Grenada School District

Wellness Policy
2026-2027

Grenada School District
Education, Training, Dreams

BOARD APPROVED
OCT 13 2026
Kelly McNamee

School District Wellness Policy

The 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. 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. This guide has been revised, as of June 2015, to support local schools in their development to meet state and federal requirements. The Office of Healthy Schools is committed to supporting academic achievement through school health programs that ensure every child has the opportunity to be fit, healthy and ready to succeed.

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:

- **Goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines is appropriate;**
- **Nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;**
- **Assurances that guidelines for reimbursable school meals are not less restrictive than the regulations issued by the USDA;**
- **Ways of measuring how well the school wellness policy is being implemented, including designation of one or more persons at each school with operational responsibility for ensuring that the school is meeting the policy;**
- **Involvement of parents, students, representatives of the school food authority, the school board and school administrators, and the public, in developing the wellness policy.**

****Actual policy is attached.****

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD





Grenada School District Wellness Policy

October 13, 2026

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

Rationale

The link between 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. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, like Type 2 diabetes. 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.

Goal

The Grenada 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 policy shall be developed with the involvement of the school health council. This wellness policy shall be reviewed and approved by the school board annually.

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

To meet this goal, the Grenada School District adopts this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. 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.

Grenada School District Wellness Council

C. Lynne Russell, GSD Wellness Coordinator

Amanda Wilson BSN, RN, NCSN, Grenada Elementary School PreK-2 Wellness Coordinator

Kim Holland MSN RN, NCSN, Grenada Elementary School 3-5 Wellness Coordinator

Stephanie Coker BSN, RN, NCSN, Grenada Middle School Wellness Coordinator

Merribrooke Heath BSN, RN, NCSN, Grenada High School Wellness Coordinator

Myra Tims, GSD Food Services Coordinator

Emily Tindall, Grenada High School (9-12) Principal

Kelby Surrell, Grenada High School (9) Principal

Jamie Harrison, Grenada Middle School (6-8) Principal

Rebecca Bloodworth, Grenada Middle School (6) Principal

Kasey Lott, Grenada Elementary School (3-5) Principal

Reginald Herrington, Grenada Elementary School (1-2) Principal

Dawn Terry, Grenada Elementary School (PreK-K) Principal

Emily Legge, Wellness Secretary

Nutrition Environment and Services

Grenada 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.
- 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, 2001)
- 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.
- 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)
- 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.
    - 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

Grenada School District will:

- 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://fns-prod.azureedge.us/sites/default/files/Food_Safety_HACCPGuidance.pdf
- 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.
- 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 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 that includes food safety policies and procedures and provides for 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.

Physical Education/Physical Activity

Grenada School District 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).
- Require fitness testing for all 5th grade students.
- 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 Rule 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 2013-2014 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Graduation requirements for 9th through 12th grade students shall include ½ 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 ½ Carnegie Unit for physical education or health Education. MS Code 37-13-134 (Senate Bill 2185)
- 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)
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- 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.
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- Create wider 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

Grenada School District will:

- 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.
- 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.
- 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

Grenada School District will:

- Ensure all school nurses are working under the guidelines of *June 2024 Mississippi School Nurse Procedures and Standards of Care.*
- Provide for teachers and staff training regarding signs and symptoms of asthma. (MS Code Sections 37-11-71 and 73-25-37)
- 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 that will be responsible for implementing the policy at the school site. (MS Code Sections 37-11-71 and 73-25-37)
- 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.

•Offer comprehensive health services for students in grades K-12, through the employment of school nurses, as a means to academic success.

•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 diseases.

•Promote healthy lifestyles through school and community events (parent meetings, open houses, health fairs, teacher in-services, and other events).

Counseling, Psychological and Social Services/Social and Emotional Climate

Grenada School District 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.

•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).

- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics, or the Mississippi School Counselor Ethical Standards published by MDE.

•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

Grenada School District will:

- Invite family or 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.
- Recruit, train and involve family and community members as volunteers for teaching certain health units.
- 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.
- Update parents on school health successes through monthly newsletters and/or email.
- Increase PTA/PTO Membership.
- Plan Healthy Fundraisers and Healthy School Celebrations.
- Plan Healthy Rewards for students and encourage parents to do the same.

Employee Wellness

Grenada School District will:

- Make as a ***Requirement*** that all staff is 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 .
  - •Promote health and reduce risk factors through professional and staff development programs, providing information flyers and newsletters, introducing incentives for participating in healthy practices and activities, and offering an employee assistance program.
  - •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 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

Grenada School District will:

- 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.
- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- 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).
- Work with local media, like newspaper, TV, and radio, to inform the community about the health problems facing Mississippi children, as well as the need for and benefits of healthy school environments.

Implementation

Grenada 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 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.
- 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 - Click on Resourses.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:
(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Grenada School District commits to the implementation of coordinated school wellness. The following established plans for implementation include: Grenada School District designates the Grenada School District Wellness Council, comprised of the district wellness coordinator, food services director, school nurse coordinator, and school level principals, to insure each school level policy is implemented as written. Secondly, the district commits to ensure each individual school health council addresses all aspects of the coordinated school health program. Additionally, the district council commits to review gathered data and progress toward the overall district's goal of coordinated school health, and present findings to the Grenada School District School Board. Grenada Schools commit to the implementation of school wellness. The following established plans for implementation include: Each Grenada school will designate one or more persons to ensure the school wellness policy is implemented as written. Within each Grenada school, the principal has been designated as the key facilitator.

Secondly, each school establishes a School Health Council (SHC) which addresses all aspects of a coordinated school health program, including a school wellness policy. The wellness councils include student, parent, community, and school representatives. The representatives serve as spokespersons for the school in the areas of health instruction, physical education, health services, counseling/psychological services, healthy school environment, health promotion for staff, and parent and community involvement. Additionally, each school conducts periodic reviews of the progress toward school wellness goals to identity areas for improvement. Revisions are submitted to the Grenada School District School board each year regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.

Grenada Elementary Schools



GES – PreK-2
&
GES – 3-5

Grenada Elementary School PreK-2
Wellness Plan



Dawn Terry, Principal PreK-K
Dr. Reginald Herrington, Principal 1-2
Penelope Walton, Assistant Principal

Grenada Elementary School
250 Pender Drive
Grenada, MS 38901
Telephone: (662) 226-8900 (PreK-K)
(662) 226-2584 (1-2)
Fax: (662) 227-4497

GES Wellness Policy

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

GRENADA ELEMENTARY SCHOOL PREK-2 HEALTH COUNCIL

Health Instruction
Reginald Herrington- GES Principal 1-2
Jessica Baker- Teacher
Mackenzie Horan- Teacher
Felicia Hughes- MS State Extension Services Health Instructor
Lucy Gilliland- 2nd Grade Student

Physical Education
Dawn Terry- GES Principal PK-K
Amy Williams- Physical Education Assistant Instructor/Assistant Coach
Leslie Lancaster- Physical Education Instructor/Coach
Bailey Russell- 2nd Grade Student

Health Services
Amanda Wilson, BSN, RN, NCSN; GES School Nurse
Lawanda Stokes, LPN; GES Nurse
Rafe Armstrong, MD; Advisor/Standing Orders

Food Services
Sandra Brooks- GES Cafeteria Manager
Myra Tims- District Food Services Supervisor
Ellie May Jackson- 2nd Grade Student

Counseling/Psychological Services
Kim Graves- GES Counselor PK-K
Tina Buckley- GES Counselor 1-2
Miya Bellamy- Life Help Counselor
Cole Surrell- GES Academic Coordinator

Healthy School Environment
Penny Walton- GES Assistant Principal
Joe Ward- GSD Maintenance Director
Benji Britt- GSD Campus Police Chief
Clara Armstrong- Teacher
Avery Spencer- 2nd Grade Student

Rationale

The link between 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 metal growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, like Type 2 diabetes. 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.

Goal

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

To meet this goal, the Grenada School District adopts this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. 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 cultures.

The GES is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

- All school-based activities are consistent with local wellness policy goals.
- The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Food and/or physical activity is not used as a reward or punishment.

Nutrition Environment and Services

Grenada Elementary 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 programs 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.
- Encourage school staff and families to participate in school meals programs.

- Operate a Child Nutrition Program with school food service staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code 2001).
- Establish food safety as a key component of school food operations and ensure that the food service permit is current for the Food Service school site.
- 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)
- 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.
    - 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/
    - Provide adequate time for students to eat and enjoy school meals.

Grenada Elementary School's commitment to Nutrition is being met by the implementation of the above stated goals. Families are encouraged to come and dine with their children, a pleasant atmosphere with ample time to eat is provided, and a variety of nutritious and appealing fruits, vegetables, reduced fat milk, 100% juices, and water are served.

Food Safe Schools

Grenada Elementary 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: https://fns-prod.azureedge.us/sites/default/files/Food_Safety_HACCPGuidance.pdf

- 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 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. The 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 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 **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 of eating with the students.
- Make school meals accessible to students with a variety of delivery strategies, such as grab-and-go lunches for field trips, or alternate eating sites.
- Add nutritious and appealing options (such as fruits, vegetable, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice, and water) whenever foods/beverages are sold or otherwise offered at school.
- Provide nutrition information upon request, for parents, including nutrition analysis of school meals and resources to help parents to improve food that they serve at home.

Physical Education/Physical Activity

Grenada Elementary 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 2013-2014 Mississippi Physical Education Frameworks.

- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Teachers use Move to Learn and Go Noodle videos to include movement and academic lessons.

Health Education

Grenada Elementary 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.
- 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.
- Emphasize the disease and prevention strand in the 2012 Mississippi Contemporary Health Education Curriculum.

Grenada Elementary School participates in the Mississippi State Extension Services' Nutrition program in grades K, 1, and 2. Nutrition classes are presented once a week for five weeks to each class. 2006 Mississippi Comprehensive Health Framework lesson plans for grades K-2 are available for the teachers. The lesson plans address the competencies required to be taught and the plans are easily integrated into the reading, math, language, and science curricula. The competencies provide a general guideline for on-going instruction. The suggested lesson plans are available in the School Nurse's office. The 2006 Mississippi Comprehensive Health Framework for Health addressing comprehensive health education, the nutrition strand, and the disease and prevention strand are being addressed.

Health Services

Grenada Elementary School will:

- Ensure all school nurses are working under the guidelines of the *June 2024 Mississippi School Nurse Procedures and Standards of Care.*
- Provide for teachers and staff training regarding signs and symptoms of asthma. (MS Code Sections 37-11-71 and 73-25-37)
- 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 that will be responsible for implementing the policy at the school site. (MS Code Sections 37-11-71 and 73-25-37)
- The school nurse will 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.

•Offer comprehensive health services for students in grades K-12, through the employment of school nurses, as a means to academic success.

•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 diseases.
•Promote healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).

Counseling, Psychological and Social Services/Social and Emotional Climate

Grenada Elementary 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.
•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).

- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics, or the Mississippi School Counselor Ethical Standards published by MDE.
- 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.

•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.

Family Engagement and Community Involvement

Grenada Elementary School will:

- Invite parents and community members to participate in school health planning by serving on the Grenada Elementary School Health Council.
- Establish method 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.
- Recruit, train and involve family and community members as volunteers for teaching certain health units.
- 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.
- Update parents on school health successes through monthly newsletters and/or email.
- Increase PTA/PTO Membership.
- Plan Healthy Fundraisers and Healthy School Celebrations.
- Plan Healthy Rewards for students and encourage parents to do the same.

Employee Wellness

Grenada Elementary School will:

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

  •Promote health and reduce risk factors through professional and staff development programs, providing information flyers and newsletters, introducing incentives for participating in healthy practices and activities, and offering an employee assistance program.

  •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.

  •Implement a healthy weight program for staff, such as Wondr.

  •Encourage after school health and fitness sessions for school staff.

  •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.

•Coordinate school employee wellness activities with student health-promotion activities.

•Organize employee walking teams or clubs.

Marketing a Healthy School Environment

Grenada Elementary School will:

- 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.
- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- Involve students in planning for a health school environment. Students will be active participants of the district wellness council.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, administrators, and the community at school events e.g., schools registration, parent-teacher conference, PTA meetings, open houses, health fairs, teacher in services, and other events.
- Promote foods of nutritional value within advertising and other materials on the school campus.
- Work with local media including the newspaper, TV, and radio, to inform the community about the health problems facing Mississippi children, as well as the need for the benefits of healthy school environments.

Grenada Elementary School is providing positive motivating messages promoting healthy lifestyle practices by having health and character posters in the halls and classrooms throughout the building. Grenada Elementary has an active Health Advisory committee made up of administrators, teachers, nurses, a nutritionist, Physical education instructors, and parents. This spring, the committee will add a student from each grade level K-2. Grenada Elementary has a Health Fair for parents and staff. Teacher in services are held and/or handouts given to encourage healthy life style, first aid for minor injuries, universal precautions, and management of seizures. BMI calculations and diet instruction are available to parents, staff, and students through parental request. Nutritional posters and handouts are used to further promote healthy eating habits. Our local newspaper has covered our Health Fair and the many other health promotions of Grenada Elementary.

Implementation

Grenada Elementary 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.
- 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 goals each year to identify areas for improvement.
- Prepare and submit a yearly report to the Grenada School District 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 weaknesses toward implementation of the minimum requirements. Monitoring instruments can be downloaded at http://www.mdek12.org/OHS - Click on Resources

Grenada Elementary School has implemented a school wellness policy. Grenada Elementary School's administrative staff is designated to ensure that the school policy was implemented as written. For ten years Grenada Elementary has had a School Health Council (SHC) that has addressed aspects of our school health program and the rise of childhood obesity. The input form this committee helped provide ideas and information for Grenada Elementary Good Health for Life goals.

Grenada Elementary will review our wellness goals using measurable data i.e. comparing growth and development yearly, weight, and height. Data will be compared to norms for boys and girls. Special attention will be paid to the numbers of students that fall into the obese category with further attention to blood pressure levels of overweight/underweight students. Each year Grenada Elementary will file a written report with emphasis on goals achieved and any recommendations for revision to the policy.

Mississippi Healthy School Self-Assessment

(Prepared by the Office of Healthy Schools/Child Nutrition Staff – October 2015)

School: Grenada Elementary School PreK-2 **Date:** 10/13/2026

School District: Grenada

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 1: School Health Policies

Abbreviations: USDA United States Dairy Association

Definitions of Success	0	1	2	3	Don't know	NA	Comments & Notes
1.1 Does your school have a representative committee or team that meets at least three times a year and oversees school health and wellness policies? (school health council, wellness committee, school health team, etc)				X			
1.2 Does your school/district have written health and wellness policies that align with MS State Accountability Standards and MS State Board Policy?				X			
1.3 Does your school communicate its school or district health and wellness policies to students, parents, staff members, and visitors?				X			
1.4 Does your school implement health and wellness components, included in the *Local Wellness Policy Guide for Development* and mandated by state and federal agencies {USDA, MS State Board Policy, and MS Accountability Standards)				X			

1.5 Has your school designated a lead school official (school health coordinator) and school health council to ensure compliance with the local wellness policy?				X			
COMPONENT #1 Column Totals Total for all items (1.1– 1.5) = 15/15 = 100% *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 2: Health Education

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
2.1 Do students receive health education instruction in all grades? (45 minutes of health education in grades K-8 and ½ Carnegie Unit of Credit in Health Education in High School – (MS Healthy Students Act)				X			
2.2 Do all teachers of health education use the state approved Contemporary Health Education curriculum that is an age-appropriate, sequential health education curriculum consistent with state and national standards for health education?				X			
2.3 Does your school provide for the instruction of sex-related education as outlined by the district School Board? (abstinence plus or abstinence-only) (Code 37-13-17)	X						
2.4 Do all teachers of health education provide opportunities for students to practice or rehearse the skills needed to maintain and improve their health?				X			
2.5 Does your school provide for an instructional component on the proper administration of cardiopulmonary resuscitation (CPR) and the use of an				X			

automated external defibrillator (AED) as part of either the health education or physical education curriculum? (Senate Bill 2185)							
2.6 Do all teachers of health education use assignments or projects that encourage students to have interactions with family members and community organizations?				X			
2.7 Do all teachers of health education participate at least once a year in professional development in health education?				X			
2.8 Are all high school health education classes taught by licensed teachers who are certified or endorsed to teach health education?						X	
COMPONENT #2 Column Totals Total for All Items (2.1 – 2.8) 18/24 = 75% *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 3: Physical Education / Physical Activity

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
3.1 Do all students in each grade receive physical education/physical activity for at least 150 minutes per week (elementary) and 225 minutes per week (high school) throughout the school year?				X			
3.2 Do all teachers of physical education use the age-appropriate, sequential MS Physical Education Frameworks that is consistent with national and state standards for physical education?				X			
3.3 Are all teachers of physical education provided with information, materials, and/or professional development to assist in delivering quality physical education?				X			

3.4 Does the school prohibit exemptions or waivers for physical education?				X			
3.5 Do teachers keep students moderately to vigorously active for at least 50% of the time during most or all physical education class sessions?				X			
3.6 Does the physical education program integrate the components of the Presidential Youth Fitness Program or Fitnessgram®				X			
3.7 Does the physical education program provide the opportunity for students to be fitness tested in the 5th grade and during the semester/year that a student takes Physical Education for ½ Carnegie Unit of credit?						X	
3.8 Are all physical education classes taught by licensed teachers who are certified or endorsed to teach physical education?				X			
3.9 Does your school provide for an instructional component on the proper administration of cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED) as part of either the physical education or health education curriculum? (Senate Bill 2185)				X			
3.10 Do students earn grades for required physical education courses? Do the grades carry the same weight as grades for other subjects toward academic recognition (e.g., honor roll, class rank)?				X			Only for 1st and 2nd grade.
3.11 Does your school have a Concussion Management and Return to Play Policy in place? (House Bill 48)						X	
3.12 Does your school promote or support Move To Learn or other physical activity outside of the normal physical education curriculum (for elementary) or walking programs or other physical activity programs (for high school)?				X			
3.13 Are all students provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods?				X			

COMPONENT #3 Column Totals Total for All Items (3.1 – 3.13) = 33/39 = 84% *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 4: Nutrition Environment and Services

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
4.1 Does your school offer school meals (breakfast and lunch) programs that are fully accessible to all students?				X			
4.2 Do school meals include a variety of offerings (i.e. Go beyond the National School Lunch Program requirements)? Do they offer a variety of 1 cup of fruit daily for breakfast and lunch? Do they offer a variety of 1 oz whole grain-rich (wgr) food items daily? (Products must contain 50% or more whole grains by weight.)				X			
4.3 Does the school food service consistently follow practices that ensure healthier foods are purchased and prepared for service?				X			
4.4 Do venues outside the cafeteria (e.g., vending machines, school stores, canteens, snack bars, or snack or food carts) where food is available offer fruits and non-fried vegetables?						X	
4.5 Does your school promote healthy food and beverage choices using Smarter Lunchroom techniques? Do Students receive nutrition messages throughout school that are consistent and reinforce each other?				X			
4.6 Do all foods and beverages sold to students during the extended school day meet the USDA's Smart Snacks in School nutrition standards? This includes vending machines, school stores, and snack or food carts.				X			

4.7 Do all foods and beverages served and offered to students during the extended school day meet or exceed the USDA's Smart Snack in School nutrition standards? This includes snacks that are not part of a federally reimbursed child nutrition program, birthday party, holiday parties, and school-wide celebrations.			X				
4.8 Do all school nutrition program managers and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements (Topics covered may include, but are not limited to, food safety and HACCP, nutrition standards updates in school meals, food sensitivities and allergies, customer service or food production techniques)?				X			
4.9 Does the school provide students with a clean, safe, and pleasant cafeteria in which to eat school meals?				X			
4.10 Is your school implementing any Farm to School activities?				X			
4.11 Is your school a Healthier US School Challenge: Smarter Lunchrooms school and do you conduct nutrition education activities and promotions that involve students, parents and community?			X				
4.12 Is your school enrolled as a Team Nutrition School and conducts nutrition education activities and promotions that involve students, parents and community?			X				
COMPONENT #4 Column Totals Total for All Items (4.1 – 4.12) = 30/36 = 83% *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 5: Health Services, Counseling, Psychological and Social Services

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
5.1 Does your school have a school nurse to serve students at your school site? Does the nurse serve students full time or is your nurse shared within the school district? (The national standard for school nurses is 1 to 750 students at one school site.)				X			
5.2 Does your school nurse work under the guidelines of the *Mississippi School Nurse Procedures and Standards of Care*? (State Board of Education Policy # 4008)				X			
5.3 Does your school track students with chronic health conditions?				X			
5.4 Is there a referral plan in place for students with special needs (physical & mental health)?				x			
5.5 Are there Asthma Action Plans on file for students with Asthma? (Code 37-11-71)				X			
5.6 Is there someone at the school site who is trained to administer auto-injectable epinephrine to a student who is believed, in good faith, to be having an anaphylaxis reaction? (Senate Bill 2218)				X			
5.7 Does the school maintain a supply of auto-injectable epinephrine at the school in a locked secure, easily accessible location? (Senate Bill 2218)				X			
5.8 Does the school use Administrative Claiming to help support school health programming?					X		
5.9 Does your school have a licensed counselor, to whom students have access?				X			
5.10 Does the school counselor operate under the Mississippi School Counselor Law? (MS Code 37-9-79)				X			

COMPONENT #5 Column Totals Total for All Items (5.1–5.10) = 27/30 = 90% *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

