

Yazoo County School District

Linwood Elementary School

Health and Wellness Policy



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Board Approved: BOARD APPROVED
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YAZOO COUNTY SCHOOLS

Linwood Elementary School

Health & Wellness Council

Shundria Shaffer: Principal

Cristin Ware: Assistant Principal

Amber Hall: Counselor

Brian Cox: Health/P.E./Computer Science

Jeani McGraw: School Nurse

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Local School Wellness Policy

Linwood Elementary School

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Assistant Principal: Cristin Ware

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! Therefore, 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 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.

Goal:

All students at Linwood Elementary School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members at Linwood Elementary 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 this goal, the Linwood Elementary 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.

Nutrition Environment and Services

Minimum requirements:

The Linwood 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 (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 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),
 - o Healthy food and beverage choices;
 - o Healthy food preparation;
 - o Marketing of healthy food choices to students, staff and parents;
 - o Food preparation ingredients and products;
 - o Minimum/maximum time allotted for students and staff lunch and breakfast;
 - o Availability of food items during the lunch and breakfast periods of the Child Nutrition Breakfast and Lunch Programs;
 - o 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, with the exception of PBIS and accelerated reader rewards.
- Use Smart Snacks Resources to educate the school community about the importance of offering healthy snacks for students and staff members.
- 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.

Food Safe Schools

- 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.
- Develop a food safety education plan for all staff and students, consistent with Fight Bac® 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.
- 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.

Optional policy statements:

- Encourage students to make food choices based on ChooseMyPlate resources, by emphasizing menu options that feature baked (rather than fried foods), whole grains, fresh fruits and vegetables, and reduced-fat dairy products.
- Breakfast and lunches will be served in areas per Covid-19 and CDC recommendations.
- Make school meals accessible to all students with a variety of delivery strategies, such as breakfast in the classroom, grab-and-go lunches, or alternate eating sites.
- 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, including vending machines, school stores, and concession stands at sporting and academic events.
- Limit the use of food 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). Also, not using any type of physical activity as a means of punishment.
- Students may be given candy/food for PBIS.
- Encourage all school-based organizations to use services, contests, non-food items, and/or
- Healthy foods for fundraising programs during the school day. The sale of candy and other foods and beverages that do not meet the Smart Snacks Standards are prohibited from being sold as fundraisers during the school day.
- Provide parents, caregivers, vendors, and any other community members who provide or are likely to provide foods prepared for consumption at school events with appropriate food safety information.

Physical Education/Physical Activity

Minimum requirements:

The Linwood 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).
- 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 must be based on 2013-2014 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).

Optional policy statement:

- Incorporate 5 to 10 minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (www.gonoodle.com & www.movetolearn.com .)
- 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.

Health Education

Minimum requirements:

The Linwood 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.

Optional policy statement:

- Emphasize the disease prevention strand in the 2012 Mississippi Contemporary Health Education Curriculum.
- Integrate Health Education into other subject areas.
- Address the attendance of HIV infected students, uphold confidentiality and maintain procedures to protect HIV-infected students and staff from discrimination.

- Provide students with quality disease prevention instruction based on the Contemporary Health Education Framework and other selected materials approved by the district.
- Drug free activities will be incorporated during Red Ribbon Week.

Physical Environment

Minimum requirements:

The Linwood Elementary 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; for federal guidelines regarding 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 operates 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 #29).

- Provide facilities that are clean.
- Provide facilities that are safe.

- Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions.
- Provide operational facilities that are equipped and functional to meet the instructional needs of students and staff.
- Provide air conditioning in all classrooms, Code §37-17-6(2) 2000). Comply with the requirements for Safe and Healthy Schools:
- Maintain a comprehensive School Safety Plan on file that has been approved annually by the local school board. (MS Code 37-3-81 and 37-3-82(2); and Accreditation Standard #37.1).
- State Board Policy EBB (1990) prohibits the possession of pistols, firearms or weapons by any person on school premises or at school functions. Code §37-11-18 (1996) requires any student who possesses a knife, a handgun, other firearm or any other instrument considered to be dangerous and capable of causing bodily harm or who commit a violent act on educational property be subject to automatic expulsion for one calendar year. The superintendent of the school is authorized to modify the period of time for expulsion on a case-by-case basis.
- Prohibits students from possessing tobacco on any educational property, Criminal Code §97-32-9 (2000). Code §97-32-29 (2000) further prohibits the use of tobacco on any educational property for adults who, if in violation, would be subject to a fine and issued a citation by 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.

