

East Amory Elementary School

Wellness Policy

Revised January 2012



Wellness Policy

To support the relationship between student health and academic achievement, the 2007 Mississippi Public School Accountability Standards (Standard 37.2) and the Child Nutrition and WIC Reauthorization Act of 2004 (PL # 108-265) requires each local school to establish a local school wellness policy. Mississippi Code of 1972, Annotated Section 37-13-134 requires the recommendations made by a school health council to be based on a coordinated approach to school health. The Amory City School District is committed to supporting academic achievement through school health programs that ensure every child has the opportunity to be fit, healthy and ready to succeed.

This policy includes the following requirements established by the federal legislation and meets the individual needs of East Amory Elementary students, families, faculty and staff.

- **Goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines is appropriate;**
- **Nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;**
- **Assurances that guidelines for reimbursable school meals are not less restrictive than the regulations issued by the USDA;**
- **Ways of measuring how well the school wellness policy is being implemented, including designation of one or more persons at each school with operational responsibility for ensuring that the school is meeting the policy;**
- **Involvement of parents, students, representatives of the school food authority, the school board and school administrators, and the public, in developing the wellness policy.**

East Amory parents, students, representatives of the school food authority, the school board and school administrators, and the public, were involved in developing the local wellness policy. Input was coordinated through the School Health Council (2010 members)

Tammie Hood, Parent
Jamison McComb, Student
Kristy Keeton, Administrator
Skip Miles, Community Leader
Virginia Whitaker, School Counselor
Debbie Smith, Cafeteria Manager

The evaluation team completed the School Health Index in the past and this year chose to utilize the **Mississippi School Nutrition and Physical Activity Environment Assessment**. **This instrument can be found in total at the following web address:**

www.healthyschools.ms.org/docs/Environment_Assessment.doc

The Health Council meets on a regular basis (three times per year) and maintains minutes from those meetings. Goals and guidelines are developed to best fit the needs and concerns of each local school and change over time. As the initial goals are met, new nutrition, physical activity, and food guidelines are addressed each year.

A School Health Council (SHC) is involved in the implementation and evaluation process. The SHC helps to educate the school and community about the requirements for a policy – and its importance for children in our district. The SHC is involved in measuring progress towards local goals related to nutrition, physical activity, and student wellness.

Local School Wellness Policy

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 East Amory Elementary School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff in West Amory Elementary School are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the East Amory Elementary School adopts this school wellness policy with the following commitments to implementing a coordinated approach to school health. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Commitment to Nutrition

Minimum requirements:

The East Amory Elementary School will:

- **Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture 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 U. S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.**
 - **Promote participation in school meal programs to families and staff. The website is available to offer menus and nutritional information for all parents.**
 - **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).**
 - **Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code EEH).**
 - **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.**
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- Healthy food and beverage choices; Vending is not available to students at this school. Beverages for meals are limited to low-fat and non-fat regular milk, 100% fruit juices with no added sweeteners up to 120 calories/8 oz. and water. No competitive foods or beverages are sold at this school. Parents and students are encouraged to bring healthy lunches if students do not eat in our cafeteria. All snacks brought from home should be nutritious and meet snack guidelines as set forth by the school.
 - Healthy food preparation; All Food Service Managers are certified in Serve Safe and certified by the State department of Education Child Nutrition. Other food service staff are trained locally and receive 12 hours of in-service each year.
 - Marketing of healthy food choices to students and staff; lunch menus, posters around campus, teachers, school nurse, and food service staff encourage students to make healthy choices for meals.
 - Food preparation ingredients and products; the district is implementing a whole foods approach to provide fresh produce for meal preparation and individual choices. Frozen, processed items are gradually being replaced. A grant partnership is being pursued this school year.
 - Minimum/maximum time allotted for students and staff lunch and breakfast; students have 24 minutes for lunch.
 - Availability of food items during the lunch and breakfast periods of the Child Nutrition Breakfast and Lunch Programs; there are not any food items sold in competition with school meals. No vending or fund raising takes place at this school during school hours.
 - Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs. At student orientation food service staff meet with parents and encourage their children participate in school meals. Free and reduced meal forms are given to all students. They choose to opt in or out of the program and return the form to school. Students on free and reduced meals proceed thru the cafeteria line and enter their lunch ID number just like all other students.