0	1	2	3
Not in Place	Under Development	Partially in Place	Fully in Place

Component 6: Physical Environment

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
6.1 Does your school provide students with a healthy learning environment that includes structurally safe facilities that comply with state environmental standards and conditions?				X			
6.2 Does your school ensure that there are no pad locks or chains on exit doors and that exits are never obstructed?				X			
6.3 Are all chemicals used at the school site stored properly?				X			
6.4 Are fire extinguishers inspected each year and are they properly tagged?				X			
6.5 Does the school conduct emergency drills on a regular basis as defined by state law?				X			
6.6 Does your school have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school? Does your school/district provide anti-bullying training for employees?				X			
6.7 Does your school have a comprehensive School Safety Plan on file that has been approved annually by the local school board?				X			
6.8 Does your school/district have a plan in place to provide suicide prevention training for new employees? (Code 37-3-103)				X			

6.9 Does your school follow State Board Policies guiding the possession of firearms and weapons on school premises and the possession and use of tobacco on any educational property?				X			
COMPONENT #6 Column Totals Total for All Items (6.1 – 6.9) = 27/27 = 100% *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

	1		2	3
Not in Place	**Under Development**		**Partially in Place**	**Fully in Place**

Component 7: Employee Wellness

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
7.1 Healthy eating and physical activity are actively promoted to teachers and administrators at the school site.				X			
7.2 Employees are made aware of the Mississippi State and School Employees' Health Insurance Plan – a wellness and health promotion program that is free.				X			
7.3 Employees are given opportunities to participate in health enhancing programs and activities during the school year.				X			
COMPONENT #7 Column Totals Total for All Items (7.1 – 7.3) = 9/9 = 100% *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 8 - Family Engagement and Community Involvement	0	1	2	3	Don't Know	NA	Comments & Notes
8.1 The school invites parents and community members to participate in school health planning by serving on the local School Health Council.				X			
8.2 The school invites family or community members to eat a meal at school.				X			
8.3 The school has used the Best Practices Shared Use Agreement Toolkit to build support for a shared use agreement.					X		
8.4 The school encourages teachers to develop homework assignments for students that involve family discussions about health topics and age-related health issues.				X			
8.5 The school encourages family mealtimes that include healthy choices.				X			
8.6 The school updates parents on school health news through monthly newsletters and/or email.			X				
8.7 The school plans for healthy fundraisers and healthy school celebrations.			X				
8.8 The school encourages teachers to plan for healthy rewards for students and encourages parents to do the same.				X			
COMPONENT #8 Column Totals Total for All Items (8.1–8.8) = 20/24 = 83% *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

Mississippi Healthy School Self-Assessment Overall Score Card

To complete score card, take % calculated for each component above and place it in the appropriate column below. Check the components where works needs to be done. Answer the planning questions on page 13 to assist in preparing an action plan.

	Low 0-20%	Medium 21%-40%	Medium 41%-60%	Medium 61%-80%	High 81%-100%	Check if work needs to be done in the area
Component 1: School Health Policies					100%	
Component 2: Health Education				75%		
Component 3: Physical Education/Physical Activity					84%	
Component 4: Nutrition Environment & Services					83%	
Component 5: Health Services, Counseling, Psychological and Social Services					90%	
Component 6: Physical Environment					100%	
Component 7: Employee Wellness					100%	
Component 8: Family Engagement & Community Involvement					83%	

Mississippi Healthy School Self-Assessment

Planning Questions – for all components
(copy this page for each component that you are writing a plan for).

Planning Question 1

Look back at the scores you assigned to each definition of success. According to those scores, what are the strengths and weaknesses that were discovered?

We provide our students with very good health, nutrition, and physical fitness/education opportunities. We could possibility look into sex education, but at this age, we do not feel it is appropriate.

Planning Question 2

For each weakness identified, list recommended action(s) to improve your school's scores.

The district could update parents more on school health news and healthy fundraisers and school celebrations.

Grenada Elementary School 3-5
Wellness Plan



Kasey Lott, Principal
Laigan Conley, Assistant Principal

Grenada Elementary School 3-5
500 Pender Drive
Grenada, MS 38901
Telephone: (662)226-2818
Fax: (662)227-6107

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

Grenada Elementary School 3-5 Health Council

HEALTH INSTRUCTION
Amy Barham, Physical Education Teacher
Cleta Parker, Physical Education Assistant

PHYSICAL EDUCATION
Amy Killebrew, Music Teacher
Beth Hood, 4th Grade ELA Teacher
Braxton Procella, 5th Grade Student
Hadley Caldwell, 5th Grade Student

HEALTH SERVICES
Kim Holland, MSN RN NCSN- EPSDT School Nurse/GES 4-5 School Health/Wellness Coordinator
Anna Kidder, GES 3-5 Nurse Assistant
Susan Miller, GES 3-5 Inclusion Teacher
Deandra Gibson, MSN, RN-Nursing Instructor- Holmes Community College
Deborah Hughes, RNP-Grenada County Health Department

FOOD SERVICES
Kathy Dukes, GES 3-5 Cafeteria Manager
Myra Tims, GSD Food Service District Supervisor
Krystal Laster, 5th Grade Science Teacher

COUNSELING/PSYCHOLOGICAL SERVICES
Carie Housel, GES 3-5 School Counselor
Stephanie Conley, GES 3-5 Behavior Specialist

HEALTHY SCHOOL ENVIRONMENT
Laigan Conley, Assistant Principal
Haley Surrell, GES 3-5 ELA Lead Teacher
Lois Gaskin, GSD Landscaping Director
Lynne Russell, Grenada School District Wellness Coordinator
Manning Surrell, 4th Grade Student
Madison Harville, 5th Grade Student

HEALTH PROMOTION FOR STAFF
Kacey Lott, GES 3-5 Principal
Devonn Tipton, Science Teacher-Discovery Lab
Nicole Caldwell, GES 3-5 4th Grade Math Teacher

PARENT AND COMMUNITY INVOLVEMENT
Rafe Armstrong, MD – Grenada Family Medicine
Kevin Horan-Mississippi House of Representatives
Sylvia Beane, Educational Consultant
Lisa Wilbourn, Instructor/Holmes Community College-Grenada Campus
Arlene Conley, Grenada School District School Board Member
Benji Britt, GSD Security Director/Transportation Director
Douglas Yates, GSD School Resource Officer

Rationale

The link between 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. Healthy eating and physical activity, which are essential for maintaining a healthy weight, are also linked to reduced risk for many chronic diseases, like Type 2 diabetes and heart disease. 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.

Goal

All Grenada Elementary School 3-5 students shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All Grenada Elementary School 3-5 staff members are encouraged to model healthful eating and physical activity as a valuable part of daily life.

In order to meet this goal, Grenada Elementary School 3-5 adopts this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interest of all students and staff, taking into consideration differences in culture.

Nutrition Environment and Services

Grenada Elementary School 3-5 is committed to providing a school environment that enhances learning and development of lifelong wellness practices.
To accomplish these goals, Grenada Elementary 3-5 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 programs 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.
- Encourage school staff and families to participate in school meals programs.
- Operate a Child Nutrition Program 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, 2002).
- Encourage students to make food choices based on the Healthy Hunger-Free Kids Act of 2010 and the ChooseMyPlate resources, by emphasizing menu options that feature baked foods, whole grains, fresh fruits and vegetables, and reduced-fat dairy products.
- 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 of eating with the students.
- Make school meals accessible to students with a variety of delivery strategies, such as grab-and-go lunches for field trips, or alternate eating sites.
- Provide a school environment that is safe, comfortable, pleasing, and allows ample time and space for eating meals.
- 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.
- Provide nutrition information upon request, for parents, including nutrition analysis of school meals and resources to help parents to improve food that they serve at home.
- 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)

- 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.
- 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

Grenada Elementary School 3-5 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://fns-prod.azureedge.us/sites/default/files/Food_Safety_HACCPGuidance.pdf
- 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 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. The 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.

Physical Education/Physical Activity

Grenada Elementary School 3-5 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 Regulation as approved by the State Board of Education in compliance with the Mississippi Healthy Students Act (State Board of Education Policy 4012).
- Require fitness testing for all 5th grade students.
- 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 Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Provide a varied and interesting physical education curriculum such as SPARK.
- Establish or enhance physical activity opportunities such as walking clubs or fitness challenges for staff and/or parents.
- Provide opportunities for staff improvement in health and physical fitness through health education and health related fitness activities, including Weight-Watchers nutritional program, aerobic classes, cardiovascular exercise, and training in behavior modification for improved student and teacher mental health.
- Participate in a yearly fitness test for all students. Examples are: Fitness Gram® www.fitnessgram.net

Health Education

Grenada Elementary School 3-5 will:

- Offer comprehensive health education instruction in grades K-8 based on the Mississippi Contemporary Health.
- 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.
- Emphasize the disease and prevention strand in the 2012 Mississippi Contemporary Health education curriculum for grades K-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 criteria.
- Provide opportunities for staff improvement in health and physical fitness through health education and health related fitness activities, including Weight-Watchers nutritional program, aerobic classes and cardiovascular exercise, and training in behavior modification for improved student and teacher mental health.

Health Services

Grenada Elementary School 3-5 will:

- Ensure all school nurses are working under the guidelines of the *June 2024 Mississippi School Nurse Procedures and Standards of Care.*
- Provide for teachers and staff training regarding signs and symptoms of asthma. (MS Code Sections 37-11-71 and 73-25-37)
- 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 that will be responsible for implementing the policy at the school site. (MS Code Sections 37-11-71 and 73-25-37)
- The school nurse will 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.

•Offer comprehensive health services for students in grades K-12, through the employment of school nurses, as a means to academic success.

•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 diseases.

•Promote healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).

•Provide health services by GES 3-5 nurse, local service organizations, and medical groups, such as vision and dental screening, and lessons of personal hygiene.

•Provide key staff first-aid and emergency training, such as AED/CPR certification and Epi Pen In-services for anaphylactic emergencies at regular intervals.

Counseling, Psychological and Social Services/Social and Emotional Climate

Grenada Elementary School 3-5 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.

•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).

- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics, or the Mississippi School Counselor Ethical Standards

published by MDE.

- 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.

•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.

Family Engagement and Community Involvement

Grenada Elementary School 3-5 will:

- Invite parents and community members to participate in school health planning by serving on the Grenada Elementary School 3-5 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
- Recruit, train and involve family and community members as volunteers for teaching certain health units.
- 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.
- Update parents on school health successes through monthly newsletters and/or email.
- Plan Healthy Fundraisers and Healthy School Celebrations.
- Plan Healthy Rewards for students and encourage parents to do the same.

Employee Wellness

Grenada Elementary School 3-5 will:

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

  •Promote health and reduce risk factors through professional and staff development programs, providing information flyers and newsletters, introducing incentives for participating in healthy practices and activities, and offering an employee assistance program.

  •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.

  •Implement a healthy weight program for staff, such as Wondr.

  •Encourage after school health and fitness sessions for school staff.

  •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.

  •Coordinate school employee wellness activities with student health-promotion activities.

  •Organize employee walking teams or clubs.

