

Yazoo County School District

Yazoo County Middle School



Health and Wellness Policy

*YAZOO COUNTY SCHOOL DISTRICT
YAZOO COUNTY MIDDLE SCHOOL*

LETTER OF ASSURANCE

Yazoo County Middle School will offer a school lunch and breakfast program with menus to meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.

**BOARD APPROVED
10.07.2025
YAZOO COUNTY SCHOOLS**

YAZOO COUNTY SCHOOL DISTRICT
YAZOO COUNTY MIDDLE HIGH SCHOOL
HEALTH AND WELLNESS POLICY

Yazoo County Middle School Health Council

Frank Woods, III, Principal (School Health Coordinator)
Tyler Crawford, Asst. Principal
Ciesha Genous-Patrick, Lead Teacher
LaBreka McGee, School Nurse (Wellness Policy Contact)
Amanda Herring, Guidance Counselor
Grant Andrews, Physical Education/Health Teacher
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HELPING CHILDREN ACHIEVE BALANCE

Poor eating habits and sedentary lifestyles are more prevalent in children today than in the past two decades. The percentage of overweight children ages 6-11 has more than doubled in the past 20 years, and among adolescents ages 12-19, the figure has more than tripled. Less than 40 percent of children and adolescents in America meet the Dietary Guidelines for saturated fat, and almost 80 percent of young people do not eat the recommended number of servings of fruits and vegetables. Factors contributing to this trend include large portion sizes and the over-consumption of nutrient-poor foods, as well as children's decrease in level of activity due in part to increased use of computers, decline in participation in extracurricular activities, and a generally more sedentary lifestyle. The percentage of high school students who attended physical education classes daily decreased from 42 percent in 1991 to 25 percent in 1995 and remained stable at that level until 2003 (28 percent).

The burden placed on our society by obesity rates has doubled in children and tripled in adolescents and we have already begun to see the impact of the obesity epidemic on other illnesses like diabetes and heart disease.

It is critical that children learn and adopt healthy behaviors while they are young including establishing better habits before they face health concerns. Poor health habits are more difficult to change at later ages.

The school setting can play a major role in children's health and nutrition habits, either through the examples provided by teachers and other adults, the food available in the school cafeteria and other areas on campus, or through exposure to behaviors of teachers and other students. An effective nutrition and wellness policy can help students learn the skill they need to make healthy choices.

Encouraging physical activity and good nutrition are paramount. We can foster good nutrition and lifelong healthy choices by implementing a comprehensive policy that includes consideration of and sensitivity to students, schools, families, and the community environment.

The goals of Yazoo County Middle School are:

- 1. To provide a comprehensive learning environment for developing and practicing lifelong wellness:**
- 2. To support and promote proper dietary habits contributing to students' health status and academic performance;**
- 3. To increase the amount of time students are engaged in physical activity: and**
- 4. To improve academic performance in high-risk groups so that no child is left behind.**

To promote the health and well-being of all students, we have committed to the following:

- 1. To ensure that all students have access to adequate and healthy food and beverage choices on scheduled school days at reasonable prices.**
- 2. To encourage and promote a healthy lifestyle for students by supporting the implementation of nutritionally adequate, educationally sound, and financially accountable school food and nutrition programs.**
- 3. To ensure the integrity of the school meals program by prohibiting food and beverage sales for students that are in direct competition with the national school lunch or breakfast program.**
- 4. To prohibit the sale of candy and beverages with minimal nutritional value, as defined by federal dietary guidelines to students during the school day.**
- 5. To equip all students with the knowledge and skills necessary to make nutritious food and activity choices for a lifetime.**

The “new” ten-component model developed by the Centers for Disease Control and Prevention, – **Whole School, Whole Community, Whole Child**, provides school health councils the opportunity to focus on health issues and to successfully implement quality school health programs that provide opportunities for all children to be fit, healthy, and ready to succeed.

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD



Local School Wellness Policy

Yazoo County Middle School

Rationale:

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

Goal:

All students in Yazoo County Middle School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members in Yazoo County Middle 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, Yazoo County Middle 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 Yazoo County Middle School Health Council has reviewed and considered evidence-based strategies.

Nutrition Environment and Services

Minimum requirements:

Yazoo County 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 food service staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code 2001).**
- **Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code 2002).**
- **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 4011),**
 - ❑ **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>)**
- **Encourage students to make food choices based on the Healthy Hunger-Free Kids Act of 2010 (HHFKA) and the ChooseMyPlate resources, by emphasizing menu options that feature baked (rather than fried foods), whole grains, fresh fruits and vegetables, and reduced-fat dairy products. Read more about HHFKA at <http://www.gpo.gov/fdsys/pkg/FR-2013-06-28/pdf/2013-15249.pdf> and ChooseMyPlate at <http://www.choosemyplate.gov/>**
- **Establish a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adults; with supervision of eating areas by adults who model proper conduct and voice level; and with adults who model healthy habits by eating with the students.**
- **Establish guidelines in accordance with USDA Smart Snacks in Schools for the sale of food items for fundraising.**

- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home.
- 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, including vending machines, school stores, concession stands at sporting and academic events, parties, celebrations, social events, and other school functions.
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. The sale of candy as a fund-raiser is strongly discouraged (or prohibited). Alternative fundraising ideas can be downloaded at <http://www.healthysd.gov/Documents/HealthyFundraisingIdeas.pdf>
- 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/>

Food Safe Schools

Minimum requirements:

Yazoo County 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 have 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 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.
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthy foods for fundraising programs. The sale of candy and other foods and beverages that do not meet the Smart Snacks Standards are prohibited from being sold as fundraisers during the school day.
- Make school meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go lunches, or alternate eating sites.

