Local School Wellness Plan
Ocean Springs School District

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! 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 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 in the Ocean Springs School District shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members in the Ocean Springs School District 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 Ocean Springs School District adopts this school wellness plan with the following commitments to implementing a coordinated approach to school health. This plan 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

The Ocean Springs School District will:

- Offer equal access to a school lunch/breakfast 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 and local Board of Trustees policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code 2002).
  - No food items will be sold on the school campus for one hour before the start of and through any meal service period.
  - The child nutrition staff shall serve only those foods which are components of the approved federal meal patterns served (or milk products) and such additional food as necessary to meet caloric requirements of the age group being served.
  - With the exception of water and milk products, a student may purchase individual components of the meal only if the full meal unit also is purchased.
  - Students who bring their lunch from home may purchase water and milk products.
  - No commercial business food deliveries may be received or consumed in the cafeteria dining room during serving period.
- 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 - fried foods are eliminated from school meals
  - Marketing of healthy food choices to students, staff and parents – All schools are Team Nutrition Schools.
  - Minimum time allotted for students and staff lunch and breakfast – breakfast 10 minutes and lunch 24 minutes.
  - Availability of food items during the lunch and breakfast periods of the Child Nutrition Breakfast and Lunch Programs – Extra food sale items shall be limited to two (2) per student. This will exclude extra beverage purchase of milk, 100% juice, water, fruits and vegetables. Any extra sale items sold from the school meal shall not exceed the menu portion serving size.
  - Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs. Breakfast for lunch and varied menu items.
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 ATTACHMENT A

Establish guidelines in accordance with USDA Smart Snacks in Schools for the sale of food items for fundraising.

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 are baked (removed all fryers), whole grains, fresh fruits and vegetables, and reduced dairy products.

Establish a cafeteria environment conductive 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.

Try to schedule movement activities before lunch, in order to increase meal consumption and nutrient intake at meals and to improve behavior in the dining area.

Add nutritious and appealing options (such as fruits, vegetables, reduced-fat milk, reduced-fat yogurt, reduced-fat cheese 100% fruit juice and water) whenever food/beverages are sold or otherwise offered at school, including vending machines, school stores, concession stands at sporting and academic events, parties, celebrations, social events and other school functions.

Encourage all school based organizations to use services, contests, non-food items and/or healthful foods for fundraising programs.

Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home. 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](http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks)

**Health Education**

The Ocean Springs 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.
- Creating healthy and responsible teens by utilizing an age-appropriate, evidenced based, medically accurate, Abstinence-Plus curriculum recommended by the Mississippi Department of Education. (MS Code 37-13-171 and OSSD Board Policy ICG)
- 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)
Food Safe Schools

The Ocean Springs 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://www.nfsmi.org/ResourcesOverview.aspx?ID=151
- 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 www.mde.k12.ms.us/ohs/home and the Ocean Springs Website at wwwossdms.org.
- 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.
- Removed fryers from all school kitchens.
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home.
- 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 information about safe food preparation and storage.
- Schools shall secure a Food Serve Operational Permit through the Mississippi State Department of Health for approval to operate under the National School Lunch/National School Breakfast Program.

Health Services

The Ocean Springs District School 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)
- 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 district will maintain a supply of unassigned epinephrine auto-injectors in accordance with Senate Bill 2218 and Administrators and/or designee will be trained on proper administration of the auto-injector.
- New employees will be trained in Citizen Aid Public Treatment Kits.
Physical Education/Physical Activity

The Ocean Springs 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 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 Framework.
- 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)

Links to resources to aid policy development and Office of Healthy Schools website
  www.cdc.gov/concussion/HeadsUp/high_school.html#5
  http://www.mde.k12.ms.us/ohs/home
Physical Environment

The Ocean Springs School District 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)).


- 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 inservice 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. School Resource Officers and security cameras will be provided at all schools. All employees will attend Active Shooter training annually.

- 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 [http://www.edi.msstate.edu/guidelines/design.php](http://www.edi.msstate.edu/guidelines/design.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); see the School Safety Manual and the MDE School Occupational Safety and Crisis Response Plan at: [http://www.mde.k12.ms.us/safe-and-orderly-schools/school-safety](http://www.mde.k12.ms.us/safe-and-orderly-schools/school-safety).

- 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.

### Counseling, Psychological and Social Services/Social and Emotional Climate

The Ocean Springs 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.

- 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
  - All employees will be trained in suicide prevention every 2 years.
Family Engagement and Community Involvement

The Ocean Springs School District will:
- Invite parents and community members to participate in school health planning by serving on the local School Health Council.
- Invite parents and community members to eat a meal at school.