Marketing a Healthy School Environment

Grenada Elementary School 3-5 will:

- 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.
- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- Involve students in planning for healthy school environment. Students will be active participants of the district wellness council.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, administrators, and the community at school events e.g., schools registration, parent teacher conferences, PTA meetings, open houses, health fairs, teacher in services, and other events.
- Promote foods of nutritional value within advertising and other materials on the school campus.

- Work with local media including the newspaper, TV, and radio, to inform the community about the health problems facing Mississippi children, as well as the need for the benefits of healthy school environments.

Implementation

Grenada Elementary School 3-5 will:

- Establish a plan for implementation of the school wellness policy. Designate one or more persons to insure that the school wellness policy is implemented as written.
- Establish a School Health Council 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 goals each year to identify areas for improvement.
- Prepare and submit a yearly report to the Grenada School District school board, regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.
- Implement the Positive Behavior Intervention and Support program on appropriate, acceptable behavior for every area of the school (i.e. classroom, hallway, playground, cafeteria, and bus). With this program, all teachers teach a specific curriculum to all students.
- 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 - Click on Resources.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:
(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.
This institution is an equal opportunity provider.

Grenada Elementary School 3-5 has implemented a school wellness policy following the eight-component model of a coordinated approach to school health that was developed by the CDC and depicts the importance of leadership, coordination, and partnerships to successfully implement quality school health programs that provide opportunities for all children to be fit, healthy, and ready to succeed. Grenada Elementary School 3-5 administrative staff will ensure that the school policy is implemented as written.

For several years, Grenada Elementary School 3-5 has utilized a School Health Council that has worked together to identify strengths and areas of concern in all aspects of our school health program. The input from this committee has helped provide ideas for improvement in health/physical education instruction, student health services, food services, health promotion for staff, and parent and community involvement. The following are some of the successful implementations that have been achieved at Grenada Elementary School 3-5:
Grenada Elementary School 3-5 is providing positive motivating messages promoting healthy lifestyle practices by having health and character posters in the halls and classrooms throughout the building. Grenada Elementary 3-5 has an active Health Advisory committee made up of administrators, teachers, nurses, a nutritionist, physical education instructors, students, and parents. Teacher in-services are held and/or handouts given to encourage healthy lifestyles, first aid for minor injuries, universal precautions, and management of seizures and anaphylactic reactions. BMI calculations and diet instruction are available to parents, staff, and students through parental request. My Active Health and Wondr are available to Grenada Elementary 3-5 Staff. Nutritional posters and handouts are used to further promote healthy eating habits.

Mississippi Healthy School Self-Assessment

(Prepared by the Office of Healthy Schools/Child Nutrition Staff – October 2015)

School: Grenada Elementary School 3-5 **Date:** 10/13/2026

School District: Grenada

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 1: School Health Policies

Abbreviations: USDA United States Dairy Association

Definitions of Success	0	1	2	3	Don't know	NA	Comments & Notes
1.1 Does your school have a representative committee or team that meets at least three times a year and oversees school health and wellness policies? (school health council, wellness committee, school health team, etc)				X			
1.2 Does your school/district have written health and wellness policies that align with MS State Accountability Standards and MS State Board Policy?				X			
1.3 Does your school communicate its school or district health and wellness policies to students, parents, staff members, and visitors?				X			

1.4 Does your school implement health and wellness components, included in the *Local Wellness Policy Guide for Development* and mandated by state and federal agencies {USDA, MS State Board Policy, and MS Accountability Standards)				X			
1.5 Has your school designated a lead school official (school health coordinator) and school health council to ensure compliance with the local wellness policy?				X			
COMPONENT #1 Column Totals **Total for all items (1.1– 1.5) = 15/15 = 100%** ***(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)***							

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 2: Health Education

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
2.1 Do students receive health education instruction in all grades? (45 minutes of health education in grades K-8 and ½ Carnegie Unit of Credit in Health Education in High School – (MS Healthy Students Act)				X			
2.2 Do all teachers of health education use the state approved Contemporary Health Education curriculum that is an age-appropriate, sequential health education curriculum consistent with state and national standards for health education?			X				
2.3 Does your school provide for the instruction of sex-related education as outlined by the district School Board? (abstinence plus or abstinence-only) (Code 37-13-17)						X	
2.4 Do all teachers of health education provide opportunities for students to practice				X			

or rehearse the skills needed to maintain and improve their health?							
2.5 Does your school provide for an instructional component on the proper administration of cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED) as part of either the health education or physical education curriculum? (Senate Bill 2185)						X	Not at GES 3-5
2.6 Do all teachers of health education use assignments or projects that encourage students to have interactions with family members and community organizations?				X			
2.7 Do all teachers of health education participate at least once a year in professional development in health education?			X				
2.8 Are all high school health education classes taught by licensed teachers who are certified or endorsed to teach health education?						X	
COMPONENT #2 Column Totals **Total for All Items (2.1 – 2.8) 18/24 = 75%** ***(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)***							

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 3: Physical Education / Physical Activity

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
3.1 Do all students in each grade receive physical education/physical activity for at least 150 minutes per week (elementary) and 225 minutes per week (high school) throughout the school year?				X			

3.2 Do all teachers of physical education use the age-appropriate, sequential MS Physical Education Frameworks that is consistent with national and state standards for physical education?				X			
3.3 Are all teachers of physical education provided with information, materials, and/or professional development to assist in delivering quality physical education?				X			
3.4 Does the school prohibit exemptions or waivers for physical education?				X			
3.5 Do teachers keep students moderately to vigorously active for at least 50% of the time during most or all physical education class sessions?				X			
3.6 Does the physical education program integrate the components of the Presidential Youth Fitness Program or Fitnessgram®				X			
3.7 Does the physical education program provide the opportunity for students to be fitness tested in the 5th grade and during the semester/year that a student takes Physical Education for ½ Carnegie Unit of credit?						X	
3.8 Are all physical education classes taught by licensed teachers who are certified or endorsed to teach physical education?				X			
3.9 Does your school provide for an instructional component on the proper administration of cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED) as part of either the physical education or health education curriculum? (Senate Bill 2185)						X	Not at GES 3-5
3.10 Do students earn grades for required physical education courses? Do the grades carry the same weight as grades for other subjects toward academic recognition (e.g., honor roll, class rank)?				X			
3.11 Does your school have a Concussion Management and Return to Play Policy in place? (House Bill 48)						X	

3.12 Does your school promote or support Move To Learn or other physical activity outside of the normal physical education curriculum (for elementary) or walking programs or other physical activity programs (for high school)?				X			
3.13 Are all students provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods?			X				
COMPONENT #3 Column Totals Total for All Items (3.1 – 3.13) = 32/39 = 82% *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 4: Nutrition Environment and Services

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
4.1 Does your school offer school meals (breakfast and lunch) programs that are fully accessible to all students?				X			
4.2 Do school meals include a variety of offerings (i.e. Go beyond the National School Lunch Program requirements)? Do they offer a variety of 1 cup of fruit daily for breakfast and lunch? Do they offer a variety of 1 oz whole grain-rich (wgr) food items daily? (Products must contain 50% or more whole grains by weight.)				X			
4.3 Does the school food service consistently follow practices that ensure healthier foods are purchased and prepared for service?				X			
4.4 Do venues outside the cafeteria (e.g., vending machines, school stores, canteens, snack bars, or snack or food carts) where food is available offer fruits and non-fried vegetables?						X	

4.5 Does your school promote healthy food and beverage choices using Smarter Lunchroom techniques? Do Students receive nutrition messages throughout school that are consistent and reinforce each other?				X			
4.6 Do all foods and beverages sold to students during the extended school day meet the USDA's Smart Snacks in School nutrition standards? This includes vending machines, school stores, and snack or food carts.				X			
4.7 Do all foods and beverages served and offered to students during the extended school day meet or exceed the USDA's Smart Snack in School nutrition standards? This includes snacks that are not part of a federally reimbursed child nutrition program, birthday party, holiday parties, and school-wide celebrations.			X				
4.8 Do all school nutrition program managers and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements (Topics covered may include, but are not limited to, food safety and HACCP, nutrition standards updates in school meals, food sensitivities and allergies, customer service or food production techniques)?				X			
4.9 Does the school provide students with a clean, safe, and pleasant cafeteria in which to eat school meals?				X			
4.10 Is your school implementing any Farm to School activities?				X			
4.11 Is your school a Healthier US School Challenge: Smarter Lunchrooms school and do you conduct nutrition education activities and promotions that involve students, parents and community?			X				
4.12 Is your school enrolled as a Team Nutrition School and conducts nutrition education activities and promotions that involve students, parents and community?			X				

COMPONENT #4 Column Totals **Total for All Items (4.1 – 4.12) = 30/36 = 83%** ***(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)***							

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 5: Health Services, Counseling, Psychological and Social Services

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
5.1 Does your school have a school nurse to serve students at your school site? Does the nurse serve students full time or is your nurse shared within the school district? (The national standard for school nurses is 1 to 750 students at one school site.)				X			
5.2 Does your school nurse work under the guidelines of the *Mississippi School Nurse Procedures and Standards of Care*? (State Board of Education Policy # 4008)				X			
5.3 Does your school track students with chronic health conditions?				X			
5.4 Is there a referral plan in place for students with special needs (physical & mental health)?				X			
5.5 Are there Asthma Action Plans on file for students with Asthma? (Code 37-11-71)				X			
5.6 Is there someone at the school site who is trained to administer auto-injectable epinephrine to a student who is believed, in good faith, to be having an anaphylaxis reaction? (Senate Bill 2218)				X			
5.7 Does the school maintain a supply of auto-injectable epinephrine at the school in a locked secure, easily accessible location? (Senate Bill 2218)				X			
5.8 Does the school use Administrative Claiming to help support school health programming?					X		

5.9 Does your school have a licensed counselor, to whom students have access?				X			
5.10 Does the school counselor operate under the Mississippi School Counselor Law? (MS Code 37-9-79)				X			
COMPONENT #5 Column Totals **Total for All Items (5.1–5.10) = 27/30 = 90%** ***(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)***							

0	1	2	3
Not in Place	Under Development	Partially in Place	Fully in Place

Component 6: Physical Environment

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
6.1 Does your school provide students with a healthy learning environment that includes structurally safe facilities that comply with state environmental standards and conditions?				X			
6.2 Does your school ensure that there are no pad locks or chains on exit doors and that exits are never obstructed?				X			
6.3 Are all chemicals used at the school site stored properly?				X			
6.4 Are fire extinguishers inspected each year and are they properly tagged?				X			
6.5 Does the school conduct emergency drills on a regular basis as defined by state law?				X			
6.6 Does your school have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school? Does your school/district provide anti-bullying training for employees?				X			
6.7 Does your school have a comprehensive School Safety Plan on file that has been approved annually by the local school board?				X			

