



School Wellness Policy
Milam Elementary School

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Rationale

The connection between student health and academic performance is well established. If children are tired, hungry, sick, or facing issues like substance abuse, depression, or bullying, their ability to learn is compromised. Challenges such as poor nutrition, lack of physical activity, obesity, and teen pregnancy can negatively impact both health and academic success. A coordinated approach to school health addresses these issues, improving students' health and their capacity to learn. By supporting students through partnerships between families, schools, and communities, we aim to foster healthy behaviors that promote long-term success. Good health and learning go hand in hand.

Goals

Milam Elementary is committed to ensuring all students gain the knowledge and skills to make healthy choices and adopt healthy lifestyles. Additionally, all staff members are encouraged to model healthy behaviors, including balanced eating and moderate physical activity.

To achieve this, Milam Elementary adopts a coordinated school health approach that makes effective use of school and community resources. The policy is designed to meet the needs of all students and staff while respecting cultural differences.

Nutrition Environment and Services

Milam Elementary strives to create a nutritious school environment that supports both academic success and student health.

Key Strategies:

- **School Meals:** Provide a school lunch program and breakfast/snack options that meet USDA and Mississippi Department of Education nutrition standards.
- **Encouraging Participation:** Actively promote participation in school meal programs to families and staff.
- **Qualified Staff:** Employ qualified foodservice staff according to professional standards set by the Mississippi Board of Education.
- **Competitive Food Sales:** Adhere to State Board of Education policies on competitive food sales.
- **Healthy Food Choices:** Promote healthy food choices throughout the school day, including classroom snacks and food incentives, in alignment with USDA Smart Snacks standards.
- **Nutrition Education:** Educate students, staff, and families about the importance of healthy eating.
- **Food Safety:** Implement food safety standards based on HACCP principles and ensure that food handling staff receive appropriate training.

Goals:

- Increase participation in healthy school meal programs.
 - Ensure all foods sold or offered during the school day meet healthy nutrition standards.
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Physical Education and Physical Activity

Physical activity is essential for student well-being and academic success. Milam Elementary ensures that students have opportunities for regular physical activity throughout the school day.

Key Strategies:

- **Physical Education:** Provide 150 minutes of activity-based instruction per week for students in grades K-8, in compliance with Mississippi law.
- **Fitness Testing:** Conduct fitness testing for high school students to assess physical health and fitness levels.

- **CPR/AED Instruction:** Beginning in 9th grade, provide CPR and Automated External Defibrillator (AED) training to students as part of their physical education or health education curriculum.
- **Concussion Management:** Implement concussion recognition and management policies for students in grades 7-12, in alignment with the Mississippi High School Activities Association.

Goals:

- Ensure all students receive regular physical activity and physical education.
 - Foster lifelong fitness and well-being among students.
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Health Education

Health education equips students with the knowledge they need to make informed decisions about their well-being.

Key Strategies:

- **Health Curriculum:** Implement a comprehensive health education program aligned with the Mississippi Contemporary Health standards.
- **Sex Education:** Provide medically accurate, evidence-based sex education, emphasizing abstinence, as required by Mississippi law.
- **CPR/AED Instruction:** Provide CPR and AED training to high school students in accordance with Mississippi law.

Goals:

- Teach students about nutrition, physical activity, mental health, substance use prevention, and other key health topics.
 - Promote the development of lifelong healthy behaviors.
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Health Services

Milam Elementary ensures that students' health needs are met through proper healthcare services.

Key Strategies:

- **School Nurses:** All school nurses will work under the guidelines of the 2013 Mississippi School Nurse Procedures and Standards of Care.

- **Asthma Action Plans:** Ensure every student diagnosed with asthma has an action plan on file.
- **Anaphylaxis Policy:** Train staff on the district's anaphylaxis policy and provide resources for managing food allergies.

Goals:

- Ensure students have access to necessary healthcare services.
 - Provide timely interventions for students with chronic health conditions.
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Counseling, Psychological, and Social Services

Mental and emotional well-being is crucial for academic success. Milam Elementary provides counseling services to support students' psychological and emotional health.

Key Strategies:

- **Comprehensive Counseling:** Offer academic, personal/social, and career counseling, as well as crisis intervention services.
- **Suicide Prevention:** Starting in the 2017-2018 school year, provide all school employees with training on suicide prevention.
- **Social and Emotional Support:** Offer individual and group counseling, conflict resolution, and referrals to community agencies.

Goals:

- Promote mental and emotional health through supportive counseling and psychological services.
 - Educate staff on suicide prevention and mental health awareness.
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Family Engagement and Community Involvement

Strong partnerships with families and the community are vital for promoting student health.

Key Strategies:

- **Health Council:** Invite parents and community members to participate in the School Health Council.
- **Public Awareness:** Regularly update the community on the school wellness policy and its progress.

Goals:

- Involve families and the community in school wellness initiatives.
 - Build a supportive environment that promotes health and wellness.
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Employee Wellness

A healthy staff is crucial to creating a positive school environment. Milam Elementary encourages staff to prioritize their own health and wellness.

Key Strategies:

- **Wellness Programs:** Offer access to wellness resources, including the Mississippi State and School Employees' Health Insurance Plan, My Active Health, and North Mississippi Medical Center's Wellness Center.
- **Health Resources:** Provide information about clinical services offered through school nurses.

Goals:

- Promote employee health and wellness.
 - Encourage staff to participate in wellness programs to improve overall well-being.
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Marketing a Healthy School Environment

Milam Elementary ensures that marketing and advertising within the school promote healthy choices.

Key Strategies:

- **Healthy Advertising:** Only promote foods and beverages that meet USDA Smart Snacks standards.

Goals:

- Create a healthy school environment by eliminating advertising of unhealthy food options.
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Implementation and Accountability

To ensure the success of this policy, Milam Elementary will take the following steps:

Key Strategies:

- **Implementation Plan:** Designate a staff member to oversee the implementation of the wellness policy.
- **Annual Review:** Conduct an annual review of the wellness policy's progress and make necessary adjustments.
- **Reporting:** Submit an annual report to the school board regarding the implementation of the wellness policy and suggest any revisions or improvements.

Goals:

- Ensure the wellness policy is effectively implemented and followed.
 - Regularly assess and improve the school wellness program.
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Conclusion

Milam Elementary is committed to fostering a healthy environment that supports the academic, physical, and emotional well-being of all students. By implementing a coordinated approach to health, we strive to equip students with the knowledge and resources they need to thrive both inside and outside the classroom.

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