- School staff, food service, nurses and teachers will utilize materials from MyPyramid and Dietary Guidelines for Americans when implementing nutrition education programs. Materials are sent home with students at intervals to encourage healthy food choices.
- **Establish guidelines in accordance with the Mississippi Beverage and Snack Regulations for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.**

Optional policy statements:

- 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. MyPyramid resources are also utilized and posted around the campus. We are pursuing grant funds that will place a greenhouse and community garden spot at our high school. Students will be able to visit and see plants being grown and plant their own garden plants for home. Nutrition education programs will be presented by high school students, teachers and school nurses.
- 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. Allow 24 minutes for lunch meals.
- Schedule recess before lunch when possible, in order to increase meal consumption and nutrient intake at meals and to improve behavior in the dining area.
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home. Menus and nutritional breakdown of lunch items can be found on the web site. Special needs students can access lunch menu data for insulin planning etc.
- Marketing strategies such as web information, posters, menu education and vending machine exteriors all support nutritious food and beverage choices. Overall, junk food is not available at this school site. Parents and teachers are encouraged to monitor party and celebration menus to make certain that healthy nutritious foods are available. The food service staff has offered party options that meet nutritious standards as an option that can be purchased by parents and delivered to classrooms for celebrations. Occasional candy and cupcakes (high calorie sweets) or drinks, are permitted but are not to make up the entire menu for these functions.
- It is strongly encouraged that all teachers 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). Non-food reward ideas can be downloaded at www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. The sale of candy alone as a fund-raiser is strongly discouraged. Presently fund raisers at this school do not include food items. Alternative fundraising ideas can be downloaded at www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.
- **Commitment to Food Safe Schools**

Minimum requirements:

The East Amory Elementary School 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. The Food Service Director schedules all staff into training and in-services as required by State guidelines for district food Service staff.
- 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. All food service staff are certified as necessary and provided 12 hours of in-service annually.
- Ensure that all staff have 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 post test developed by the Office of Healthy Schools and maintain documentation of completion. The video and Pre/Post Test can be downloaded at: http://healthyschoolsms.org/ohs_main/instructionalvideo.htm. These materials are included in the in-service training.
- 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. Examples of professional development include, but are not limited to, the video developed by the Office of Healthy Schools and *Eating Safely at School*, (<http://schoolhealth.nsba.org/site/docs/42400/42324.pdf>) developed by the National School Boards Association.
- Adequate access to hand washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food. Restrooms, sinks, and hand sanitizers are located near or in all eating and food preparation areas.
- The food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances. Parents/teachers are responsible to report all food allergies for students/teachers to the school nurse or food service manager. A form is completed by the parent and the doctor to state which foods the student has an allergy to. The food service workers flag the student file in the computer noting the restrictions. The student is monitored as he/she pays for the meal each day to assure they have not taken something onto their tray that might cause them a problem. The nurse and/or food service staff educate the student on what foods are restricted.

Commitment to Physical Activity/Physical Education

Minimum requirements:

The East Amory Elementary School will:

- Provide 150 minutes per week of activity-based instruction for all students in grades K-8 (in accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference 2004 Mississippi Public Schools Accountability Standards 32, Appendix B and 33).
- Kindergarten students will participate in physical activity for a minimum of 40 minutes per school day. The 40 minutes does not have to take place continuously. This time should be used to help the child increase the skills involved in physical coordination (Kindergarten Guidelines).

- **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.**
- **Instruction is based on the 2006 Mississippi Physical Education Framework.**
- **Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).**

Optional policy statements:

- When possible schedule recess (or physical education) before lunch times in order to increase food consumed, decrease plate waste, and improve cafeteria behavior. Physical education classes are offered after lunch due to scheduling requirements.
- Teachers are encouraged to schedule “Take ten” 5- to 10-minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (Examples can be found at www.ncpe4me.com/energizers.html and www.opi.mt.gov/pdf/health/Mind&Body.pdf).
- Participate in a yearly fitness test for all students. Students participate in Fitness Gram® www.fitnessgram.net/ testing. Testing required and implemented for all 5th graders.
- It is strongly encouraged that teachers do not use physical activity as a punishment such as running laps or withhold physical activity as a punishment such as take a recess.
- Establish or enhance physical activity opportunities (like walking clubs) for students, staff and/or parents. Teachers, the school nurse or parents may coordinate these activities with the principal.
- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.
- Encourage active transportation to/from schools by assessing the safest routes for students to walk or bike to school. Students walking home in the surrounding neighborhood are supervised by school staff each day as they leave campus. A policeman directs safe passage for students and vehicles as they enter in the morning and leave school in the afternoon.
- Cooperate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities. The local park and recreation department offers after school, soccer, baseball and other extra-curricular activities for children this age. Churches offer Upwards basketball for girls and boys. The school encourages and assists with sign up for these activities.
- Field days and field trips that encourage activities are encouraged and scheduled for students during the school year. Physical activity days, walk to school etc. Parents are encouraged to participate in field trips, field days and special activity programs attached to fund raising events etc.

For teacher planning Physical activity resources can be downloaded at www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.