6.8 Does your school/district have a plan in place to provide suicide prevention training for new employees? (Code 37-3-103)				X			
6.9 Does your school follow State Board Policies guiding the possession of firearms and weapons on school premises and the possession and use of tobacco on any educational property?				X			
COMPONENT #6 Column Totals **Total for All Items (6.1 – 6.9) = 27/27 = 100%** *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

	1	2	3
Not in Place	Under Development	Partially in Place	Fully in Place

Component 7: Employee Wellness

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
7.1 Healthy eating and physical activity are actively promoted to teachers and administrators at the school site.				X			
7.2 Employees are made aware of the Mississippi State and School Employees' Health Insurance Plan – a wellness and health promotion program that is free.				X			
7.3 Employees are given opportunities to participate in health enhancing programs and activities during the school year.				X			
COMPONENT #7 Column Totals **Total for All Items (7.1 – 7.3) = 9/9 = 100%** *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

0	1	2	3

Not in place	Under Development			Partially in Place		Fully in Place	
Component 8 - Family Engagement and Community Involvement	**0**	**1**	**2**	**3**	**Don't Know**	**NA**	**Comments & Notes**
8.1 The school invites parents and community members to participate in school health planning by serving on the local School Health Council.				X			
8.2 The school invites family or community members to eat a meal at school.			X				
8.3 The school has used the Best Practices Shared Use Agreement Toolkit to build support for a shared use agreement.					X		
8.4 The school encourages teachers to develop homework assignments for students that involve family discussions about health topics and age-related health issues.				X			
8.5 The school encourages family mealtimes that include healthy choices.				X			
8.6 The school updates parents on school health news through monthly newsletters and/or email.			X				
8.7 The school plans for healthy fundraisers and healthy school celebrations.			X				
8.8 The school encourages teachers to plan for healthy rewards for students and encourages parents to do the same.				X			
COMPONENT #8 Column Totals **Total for All Items (8.1–8.8) = 19/24 = 79%** ***(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)***							

Mississippi Healthy School Self-Assessment Overall Score Card

To complete score card, take % calculated for each component above and place it in the appropriate column below. Check the components where works needs to be done. Answer the planning questions on page 13 to assist in preparing an action plan.

	Low 0-20%	Medium 21%-40%	Medium 41%-60%	Medium 61%-80%	High 81%-100%	Check if work needs to be done in the area
Component 1: School Health Policies					100%	
Component 2: Health Education				75%		
Component 3: Physical Education/Physical Activity					82%	
Component 4: Nutrition Environment & Services					83%	
Component 5: Health Services, Counseling, Psychological and Social Services					90%	
Component 6: Physical Environment					100%	
Component 7: Employee Wellness					100%	
Component 8: Family Engagement & Community Involvement				79%		

Mississippi Healthy School Self-Assessment

Planning Questions – for all components
(copy this page for each component that you are writing a plan for).

Planning Question 1

Look back at the scores you assigned to each definition of success. According to those scores, what are the strengths and weaknesses that were discovered?

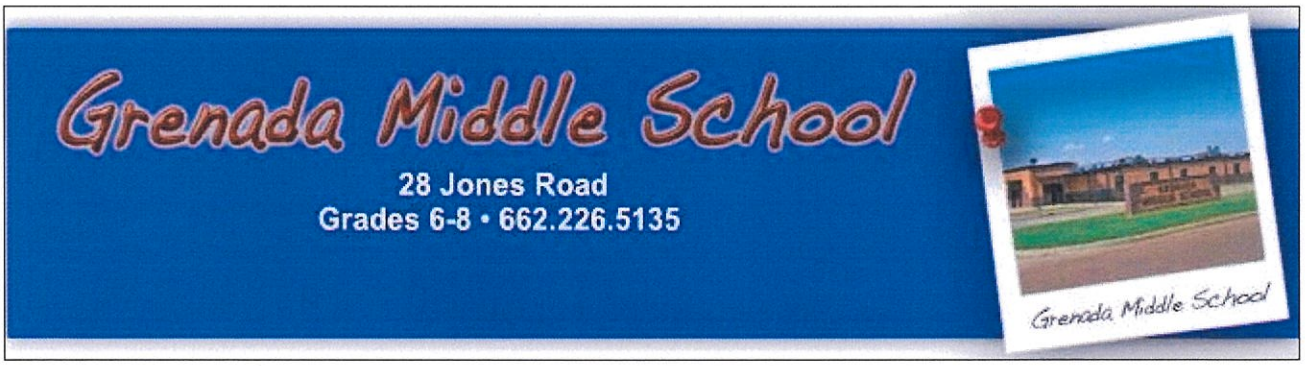
We provide our students with very good health, nutrition, and physical fitness/education opportunities. We could possibility look into sex education, but at this age, we do not feel it is appropriate.

Planning Question 2

For each weakness identified, list recommended action(s) to improve your school's scores.

The district could update parents more on school health news and healthy fundraisers and school celebrations.

Grenada Middle School
Wellness Plan



Jamie Harrison, Principal
Rebecca Bloodworth, Principal (6)
Jamal Brock, Assistant Principal
Lindsey Leggett, Assistant Principal

Grenada Middle School
28 Jones Road
Grenada, MS 38901
Telephone: (662) 226-5135
Fax: (662) 227-6106

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

GRENADA MIDDLE SCHOOL HEALTH COUNCIL

HEALTH EDUCATION
Sue Mashburn, MS Tobacco Free Coalition
Hannah Ferguson, Teacher
LaTosha Mitchell, Parent
Karter Mitchell, Student

PHYSICAL EDUCATION
Jeff Hollingsworth, Teacher
Jeffery Williams, Teacher
Luke Foster, Student
Reeves Newcomb, Student

HEALTH SERVICES
Stephanie Coker, RN, NCSN, School Nurse
Salina Blankenship, Family Nurse Practitioner
Karlee Mitchell, Student
Lilly Kate Winter, Student

COUNSELING, PSYCHOLOGICAL, SOCIAL SERVICES, SOCIAL/EMOTIONAL CLIMATE
Ashley Harrell, Counselor
Stephanie Conley, Behavior Therapist
Campbell Harrell, Student
Carsyn Chandler, Student

STAFF WELLNESS
Lori Chavis, City Council
Jennifer Trusty, Teacher
April Lee, Teacher
Waylon Elliott, Student

HEALTHY SCHOOL ENVIRONMENT
Jamal Brock, Assistant Principal
Wade Bloodworth, Fire Chief, City of Grenada
Chris Whitehurst, Grenada County EMA
Aubrey Surrell, Student

NUTRITION SERVICES
Laquana Crowley, GMS Food Service Manager
Deborah Hughes, Grenada County Health Department, Parent
Felecia Hughes, MS Extension Service
Leah Mabry, Student

FAMILY AND COMMUNITY INVOLVEMENT
Joseph Ward, Grenada County Sheriff's Department
Lindsey Oakley, Library Media Specialist
Emily Hatcher, Parent
Lucy Hatcher, Student

GRENADA MIDDLE SCHOOL OBJECTIVE

Grenada Middle School is committed to providing a school environment that enhances learning and development of lifelong wellness practices.

To accomplish these goals, Grenada Middle School will ensure that:

- Child Nutrition Programs comply with federal, state, and local environments.
- Child Nutrition Programs are accessible to all children.
- Sequential and interdisciplinary nutrition education is provided and promoted.
- Patterns of meaningful physical activity connect to students' lives outside of physical education.
- All school-based activities are consistent with local wellness policy goals.

The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. Physical activity is not used as a punishment; and food is not used as a reward or punishment.

Rationale

The link between nutrition, physical activity, and learning is well documented. Healthy eating and physical activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases such as Type 2 diabetes. 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.

Goal

All students at Grenada Middle School shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff at Grenada Middle School is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, Grenada Middle School adopts this school wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. 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.

Nutrition Environment & Services

Grenada 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 foodservice 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 the Mississippi Beverage and Snack Regulations 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)
- 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.
- 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

Grenada 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://fns-prod.azureedge.us/sites/default/files/Food_Safety_HACCPGuidance.pdf
- 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 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 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.

Physical Education/Physical Activity

Grenada Middle School will:

- Provide 150 minutes per week of activity-based instruction for all students in grades 6-8 (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 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 regular school athletic season. (House Bill 48)

- Establish or enhance physical activity opportunities such as walking clubs or fitness challenges for staff and/or parents.
- Collaborate with local recreational departments and physical fitness and wellness centers to promote participation in lifelong physical activities.

Health Education

Grenada 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.
- Instruction must be based on the Mississippi Contemporary Health for grades 6-8.
- 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. At this time, Grenada School District's policy is "Abstinence Only" and is implemented in the high school.
- Establish and facilitate a tobacco-free education program for students.

Health Services

Grenada Middle School will:

- Ensure all school nurses are working under the guidelines of the *June 2024 Mississippi School Nurse Procedures and Standards of Care.*
- Provide for teachers and staff training regarding signs and symptoms of asthma. (MS Code Sections 37-11-71 and 73-25-37)
- 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 that will be responsible for implementing the policy at the school site. (MS Code Sections 37-11-71 and 73-25-37)
- 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 as part of a Coordinated School Health Program.
- 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/or other events).
- Schools may seek community support that provides auto-injector epinephrine to stock emergency medication needs.

Counseling, Psychological and Social Services/Social and Emotional Climate

Grenada 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.

•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).

•Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics, or the Mississippi School Counselor Ethical Standards published by MDE.

•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.
- Other counseling duties or other duties as assigned by the school principal.

•Ensure that all students have access to qualified student support personnel such as: guidance counselors, social workers, nurses, psychologists, psychometrists, and others (as required by Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2).

•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.

•Provide students with the tools necessary to help them prepare and succeed in high school and college.

Family Engagement and Community Involvement

Grenada Middle School 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.

Employee Wellness

Grenada Middle School will:

- Organize employee walking teams or clubs.
- Encourage after school health and fitness sessions for school staff.

Marketing a Healthy School Environment

Grenada Middle School will:

- 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.
- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
- 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).
- Create awareness of the link between the health of students and academic performance.
- Prepare media releases that share successes to local newspapers.

Implementation

Grenada 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.
- 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.
- 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 - Click on Resources

Plan for implementation

Grenada Middle School administrative staff will ensure that this wellness policy is implemented as written. Grenada Middle School established a School Health Council in

2004, and has maintained an active health Council, to address aspects of our school health program.

Grenada Middle School will review progress of the wellness goals and file a written report to the Grenada School District School Board yearly regarding the progress of the school wellness policy and will make recommendations for further revisions.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:
(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.
This institution is an equal opportunity provider.

