

BILOXI UPPER ELEMENTARY 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, suffering from drug abuse, or worried that school is an unsafe environment in which they could become a victim of a violent act. It has become apparent that problems such as poor nutrition, lack of physical activity, substance abuse, depression, teen pregnancy, obesity, bullying, and more-can adversely affect not only a child's health, but also his or her ability to learn. A Coordinated approach to school health improves students' health and their capacity to learn through the support of families, schools and communities working together. At this time, reinforcing positive healthy behaviors throughout the day and making it clear that good health and learning go hand and hand.

Goal:

All students at Biloxi Upper Elementary shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff at Biloxi Upper Elementary are encouraged to model healthful eating and physical activity as a valuable part of daily life. To continue to strive to promote overall mental and physical health for our students, faculty and community.

To meet this goal, Biloxi Upper Elementary 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 while taking into consideration our cultural differences.

Mission Statement:

"Healthy Body + Healthy Mind= Academic Progress"

Commitment to Nutrition

Biloxi Upper Elementary 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 with menus that meet the meal patterns and nutrition standards established by the U.S Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Promote participation in school meal programs to families and staff.
- Operate All Child Nutrition Programs with school food service staff who are properly qualified according to current professional standards (Mississippi board of Education Policy, Code 2001).
- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi State Board of Education Policy 2002) Attachment A Competitive Food Policy. Attachment B Implementation of "Smart Snacks".
- Implement Nutrition Standards as adopted by the Mississippi State Board of Education in accordance with the 2007 Mississippi Healthy Students Act (Mississippi State Board Policy 4011).
www.healthyschoolsms.org/HealthyStudentsAct.htm
 - Healthy food and beverage choice;
 - Healthy food preparation;
 - Marketing of healthy food choices to students and staff;
 - Minimum/maximum time allotted for students and staff lunch and breakfast;
 - Availability of food items during lunch and breakfast periods of the Child Nutrition Breakfast and Lunch Programs;
 - Methods to increase assistance/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.
- Encourage students to make food choices based on the **Healthy Hunger-Free Kids Act of 2010** and the **Choose My Plate** resources by emphasizing menu options that feature baked (rather than fried foods) whole grains. Fresh fruits and vegetables, and reduced-fat free dairy products.
- Establish a cafeteria environment conducive to a positive dining experience, with socializing among students and between students and adult; 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.

- Replace deep fryers with combination steamers and provide nutrition information for parents including nutritional analysis of school meals and resources to help parents improve food that they prepare at home.
- Add nutritious and appealing options (such as fruits, vegetables, reduced-fat milk, reduced-fat yogurt, reduced -fat cheese, 100% juice and water) whenever food/beverage are sold or offered at school; including school functions.
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthful food for fundraising programs. The sale of candy as a fund-raiser is strongly discouraged or prohibited. Alternative fundraising ideas can be downloaded at <http://www.healthysd.gov/Documents/HealthyFundraisingIdeas.pdf>.

Commitment to Food Safe Schools

Biloxi Upper Elementary will:

- 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.
- Adequate access to handwashing 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/Physical Education

Biloxi Upper Elementary 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 (Policy 4012).
- Offer a planned sequential program of physical education instructions incorporating individual and group activities, which are student centered and taught in a positive environment.
- Instruction must be based on the 2006 Mississippi Physical Education Framework.
- Implement the requirement of the Mississippi Healthy Student Act of 2007 (Senate Bill 2369).

- Establish physical activity opportunities (walking clubs or fitness challenges) for staff and/or parents.

Commitment to Comprehensive Health Education:

Biloxi Upper Elementary 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.
- Provide Universal Precautions training and Universal Precaution Kits for all teachers, administration and staff.
- Research, select and purchase disease prevention materials for grades k-8
- and provide training for teachers/staff.
- Implement the "Asthma and Anaphylaxis Act" in compliance with Mississippi State Board of Education.
- Conduct in service training to staff and newly employed staff (senate bill 263, section 37-3-101).

Commitment to a Healthy School Environment

Biloxi Upper Elementary will:

- Ensure that there are no padlocks or chains on exit doors (in accordance with Mississippi State Fire Code) Ensure that all exit signs are 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 for federal guidelines for playground safety.
- Ensure that all fire extinguishers are inspected each year and properly tagged.
- Complete yearly maintenance of the heating and cooling system in our school: check coils, filters, belts, etc. in order to maintain safe operation and healthy air quality.
- Conduct emergency drills as required with feedback.
- Refer to School Safety Act in implementing emergency operations for dealing with intrusions into the building or on the school grounds with the quickest plan of alerting staff/office personnel for lockdown.

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

- Inspect buses on a quarterly bases and ensure that they are well maintained and clean.
- Require that all bus drivers have a valid driver dertificate and a commercial driver's license and opeates 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 (State Board of Education Policy 7903).
- Ensure arrival and dismissal of all buses at the designated school sites each school day.
- Conduct evacuation drills at least two times each year(Policy 7904).

Provide facilities that meet the following criteria(Mississippi Public School Accountability Standard 36):

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

Comply with the requirements for Safe and Healthy Schools:

- Maintain a comprehensive School Safety Plan on file that has been approved by the local school board(in accordance with MS code 37-3-81 and 37-3-83(2); ant he Mississippi Public School Accountability Standard 37.1)/(School Safety Manual and the MDE School Occupational Safety and Crisis Response Plan).
- Prohibit the possession of pistols, firearms or weapons by any person, other than duly authorized law enforcement, on premises or at school functions; regardless of whether any such person possesses a valid permit to carry such pistol, firearms or weapons(Mississippi State Board of Education Policy 9500).
- MS Code 97-32-9 prohibits students from possessing tobacco on any educational property. MS Code 97-32-29 further prohibits students from possessing tobacco on any educational property for adults who, 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.

- Provides secure environment / building structures through locked classroom doors, keycodes, and door stops
- Hire a school Safety/Resource Officer.
- Every school will have an anti-bullying policy that outlines procedures for dealing with bullying situations in the schools.

Commitment to Quality Health Services

- Provide human growth and development presentations to the 6th grade population with parental involvement.
- Provide Anaphylaxis/Asthma Action Plans with education to student, families and staff with Asthma training to staff.(House Bill 2218 code 37-11-71/73-25-37 Amendment).
- Ensure school nurse is working under guidelines of 2013 Mississippi School Nurse Procedures and Standards of Care.
- 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 Section 37-11-71 and 73-25-37).
- Create awareness of the link between the health of students and academic performance.
- Involve students in the local school council for planning and marketing school health messages throughout the school.

Commitment to Family and Community Involvement

Biloxi Upper Elementary will:

- Invite parents and community members to participate in school health planning by serving on the local School Health/Wellness Council.

Commitment to Providing Counseling, Psychological and Social Services

Biloxi Upper Elementary will:

- Abide by Mississippi Code 37-9-79(Amended 2014) as the school provides counseling and guidance for students.