Commitment to Comprehensive Health Education

Minimum requirements:

The East Amory Elementary School will:

- **Implement the requirements of the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades K through 8. Ongoing health education is provided by the school nurse to meet the needs of students and faculty. This year the Hydration Policy will be implemented at this school. The nurse will discuss the policy and requirements. See more details under school safety.**

Optional policy statements:

- Emphasize the disease and prevention strand in the 2006 Mississippi Comprehensive Health Framework. Each teacher will implement the core strands in their classrooms. Teachers will document these with their classroom academic objectives on their lesson plans. School nurses will assist teachers as needed for classroom health education programs. Example: How to make healthy snack choices, how to implement energy breaks during transition periods. Appropriate community resources, hospital, health department and physicians are utilized to deliver health screens and health education components for students and staff.
- This school participates in USDA nutrition programs such as *Team Nutrition Schools* and all components of the Office of Healthy Schools. *Healthier U.S. 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 food service staff, school nurses, health and PE teachers, coaches, and additional staff, as appropriate.
- Integrate Health Education into other subject areas (www.healthyschools.ms.org-Health in Action). The comprehensive health model and core objectives are taught in each classroom.
- The school nurse provides Universal Precautions training and Universal Precautions and first aid kits for all teachers, and staff.
- Provide students with quality disease prevention instruction based on the Comprehensive Health Education Framework and other selected materials approved by the district. Implemented in all classrooms.
- Host a School Health Fair (health screens) for students. This school year offered to students and teachers. Parents and community health resources are involved.
- All school nurses and the coordinator for school health are active in individual student health plans for students with medical needs and fully follow and secure students plans for conditions such as asthma and diabetic care plans. School nurses administer medications in full compliance with the Self-Administration of Medications set for by the Mississippi State Board of Nurses.

Commitment to a Healthy School Environment

Minimum requirements:

The East Amory Elementary School will:

- **Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code). Ensure that all exit signs are illuminated and clearly visible.**
- **Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet 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.
- 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 #35).

- 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 #36).

- 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).
- 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.healthyschoolsms.org/healthy_school_environment/school_safety.htm.
- 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. Periodic health screens/fairs will provide students and faculty with access to information about smoking cessation programs.

Optional policy statements:

The **East Amory Elementary** School will:

- Conduct self assessments of the school building(s) annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #36 Monitoring Tool at www.healthyschoolsms.org/healthy_school_environment/buildinggrounds.htm.
- Conduct self assessments of the school(s) bus transportation system annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #35 Monitoring Tool at www.healthyschoolsms.org/healthy_school_environment/pupil_transportation.htm.
- The district has implemented a Hydration Policy to provide students access to water and bottled water during the school day in all classes and when loading the school bus in the afternoons when temperatures reach 90 degrees or above. Teachers are to allow students access to a water bottle brought from home, or purchased at school, during the school day.
- Conduct self assessments of the school(s) safety and security annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #37.1 Monitoring Tool at www.healthyschoolsms.org/healthy_school_environment/school_safety.htm.
- Install exhaust fans in restrooms to eliminate odors.
- Complete a periodic comprehensive health and safety assessment of the school building and grounds and report to the superintendent and school board; using the HealthySEAT Assessment Tool (www.epa.gov/schools/healthyseat) or other applicable resources. Assessment tools such as the School Health Index and the Mississippi School Nutritional and Physical Activity Environment Assessment tools are utilized annually by the Health Council to evaluate the school environment.
- School buses do NOT idle at entrances to the school to prevent emissions that causes pollution and creates health risk for children such as; asthma, allergies, and other respiratory problems (www.epa.gov/cleanschoolbus).
- The district utilizes guidelines from the local and state department of health to monitor communicable disease and these are included in the Mississippi School Nurse procedures and standards of care.
- The school utilizes safety and security cameras on the school campus. All access to enter the building is via the school office only during school hours. All other doors are locked for access from outside visitors. Students and staff evacuate freely from the building at all times.
- Utilize regularly scheduled meetings with the School Health Council, school board members, etc. to determine and discuss the current strengths, weaknesses, opportunities, and challenges associated with implementing and maintaining your school's healthy and safe environment.
- Facilities maintenance staff inspects and maintain all ventilation systems as necessary to limit exposures to respiratory contaminants. Utilize the U.S. Environmental Protection Agency's Indoor Air Quality (IAQ) Tools for Schools Program (www.epa.gov/iaq/schools) to obtain the information and skills needed to manage air quality in a low-cost, practical manner; the quality of indoor air affects the quality of education. All school nurse and school health coordinator ahs attended mandatory State department of health training and implemented asthma care plans for all students.
- Implement Green Cleaning to protect health by reducing chemicals and irritants. Green Cleaning products and HEPA filters found at: www.greenseal.org and www.GreenCleaningNetwork.org.
- Utilize best practices for the use of pesticides and Integrated Pest Management (IPM) in school

buildings and on school grounds; IPM Institute of North America (www.impinstitute.org and www.epa.gov/pesticides.ipm/index.htm).

- Utilize incentives for integrating energy-efficient and money-saving technologies in school construction (www.energystar.gov).
- Implement a school chemical cleanout campaign to reduce hazardous chemicals (www.epa.gov/epaoswer/osw/consERVE/clusters/schools/index.htm).