Mississippi Healthy School Self-Assessment

(Prepared by the Office of Healthy Schools/Child Nutrition Staff – October 2015)

School: Grenada Middle School 6-8 **Date:** 10/13/2026

School District: Grenada

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 1: School Health Policies

Abbreviations: USDA United States Dairy Association

Definitions of Success	0	1	2	3	Don't know	NA	Comments & Notes
1.1 Does your school have a representative committee or team that meets at least three times a year and oversees school health and wellness policies? (school health council, wellness committee, school health team, etc)				X			
1.2 Does your school/district have written health and wellness policies that align with MS State Accountability Standards and MS State Board Policy?				X			
1.3 Does your school communicate its school or district health and wellness policies to students, parents, staff members, and visitors?				X			

1.4 Does your school implement health and wellness components, included in the *Local Wellness Policy Guide for Development* and mandated by state and federal agencies {USDA, MS State Board Policy, and MS Accountability Standards)				X			
1.5 Has your school designated a lead school official (school health coordinator) and school health council to ensure compliance with the local wellness policy?				X			
COMPONENT #1 Column Totals **Total for all items (1.1– 1.5) = 15/15 = 100%** ***(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)***							

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 2: Health Education

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
2.1 Do students receive health education instruction in all grades? (45 minutes of health education in grades K-8 and ½ Carnegie Unit of Credit in Health Education in High School – (MS Healthy Students Act)				X			
2.2 Do all teachers of health education use the state approved Contemporary Health Education curriculum that is an age-appropriate, sequential health education curriculum consistent with state and national standards for health education?				X			
2.3 Does your school provide for the instruction of sex-related education as outlined by the district School Board? (abstinence plus or abstinence-only) (Code 37-13-17)	X						
2.4 Do all teachers of health education provide opportunities for students to practice				X			

or rehearse the skills needed to maintain and improve their health?							
2.5 Does your school provide for an instructional component on the proper administration of cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED) as part of either the health education or physical education curriculum? (Senate Bill 2185)				X			
2.6 Do all teachers of health education use assignments or projects that encourage students to have interactions with family members and community organizations?				x			
2.7 Do all teachers of health education participate at least once a year in professional development in health education?				x			
2.8 Are all high school health education classes taught by licensed teachers who are certified or endorsed to teach health education?						x	
COMPONENT #2 Column Totals **Total for All Items (2.1 – 2.8) 18/24 = 75%** ***(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)***							

0	1	2	3
Not in place	**Under Development**	**Partially in Place**	**Fully in Place**

Component 3: Physical Education / Physical Activity

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
3.1 Do all students in each grade receive physical education/physical activity for at least 150 minutes per week (elementary) and 225 minutes per week (high school) throughout the school year?				X			

3.2 Do all teachers of physical education use the age-appropriate, sequential MS Physical Education Frameworks that is consistent with national and state standards for physical education?				X			
3.3 Are all teachers of physical education provided with information, materials, and/or professional development to assist in delivering quality physical education?				X			
3.4 Does the school prohibit exemptions or waivers for physical education?				X			
3.5 Do teachers keep students moderately to vigorously active for at least 50% of the time during most or all physical education class sessions?				X			
3.6 Does the physical education program integrate the components of the Presidential Youth Fitness Program or Fitnessgram®				X			
3.7 Does the physical education program provide the opportunity for students to be fitness tested in the 5th grade and during the semester/year that a student takes Physical Education for ½ Carnegie Unit of credit?						X	
3.8 Are all physical education classes taught by licensed teachers who are certified or endorsed to teach physical education?				X			
3.9 Does your school provide for an instructional component on the proper administration of cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED) as part of either the physical education or health education curriculum? (Senate Bill 2185)				X			
3.10 Do students earn grades for required physical education courses? Do the grades carry the same weight as grades for other subjects toward academic recognition (e.g., honor roll, class rank)?				X			
3.11 Does your school have a Concussion Management and Return to Play Policy in place? (House Bill 48)				X			

3.12 Does your school promote or support Move To Learn or other physical activity outside of the normal physical education curriculum (for elementary) or walking programs or other physical activity programs (for high school)?				X			
3.13 Are all students provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods?				X			
COMPONENT #3 Column Totals Total for All Items (3.1 – 3.13) = 36/39 = 92% *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 4: Nutrition Environment and Services

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
4.1 Does your school offer school meals (breakfast and lunch) programs that are fully accessible to all students?				X			
4.2 Do school meals include a variety of offerings (i.e. Go beyond the National School Lunch Program requirements)? Do they offer a variety of 1 cup of fruit daily for breakfast and lunch? Do they offer a variety of 1 oz whole grain-rich (wgr) food items daily? (Products must contain 50% or more whole grains by weight.)				X			
4.3 Does the school food service consistently follow practices that ensure healthier foods are purchased and prepared for service?				X			
4.4 Do venues outside the cafeteria (e.g., vending machines, school stores, canteens, snack bars, or snack or food carts) where food is available offer fruits and non-fried vegetables?						X	

4.5 Does your school promote healthy food and beverage choices using Smarter Lunchroom techniques? Do Students receive nutrition messages throughout school that are consistent and reinforce each other?				X			
4.6 Do all foods and beverages sold to students during the extended school day meet the USDA's Smart Snacks in School nutrition standards? This includes vending machines, school stores, and snack or food carts.				X			
4.7 Do all foods and beverages served and offered to students during the extended school day meet or exceed the USDA's Smart Snack in School nutrition standards? This includes snacks that are not part of a federally reimbursed child nutrition program, birthday party, holiday parties, and school-wide celebrations.			X				
4.8 Do all school nutrition program managers and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements (Topics covered may include, but are not limited to, food safety and HACCP, nutrition standards updates in school meals, food sensitivities and allergies, customer service or food production techniques)?				X			
4.9 Does the school provide students with a clean, safe, and pleasant cafeteria in which to eat school meals?				X			
4.10 Is your school implementing any Farm to School activities?				X			
4.11 Is your school a Healthier US School Challenge: Smarter Lunchrooms school and do you conduct nutrition education activities and promotions that involve students, parents and community?			X				
4.12 Is your school enrolled as a Team Nutrition School and conducts nutrition education activities and promotions that involve students, parents and community?			X				

COMPONENT #4 Column Totals **Total for All Items (4.1 – 4.12) = 30/36 = 83%** ***(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)***							

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 5: Health Services, Counseling, Psychological and Social Services

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
5.1 Does your school have a school nurse to serve students at your school site? Does the nurse serve students full time or is your nurse shared within the school district? (The national standard for school nurses is 1 to 750 students at one school site.)				X			
5.2 Does your school nurse work under the guidelines of the *Mississippi School Nurse Procedures and Standards of Care*? (State Board of Education Policy # 4008)				X			
5.3 Does your school track students with chronic health conditions?				X			
5.4 Is there a referral plan in place for students with special needs (physical & mental health)?				X			
5.5 Are there Asthma Action Plans on file for students with Asthma? (Code 37-11-71)				X			
5.6 Is there someone at the school site who is trained to administer auto-injectable epinephrine to a student who is believed, in good faith, to be having an anaphylaxis reaction? (Senate Bill 2218)				X			
5.7 Does the school maintain a supply of auto-injectable epinephrine at the school in a locked secure, easily accessible location? (Senate Bill 2218)				X			
5.8 Does the school use Administrative Claiming to help support school health programming?					X		

5.9 Does your school have a licensed counselor, to whom students have access?				X			
5.10 Does the school counselor operate under the Mississippi School Counselor Law? (MS Code 37-9-79)				X			
COMPONENT #5 Column Totals **Total for All Items (5.1–5.10) = <u>27/30 = 90%</u>** ***(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)***							

0	1	2	3
Not in Place	Under Development	Partially in Place	Fully in Place

Component 6: Physical Environment

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
6.1 Does your school provide students with a healthy learning environment that includes structurally safe facilities that comply with state environmental standards and conditions?				X			.
6.2 Does your school ensure that there are no pad locks or chains on exit doors and that exits are never obstructed?				X			
6.3 Are all chemicals used at the school site stored properly?				X			
6.4 Are fire extinguishers inspected each year and are they properly tagged?				X			
6.5 Does the school conduct emergency drills on a regular basis as defined by state law?				X			
6.6 Does your school have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school? Does your school/district provide anti-bullying training for employees?				X			
6.7 Does your school have a comprehensive School Safety Plan on file that has been approved annually by the local school board?				X			

6.8 Does your school/district have a plan in place to provide suicide prevention training for new employees? (Code 37-3-103)				X			
6.9 Does your school follow State Board Policies guiding the possession of firearms and weapons on school premises and the possession and use of tobacco on any educational property?				X			
COMPONENT #6 Column Totals **Total for All Items (6.1 – 6.9) = 27/27 = 100%** *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

	1		2	3
Not in Place	Under Development		Partially in Place	Fully in Place

Component 7: Employee Wellness

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
7.1 Healthy eating and physical activity are actively promoted to teachers and administrators at the school site.				X			
7.2 Employees are made aware of the Mississippi State and School Employees' Health Insurance Plan – a wellness and health promotion program that is free.				X			
7.3 Employees are given opportunities to participate in health enhancing programs and activities during the school year.				X			
COMPONENT #7 Column Totals **Total for All Items (7.1 – 7.3) = 9/9 = 100%** *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 8 - Family Engagement and Community Involvement	0	1	2	3	Don't Know	NA	Comments & Notes
8.1 The school invites parents and community members to participate in school health planning by serving on the local School Health Council.				X			
8.2 The school invites family or community members to eat a meal at school.				X			
8.3 The school has used the Best Practices Shared Use Agreement Toolkit to build support for a shared use agreement.					X		
8.4 The school encourages teachers to develop homework assignments for students that involve family discussions about health topics and age-related health issues.				X			
8.5 The school encourages family mealtimes that include healthy choices.				X			
8.6 The school updates parents on school health news through monthly newsletters and/or email.			X				
8.7 The school plans for healthy fundraisers and healthy school celebrations.			X				
8.8 The school encourages teachers to plan for healthy rewards for students and encourages parents to do the same.				X			
COMPONENT #8 Column Totals **Total for All Items (8.1–8.8) = <u>19/24 = 79%</u>** ***(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)***							

Mississippi Healthy School Self-Assessment Overall Score Card

To complete score card, take % calculated for each component above and place it in the appropriate column below. Check the components where works needs to be done. Answer the planning questions on page 13 to assist in preparing an action plan.

	Low 0-20%	Medium 21%-40%	Medium 41%-60%	Medium 61%-80%	High 81%-100%	Check if work needs to be done in the area
Component 1: School Health Policies					100%	
Component 2: Health Education				75%		
Component 3: Physical Education/Physical Activity					92%	
Component 4: Nutrition Environment & Services					83%	
Component 5: Health Services, Counseling, Psychological and Social Services					90%	
Component 6: Physical Environment					100%	
Component 7: Employee Wellness					100%	
Component 8: Family Engagement & Community Involvement				79%		

Mississippi Healthy School Self-Assessment

Planning Questions – for all components
(copy this page for each component that you are writing a plan for).

Planning Question 1

Look back at the scores you assigned to each definition of success. According to those scores, what are the strengths and weaknesses that were discovered?

We provide our students with very good health, nutrition, and physical fitness/education opportunities. We could possibility look into sex education, but at this age, we do not feel it is appropriate.

Planning Question 2

For each weakness identified, list recommended action(s) to improve your school's scores.

