

MADISON COUNTY SCHOOLS

476 Highland Colony Parkway • Ridgeland, MS 39157

DISTRICT WELLNESS POLICY



1	Nutrition Environment and Services
2	Physical Education / Physical Activity
3	Health Education
4	Health Services
5	Counseling, Psychological & Social Services / Social & Emotional Climate
6	Family Engagement and Community Involvement
7	Employee Wellness
8	Marketing a Healthy School Environment
9	Implementation



April 2024
(Revised)

Requirement:

To support the relationship between student health and academic achievement, the 2014 Mississippi Public School Accountability Standards (Standard 17.5.1) and the Healthy Hunger-Free Kids Act of 2010 (HHFKA) requires each local school to establish a local school wellness policy. Mississippi Code of 1972, Annotated Section 37-13-134 requires the recommendations made by a school health council to be based on a coordinated approach to school health.

The following minimum requirements are established by the federal legislation. This law places responsibility of developing a school wellness policy at the local level, so individual needs of each school can be addressed most effectively. States and schools may choose to require or add additional components. Specifically, the federal legislation requires:

- Specific goals for nutrition promotion and education, physical activity, and other school based activities that promote student wellness. LEA's are required to review and consider evidenced-based strategies in determining these goals;
- Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day that are consistent with Federal regulations for:
 - School meal nutrition standards
 - Smart Snacks in School Nutrition standards
- Standards for all foods and beverages provided but not sold to students during the school day (e.g., in classroom parties, classroom snacks brought by parents, or other foods given as incentives).
- Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School Nutrition standards.

Rationale:

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

Goal:

All students in the **Madison County School District** shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members in the **Madison County School District** 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 **Madison County School District** adopts this school wellness policy with the following commitments/*components* 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.

COMPONENT 1 - Nutrition Environment and Services

COMPONENT 2 - Physical Education/Physical Activity

COMPONENT 3 - Health Education

COMPONENT 4 - Health Services

COMPONENT 4 - Counseling, Psychological and Social Services/Social and Emotional Climate

COMPONENT 6 - Family Engagement and Community Involvement

COMPONENT 7 - Employee Wellness

COMPONENT 8 - Marketing a Healthy School Environment

COMPONENT 9 - Implementation

Nutrition Environment and Services

Minimum requirements

The **Madison County School District** will:

	ELEM	MIDDLE	HIGH	
1	ELEM	MIDDLE	HIGH	Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the USDA and the MDE, Office of Child Nutrition Programs.
2	ELEM	MIDDLE	HIGH	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 MDE, Office of Child Nutrition Programs.
3	ELEM	MIDDLE	HIGH	Promote participation in school meal programs to families and staff.
4	ELEM	MIDDLE	HIGH	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	ELEM	MIDDLE	HIGH	Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code 2002).
6	ELEM	MIDDLE	HIGH	Include goals for nutrition promotion, nutrition education, physical activity and other school-based activities to promote student wellness.
7	ELEM	MIDDLE	HIGH	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).
8	ELEM	MIDDLE	HIGH	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 www.mde.k12.org/OHS)
9	ELEM	MIDDLE	HIGH	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)
10	ELEM	MIDDLE	HIGH	Establish guidelines in accordance with USDA Smart Snacks in Schools for the sale of food items for fundraising.
11	ELEM	MIDDLE	HIGH	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 & https://www.healthiergeneration.org)

Food Safe Schools

12	ELEM	MIDDLE	HIGH	Implement a food safety program based on HACCP principles for all school meals, as required by the USDA and the MDE, Office of Child Nutrition Programs and ensure that the food service permit is current for the school sites.
13	ELEM	MIDDLE	HIGH	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.
14	ELEM	MIDDLE	HIGH	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 www.mde.k12.ms.us/ohs .
15	ELEM	MIDDLE	HIGH	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 access to the Local School Wellness Policy that includes food safety policies and procedures and provides for relevant professional development.
16	ELEM	MIDDLE	HIGH	Adequate access to hand-washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.
17	ELEM	MIDDLE	HIGH	The food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances.