Commitment to Quality Health Services

Minimum requirements:

The East Amory Elementary School will:

- **Ensure all school nurses are working under the guidelines of the *Mississippi School Nurse Procedures and Standards of Care*.**

Optional policy statements:

- Offer comprehensive health services for students in grades K-12, through the employment of school nurses, as a means to academic success. A full-time school nurse is employed at this school.
- A certified Medicaid clinic is managed by the school nurse to provide periodic Medicaid screens for eligible students. The school nurse offers palliative care for all students and faculty. Programs focus on prevention of chronic health problems such as obesity, diabetes and changes in lifestyles to reduce risks for chronic health problems due to smoking, exposure to the sun, obesity, lack of exercise and poor nutrition.
- Our school nurse ratio is 1:450 for students in the general population.
- The school nurse coordinates with other school staff to provide health services as part of a Coordinated School Health Program.
- The School nurse works with students, parents, and local healthcare providers to effectively manage and treat chronic diseases.
- The school nurse promotes healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).
- The district participates in administrative claiming for reimbursement of administrative cost associated with health and medical outreach.

Commitment to Providing Counseling, Psychological and Social Services

Minimum requirements:

The East Amory Elementary School will:

- **Adhere to the details outlined in the Licensure Guidelines (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.

- **Provide at 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, psychometrists, and others (as required by the Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2).**
- **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
 - 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

Optional policy statements:

- Offer quality counseling, psychological and social services provided by professionals such as certified school counselors, psychologists, and social workers. This school has a full-time counselor and we have coordinated expanded services with a local mental health group. Students/parents have full access to mental health services with resource referrals and on-site services to meet their financial means.
- Training was implemented this school year and will be offered annually to teachers to address suicide prevention. All faculty and staff who come in close contact with students were trained.
- Offer counseling, group assessments, interventions and other mental health services, as well as referrals to community health professionals. The school nurse, counselors, teachers and administrators follow the district plan for resource referrals for mental health.
- Hire qualified counselors who will address the mental health, academic, and career needs of students in the school setting.
- The school counselor participates in administrative claiming for reimbursement of administrative cost associated with health and medical outreach.

Commitment to Family and Community Involvement

Minimum requirements:

The East Amory Elementary School will:

- **Give parents and community the opportunity to serve on the School Health Council (SHC).**

Optional policy statements:

- This school invites family members to attend health and physical education classes and to tour physical education facilities.
- Invites family members to a school meal any time during the school year and on special holidays.
- Recruit, train, and involve families as volunteers by taking advantage of their time, experience, and resources.
- Involve families and students in health education learning activities at home, including homework for health instruction, personal goal setting for healthy behaviors, and other health education-related activities.
- Develop homework assignments for students that involve family discussions about health topics and age-related health issues.
- Communicate with families about health education classes and courses and opportunities to participate in school health programs and other community-based programs. Via letters home, web site and other means.
- Encourage family mealtimes at home to enhance both nutrient intake of children and their successful performance at school.

Commitment to Implementing a Quality Staff Wellness Program

Optional policy statements:

The **East Amory Elementary** School will:

- Promote health and reduce risk factors through professional and staff development programs, providing information flyers and newsletters, introducing incentives for participating in healthy practices and activities, and offering an employee assistance program.
- Provide health promotion programs for school staff to include opportunities for physical activity, health screenings, nutrition education, weight management, smoking cessation, and stress reduction and management.
- Implement a healthy weight program for staff, such as Weight Watchers at Work Program®, www.weightwatchers.com. This program is offered at intervals.
- Encourage after school health and fitness sessions for school staff. A wellness program was offered this school year to provide lab work, vital signs, blood pressure checks, height, weight, etc. for all administrators, teachers and support staff.
- Develop relationships with community health providers (e.g., local health departments, hospitals, neighborhood clinics, health professionals), recreational facilities, voluntary health organizations (e.g., American Cancer Society, American Lung Association, American Heart Association), and other community members who can provide resources for or support school employee wellness activities. Local hospital partners to deliver wellness program, vaccines and health education program. Mari Caitlyn Harris, Mississippi Tobacco Free Coalition.
- Coordinate school employee wellness activities with student health-promotion activities.
- Organize employee walking teams or clubs.
- Ensure that all staff are aware of the Mississippi State and School Employees' Health Insurance Plan that has been enhanced to include *Motivating Mississippi: Keys to Living Healthy*, a new wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit amount. Implemented this school year to provide health services on site for teachers and staff.

Commitment to Marketing a Healthy School Environment

Optional policy statement:

The East Amory Elementary School 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.
- Involve students in planning for a healthy school environment. Students will be asked for input and feedback through the use of student taste tests, and attention will be given to their comments.
- 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).
- There is not any advertising and or materials on the school campus that promote foods of minimal nutrition value.
- 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.
- Apply for recognition award through the Governor's Commission on Physical Fitness and Sports at www.msgcfitness.org/html/template.html.
- Complete an online success reporting form on the Office of Healthy Schools website at www.healthyschoolsms.org/ohs_main/success/.

Marketing resources can be downloaded at

www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.

