

***CARROLL COUNTY SCHOOL  
DISTRICT  
J.Z. GEORGE HIGH SCHOOL***

***WELLNESS POLICY***

Board Approved:           JULY 9, 2018

## **J.Z. GEORGE HIGH SCHOOL WELLNESS POLICY**

### **Rationale:**

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

### **Goals:**

- All students in J. Z. George High School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members at J. Z. George School are encouraged to model a lifestyle of healthy eating patterns and moderate physical activity as a valuable part of their daily lives.

To meet these goals, J. Z. George High School adopts this school wellness policy with the following commitments to implementing a coordinated approach to school health. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

### **Commitment to Nutrition**

#### **J.Z. GEORGE HIGH SCHOOL WILL:**

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the United States Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Program;
- Offer school breakfast programs with menus that meet the meal patterns and nutrition standards established by the United States Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Program;
- Encourage school staff and families to participate in school meal programs;

- Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code2001);
- 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 4001),

#### 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

- 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
- 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 bakes (rather than fried 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 by eating with the students;
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fund raising programs. The sale of candy as a fund-raiser is strongly discouraged (See Appendix A for alternative fund raising ideas);
- Eliminate use of foods as rewards for student accomplishment and the withholding of food as punishment (e.g., restricting a child's selection of flavored milk at mealtime due to behavior problems), (See Appendix B for non-food reward ideas);

### **Commitment to Food Safe Schools**

#### J.Z. GEORGE 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.

- Develop a food safety education plan for all staff and students, consistent with Fight Bac (Registered Trademark) and other national standards for safe food handling at home and in school.
- Ensure that all staff has viewed 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.
- 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.

### **Commitment to Physical Activity**

J. Z. GEORGE 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 the 2013-2014 Mississippi Physical Education Framework.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Graduation requirements for 9<sup>th</sup> – 12<sup>th</sup> grade students shall include ½ Carnegie unit in physical education.
- 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. (House Bill 432)

- 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. This policy will include a concussion recognition course that has been endorsed by the Mississippi Department of Health. This course will provide information on the nature and risk of concussions for students participating in athletics. Also included in the policy, parents/guardians will be provided with a concussion policy before the start of the regular athletic season. (House Bill 48)

### **Commitment to Comprehensive Health Education**

J.Z. GEORGE HIGH SCHOOL WILL:

- Provide ½ Carnegie unit of health education for graduation(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).
- Graduation requirements for 9<sup>th</sup>-12<sup>th</sup> grade students shall include ½ Carnegie unit in physical education.
- Implement the requirements of House Bill 999, which requires the development of a sex related education policy and instruction on medically accurate or evidenced based abstinence-only or abstinence-plus curricula.

### **Commitment to a Healthy School Environment**

J.Z. GEORGE HIGH SCHOOL WILL:

- Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code). Ensure that all exit signs are illuminated and clearly visible.
- Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet).
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety ([www.cpsc.com](http://www.cpsc.com)) for federal guidelines for playground safety.
- Ensure that fire extinguishers are inspected each year and properly tagged.
- Complete yearly maintenance of the heating and cooling system in your school; check coils, filters, belts, etc. in order to maintain safe operation and healthy air quality.
- Conduct at least one emergency evacuation drill per month.
- Every School will have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school.
- Ensure that two means of egress are available in each classroom in case of an emergency; if there is only one door, designate a window (properly sized) as a means of egress.

- Never use extension cords as a permanent source of electricity anywhere on a school campus.

Comply with the applicable rules and regulations of the State Board of Education in the operation of its transportation program (in accordance with the MS Code 37-41-53; State Board of Education Policies 7903, 7904, and 7909; and Accreditation Standard #29).

- Inspect all buses on a quarterly basis and ensure that they are well maintained and clean.
- Require that all bus drivers have a valid bus driver certificate and a commercial driver's license and operate the bus according to all specified safety procedures. Maintain a record of yearly motor vehicle reports on each bus driver and evidence that each driver has received two hours of in-service training per semester. (SB Policy 7903)
- Ensure arrival of all buses at their designated school sites prior to the start of the instructional day.
- Conduct bus evacuation drills at least two times each year. (SB Policy 7904)

Provide facilities that meet the criteria of (MS Code 37-7-301 (c) (d) (j); 37-11-5, 49 and 45-11-101; and Accreditation Standard #36).

- Provide facilities that are clean.
- Provide facilities that are safe.
- Provide proper signage that explains tobacco, weapons and drugs are prohibited on the school campus and at school functions.
- Provide operational facilities that are equipped and functional to meet the instructional needs of students and staff (in accordance with the Mississippi School Design Guidelines at [www.edi.msstate.edu](http://www.edi.msstate.edu)).
- Provide air conditioning in all classrooms, Code ss 37-17-6(2) (2000).

Comply with the requirements for Safe and Healthy Schools:

- Maintain a comprehensive School Safety Plan on file that has been approved annually by the local school board. (MS Code 37-3-81 and 37-3-82(2); and Accreditation Standard #37.1); see the School Safety Manual and the MDE School Occupational Safety and Crisis Response Plan at : [http://www.healthyschoolsms.org/healthy\\_school\\_environment/school\\_safety.htm](http://www.healthyschoolsms.org/healthy_school_environment/school_safety.htm) .
- State Board Policy EBB (1990) prohibits the possession of pistols, firearms or weapons by any person on school premises or at school functions. Code ss37-11-18 (1996) requires any student who possesses a knife, a handgun, other firearms or any other instrument considered to be dangerous and capable of causing bodily harm or who commit a violent act on educational property be subject to automatic expulsion for one calendar year. The superintendent of the school is authorized to modify the period of time for expulsion on a case-by-case basis.
- Prohibits students from possessing tobacco on any educational property, Criminal Code ss97-32-9 (2000). Code ss97-32-29 (2000) further prohibits the use of tobacco on any educational property for adults who, if in violation, would be subject to a fine and issued a citation by a law enforcement officer. Educational property is defined as any public school building or bus, campus, grounds athletic field, or other property used or operated during a school-related activity.

- Eliminate unnecessary school bus idling that causes pollution and creates health risk for children such as asthma, allergies, and other respiratory problems.
- Install security cameras on the school campus which our school has done with hopes of increased security for our students and staff.

### **Commitment to Quality Health Services**

#### **J.Z. GEORGE HIGH SCHOOL WILL:**

- Ensure all school nurses are working under the guidelines of the Mississippi School Nurse Procedures and Standards of Care.
- Provide for teachers and other staff, health education 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 10<sup>th</sup> of each month for the previous month.
- Optimize the provision of health services with a school nurse-to-student ratio of 1:750 for students in the general population.

### **Commitment to Providing Counseling, Psychological and Social Services**

#### **J.Z. GEORGE HIGH SCHOOL WILL:**

- Adhere to the details outlined in the Licensure Guidelines (451) when hiring guidance counselors and psychologists. The state does not have a policy specifically outlining the requirements of a school social worker. For licensure as a social worker in the state of Mississippi, a candidate must: provide verification of a baccalaureate degree in social work from a college or university accredited by the Council on Social Work Education (CSWE) or Southern Association of Colleges and Schools (SACS) and scores a minimum of 70 on the ASWB basic exam.
- Abide by Mississippi Code 37-9-79 (Amended 2014) as the school provides for counseling and guidance for students.
- Provide at a minimum, a ½ time licensed guidance counselor for high school and ensure that all elementary school students have access to qualified student support personnel such as : guidance counselors, social workers, nurses, psychologists, psychometrists, and others (as required by the Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2).
- Hire school 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.
- High School counselors who agree to abide by the American School Counselor Association 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
- \*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
- \*Provide all licensed teachers and principals with in-service suicide prevention training as directed by MS Code 37-3-101.
- \*Other counseling duties or other duties as assigned by the school principal.

### **Commitment to Family and Community Involvement**

J.Z. GEORGE HIGH SCHOOL WILL:

- Give parents and community the opportunity to serve on the School Health Council (SHC).

### **Commitment to Marketing a Healthy School Environment**

J.Z. GEORGE HIGH SCHOOL WILL:

- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
- Promote healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events (e.g., school registration, parent-teacher conferences, PTA meetings, open houses, health fairs, teacher in-services, and other events);
- Eliminate advertising on the school campus that promotes less nutritious food choices.

### **Commitment to Implementation**

J.Z. GEORGE HIGH SCHOOL 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 and support a School Health Council that addresses all aspects of a coordinated school health program, including a school wellness policy;
- 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.



**For school year 2018 -2019 Submission of Local School Wellness Policy**

**SCHOOL DISTRICT NAME:** CARROLL COUNTY SCHOOL DISTRICT

**SCHOOL NAME:** J.Z. GEORGE HIGH SCHOOL

This is to certify that the local school board has adopted the attached Local School Wellness Policy(s) and its approval is recorded in the School Board minutes:

Date of Board Approval: \_\_\_\_\_

Signed: \_\_\_\_\_

**Superintendent of Education**

Date: \_\_\_\_\_

NOTE: A copy of this Approved Wellness Policy shall be kept at each school site.