The district could update parents more on school health news and healthy fundraisers and school celebrations.

Grenada High School
Wellness Plan



Emily Tindall, Principal
Kelby Surrell, Principal 9th
Joey Cooley, Assistant Principal
Lindsey Leggett, Assistant Principal

Grenada High School
1875 Fairground Road
Grenada, MS 38901
Telephone: (662) 226-8844
Fax: (662) 227-6109

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

Grenada High School Wellness Council

HEALTH INSTRUCTION
Tonia Bailey, Family and Individual Health Instructor
Mallory Lester, Health Science Core I & II, Healthcare and Clinical Sciences
Kristi Winters, Health Science Core I & II, Healthcare and Clinical Sciences
Kelby Surrell, 9th Grade Principal
Ezzard Beane, Career and Technical Center Director
Sue Mashburn, MSDH Health Educator-Grenada, Yalobusha, Calhoun County

PHYSICAL EDUCATION
Roderick Moore, Physical Education Instructor
Lyle Williams, Athletic Director
Royce Foster, CPR Coordinator, Assistant Athletic Director

HEALTH SERVICES
Meribrooke Heath, Grenada High School Nurse
Teresa Redditt, Cafeteria Manager
Myra Tims, Food Service Supervisor
Joey Cooley, Assistant Principal

COUNSELING/PSYCHOLOGICAL SERVICES
Kathryn Cox, Counselor
Megan Brock, Counselor
Michelle Burney, Counselor
Kaitlin Wilkinson, Counselor
Melanie Williams, Counselor
Mark Davis, Vocational Counselor
Kayla Ellis, Life Help Counselor
Stephanie Conley, Behavioral Therapist

HEALTHY PROMOTION FOR STAFF
Kelby Surrell, 9th Grade Principal
Lindsey Leggett, Assistant Principal
Mallory Lester, Health Science Core I& II, Healthcare and Clinical Sciences
Kathryn Cox, Counselor
Meribrooke Heath, Grenada High School Nurse

HEALTHY SCHOOL ENVIRONMENT
Emily Tindall, Principal
Joe Ward, Maintenance Director
Lois Gaskin, Landscaping Director
Elliott Hiram, School Resource Office
Lynne Russell, District Wellness Coordinator
Micah Samples, 12th grade student
Harper Newcomb, 12th grade student
Devin Lawson, 12th grade student
Mary Ashton Surrell, 11th grade student
Ava McClellan, 11th grade student

Helen Liberto, 10th grade student
Brody Newsom, 10th grade student
Olivia Harper, 9th grade student
Sarah Lane, 9th grade student

PARENT AND COMMUNITY INVOLVEMENT

Chris Edwards, School Board Member
Kevin Horan, House of Representatives
Lauren Martin, PTO Representative
Tonia Bailey, parent
Sylvia Beane, parent
Luke Viner, 12th grade student
Zoe Beane, 12th grade student
Devin Bailey, 12th grade student
Keri Harris, 11th grade student
Nolan Hollingsworth, 11th grade student
Shycurious Shack, 10th grade student
Chloe Boone, 10th grade student
Jonah Clark, 9th grade student
Braxton Bennett, 9th grade student

Rationale

There is a known link between physical activity, nutrition, and learning. Schools have a responsibility to educate students so that they may have a full life resulting from healthy eating and physical activity. One way this can be achieved is by having a healthy staff to help exemplify healthy behaviors. Effectively planned and implemented school nutrition and physical education programs are shown to develop better behavior, achievement, and health in students. It is essential for students to eat healthy and be physically active to achieve their academic potential and maintain a healthy body. This is also important as nutrition and physical activity have both been proven to help in disease control.

Goal

Students at Grenada High School will be thoroughly educated in the importance of physical activity and nutrition. The staff at Grenada High School will have the opportunity to enhance their knowledge in these fields and be encouraged to set an example as to how nutrition and physical activity should be a part of everyday life for all.

To meet this goal, the administration of Grenada High School commits to having a comprehensive health and physical education program, awareness of nutritional importance, and implementing this wellness plan. By using all school and community means, this policy will serve the needs of both students and staff.

Nutrition Environment and Services

Grenada High 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 (USDA) 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 USDA 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 foodservice staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code 17.1).
- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code 2001).
- 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)
- 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.
- 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.
  2002https://www.healthiergeneration.org/
- Provide adequate time for students to eat and enjoy school meals.
- Encourage students to make food choices based on the 2005 Dietary Guidelines for Americans, by emphasizing menu options that feature baked foods, whole grains, fresh fruits and vegetables, and reduced-fat dairy products.
- 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 of eating with the students.
- Make school meals accessible to all students with a variety of delivery strategies, such as grab-and-go lunches for field trips, or alternate eating sites.
- 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.
- Provide nutrition information upon request, for parents including nutrition analysis of school meals and resources to help parents to improve food that they serve at home.

Food Safe Schools

Grenada High 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: https://fns-prod.azureedge.us/sites/default/files/Food_Safety_HACCPGuidance.pdf

- 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 view the video developed by the Office of Healthy Schools to support food safety on the school campus. For compliance with the Nutrition Standards all staff must complete and sign pre and post test developed by the Office of Healthy Schools and maintain documentation of completion. The video and Pre/Post Test can be downloaded at: http://healthyschoolsms.org/ohs_main/instructionalvideo.htm.
- 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. Examples of professional development include, but are not limited to, the video developed by the Office of Healthy Schools and *Eating Safely at School*, (http://schoolhealth.nsba.org/site/docs/42400/42324.pdf) developed by the National School Boards Association.
- 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.

Physical Education/Physical Activity

Grenada High School will:

- 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 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).
- 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 2013-2014 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Graduation requirements for 9th through 12th grade students shall include ½ 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 ½ Carnegie Unit for physical education or health Education. MS Code 37-13-134 (Senate Bill 2185)
- 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)

*½ Carnegie unit of Physical Education/certified staff
Course code: 340113 Physical Education

*Grades 9-12 Class size maximum not to exceed 40 students per certified staff. Class size will not exceed 80 students with a License teacher and a teacher assistant. Class size should not apply to extracurricular activities such as band, ROTC, and show choir.
Lesson plans for band, ROTC, and show choir will include 50 minutes/week for Physical Education activity-based instruction.

Health Education

Grenada High School will:

- 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 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.
- 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)
- Offer the emergency and safety technique program, Risk Watch, supported through service organizations and community volunteers.
- Provide staff with emergency and first aid training
- Provide opportunities for staff improvement of health through education and health fairs.
- To educate students in health class of problems specific to our region and cultures (i.e. sickle cell).
- Establish a partnership with the Mississippi State Department of Health and Office of Tobacco Control.

Establish, facilitate, and strengthen the tobacco-free coalition program within each school in the GSD by discouraging the use of tobacco use and by creating tobacco-free lifestyles.

*½ Carnegie unit for Health Education/certified staff
Course code: 340133 Health Education, Grades 9-12

Health Services

Grenada High School will:

- Ensure all school nurses are working under the guidelines of the *June 2024 Mississippi School Nurse Procedures and Standards of Care.*
- Provide for teachers and staff training regarding signs and symptoms of asthma. (MS Code Sections 37-11-71 and 73-25-37)
- 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 that will be responsible for implementing the policy at the school site. (MS Code Sections 37-11-71 and 73-25-37)
- 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.

•Offer comprehensive health services for students in grades K-12, through the employment of school nurses, as a means to academic success.

•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 diseases.

•Promote healthy lifestyles through school and community events (parent meetings, open houses, health fairs, teacher in-services, and other events).

Counseling, Psychological and Social Services/Social and Emotional Climate

Grenada High 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.

•Hire qualified counselors who will address the mental health, academic, and career needs of students in the school setting.

•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).

- 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.
- 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 delivery of services to students as outlined by the American School Counselor Association

Family Engagement and Community Involvement

Grenada High School 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.
- Offer a school environment that is safe for both students and staff
- Provide an environment conductive to learning and the wellness of both students and staff
- Ensure Child Nutrition Programs comply with local, state, and federal regulations and are available to all students and staff
- Make certain students are allowed ample time to eat and have space to do so
- Provide nutrition education that is relevant and multidisciplinary
- Stress the importance of physical activity to both students and staff that all activities are consistent with wellness policy goals
- Food and physical activities are not withheld as a punishment.

Employee Wellness

Grenada High School will:

- Promote health and reduce risk factors through professional and staff development programs, providing information flyers and newsletters, introducing incentives for participating in healthy practices and activities, and offering an employee assistance program.
- 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.
- Organize employee walking teams or clubs.

Marketing a Healthy School Environment

Grenada High School will:

- 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.
- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
- 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).
- Create awareness of the link between the health of students and academic performance.
- Prepare media releases that share successes to local newspapers.

Implementation

Grenada High 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.
- 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.
- 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 - Click on Resources.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:
http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:
(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.
This institution is an equal opportunity provider.

Grenada High School has implemented a school wellness policy. Grenada High School administrative staff are designated to ensure the school policy is implemented as written. For three years Grenada High School's School Health Council (SHC) has addressed aspects of the school health programs and the rise of childhood obesity. The input form the committee helps provide ideas and information for Grenada High School's coordinated school health goals.

Grenada High School will continue to participate in the Center for Disease Control and Prevention's Youth Behavior Risk Survey just as the school did during the 2008-2009 SY. Grenada High School was randomly selected to participate in the YRBSS which includes national, state, and local school-based surveys of representative samples of 9th through 12th grade students. The national survey, conducted by CDC, provides data representative of high school students in public and private schools in the United States. The state and local surveys, conducts by departments of health and education, provide data representative of public high school students in each state or local school district. The survey is part of a national study to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States.

Grenada High School will continue to participate in the School Health Index Survey (SHI). The SHI developed by the Center for Disease Control and Prevention is a tool GHS uses as a self-assessment and planning guide for implementing coordinated school health programs.

SHI enables GHS to identify strengths and weaknesses of health promotion policies and programs and enables them to develop an action plan for improving student health. The SHI also provides structure and direction to GHS efforts to improve health and safety policies and programs.