Commitment to Implementation

Minimum requirements:

The East Amory Elementary School will:

- **Has developed a plan for implementation of the school wellness policy.**
- **Lee Ann Johnson, School Nurse. Julie Clay, Teacher and Brian Jones, Principal will insure that the school wellness policy is implemented as written.**
- **The School Health Council (SHC) 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. To be completed as part of the annual assessment and evaluation process performed by the health Council.**
- **The Health Council/Coordinator for School Health will prepare and submit a yearly report and/or presentation to the school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.**

Optional policy statements:

- **The Health Council will utilize the monitoring instrument each year, developed by the Office of Healthy Schools, to conduct a self assessment that identifies strengths and**

weaknesses toward implementation of the minimum requirements. Monitoring instruments can be downloaded at www.healthyschoolsms.org/ohs_main/resources.htm.

2010-2011 School year Health Council goals for East Amory Elementary School: These are a result of our Health Council Meetings held in September and October.

Conduct a faculty wellness health fair on site.

Fully implement the Hydration Policy.

Implement a student decision making, character, bully prevention, and drug education program 3-5 grades. Positive Action training program will be implemented.

West Amory Elementary School

Wellness Policy

Revised January 2012



Wellness Policy

To support the relationship between student health and academic achievement, the 2007 Mississippi Public School Accountability Standards (Standard 37.2) and the Child Nutrition and WIC Reauthorization Act of 2004 (PL # 108-265) requires each local school to establish a local school wellness policy. Mississippi Code of 1972, Annotated Section 37-13-134 requires the recommendations made by a school health council to be based on a coordinated approach to school health. The Amory City School District is committed to supporting academic achievement through school health programs that ensure every child has the opportunity to be fit, healthy and ready to succeed.

This policy includes the following requirements established by the federal legislation and meets the individual needs of West Amory Elementary students, families, faculty and staff.

- **Goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines is appropriate;**
- **Nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;**
- **Assurances that guidelines for reimbursable school meals are not less restrictive than the regulations issued by the USDA;**
- **Ways of measuring how well the school wellness policy is being implemented, including designation of one or more persons at each school with operational responsibility for ensuring that the school is meeting the policy;**
- **Involvement of parents, students, representatives of the school food authority, the school board and school administrators, and the public, in developing the wellness policy.**

West Amory parents, students, representatives of the school food authority, the school board and school administrators, and the public, were involved in developing the local wellness policy. Input was coordinated through the School Health Council (2010 members)

Sarah Hodo, School Nurse, Health Coordinator
Susan Willis, Parent
Michelle Stevens, Teacher
David Millender, Assistant Principal
Dick Millender, Community Representative
Debra Pruit, Cafeteria Manager

The evaluation team completed the School Health Index in the past and this year chose to utilize the **Mississippi School Nutrition and Physical Activity Environment Assessment**. **This instrument can be found in total at the following web address:**

www.healthyschoolsms.org/docs/Environment_Assessment.doc

The Health Council meets on a regular basis (three times per year) and maintains minutes from those

meetings. Goals and guidelines are developed to best fit the needs and concerns of each local school and change over time. As the initial goals are met, new nutrition, physical activity, and food guidelines are addressed each year.

A School Health Council (SHC) is involved in the implementation and evaluation process. The SHC helps to educate the school and community about the requirements for a policy – and its importance for children in our district. The SHC is involved in measuring progress towards local goals related to nutrition, physical activity, and student wellness.

Local School Wellness Policy

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 West Amory Elementary School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff in West Amory Elementary School are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the West Amory Elementary School adopts this school wellness policy with the following commitments to implementing a coordinated approach to school health. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Commitment to Nutrition

Minimum requirements:

The West Amory Elementary School will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture 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 U. S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
 - Promote participation in school meal programs to families and staff. The website is available to offer menus and nutritional information for all parents.
 - 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).
 - Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code EEH).
 - 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.
-
- Healthy food and beverage choices; Vending is not available to students at this school. Beverages for meals are limited to low-fat and non-fat regular milk, 100% fruit juices with no added sweeteners up to 120 calories/8 oz. and water. No competitive foods or beverages are sold at this school. Parents and students are encouraged to bring healthy lunches if students do not eat in our cafeteria. All snacks brought from home should be nutritious and meet snack guidelines as set forth by the school.
 - Healthy food preparation; All Food Service Managers are certified in Serve Safe and certified by the State department of Education Child Nutrition. Other food service staff are trained locally and receive 12 hours of in-service each year.
 - Marketing of healthy food choices to students and staff; lunch menus, posters around campus, teachers, school nurse, and food service staff encourage students to make healthy choices for meals.
 - Food preparation ingredients and products; the district is implementing a whole foods approach to provide fresh produce for meal preparation and individual choices. Frozen, processed items are gradually being replaced. A grant partnership is being pursued this school year.
 - Minimum/maximum time allotted for students and staff lunch and breakfast; students have 24 minutes for lunch. State of Mississippi Board of Education, Policy 4011
 - Availability of food items during the lunch and breakfast periods of the Child Nutrition Breakfast and Lunch Programs; there are not any food items sold in competition with school meals. No vending or fund raising takes place at this school during school hours.
 - Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs. At student orientation parents are encouraged to allow their children participate in school meals. Free and reduced meal forms are given to all students. They choose to opt in or out of the program and return the form to school. Students on free and reduced meals proceed thru the cafeteria line and enter their lunch ID number just like all other students.
 - School staff, food service, nurses and teachers will utilize materials from MyPyramid and Dietary Guidelines for Americans when implementing nutrition education programs. Materials are sent home with students at intervals to encourage healthy food choices.