Marketing a Healthy School Environment

The Ocean Springs School District will:
- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
- Use school announcement systems, internal TV channels, school website, Facebook, text messaging and other social media to promote health messages to students and families.
- Use traditional marketing materials such as posters, flyers, T-shirts, wrist bands, buttons, etc. to promote health messages to students and families.
- 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).
- Eliminate advertising or promoting unhealthy food choices on school campus.
- Create awareness of the link between the health of students and academic performance.
- Prepare media releases that share successes to local newspapers.
- Apply recognition of Health, Nutrition or Safety Awards through various programs.

Employee Wellness

- All staff will be aware of the Mississippi State and School Employee Health Insurance Plan that has been enhanced to include My Active Health, a wellness and healthy lifestyle and increase their overall wellness benefit. [http://www.MyActiveHealth.com/Mississippi](http://www.MyActiveHealth.com/Mississippi)
- A primary care clinic will be available for Ocean Springs School District employees, spouses and dependents with or without State Insurance plan to help promote:
  - Convenient accessible healthcare
  - Personal Wellness Management
  - Increase productivity
  - Reduce Absences
  - Co-pay and deductible savings
  - Access for the family
- Develop relationships with community health providers, recreational facilities, voluntary health organizations and other community members who can provide resources for or support school employee wellness activities.
Implementation

The Ocean Springs School District will:

- Establish a plan for implementation of the school wellness policy.
- The building principal or director of each school will be designated 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.
Implementation Plan of Smart Snacks

Beginning July 1, 2014, USDA “SMART SNACKS” regulations must be implemented for ALL foods and beverages sold in schools, as required by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). Students will be able to buy snacks that meet common-sense standards for fat, saturated fat, sugar and sodium, while promoting products that are whole grain-rich, low fat dairy, fruits, vegetables or protein foods as their main ingredients.

Overview

Smart Snacks guidelines closely resemble existing State Board of Education Policies (4003 & 4004) regarding beverages and vending. Smart Snacks and SBE Policies apply to all foods and beverages available to students through:

- Vending machines
- Student stores
- Snack bars
- Fundraisers
- Any other sales

In addition, SBE Policy 2002 states: no food items will be sold on the school campus for one (1) hour before the start of any meal services period, including breakfast if offered.

Smart Snacks guidelines apply to all foods sold on campus during the school day. The school day is defined as the period from the midnight before, to 30 minutes after the end of the official school day or 4:00 p.m., whichever is later.

Evaluating Foods

All foods sold on campus must meet calorie, sodium, fat, sugar and other nutrient guidelines. Due to the variety of items available, we recommend the use of the Healthier Generation Product Calculator (link below) to determine if foods meet the Smart Snacks requirement. Also, schools may submit a product evaluation form and a complete product label to the Office of Child Nutrition for evaluation. A list of approved products will be maintained on the OCN website. The form and list may be found on the Resources section of the OCN website under Vending Regulations. Complete nutrition guidelines are attached to this guide.

Nutrition Standards for Beverages

All schools may sell:
- Plain water (with or without carbonation)
- Unflavored low fat milk
- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
- 100% fruit or vegetable juice and
- 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.

Elementary schools may sell: Up to 8-ounce portions, while middle and high schools may sell up to 12-ounce
portions of milk and juice. There is no portion size limit for plain water.

**Beyond this, the standards allow additional:** “no calorie” and “lower calorie” beverage options for high school students.

- No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain <5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces
- No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

**Nutrition Standards for Foods**

Any food sold in schools must:
- Be a "whole grain-rich" grain product; or
- Have as the first ingredient a *fruit, a vegetable, a dairy product, or a protein food*; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D or dietary fiber)

Foods must also meet several nutrient requirements:
- **Calorie Limits**
  - *Snack Items*: no more than 200 calories
  - *Entrée Items*: no more than 350 calories
- **Sodium Limits**
  - *Snack Items*: no more than 230 mg
  - *Entrée Items*: no more than 480 mg
- **Fat Limits**:
  - *Total Fat*: no more than 35% of calories
  - *Saturated Fat*: less than 10% of calories
  - *Trans Fat*: Zero Grams
- **Sugar Limit**:
  - No more than 35% from total sugars in foods

**Accompaniments:**

- Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient analysis as part of the food item sold.
- This helps control the amount of calories, fat, sugar and sodium added to foods.

**Additional Resources:**
- [https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/](https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/)
- [http://www.mde.k12.ms.us/child-nutrition/resources/vending-regulations](http://www.mde.k12.ms.us/child-nutrition/resources/vending-regulations)