Commitment to Physical Activity/Physical Education

Minimum requirements:

The Yazoo County Middle 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 the 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 the 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.mde.k12.org/OHS>

- Incorporate 5 to 10 minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (Examples can be found at www.movetolearnms.org)
- 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.
- Create opportunities for students to voluntarily participate in before- and after-school physical activity programs like intramurals, clubs, and at the secondary level, interscholastic athletics.

Health Education

Minimum requirements:

Yazoo County 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.
- Host a School Health Fair for students.
- Integrate Health Education into other subject areas (www.mde.k12.ms.us/healthy-schools Click on Health in Action).
- 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.
- 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.
- Provide students with quality disease prevention instruction based on the Contemporary Health Education Framework and other selected materials approved by the district.

Physical Environment

Minimum requirements:

Yazoo County Middle School will:

- Ensure that there are no padlocks 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.
 - Install locks on classroom doors in order to create security from the inside.
 - 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.
 - Install security cameras on the school campus.
 - Hire a District Safety Officer or a School Resource Officer.
 - Never use extension cords as a permanent source of electricity anywhere on a school campus.
 - Comply with the applicable rules and regulations of the State Board of Education in the operation of its transportation program (in accordance with the MS Code 37-41-53; State Board of Education Policies 7903, 7904, and 7909; and Accreditation Standard #29).
 - 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 operate the bus according to all specified safety procedures. Maintain a record of yearly motor vehicle reports on each bus driver and evidence that each driver has received two hours of in-service training per semester. (SB Policy 7903)
 - Ensure the arrival of all buses at their designated school sites prior to the start of the instructional day.
 - Conduct bus evacuation drills at least two times each year. (SB Policy 7904)
 - Eliminate unnecessary school bus idling that causes pollution and creates health risks for children such as; asthma, allergies, and other respiratory problems – <http://www.epa.gov/cleanschoolbus>
- 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 commits a violent act on educational property be subject to automatic expulsion for one calendar year. The superintendent of the school is authorized to modify the period of time for expulsion on a case-by-case basis.
- Prohibits students from possessing tobacco on any educational property. Criminal Code §97-32-9 (2000). Code §97-32-29 (2000) further prohibits the use of tobacco on any educational property for adults who, if in violation, would be subject to a fine and issued a citation by a law enforcement officer. Educational property is defined as any public school building or bus, campus, grounds, athletic field, or other property used or operated during a school-related activity.

Health Services

Minimum requirements:

Yazoo County Middle School will:

- Ensure all school nurses are working under the guidelines of the 2013 *Mississippi School Nurse Procedures and Standards of Care*.
- The school nurse should attend at least one MDE sponsored training each school year.
- Optimize the provision of health services with a school nurse-to-student ratio of 1:750 for students in the general population.
- Offer comprehensive health services for students in grades K-12, through the employment of school nurses, as a means to academic success.
- Provide teachers and staff training regarding the signs and symptoms of asthma. (MS Code Sections 37-11-71 and 73-25-37)
- 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).
- 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 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

Minimum requirements:

Yazoo County 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.
- Provide at a minimum, a ½ time licensed guidance counselor for high school and ensure that all elementary school students have access to qualified student support personnel such as: guidance counselors, social workers, nurses, psychologists, psychometrists, and others (as required by the Mississippi Public School Accountability Standards, Process Standard 6).
- Hire school guidance counselors with a minimum of a Master's Degree in Guidance and Counseling, or in an emergency situation, an appropriate certification as determined by the Commission on Teacher and Administrator Education, Certification and Licensure and Development.
- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
- Ensure that all school guidance counselors provide comprehensive counseling services such as:
 - ☐ Academic and personal/social counseling.
 - ☐ Student assessment and assessment counseling.
 - ☐ Career and educational counseling.
 - ☐ Individual and group counseling.
 - ☐ Crisis intervention and preventive counseling.
 - ☐ Provide all licensed teachers and principals with in-service suicide prevention training as directed by MS Code 37-3-101.

- ❑ Referrals to community agencies.
 - ❑ Educational consultations and collaborations with teachers, administrators, parents and community leaders.
 - ❑ Education and career placement services.
 - ❑ Follow-up counseling services.
 - ❑ Conflict resolution.
 - ❑ Other counseling duties or other duties as assigned by the school principal.
- Offer quality counseling, psychological and social services provided by professionals such as certified school counselors, psychologists, and social workers.
 - Provide additional services to improve students' mental, emotional, and social health.
 - Offer counseling, group assessments, interventions and other mental health services, as well as referrals to community health professionals.
 - Hire qualified counselors who will address the mental health, academic, and career needs of students in the school setting.
 - Participate in administrative claiming for reimbursement of administrative cost associated with health and medical outreach.

Family Engagement and Community Involvement

Minimum requirements:

Yazoo County Middle School will:

- Invite parents and community members to participate in school health planning by serving on the local School Health Council.
- 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.
- Increase PTA/PTO Membership.
- Update parents on school health successes through monthly newsletters and/or email.

Employee Wellness

Yazoo County Middle School will:

- Make as a *Requirement* that all staff are 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 .

- 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.
- Provide health promotion programs for school staff to include opportunities for physical activity, health screening, nutrition education, weight management, smoking cessation, and stress reduction and management.
- 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

Yazoo County Middle School will:

- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
- Use school announcement systems, school website, Facebook, text messaging and other social media to promote health messages to students and families.
- Use traditional marketing materials such as posters, flyers, T-shirts, wrist bands, buttons, etc. to promote health messages to students and families.
- 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).
- Eliminate advertising or promoting unhealthy food choices on the school campus.
- Create awareness of the link between the health of students and academic performance.

Implementation

Minimum requirements:

Yazoo County 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. The Yazoo County Middle School designates Frank Woods for this purpose.

- **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.**