- The Panther Pause program allows for education about nutritious snacks and is implemented by the school nurse and high school Health Cluster students for elementary students.
- **Establish guidelines in accordance with the Mississippi Beverage and Snack Regulations for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.** All foods sold on WAES campus follow the Mississippi Beverage and Snack Regulations.

Optional policy statements:

- 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. MyPyramid resources are also utilized and posted around the campus. This year the WEST cafeteria will be painted to give a graphic story about the farm to school process. We are pursuing grant funds that will place a greenhouse and community garden spot at our high school. Students will be able to visit and see plants being grown and plant their own garden plants for home.
- 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. Allow 24 minutes for lunch meals.
- Schedule recess before lunch when possible, in order to increase meal consumption and nutrient intake at meals and to improve behavior in the dining area.
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home. Menus and nutritional breakdown of lunch items can be found on the web site. Special needs students can access lunch menu data for insulin planning etc.
- Marketing strategies such as web information, posters, menu education and vending machine exteriors all support nutritious food and beverage choices. Overall, junk food is not available at this school site. Parents and teachers are encouraged to monitor party and celebration menus to make certain that healthy nutritious foods are available. The food service staff has offered party options that meet nutritious standards as an option that can be purchased by parents and delivered to classrooms for celebrations. Occasional candy and cupcakes (high calorie sweets) or drinks, are permitted but are not to make up the entire menu for these functions.
- It is strongly encouraged that all teachers 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). Non-food reward ideas can be downloaded at www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. The sale of candy alone as a fund-raiser is strongly discouraged. Presently PTO utilizes gift wrap, candy and gift combination fund-raising activities. All items are offered at the same time to make non-candy options available. Items are ordered for parents to pick up and are not sold or consumed during the school day. Alternative fundraising ideas can be downloaded at www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.

- **Commitment to Food Safe Schools**

Minimum requirements:

The West Amory Elementary School 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. The Food Service Director schedules all staff into training and in-services as required by State guidelines for district food Service staff.
- 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. All food service staff are certified as necessary and provided 12 hours of in-service annually.
- Ensure that all staff have 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 post test developed by the Office of Healthy Schools and maintain documentation of completion. The video and Pre/Post Test can be downloaded at: http://healthyschoolsms.org/ohs_main/instructionalvideo.htm. These materials are included in the in-service training.
- 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. Examples of professional development include, but are not limited to, the video developed by the Office of Healthy Schools and *Eating Safely at School*, (<http://schoolhealth.nsba.org/site/docs/42400/42324.pdf>) developed by the National School Boards Association.
- Adequate access to hand washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food. Restrooms, sinks, and hand sanitizers are located near or in all eating and food preparation areas.
- The food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances. Parents/teachers are responsible to report all food allergies for students/teachers to the school nurse or food service manager. A form is completed by the parent and the doctor to state which foods the student has an allergy to. The food service workers flag the student file in the computer noting the restrictions. The student is monitored as he/she pays for the meal each day to assure they have not taken something onto their tray that might cause them a problem. The nurse and/or food service staff educate the student on what foods are restricted.

Commitment to Physical Activity/Physical Education

Minimum requirements:

The West Amory Elementary School will:

- Provide 150 minutes per week of activity-based instruction for all students in grades K-8 (in accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference 2004 Mississippi Public Schools Accountability Standards 32, Appendix B and 33).

- **Kindergarten students will participate in physical activity for a minimum of 40 minutes per school day. The 40 minutes does not have to take place continuously. This time should be used to help the child increase the skills involved in physical coordination (Kindergarten Guidelines).**
- **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.**
- **Instruction is based on the 2006 Mississippi Physical Education Framework.**
- **Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).**

Optional policy statements:

- When possible schedule recess (or physical education) before lunch times in order to increase food consumed, decrease plate waste, and improve cafeteria behavior. Physical education classes are offered after lunch due to scheduling requirements.
- Teachers are encouraged to schedule “Take ten” 5- to 10-minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (Examples can be found at www.ncpe4me.com/energizers.html and www.opi.ms.gov/pdf/health/Mind&Body.pdf).
- Participate in a yearly fitness test for all students. Students participate in Fitness Gram® www.fitnessgram.net/ testing.
- **It is strongly encouraged that teachers do not use physical activity as a punishment such as running laps or withhold physical activity as a punishment such as take a recess.**
- Establish or enhance physical activity opportunities (like walking clubs or fitness challenges) for staff and/or parents. At intervals teachers are offered Weight Watchers, and physical exercise classes. The school nurse coordinates these activities. March of Dimes walking fund raisers, Walk or Bike to School, physical activity night, and other non-profit events are offered each year for students, parents and teachers to participate. These occur as a partnership with parents, students, teachers and community resources.
- **Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.**
- Encourage active transportation to/from schools by assessing the safest routes for students to walk or bike to school. This school has implemented a Safe Routes to School program that provides bus entry into campus away from car riders, walkers and bikers. The main access road will start construction this school year. Parents and teachers will attend meetings to discuss new pathways to school during this period. Students walking home in the surrounding neighborhood are supervised by school staff each day as they leave campus. A policeman directs safe passage for students and vehicles as they enter in the morning and leave school in the afternoon.
- Cooperate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities. The local park and recreation department offers after school, soccer, baseball and other extra-curricular activities for children this age. Churches offer Upwards basketball for girls and boys. The school encourages and assists with sign up for these activities.