Optional policy statements:

The Linwood Elementary School will:

- Install locks on classroom doors in order to create security from the inside.
- Eliminate unnecessary school bus idling that causes pollution and creates health risk for children such as; asthma, allergies, and other respiratory problems.
- School Resource Officer is available on campus.
- Security cameras installed on campus.
- Utilize regularly scheduled meetings with the School Health Council, school board members, etc. to determine and discuss the current strengths, weaknesses, opportunities, and challenges associated with implementing and maintaining your school's healthy and safe environment.

Health Services

Minimum requirements:

The Linwood Elementary School will:

- Ensure all school nurses are working under the guidelines of the 2013 *Mississippi School Nurse Procedures and Standards of Care*.
- Provide teachers and staff training regarding signs and symptoms of asthma. (MS Code Sections 37-11-71 and 73-25-37)
- Every child 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).

Optional policy statements:

- The school nurse should attend at least one MDE sponsored training each school year.
- The school nurse should submit health services data 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.
- Work with students, parents, and local healthcare providers to effectively manage and treat chronic diseases.

Counseling, Psychological and Social Services/Social and Emotional Climate

Minimum requirements:

The Linwood Elementary School will:

- Adhere to the details outlined in the Licensure Guidelines (436 or 451) when hiring guidance counselors.
- 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.
- Ensure that all school guidance counselors provide comprehensive counseling services such as:
 - o Academic and personal/social counseling.
 - o Student assessment and assessment counseling.
 - o Career and educational counseling.
 - o Individual and group counseling.
 - o Crisis intervention and preventive counseling.
 - o Provide all licensed teachers and principals with in-service suicide prevention training as directed by MS Code 37-3-101.
 - o Referrals to community agencies.
 - o Educational consultations and collaborations with teachers, administrators, parents and community leaders.
 - o Education and career placement services.
 - o Follow-up counseling services.
 - o Conflict resolution.

- o 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.

Optional policy statements:

- 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.
- Participate in administrative claiming for reimbursement of administrative cost associated with health and medical outreach.

Family Engagement and Community Involvement

Minimum requirements:

The Linwood Elementary School will:

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

Optional policy statements:

- Invite family or community members to eat a meal at school guided by COVID and CDC recommendations.
- Develop homework assignments for students that involve family discussions about health topics and age-related health issues.
- Increase PTA Membership.

Employee Wellness

Optional policy statements:

The Linwood Elementary School will:

- Make as a Requirement that all staff are aware of the Mississippi State and School Employees' Health Insurance Plan that has been enhanced to include My Active Health, a wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit.
- Allow faculty to utilize the Staff Fitness Center on the school site.
- Encourage after school health and fitness sessions for school staff.
- Organize employee walking teams or clubs.

Marketing a Healthy School Environment

Optional policy statements:

The Linwood Elementary School will:

- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.

- Use traditional marketing materials such as posters, flyers, T-shirts, wrist bands, buttons, etc. to promote health messages to students and families.
- Eliminate advertising or promoting unhealthy food choices on the school campus.
- Create awareness of the link between the health of students and academic performance.

Childhood Obesity

Minimum Requirements:

The Linwood Elementary School will:

- Address physical activity and nutrition through a Coordinated School Health Program
- Provide 100 minutes a week of recess time for physical exercise.
- Promote Move to Learn and GoNoodle as alternate source of engaging students in physical activity
- Ensure that students have appealing, healthy choices in foods and beverages offered outside of the school meals program.

Implementation

Minimum requirements:

The Linwood 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 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.

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