ADDITIONAL POLICIES:

18	ELEM	MIDDLE	HIGH	Water must be available to all students, free of charge, and without restriction during both breakfast (when served in cafeteria) and lunch (any location served). Variety of ways to comply - water pitchers and cups, water fountain, faucet that allows students to fill up bottles or cups.
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COMPONENT 2

Physical Education/Physical Activity

Minimum requirements

The **Madison County School District** will:

1	ELEM	MIDDLE		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.
2	ELEM	MIDDLE	HIGH	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).
3	E			Require fitness testing for all 5th grade students.
4			HIGH	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).
5	ELEM	MIDDLE	HIGH	Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
6	E	M	H	Instruction must be based on 2013-2014 Mississippi Physical Education Frameworks.
7	E	M	H	Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
8			HIGH	Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.
9			HIGH	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)
10		MIDDLE	HIGH	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)

COMPONENT 3

Health Education

Minimum requirements

The **Madison County School District** will:

1			HIGH	Provide ½ Carnegie unit of health education for graduation (2012 Mississippi Public School Accountability Standard 20, Appendix A).
2			HIGH	Instruction must be based on the Mississippi Contemporary Health for grades 9-12 (2012 Mississippi Public School Accountability Standard 20, Appendix A).
3	ELEM	MIDDLE		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.
4	ELEM	MIDDLE		Instruction must be based on the Mississippi Contemporary Health for grades K-8.
5		MIDDLE	HIGH	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.
6			HIGH	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)

COMPONENT 4

Health Services

Minimum requirements

The **Madison County School District** will:

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

COMPONENT 5

Counseling, Psychological and Social Services/Social and Emotional Climate

Minimum requirements

The **Madison County School District** will:

1	ELEM	MIDDLE	HIGH	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	ELEM	MIDDLE	HIGH	Abide by Mississippi Code 37-9-79 (Amended 2014) as the school provides for counseling and guidance for students.
3	ELEM	MIDDLE	HIGH	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	E	M	H	Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
5	ELEM	MIDDLE	HIGH	Ensure that all school guidance counselors provide comprehensive counseling services such as: <ul style="list-style-type: none"> - Academic and personal/social counseling. - Student assessment and assessment counseling. - Career and educational counseling. - Individual and group counseling. - Crisis intervention and preventive counseling. - Provide all licensed teachers and principals with in-service suicide prevention training as directed by MS Code 37-3-101. - Referrals to community agencies. - Educational consultations and collaborations with teachers, administrators, parents and community leaders. - Education and career placement services. - Follow-up counseling services. - Conflict resolution. - 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

COMPONENT 6

Family Engagement and Community Involvement

Minimum requirements

The **Madison County School District** will:

1	ELEM	MIDDLE	HIGH	Invite parents and community members to participate in school health planning by serving on the local school health council.
2	ELEM	MIDDLE	HIGH	Satisfy the requirement for updating the public regarding the school wellness policy and assessment, by placing the most up to date policy on the district website.

As per MDE's directive, we are incorporating the specific verbiage below into the policy to address their request, despite the implied directive being already covered in the preceding statement.

Establish methods to inform and update the public regarding the LSWP and the assesment of the LSWP.

COMPONENT 7

Employee Wellness

Minimum requirements

The **Madison County School District** will:

1	ELEM	MIDDLE	HIGH	Coordinate school employee wellness activities and resources
2	ELEM	MIDDLE	HIGH	Provide links showing wellness benefits available for school district employees.

<https://www.mdek12.org/OHS/HPS/policies-and-procedures>

COMPONENT 8

Marketing a Healthy School Environment

Minimum requirements

The **Madison County School District** will:

1	ELEM	MIDDLE	HIGH	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	ELEM	MIDDLE	HIGH	Use traditional marketing materials such as posters, flyers, T-shirts, wrist bands, buttons, etc. to promote health messages to students and families.

Implementation

Minimum requirements

The **Madison County School District** will:

1	E	M	H	Establish a plan for implementation of the school wellness policy.
2	E	M	H	Designate one or more persons to insure that the school wellness policy is implemented as written.
3	ELEM	MIDDLE	HIGH	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	ELEM	MIDDLE	HIGH	Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement.
5	ELEM	MIDDLE	HIGH	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

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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; or

fax:

(833) 256-1665 or (202) 690-7442; or

email:

Program.Intake@usda.gov

This institution is an equal opportunity provider.

**Your participation in promoting
wellness in our local schools is
desired and appreciated!**

Madison County School District requests your membership on
the District Wellness Council.

If you are interested, please contact:

Sharon Thompson

Child Nutrition Director

shthompson@madison-schools.com

or

(601) 499-0755



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SCHOOLS

MARK OF EXCELLENCE

Madison County Schools

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