- Field days and field trips that encourage activities are encouraged and scheduled for students during the school year. Visits to the “Pumpkin Patch”, physical activity days, walk to school etc. Parents are encouraged to participate in field trips, field days and special activity programs attached to media nights, fund raiser events etc.

For teacher planning Physical activity resources can be downloaded at www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.

Commitment to Comprehensive Health Education

Minimum requirements:

The West Amory Elementary School will:

- **Implement the requirements of the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades K through 8.** Ongoing health education is provided by the school nurse at WAES to meet the needs of students and faculty. This year the Hydration Policy will be implemented at this school. The nurse will discuss the policy and requirements. See more details under school safety.

Optional policy statements:

- Emphasize the disease and prevention strand in the 2006 Mississippi Comprehensive Health Framework. Each teacher will implement the core strands in their classrooms. Teachers will document these with their classroom academic objectives on their lesson plans. School nurses will assist teachers as needed for classroom health education programs. Example: How to make healthy snack choices, how to implement energy breaks during transition periods. Appropriate community resources, hospital, health department and physicians are utilized to deliver health screens and health education components for students and staff. Teachers may utilize the ***Health in Action*** curriculum at the Mississippi Office of Healthy Schools web site. <http://www.healthyschoolsms.org> and <http://activities.healthyschoolsms.org>
- This school participates in USDA nutrition programs such as *Team Nutrition Schools* and all components of the Office of Healthy Schools. *Healthier U.S. 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 food service staff, school nurses, health and PE teachers, coaches, and additional staff, as appropriate.
- Integrate Health Education into other subject areas (www.healthyschoolsms.org-Health in Action). The comprehensive health model and core objectives are taught in each classroom.
- The school nurse provides Universal Precautions training and first aid kits for all teachers, and staff.
- Provide students with quality disease prevention instruction based on the Comprehensive Health Education Framework and other selected materials approved by the district. Implemented in all classrooms.
- This school year health screens will be offered to students and faculty. Parents, Health Cluster students and community health resources are involved.
- All school nurses and the coordinator for school health are active in individual student health plans for students with medical needs and fully follow and secure students plans for conditions such as asthma and diabetic care plans. School nurses administer medications in full compliance with the Self-Administration of Medications set for by the Mississippi State Board of Nurses.

Commitment to a Healthy School Environment

Minimum requirements:

The West Amory Elementary School will:

- Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code). Ensure that all exit signs are illuminated and clearly visible.
- Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet 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.
- 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 #35).

- 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 #36).

- 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).
- 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.healthyschoolsms.org/healthy_school_environment/school_safety.htm.
- 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. Periodic health screens/fairs will provide students and faculty with access to information about smoking cessation programs.

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Optional policy statements:

The West Amory Elementary School will:

- Conduct self assessments of the school building(s) annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #36 Monitoring Tool at www.healthyschoolsms.org/healthy_school_environment/buildinggrounds.htm.
- Conduct self assessments of the school(s) bus transportation system annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #35 Monitoring Tool at www.healthyschoolsms.org/healthy_school_environment/pupil_transportation.htm.
- The district will implement a Hydration Policy to provide students access to water and bottled water during the school day in all classes and when loading the school bus in the afternoons when temperatures reach 90 degrees or above. Teachers are to allow students access to a water bottle brought from home, or purchased at school, during the school day.
- Conduct self assessments of the school(s) safety and security annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #37.1 Monitoring Tool at www.healthyschoolsms.org/healthy_school_environment/school_safety.htm.
- Install exhaust fans in restrooms to eliminate odors.
- Complete a periodic comprehensive health and safety assessment of the school building and grounds and report to the superintendent and school board; using the HealthySEAT Assessment Tool (www.epa.gov/schools/healthyseat) or other applicable resources. Assessment tools such as the School Health Index and the Mississippi School Nutritional and Physical Activity Environment Assessment tools are utilized annually by the Health Council to evaluate the school environment.
- School buses do NOT idle at entrances to the school in order to prevent emissions that causes pollution and creates health risk for children such as; asthma, allergies, and other respiratory problems (www.epa.gov/cleanschoolbus). Teachers are encouraged to limit air fresheners, markers with odors, and cleaning chemicals due to them being possible triggers for asthma and other allergy and respiratory disorders in students.
- The district utilizes guidelines from the local and state department of health to monitor communicable disease and these are included in the Mississippi School Nurse procedures and standards of care.

