

# **McComb School District Summit Elementary School Wellness Policy**

## ***Summit's Vision and Rationale for Wellness Policy***

Summit is a committed and nurturing community taking responsibility every day for positively impacting the physical, social and academic well-being of every child and challenging them to become extraordinary individuals empowered to change the world.

## ***Goal***

All students at Summit shall possess the knowledge and skills necessary to make positive choices for a lifetime. All staff at Summit are encouraged to model healthful habits as a valuable part of daily life.

To meet this goal, Summit adopts this school wellness policy. 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.

## ***Summit's Commitment to Nutrition***

Summit 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 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 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 educations, physical activity and other school-based activities to promote student wellness.
- Bottled water is permitted to be taken in all classrooms.
- 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), [www.healthyschoolsms.org/MSHealthyStudentsAct.htm](http://www.healthyschoolsms.org/MSHealthyStudentsAct.htm).
  - Healthy food and beverage choices;
  - Healthy food preparation;
  - Marketing of healthy food choices to students and staff;
  - 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 for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.
- Establish guidelines in accordance with USDA Smart Snacks in Schools for the sale of food for fundraising.
- Use Smart Snacks Resources to educate the school community about the importance of offering healthy snacks for students and staff members.
- Students are allowed to bring healthy snacks or drinks to school to eat during the day unless medically exempt. Healthy food and beverage items are highly encouraged at school authorized parties.
- During regular school hours, fast food is not allowed in any Summit cafeteria, outside eating area, buildings or grounds where students are present.
- Provide adequate time for students to eat and enjoy school meals (a minimum of 15-20 minutes at breakfast and 18-25 minutes at lunch).
- Encourage students to make food choices based on the 2005 Dietary Guidelines for Americans, by emphasizing menu options that feature baked (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.
- Make school meals accessible to all students with a variety of delivery strategies.
- Establish guidelines in accordance with USDA Smart Snacks in Schools for the sale of good items for fundraising. Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. **The sale of candy as a fundraiser is prohibited.** All fundraisers must be pre-approved by the superintendent's office. (See Appendix A for alternative fundraising options).
- Eliminate use of foods as rewards for student accomplishment. Authorized school parties for special events and from various organizations will include healthy choices as listed but not limited to: fruit, and/or fruit trays, vegetable trays, juice bars, tortilla chips and salsa, pretzels, low-fat granola bars, cereal bars, trail mix, sherbet, smoothies, low-fat frozen yogurt, crystal light, 100% fruit juices, graham crackers, and low-fat popcorn. (See Appendix B for non-food rewards).
- **Withholding of food as punishment is prohibited.**
- Post menus with nutrient analysis at the beginning of each cafeteria serving line.
- Post menus with nutrient analysis on the school's website and provide resources to help parents improve food that they serve at home.

***Summit's Commitment to Food Safe Schools***

Summit 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® ([www.fightbac.org](http://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.
- 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 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.

***Summit's Commitment to Physical Activity/Physical Education***

Summit will:

- Provide 150 minutes per week of activity-based instruction for all students (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 by certified health and physical education instructors.
- Provide instruction based on the 2013-2014 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Provide safe and adequate equipment, facilities and resources.
- Provide students with moderate to vigorous activity during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.

***Summit's Commitment to Comprehensive Health Education***

Summit 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.
- Provide instruction based on the Mississippi Contemporary Health for students.

- Provide appropriate professional development for health education staff.

### ***Summit's Commitment to a Healthy School Environment***

Summit 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 [www.msdssearch.com](http://www.msdssearch.com)).
- 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.
- Ensure the 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 (in accordance with the Mississippi School Design Guidelines at [www.edi.msstate.edu/guidelinesdesign.php](http://www.edi.msstate.edu/guidelinesdesign.php)).

- 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.
- Provide violence prevention curriculum, character building, or other related topics once a week.

### ***Summit's Commitment to Quality Health Services***

Summit will:

- Ensure all school nurses are working under the guidelines of the 2013 *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)
- Ensure every child who has been diagnosed with asthma 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)
- Maintain collaboration with community resources and services including Department of Health, Mental Health, Department of Human Services and Youth Court to ensure effective response to health care needs of our students.
- Offer health services for students 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.
- Promote healthy lifestyles through school and (PTA meetings, open houses, health fairs, teacher in-services, and other events).
- Participate in administrative claiming for reimbursement of administrative

- Costs associated with health and medical outreach.

