

- c. Health and Wellness. A high quality education can only be provided in a healthy school culture. The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases, like Type 2 diabetes. Research indicates that many students are inactive and lack healthy eating habits, leading to an increase in childhood obesity. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

Goals:

All students in the Corinth School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. The staff in the Corinth School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Corinth School District is committed to creating a school culture that promotes and protects children's healthy well-being, and ability to learn by supporting healthy eating and physical activity. Such culture will help students learn to take responsibility for their own health and to adopt healthy habits, attitudes, and behaviors for life. To meet this commitment, the district will be guided by the following policy goals:

- A. The health of Corinth students is essential to academic success. When faced with conflicting priorities or issues of implementation, this policy will be interpreted in a way that favors student health.
- B. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a daily basis.
- C. Schools will provide access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; take into consideration the religious, ethnic, and cultural diversity of the student body in meal planning; and provide clean, safe, and pleasant settings and adequate time for students to eat.
- D. All schools in the district will participate in available federal school meal programs.

- E. The school district supports a coordinated approach to school health which includes: comprehensive school health education, physical education, school health services, school nutrition services, counseling, psychological and social services, healthy school environment, school-site health promotion for staff, and family and community involvement.
- a. The school district will engage students, parents, teachers, food service personnel, health professionals, and other interested community members in implementing, monitoring, and reviewing district-wide wellness policies.

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.

Rationale:

According to the Center for Disease Control and Prevention, the following are the key reasons why schools should promote health:

- As a society, we value good health.
- Good health is necessary for effective learning.
- Healthy students become healthy, productive citizens.
- Disease prevention is more cost-effective than treatment.
- The school system is the one place where most of our nation's youth can be reached.

The Center for Disease Control and Prevention further proposes that schools should focus on physical activity, healthy eating, and a tobacco-free lifestyle for these reasons:

- Physical inactivity, poor diet, and tobacco use are related to heart disease, cancer, obesity, diabetes, and respiratory disease.
- Physical activity can reduce anxiety and stress and increase self-esteem.
- Research suggests that having breakfast can improve children's intellectual performance.
- Not using tobacco can protect fitness, help prevent serious diseases such as lung cancer, and prevent premature death due to smoking-related illnesses.

Commitment to Nutrition

Minimum Requirements

The Corinth School District will:

- Offer a school lunch program with menus that meet 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 US Department of Agriculture and the Mississippi Department, 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 EE-2E).
- Provide continuing education and training to Child Nutrition employees.
- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for Food Service.
- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code EEH).
- Encourage students to make healthy food choices based on the 2005 Dietary Guidelines for American, by emphasizing menu options that feature baked (will limit fried foods), whole grains, fresh fruit and vegetables, and reduced-fat dairy products.
- Make available upon request nutrition information for parents, including nutrition analysis of school meals and resources.
- 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.
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. The district will work toward limiting the sale of candy as a fund-raiser.
- Provide nutrition information for parents and resources to help parents to improve food that they serve at home.
- Prohibit foods of minimal nutritional value as defined by the U.S. Department of Agriculture, from being distributed by staff or sold to students on campus during the school day.
- Develop “Healthy Snacks” and “Healthy Parties” nutrition guidelines and provide parents and teachers with a list of examples of healthy, affordable food choices for snacks and parties.
- Provide a la carte offerings that are high quality and nutritious.
- Limit the use of food at celebrations that are not related to curriculum.
- Limit the use of candy as a reward for good behavior or academic performance.

The District establishes the following goals for nutrition education:

- Students will receive nutrition education that fosters the adoption and maintenance of healthy eating habits.
- Nutrition education will be integrated into other areas of the curriculum as appropriate.
- Educational nutritional information will be shared with families and the general public to positively influence the health of students and community members.

Commitment to Physical Activity

Minimum Requirements

The Corinth School District will:

- Provide physical education for all students in grades K-12 (In accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference 2004 Mississippi Public Schools Accountability Standards 32).
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- Implement the 2013 Mississippi Physical Education Framework.
- Create wider opportunities for students to voluntarily participate in before-and after-school physical activity programs like intramurals, clubs, and at the secondary level, interscholastic athletics.
- Encourage physical activity for students, staff, and community members before school, during the instructional day, and after the instructional day.

The District establishes the following goals for physical activity:

- The District will provide an environment that fosters safe and enjoyable fitness activities for all students, including those who are not participating in competitive sports.
- Physical education classes will regularly emphasize moderate to vigorous activity.
- The District will encourage teachers to integrate physical activity into the academic curriculum when available.
- Teachers and other school staff will receive training to promote enjoyable, life-long physical activities for themselves and students.
- The District will encourage parents to support their children's participation, to be active role models, and to include physical activity in family events.

Commitment to Comprehensive Health Education

Minimum Requirements

The Corinth School District will:

- Provide ½ Carnegie unit of comprehensive health education for graduation (2004 Mississippi Public School Accountability Standard 20, Appendix A).
- Implement the 2013 Mississippi Comprehensive Health Framework for grades 9-12 (2004 Mississippi Public School Accountability Standard 20).
- Offer comprehensive health education in grades K-8 (2013) (Mississippi Comprehensive Health Framework).
- Emphasize the disease and prevention strand in the 2013 Mississippi Comprehensive Health Framework.
- Participate in USDA nutrition programs such as *Team Nutrition Schools* and the *Healthier US School Challenge*. The school will conduct nutrition education activities and promotions that involve students, parents, and the community. The school team responsible for planning nutrition activities will include school foodservice staff, school nurses, health and PE teachers, coaches, and additional staff, as appropriate.

