

WELLNESS POLICY FOR BILOXI PUBLIC SCHOOLS

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 what 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 learn go hand and hand.

Goal

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

To meet this goal the **Biloxi Public School District** 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.

Commitment to Nutrition

The **Biloxi Public School District** 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.
- Encourage school staff and families to participate in school meal programs.
- 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 Board of Education Policy, Code 2002) Attachment A Competitive Food Policy, Attachment B Implementation of “Smart Snacks”.

- Include goals for nutrition promotion, nutrition education, physical activity and other school based activities to promote school wellness.
- Implement nutrition standards as adopted by the State Department of Education in accordance with the Mississippi Healthy Schools Act (State Board of Education Policy 4011).
 - Healthy food and beverage choice;
 - Healthy food preparation;
 - Marketing of healthy food choices to students, staff and parents;
 - 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 the “Smart Snacks” regulations 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 B.**
- Encourage students to make food choices based on the **Healthy Hunger-Free Kids Act of 2010 (HHFKA)** 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 dairy products. Read more about **HHFKA** at <http://www.gpo.gov/fdsys/pkg/FR-2013-06-28/pdf/2013-15249.pdf> and **Choose My Plate** at <http://www.choosemyplate.gov/>
- 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.
- Replace deep fat fryers with combination oven steamers. Try to schedule recess before lunch in order to increase meal consumption and nutrient intake at meals and improve behavior in the dining area.
- 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.
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve 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 vending machines, school stores, concession stands at sporting events, parties, celebrations, social events, and other school function.
- Encourage all school-based organizations to use services, contests, non-food items, and /or healthful foods for fundraising programs. Alternative fundraising ideas can be downloaded at <http://www.healthysd.gov/Documents/HealthyFundraisingIdeas.pdf>

- Eliminate use of foods 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, do not use any type of physical activity as a means of punishment.

Commitment to Food Safe Schools

The **Biloxi Public School District** 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. HACCP Principle's 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 school.
- Ensure that all staff has viewed the video developed by the Office of Healthy Schools to support food safety on the school campus. For compliance with the Nutrition Standards all staff must complete and sign pre and posttests developed by the Office of Healthy Schools and maintain documentation of completion. The video and Pre/Post Test can be downloaded at
http://origin.k12.ms.us/Everyone/Food_Safety/Food_Safety_files/Default.htm
http://healthyschoolsms.org/ohs_main/documents/PreandPostFoodSafetyTest-000.doc
http://healthyschoolsms.org/ohs_main/documents/PreandPostTestAnswerGuide_000.doc
- All school personnel including school board members, administrators, teachers, school nurses, foodservice staff, custodians and facilities managers will have the Local School Wellness Policy to include food safety policies and procedures and relevant professional development available to them online.
- Adequate access to hand washing facilities and supplies will be available whenever and wherever students, staff, 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.
- Encourage parents, caregivers, vendors, and any other community members who provide or are likely to provide foods prepared for consumption at school events to review appropriate information about safe food preparation and storage.

Commitment to Physical Activity/Physical Education

The **Biloxi Public 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 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 and 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 2013-14 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- 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. (House Bill 432)
- Address concussions by adopting and implementing a policy for students in grades 8-12 who participate in activities sanctioned by the Mississippi High School Activities Associates (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)

Commitment to Comprehensive Health Education

The Biloxi Public 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 (2013 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 8th.
- Instruction must be based on the Mississippi Contemporary Health for grades K-8.
- Implement the requirements of MS Code 37-13-171, which requires the development of a sex related education policy and instruction on medically accurate or evidenced based abstinence-only or abstinence-plus curricula.

Commitment to a Healthy School Environment

The Biloxi Public School District will:

- Ensure that there are no pad locks or chain 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).
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety (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.
- Every school will have an anti-bullying policy that outlines procedures for dealing with bullying situations in the schools.
- 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 a 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 <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. (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>

- State Board Policy EBB (1990) prohibits the possession of pistols, firearms or weapons by any person on school premises or at a 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.
- 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 education 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 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.

Commitment to Quality Health Services

The Biloxi Public School District will:

- Ensure that 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 Section 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)

Commitment to Providing Counseling, Psychological and Social Service

The Biloxi Public 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 Cod 37-9-79 (Amended 2014) as the school provides for counseling and guidance for students.
- Provide a minimum a ½ time licensed guidance counselor for high school and ensure that all elementary school students have access to qualified student support personnel such as: guidance counselors, social workers, nurses, psychologists, psychometrics, and others (as required by the Mississippi Public School Accountability Standards, Process Standards 6).
- 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.
- 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.
 - Other counseling duties or other duties as assigned by the school principal.

Commitment to Family and Community Involvement

The Biloxi Public School District will:

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

Commitment to Implementing a Quality Staff Wellness Program

The Biloxi Public School District 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 – www.MyActiveHealth.com/Mississippi
- Coordinate school employee wellness activities with student health-promotion activities.

- Remove carbonated drinks from vending machines located in teacher’s lounges, and offer water, low-fat milk and 100 percent juices to staff members.

- **Commitment to Marketing a Healthy School Environment**

The Biloxi Public School District will:

- Provide positive, consistent, 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 band, buttons, 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.
- Eliminate advertising or promoting unhealthy food choices on the school campus.
- Work with local media, like newspaper, TV and radio, to promote healthy lifestyles and to highlight the benefits and successes of school health initiatives.
- Create awareness of the link between the health of students and academic performance.
- Prepare media releases that share successes to local newspapers.
- Apply for recognition award through the Governor’s Commission on Physical Fitness and Sports at www.presidentialyouthfitnessprogram.org

Commitment to Implementation

The Biloxi Public School District 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 the coordinated school health program, including a school wellness policy (MS Code of 1972 Annotated Section 37-13-134).

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ATTACHMENT A: *Competitive Food Policy*

Descriptor term:

Code - 2002

Competitive Foods

To ensure that children are not in the position of having to decide between non-nutritious foods immediately before or during the meal service period:

- No food items will be sold on the school campus for one hour before the start of any meal services period.
- The school food service staff shall serve only those foods which are components of the approved federal meal patterns being served (or milk products) and such additional foods as necessary to meet the caloric requirement 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 being purchased.
- Students who bring their lunch from home may purchase water and milk products.

ATTACHMENT B: *Implementation 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, or 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 food sold on campus during the school day. The school day is defined as the 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 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 with carbonation), Unflavored low fat milk, Unflavored or flavored fat free milk and milk alternative permitted by NSLP/SBP, 100% fruit or vegetable juice and 100% fruit or vegetables 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 school must: Be a “whole grain-rich” grain product; or have as the first ingredient a fruit, a vegetable, a dairy produce, or a protein food; or be a combination food that contains at least ¼ cup of fruit and /or vegetable; or contains 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:

Not 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/

<http://www.mde.k12.ms.us/child-nutrition/resources/vending-regulations>

<http://www.fns.usda.gov/school-meals/smart-snacks-school>