includes recommended alternate foods. A copy of this medical statement shall be kept in the cafeteria of the school the child attends and the original maintained in the Food Service Office.

Canned Drinks and Fast Food in the Cafeteria

It is recommended that neither children nor adults bring canned or bottled drinks into the cafeteria, without the label being removed or covered with aluminum foil.

It is further recommended that children or adults bring no "fast food" into the cafeteria. If a parent brings his or her child "fast food", the food should be placed in a container other than the original container that promotes product which are in direct competition with the National School Lunch /Breakfast Program.

Food shall not be delivered to children or adults. "Fast Food" deliveries could be an introduction point for alcohol, drugs, or weapon to the campus. "Fast Food" deliveries could also pose a sanitation problem by introducing food borne illness or pest.

Policy on Competition and Extra Food Sales

On February 22, 1985, the State Board of Education passed the following policy on the selling of foods in competition with the National School Food Service Programs and on the nutritional quality of foods sold extra:

To ensure that children are not in the position of having to decide between non-nutritious and nutritious foods immediately before or during any meal service period.

1. No food is to be sold on the school campus for one (1) hour before the start of any meal service period.
2. The school food service staff shall serve only those foods, which are components of the approved federal meal patterns being served (or milk products) and such additional foods as necessary to meet the caloric requirements of the age group being served.
3. With the exceptions of milk products and bottled water, a student may purchase individual components of the meal only if the full meal unit also is being purchased.
4. Students who bring lunch from home may purchase milk products and bottled water only.
5. This policy should be viewed as a minimum standard. Local boards of education are encouraged to develop more comprehensive restrictions.

Clarification and/or Interpretation of Competitive Foods Rule

1. No food is to be sold on campus for one hour before breakfast or one hour before lunch and until the end of either serving period. Any food may be sold after breakfast and until one hour before lunch.
2. After the full meal has been served, a student may purchase individual components or milk products and bottled water as extra sales.
3. Students who bring lunch can purchase only milk, ice cream and bottled water.
4. Food service for profit or sales in competition with the National School Lunch Program shall not be operated in the cafeteria at any time during the day. Snack item, such as soft drinks, candies, nabs, potato chips, popcorn, popsicles, etc., including those meeting nutritional requirements, cannot be sold in the cafeteria at any time during t

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Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
fax: (202) 690-7442; or email: program.intake@usda.gov.

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