Commitment to Making Wise Choices (Character Education)

Minimum Requirements

The Corinth School District will:

- Infuse planned character education activities into the curriculum throughout all content areas in grades K-12.
- Encourage students to live by the six pillars of character: trustworthiness, respect, responsibility, fairness, caring, and citizenship.
- Teach children the harmful effects of illicit drug use, tobacco, and alcohol.
- Encourage students to face the realities of life by making sound healthy decisions.
- Encourage students to explore a variety of problem-solving techniques as alternatives to antisocial behavior.

Commitment to Counseling

Minimum Requirements

The Corinth School District will:

- Adhere to the state and national standards for school counselors.
- Work toward providing full-time counselors in all schools.
- Treat students with respect and as unique individuals.
- Be concerned with the educational, academic, career, personal and social needs and encourage the maximum development of every student.
- Show respect for the student's values and beliefs.

- Be knowledgeable of laws, regulations, and policies relating to students and strive to protect and inform the students regarding their rights.

Commitment to Nursing Service

Minimum Requirements:

The Corinth School District will work toward:

- Provide nursing service to all students in the School District, which will include first aid, emergency treatment, and counseling education on health related topics.
- Develop and implement health plans for students with special needs.
- Provide health assessments for students.
- Make referrals and follow ups related to health problems.
- Implement and monitor student compliance with immunization laws.
- Maintain appropriate student health records.
- Participate in the total health education of students, which will include coordination between the home and the school and formation of health policies in the schools.
- Work closely with the faculty on health related issues.
- Provide education on preventative health issues.

Commitment to Healthy School Environment

Minimum Requirements

The Corinth School District 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.
- 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-service, and other events).
- Work with local media, like newspaper, TV and radio, to inform the community about the health problems facing Mississippi children, as well as the need for and benefits of healthy school environments.

Commitment to Family and Community

Minimum Requirements

The Corinth School District will:

- Invite parents and the community stakeholders to become members of the Community Health Council.

- Encourage parents and the community to support the Health and Wellness Policy of the school district in all the areas.
- Encourage parents to model healthy eating and wholesome activities in their homes.

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

- Sufficient time will be allowed for students to eat meals in lunchrooms that are clean, safe, and comfortable.
- Wellness for students and their families will be promoted at suitable school activities.
- Employee wellness education and involvement will be promoted at suitable school activities.

Commitment to Implementation

Minimum Requirements

The Corinth School District will:

- Establish a plan for implementation of the District's Health and Wellness Policy that applies to every school in the district.
- Designate one or more persons to insure that the Health and Wellness Policy is implemented as written.
- Support the Community Health Council that addresses all aspects of a coordinated school health program, including a Health and Wellness Policy.
- Conduct a review of the progress toward health and Wellness Policy goals each year to identify areas for improvement.
- Establish and support School Health Councils at each school in the district.
- Establish a district-wide Wellness/Health Advisory Committee to assist with development, monitoring, and evaluation of the plan.

Evaluation and Measurement

The Local Wellness Committee will monitor the implementation and success of this policy. The Food Service Director will be charged with the operation responsibility of ensuring that the district and each school meets the local wellness policy.

Factors to be considered by the Committee and Food Service Director are:

- (a) Progress toward meeting the established goals of nutrition education, physical activity, and school-based activities.
- (b) Body Mass Index and other health screenings: These will be compared from one year to the next.

- (c) The implementation of the eight components of coordinated School Health; Health Education; Physical Education; Health Services; Nutrition Services; Counseling; Psychological and Social Services; Healthy School Environment; Health Promotion for Staff; Family/Community Involvement.

d. PARENT AND FAMILY ENGAGEMENT (LEA).

In support of strengthening student academic achievement, Corinth School District receives Title I, Part A funds and therefore must jointly develop with and distribute to parents and family members of participating children a written parent and family engagement policy that contains information required by Section 1116(a)(2) of the Every Student Succeeds Act (ESSA). The policy establishes the LEA's expectations and objectives for meaningful parent and family engagement and describes how the LEA will implement a number of specific parent and family engagement activities.

The Corinth School District agrees to implement the following requirements as outlined by Section 1116:

- The school district will put into operation programs, activities, and procedures for the engagement of parents and family members in all of its schools with Title I, Part A school-wide programs. These programs, activities, and procedures will be planned and operated with meaningful consultation with parents and family members of participating children.
- Consistent with Section 1116, the school district will work with its schools to ensure that the required school-level parent and family engagement policies meet the requirements of Section 1116(b) of the ESSA, and each includes, as a component, a school-parent compact consistent with Section 1116(d) of the ESEA.
- In carrying out the Title I, Part A parent and family engagement requirements to the extent practicable, the school district and its schools will provide full opportunities for the participation of all parents, including those who have limited English proficiency, limited literacy, and disabilities. The District will provide information and school reports required under Section 1111 of the ESSA in an understandable and uniform format including alternative formats upon request and, to the extent practicable, in a language parents understand.
- The school district will be governed by the following definition of parental/family engagement and expects that its Title I schools will carry out programs, activities, and procedures in accordance with this definition in Section 8101 of the ESSA:

Parental involvement means the participation of parents in regular, two-way, and meaningful communication involving student academic learning and other school activities, including ensuring: