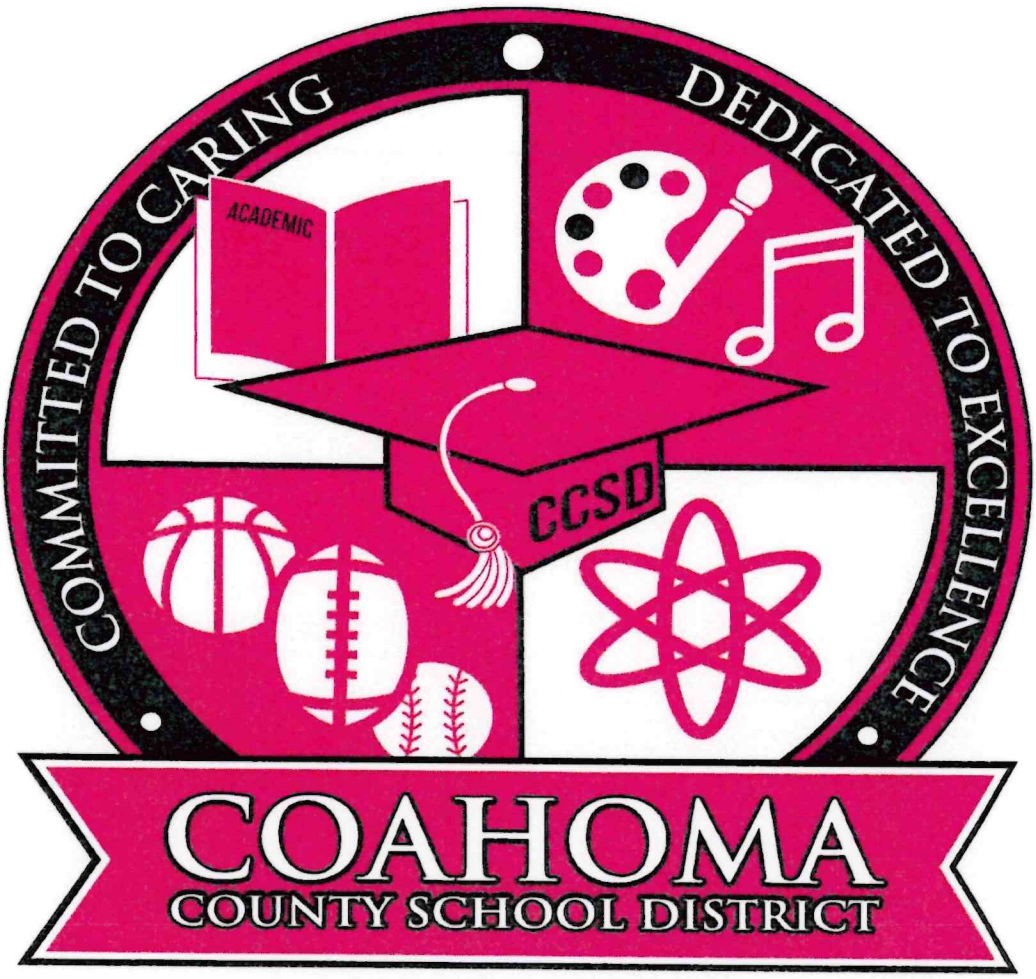


WELLNESS PLAN

2026-2027

This institution is an equal opportunity provider.

SCHOOL WELLNESS PLAN

This 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 plan shall be developed with the involvement of the district's School Health Council with representation from the local school board, school administrators, school food service personnel, students, parents, and the public.

As acquired under Section 204 of Public Law 108-265, at minimum, the wellness plan will:

1. Include goals for nutrition education, physical education and other school-based activities that are designed to promote student wellness in a manner that the local school district determines is appropriate.
2. Include nutrition guidelines selected by the school district for all the foods available on each school campus in the district during the school day, with the objective of promoting student health and reducing childhood obesity.
3. Provide an assurance that guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the U.S. Secretary of Agriculture, as applicable to school; and
4. Establish a plan for measuring implementation of the local wellness plan, including designation of one or more persons within the district at each school, as appropriate, charged with operational responsibility for ensuring that the school meets the district's wellness plan.

NOTE: Please refer to the Mississippi Local School Wellness Policy — Guide for Development; available from the Mississippi Department of Education at their Web Site:
http://www.mde.k12.ms.us/HealthySchools/Initiatives.html
The Mississippi Public School Accountability Standard for this policy is standard 37.
LEGAL CODE: Section 204 Public Law 108-265 (2004); MS code 37-13-134 Mississippi Public School Accountability Standards (2006)
CROSS REF: Policies ICI B Health and Physical Education; JGC B Student Health Services

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 the School Food Authority, school board, school administrators and the public. The Local Education Authority (LEA) will establish a plan for measuring and implementation of the local wellness policy.

Rationale:

The link between the health of students, 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. 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! If children are to be successful in school, they cannot be tired, hungry', sick, or worried that school is an unsafe environment. And that is precisely why 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. Good health and learning go hand in hand!

Goal:

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

To meet this goal, the Coahoma County School District adopts this school wellness plan with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. This plan is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

COMMITMENT TO NUTRITION

The Coahoma County 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.

- Promote and 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 EE-2E)
- Follow State Board of Education policies on competitive foods and extra foods sales (Mississippi Board of Education Policy, Code EEH)
- Establish guidelines for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.
- 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 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.
- 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.
- 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).
  http://www.fns.usda.gov/healthierschoolday/tools-schools-focusingsmart-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 regulations for Smart Snacks in School. The calculator can be used for food and beverage products.

- 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.

- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home.
- Eliminate use of food as a reward for student accomplishment and the withholding of food as punishment (e.g., restricting a child's selection of flavored milk at mealtimes due to behavior problems). Also, do not use any type of physical activity as a means of punishment.
- Encourage all school-based organizations to use services, contests, non-food items and/or healthy food for fundraising programs. The sale of candy and other foods and beverages that do not meet the Smart Snack Standards are prohibited from being sold as fundraisers during the day.
- 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.
- 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.

COMMITMENT TO FOOD SAFE SCHOOLS

The Coahoma County School District will:

- Implement a food safety program based on HACCP principals 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 Principals for K-12 schools can be downloaded at: http://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.
- All school personnel (school board members, administrators, teachers, school nurses, instructional and health services paraprofessional, foodservice staff, custodians and facilities managers, and administrative support staff) will have access to the Local School Wellness Plan to include food safety policies and procedures and relevant professional development on the districts website.
- Adequate access to hand-washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or serve food.

- The food safety assurance plan must address strategies that minimize risk for students and staff who have food allergies and intolerances.

COMMITMENT TO PHYSICAL ACTIVITY/PHYSICAL EDUCATION

The Coahoma County School District will:

- Provide 150 minutes per week of physical education for all students (In accordance with Section 37-13-134, Mississippi Code of 1972, and reference 2014 Mississippi Public Schools Accountability Standards27.1).
- 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 Framework
- 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 fit testing for all 5th grade students.
- Require fitness testing for high school students, during the year they acquire % Carnegie unit in physical education as required for graduation by the Mississippi Healthy Students Act (State Board of Education Policy 4012).
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Graduation requirements for 9th through 12th grade students shall include 1/2 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 % Carnegie Unit for physical education.MS Code 37-13-134 (HB 2185)
- Address concussion by adopting and implementing a policy for students in grades 712 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)
- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess time.

- Encourage individual schools to incorporate 5-to-10-minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (e.g., using music, Move to Learn).
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- Create opportunities for students to voluntarily participate in before- and after-school physical activity programs like intramurals, clubs, and at the secondary level, interscholastic athletics.
- The following links are resources to aid in the policy development and Office of Healthy Schools websites:
  www.cdc.gov/concussion/HeadsUp/hi2school.html#5
  http://www.misshsaa.com/GeneralInfo/SportsMedicine.aspx
  http://www.mdek12.org/OHS

COMMITMENT TO COMPREHESIVE HEALTH EDUCATION

The Coahoma County School District will:

- Provide 1/2 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 evidence-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 grade 9-12 in the school year they earn their % Carnegie Unit for health education or physical education. MS Code 37-13-134 (Senate Bill 2185)

COMMITMENT TO A HEALTHY SCHOOL ENVIRONMENT

The Coahoma County School District will:

- Ensure that there are no pad locks or chains on exit doors; existence should never be obstructed (in accordance with Mississippi 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 are properly tagged.
- Complete yearly maintenance of the heating and cooling system in your school; check coils, filters, belts, etc. 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 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 37-4153; 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 all well maintained and cleaned.
- Require that all bus drivers have a valid bus driver certificate and a commercial driver's license and operate a 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 JSE Policy 7903)
- 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 7904)
  Provide facilities that meet the criteria of: (MS Code 37-7-301(c) (d) (j); 37-11-5, 49 and 4511-101; 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/safeand-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 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 law enforcement officer. Educational property is defined as any public-school building or bus, campus, grounds, athletic field, or other property.
- Utilize regular 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.

COMMITMENT TO QUALITY HEALTH SERVICES

The Coahoma County School District will:

- Ensure that all school nurses are working under the guidelines of the 2019 Mississippi School Nurse Procedures and Standards of Care.
- Provide teachers and staff training regarding signs and symptoms of asthma. (MS Code Sections 37-11-71 and 73-25-37)
- Every child that 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 7325-37)
- 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 with a school nurse-to-student ratio of I :750 for students in the general population.
- 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 disease.
- Participate in administrative claiming for reimbursement of administrative cost associated with health and medical outreach.
- Schools may seek community support that provides auto-injector epinephrine to stock.
- Promote healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).

COMMITMENT TO PROVIDING COUNSELING, PSYCHOLOGICAL AND SOCIAL SERVICES

The Coahoma County School District will:

- Adhere to the details outlines 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 the Mississippi Code 37-9-79 (Amended 2014) as the school provides counseling and guidance for students.
- Hire school guidance counselors with a minimum of a master's degree in Guidance and Counseling, or in an emergency situation, an appropriate certification as determined by the Commission on Teacher and Administrator Education, Certification and Licensure and Development.
- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
- Ensure that all school guidance counselors provide comprehensive counseling services such as:
- Academic and personal/social counseling.
- Student assessment and assessment counseling, career and educational counseling, individual group counseling, crisis intervention and preventative 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 consultants and collaborations with teachers, administrators, parents and community leaders, educational and career placement services, follow-up counseling services conflict resolution.

- Professional school counselors must spend at a minimum of (80%) of their contractual time to delivery of services to students as outlined by the American School Counselor Association.
- Beginning with the 2018-2019 school year the State Department of Education shall require local school district employees. Therefore, 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).
- Participate in administrative claiming for reimbursement of administrative cost associated with health and medical outreach.
- 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 mantal health, academic, and career needs of students in the school setting.

COMMITMENT TO FAMILY AND COMMUNITY INVOLVEMENT

The Coahoma County School District will:

- Invite parents and community members to participate in school health planning by serving on the School Health Council.
- Establish methods to inform and update the public regarding the LSWP and the assessment of the LSWP.
- Encourage regular family mealtimes that include healthy choices.
- Invite family or community members to eat a meal at school.
- 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 discussion about health topics and age-related health issues.
- Increase PTA/PTO Membership

COMMITMENT TO IMPLEMENTING A QUALITY STAFF WELLNESS PROGRAM

The Coahoma County School District 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: http://www.MyActiveHealth.com/Mississippi
- 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 clinic, 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 and clubs.

COMMITMENT TO MARKETING A HEALTHY SCHOOL ENVIRONMENT

The Coahoma County School District will:

- Provide positive, consistent, and motivating messages about healthy lifestyles practices throughout the school setting.
- Involve students in the local school health council for planning and marketing school health messages throughout the school.
- Create awareness of the link between the health of students and academic performances 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 house, health fairs, teacher in-services, and other events).

COMMITMENT TO IMPLEMENTATION

The Coahoma County 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 of 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 weakness toward implementation of the minimum requirements.

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