Mississippi Healthy School Self-Assessment

(Prepared by the Office of Healthy Schools/Child Nutrition Staff – October 2015)

School: Grenada High School 9-12 **Date:** 10/13/2026

School District: Grenada

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 1: School Health Policies

Abbreviations: USDA United States Dairy Association

Definitions of Success	0	1	2	3	Don't know	NA	Comments & Notes
1.1 Does your school have a representative committee or team that meets at least three times a year and oversees school health and wellness policies? (school health council, wellness committee, school health team, etc)				X			
1.2 Does your school/district have written health and wellness policies that align with MS State Accountability Standards and MS State Board Policy?				X			
1.3 Does your school communicate its school or district health and wellness policies to students, parents, staff members, and visitors?				X			
1.4 Does your school implement health and wellness components, included in the *Local Wellness Policy Guide for Development* and mandated by state and federal agencies {USDA, MS State Board Policy, and MS Accountability Standards)				X			
1.5 Has your school designated a lead school official (school health coordinator) and school				X			

health council to ensure compliance with the local wellness policy?							
COMPONENT #1 Column Totals Total for all items (1.1– 1.5) = 15/15 = 100% *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 2: Health Education

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
2.1 Do students receive health education instruction in all grades? (45 minutes of health education in grades K-8 and ½ Carnegie Unit of Credit in Health Education in High School – (MS Healthy Students Act)				X			
2.2 Do all teachers of health education use the state approved Contemporary Health Education curriculum that is an age-appropriate, sequential health education curriculum consistent with state and national standards for health education?				X			
2.3 Does your school provide for the instruction of sex-related education as outlined by the district School Board? (abstinence plus or abstinence-only) (Code 37-13-17)				X			abstinence-only
2.4 Do all teachers of health education provide opportunities for students to practice or rehearse the skills needed to maintain and improve their health?				X			
2.5 Does your school provide for an instructional component on the proper administration of cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED) as part of either the health education or physical				X			

education curriculum? (Senate Bill 2185)							
2.6 Do all teachers of health education use assignments or projects that encourage students to have interactions with family members and community organizations?				X			
2.7 Do all teachers of health education participate at least once a year in professional development in health education?				X			
2.8 Are all high school health education classes taught by licensed teachers who are certified or endorsed to teach health education?				X			
COMPONENT #2 Column Totals Total for All Items (2.1 – 2.8) 24/24 = 100% *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

0	1	2	3
Not in place	**Under Development**	**Partially in Place**	**Fully in Place**

Component 3: Physical Education / Physical Activity

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
3.1 Do all students in each grade receive physical education/physical activity for at least 150 minutes per week (elementary) and 225 minutes per week (high school) throughout the school year?			X				Many of our students are involved in other activities which provide more than 225 minutes per week.
3.2 Do all teachers of physical education use the age-appropriate, sequential MS Physical Education Frameworks that is consistent with national and state standards for physical education?				X			
3.3 Are all teachers of physical education provided with information, materials, and/or professional development to assist in delivering quality physical education?				X			

3.4 Does the school prohibit exemptions or waivers for physical education?				X			
3.5 Do teachers keep students moderately to vigorously active for at least 50% of the time during most or all physical education class sessions?				X			
3.6 Does the physical education program integrate the components of the Presidential Youth Fitness Program or Fitnessgram®				X			
3.7 Does the physical education program provide the opportunity for students to be fitness tested in the 5th grade and during the semester/year that a student takes Physical Education for ½ Carnegie Unit of credit?						X	
3.8 Are all physical education classes taught by licensed teachers who are certified or endorsed to teach physical education?				X			
3.9 Does your school provide for an instructional component on the proper administration of cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator (AED) as part of either the physical education or health education curriculum? (Senate Bill 2185)				X			
3.10 Do students earn grades for required physical education courses? Do the grades carry the same weight as grades for other subjects toward academic recognition (e.g., honor roll, class rank)?				X			
3.11 Does your school have a Concussion Management and Return to Play Policy in place? (House Bill 48)				X			
3.12 Does your school promote or support Move To Learn or other physical activity outside of the normal physical education curriculum (for elementary) or walking programs or other physical activity programs (for high school)?				X			
3.13 Are all students provided opportunities to participate in physical activity breaks in classrooms, outside of physical education, recess, and class transition periods?				X			

COMPONENT #3 Column Totals Total for All Items (3.1 – 3.13) = 35/39 = 89% *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 4: Nutrition Environment and Services

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
4.1 Does your school offer school meals (breakfast and lunch) programs that are fully accessible to all students?				X			
4.2 Do school meals include a variety of offerings (i.e. Go beyond the National School Lunch Program requirements)? Do they offer a variety of 1 cup of fruit daily for breakfast and lunch? Do they offer a variety of 1 oz whole grain-rich (wgr) food items daily? (Products must contain 50% or more whole grains by weight.)				X			
4.3 Does the school food service consistently follow practices that ensure healthier foods are purchased and prepared for service?				X			
4.4 Do venues outside the cafeteria (e.g., vending machines, school stores, canteens, snack bars, or snack or food carts) where food is available offer fruits and non-fried vegetables?						X	
4.5 Does your school promote healthy food and beverage choices using Smarter Lunchroom techniques? Do Students receive nutrition messages throughout school that are consistent and reinforce each other?				X			
4.6 Do all foods and beverages sold to students during the extended school day meet the USDA's Smart Snacks in School nutrition standards? This includes vending machines, school stores, and snack or food carts.				X			

4.7 Do all foods and beverages served and offered to students during the extended school day meet or exceed the USDA's Smart Snack in School nutrition standards? This includes snacks that are not part of a federally reimbursed child nutrition program, birthday party, holiday parties, and school-wide celebrations.			X				
4.8 Do all school nutrition program managers and staff meet or exceed the annual continuing education/training hours required by the USDA's Professional Standards requirements (Topics covered may include, but are not limited to, food safety and HACCP, nutrition standards updates in school meals, food sensitivities and allergies, customer service or food production techniques)?				X			
4.9 Does the school provide students with a clean, safe, and pleasant cafeteria in which to eat school meals?				X			
4.10 Is your school implementing any Farm to School activities?				X			
4.11 Is your school a Healthier US School Challenge: Smarter Lunchrooms school and do you conduct nutrition education activities and promotions that involve students, parents and community?			X				
4.12 Is your school enrolled as a Team Nutrition School and conducts nutrition education activities and promotions that involve students, parents and community?			X				
COMPONENT #4 Column Totals Total for All Items (4.1 – 4.12) = 30/36 = 83% *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 5: Health Services, Counseling, Psychological and Social Services

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
5.1 Does your school have a school nurse to serve students at your school site? Does the nurse serve students full time or is your nurse shared within the school district? (The national standard for school nurses is 1 to 750 students at one school site.)				X			
5.2 Does your school nurse work under the guidelines of the *Mississippi School Nurse Procedures and Standards of Care*? (State Board of Education Policy # 4008)				X			
5.3 Does your school track students with chronic health conditions?				X			
5.4 Is there a referral plan in place for students with special needs (physical & mental health)?				X			
5.5 Are there Asthma Action Plans on file for students with Asthma? (Code 37-11-71)				X			
5.6 Is there someone at the school site who is trained to administer auto-injectable epinephrine to a student who is believed, in good faith, to be having an anaphylaxis reaction? (Senate Bill 2218)				X			
5.7 Does the school maintain a supply of auto-injectable epinephrine at the school in a locked secure, easily accessible location? (Senate Bill 2218)				X			
5.8 Does the school use Administrative Claiming to help support school health programming?					X		
5.9 Does your school have a licensed counselor, to whom students have access?				X			
5.10 Does the school counselor operate under the Mississippi School Counselor Law? (MS Code 37-9-79)				X			

COMPONENT #5 Column Totals Total for All Items (5.1–5.10) = 27/30 = 90% *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

0	1	2	3
Not in Place	Under Development	Partially in Place	Fully in Place

Component 6: Physical Environment

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
6.1 Does your school provide students with a healthy learning environment that includes structurally safe facilities that comply with state environmental standards and conditions?				X			.
6.2 Does your school ensure that there are no pad locks or chains on exit doors and that exits are never obstructed?				X			
6.3 Are all chemicals used at the school site stored properly?				X			
6.4 Are fire extinguishers inspected each year and are they properly tagged?				X			
6.5 Does the school conduct emergency drills on a regular basis as defined by state law?				X			
6.6 Does your school have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school? Does your school/district provide anti-bullying training for employees?				X			
6.7 Does your school have a comprehensive School Safety Plan on file that has been approved annually by the local school board?				X			
6.8 Does your school/district have a plan in place to provide suicide prevention training for new employees? (Code 37-3-103)				X			

6.9 Does your school follow State Board Policies guiding the possession of firearms and weapons on school premises and the possession and use of tobacco on any educational property?				X			
COMPONENT #6 Column Totals Total for All Items (6.1 – 6.9) = 27/27 = 100% *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

	1		2	3
Not in Place	**Under Development**		**Partially in Place**	**Fully in Place**

Component 7: Employee Wellness

Definitions of Success	0	1	2	3	Don't Know	NA	Comments & Notes
7.1 Healthy eating and physical activity are actively promoted to teachers and administrators at the school site.				X			
7.2 Employees are made aware of the Mississippi State and School Employees' Health Insurance Plan – a wellness and health promotion program that is free.				X			
7.3 Employees are given opportunities to participate in health enhancing programs and activities during the school year.				X			
COMPONENT #7 Column Totals Total for All Items (7.1 – 7.3) = 9/9 = 100% *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

0	1	2	3
Not in place	Under Development	Partially in Place	Fully in Place

Component 8 - Family Engagement and Community Involvement	0	1	2	3	Don't Know	NA	Comments & Notes
8.1 The school invites parents and community members to participate in school health planning by serving on the local School Health Council.				X			
8.2 The school invites family or community members to eat a meal at school.				X			
8.3 The school has used the Best Practices Shared Use Agreement Toolkit to build support for a shared use agreement.					X		
8.4 The school encourages teachers to develop homework assignments for students that involve family discussions about health topics and age-related health issues.				X			
8.5 The school encourages family mealtimes that include healthy choices.				X			
8.6 The school updates parents on school health news through monthly newsletters and/or email.			X				
8.7 The school plans for healthy fundraisers and healthy school celebrations.			X				
8.8 The school encourages teachers to plan for healthy rewards for students and encourages parents to do the same.				X			
COMPONENT #8 Column Totals Total for All Items (8.1–8.8) = 19/24 = 79% *(To determine %, divide the total by maximum # of points. Place this number in score card on page 11 & 12)*							

Mississippi Healthy School Self-Assessment Overall Score Card

To complete score card, take % calculated for each component above and place it in the appropriate column below. Check the components where works needs to be done. Answer the planning questions on page 13 to assist in preparing an action plan.

	Low 0-20%	Medium 21%-40%	Medium 41%-60%	Medium 61%-80%	High 81%-100%	Check if work needs to be done in the area
Component 1: School Health Policies					100%	
Component 2: Health Education					100%	
Component 3: Physical Education/Physical Activity					89%	
Component 4: Nutrition Environment & Services					83%	
Component 5: Health Services, Counseling, Psychological and Social Services					90%	
Component 6: Physical Environment					100%	
Component 7: Employee Wellness					100%	
Component 8: Family Engagement & Community Involvement				79%		

Mississippi Healthy School Self-Assessment

Planning Questions – for all components
(copy this page for each component that you are writing a plan for).

Planning Question 1

Look back at the scores you assigned to each definition of success. According to those scores, what are the strengths and weaknesses that were discovered?

We provide our students with very good health, nutrition, and physical fitness/education opportunities.

Planning Question 2

For each weakness identified, list recommended action(s) to improve your school's scores.

The district could update parents more on school health news and healthy fundraisers and school celebrations.