***Summit's Commitment to Employee Wellness***

Summit will:

- Provide for staff health services by the school nurse such as monitor blood pressure, weight and provide health information.
- Establish and enhance physical activity opportunities for staff.
- Provide onsite flu shots as a free wellness benefit or at a minimal cost depending on the employee's coverage plan.

***Summit's Commitment to Counseling, Psychological and Social Services***

Summit 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.
- 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.
  - Provide all licensed teachers and principals with in-service suicide prevention training as directed by MS Code 37-3-101.
  - 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

***Summit's Commitment to Family and Community Involvement***

Summit will:

- This component recognizes that a child's health and well-being is a responsibility shared by the school and family during the entire period the child spends in the school system. To support the goal of the school district to educate all students effectively, the school and parents must work as knowledgeable partners.
- Summit will:
- Give parents and community members the opportunity to serve on the School Health Council.
- Utilize the Public Relations Coordinator, District Child Advocate and School Safety Liaisons for the promotion of parent and community involvement.

***Summit's Commitment to Marketing a Healthy School Environment***

Summit will:

- 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.

***Summit's Commitment to Implementation***

Summit 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 (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.

**APPENDIX A      FUNDRAISING ALTERNATIVES**

**Fundraising Ideas – Things you can sell:**

Activity Cards	Bath Accessories	Books, Calendar
Buttons, Pins, Stickers	Batteries	Cookbooks
Coupon Books	Candles	First Aid Kits
Flea Market	Car Emergency Kits	Football Seats

Flowers and Bulbs	Gift Items or Baskets	Gift Wrap, Boxes Bag
Fruit and Veg. Baskets	Hats	Healthy Snack Items
Greeting Cards	House Decorations	Holiday Ornaments
Jewelry	License Plate Frames	Magazine Subscriptions
Megaphones	Newspaper Ads/Space	Personalized Stationery
Mugs	Calendars, Pocketsize	Raffle Donations
Plants	School Art/Drawings	Scratch-Off Cards
School Frisbees	Scarves	Spirit/Seasonal Flags School
Spirit Accessories	Stuffed Animals	Stadium Pillows
T-Shirts/Sweatshirts	Tupperware	Valentine Day
Yearbook Covers	Yearbook Space/Monograms	

**Alternative Fundraising Ideas – Things you can do**

Auction	Festivals	Family/Glamour Portrait
Bike-a-thon	Gift Wrapping	Singing Telegrams
Bowling Night	Golf Tournament	Skate Night
Car Wash	Jog-a-thon	Spelling Bee
Carnivals	Jump-rope-a-thons	Talent Shows
Celebrity Basketball Game	Magic Show	Horseshoe Competition
Dances	Raffles	Treasure Hunt
Read-a-thons	Walk-a-thon	

**APPENDIX B NON-FOOD REWARDS**

Kids naturally enjoy eating nourishing foods and being physically active. Schools and teachers can provide them with an environment that supports these healthy behaviors by using non-food rewards. Here are some suggestions.

- Teach the class.
- Watch a fun video.
- Enjoy class outdoors.
- Have an extra recess.
- Play a computer game.
- Get a no homework pass.
- Be a helper in another room.
- Make deliveries to the office.
- Listen to music while working.
- Play a favorite game or puzzle.
- Designing a class or hall bulletin board.
- Eat lunch with a teacher or the principal.
- Dance to favorite music in the classroom.
- Going to the library to select a book to read.
- Get a “free choice” time at the end of the day.
- Be first in line when the class leaves the room.

## **APPENDIX C**

## **PLAN FOR MEASURING IMPLEMENTATION**

The plan for measuring implementation of the school wellness policy will be as follows:

1. Each component of the wellness policy will be reviewed by a committee comprised of the members of the School Health Advisory Committee.
2. A contact person for each component will be responsible for working with their committee to answer questions and arrange school visits, etc. The component contacts are as follows:
  - Nutrition – Child Nutrition Director
  - Physical Activity and Comprehensive Health – Curriculum Directors
  - Health Services and Staff Wellness – Health Services Coordinator
  - Counseling and Mental Health Services – Support Services Director
  - Healthy School Environment – Maintenance Director
  - Parent and Community Involvement – Community Relations Director
3. Each committee has the following responsibilities:
  - Name a chairperson.
  - Formulate a checklist to be used to complete the review/audit.
  - Conduct their review/audit and submit a report to their contact person within a given time frame. This time frame will be determined by the Wellness Plan Committee.
4. The Wellness Plan Committee will review the reports and meet with each site's principal/supervisor to discuss any concerns and proposed changes.
5. A final report will be presented to the School Board with recommendations in June or July of each year.

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