- The school utilizes safety and security cameras on the school campus. All access to enter the building is via the school office only during school hours. All other doors are locked for access from outside visitors. Students and staff evacuate freely from the building at all times.
- Utilize regularly scheduled meetings with the School Health Council, school board members, etc. to determine and discuss the current strengths, weaknesses, opportunities, and challenges associated with implementing and maintaining your school's healthy and safe environment.
- Facilities maintenance staff inspects and maintain all ventilation systems as necessary to limit exposures to respiratory contaminants. Utilize the U.S. Environmental Protection Agency's Indoor Air Quality (IAQ) Tools for Schools Program (www.epa.gov/iaq/schools) to obtain the information and skills needed to manage air quality in a low-cost, practical manner; the quality of indoor air affects the quality of education. All school nurse and school health coordinator ahs attended mandatory State department of health training and implemented asthma care plans for all students.
- Implement Green Cleaning to protect health by reducing chemicals and irritants. Green Cleaning products and HEPA filters found at: www.greenseal.org and www.GreenCleaningNetwork.org.
- Utilize best practices for the use of pesticides and Integrated Pest Management (IPM) in school buildings and on school grounds; IPM Institute of North America (www.impinstitute.org and www.epa.gov/pesticides.ipm/index.htm). The district does not allow pesticides to be used in the school buildings in the presence of students or staff.
- Utilize incentives for integrating energy-efficient and money-saving technologies in school construction (www.energystar.gov).
- Implement a school chemical cleanout campaign to reduce hazardous chemicals (www.epa.gov/epaoswer/osw/conserve/clusters/schools/index.htm).

Commitment to Quality Health Services

Minimum requirements:

The West Amory Elementary School will:

- **Ensure all school nurses are working under the guidelines of the *Mississippi School Nurse Procedures and Standards of Care*.**

Optional policy statements:

- Offer comprehensive health services for students in grades K-12, through the employment of school nurses, as a means to academic success. A full-time school nurse is employed at this school.
- A certified Medicaid clinic is managed by the school nurse to provide periodic Medicaid screens for eligible students. The school nurse offers palliative care for all students and faculty. Programs focus on prevention of chronic health problems such as obesity, diabetes and changes in lifestyles to reduce risks for chronic health problems due to smoking, exposure to the sun, obesity, lack of exercise and poor nutrition.
- Our school nurse ratio is 1:450 for students at this school site.

- The school nurse coordinates with other school staff to provide health services as part of a Coordinated School Health Program.
- The School nurse works with students, parents, and local healthcare providers to effectively manage and treat chronic diseases.
- The school nurse promotes healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).
- The district participates in administrative claiming for reimbursement of administrative cost associated with health and medical outreach.

Commitment to Providing Counseling, Psychological and Social Services

Minimum requirements:

The West Amory Elementary School will:

- **Adhere to the details outlined in the Licensure Guidelines (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.**
- **Provide at 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, psychometrists, and others (as required by the Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2). We employ a full-time counselor at this school.**
- **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
 - 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

Optional policy statements:

- Offer quality counseling, psychological and social services provided by professionals such as certified school counselors, psychologists, and social workers. This school has a full-time counselor and we have coordinated expanded services with a local mental health group. Students/parents have full access to mental health services with resource referrals and on-site services to meet their financial means.
- Training was implemented this school year and will be offered annually to teachers to address suicide prevention. All faculty and staff who come in close contact with students were trained.
- Offer counseling, group assessments, interventions and other mental health services, as well as referrals to community health professionals. The school nurse, counselors, teachers and administrators follow the district plan for resource referrals for mental health.
- Hire qualified counselors who will address the mental health, academic, and career needs of students in the school setting.
- The school counselor participates in administrative claiming for reimbursement of administrative cost associated with health and medical outreach.

Commitment to Family and Community Involvement

Minimum requirements:

The West Amory Elementary School will:

- **Give parents and community the opportunity to serve on the School Health Council (SHC).**

Optional policy statements:

- This school invites family members to attend health and physical education classes and to tour physical education facilities.
- Invites family members to a school meal any time during the school year and on special holidays.
- Provide families with seminars, workshops, and information on health topics that relate to our physical education facilities.
- Recruit, train, and involve families as volunteers by utilizing their time, experience, and resources.
- Involve families and students in health education learning activities at home, including homework for health instruction, personal goal setting for healthy behaviors, and other health education-related activities.
- Develop homework assignments for students that involve family discussions about health topics and age-related health issues.
- Communicate with families about health education classes and courses and opportunities to participate in school health programs and other community-based programs.
- Encourage family mealtimes at home to enhance both nutrient intake of children and their successful performance at school. The PTO plans supper at school fund raiser to allow families to eat together at school and to read or participate in physical activity.

Commitment to Implementing a Quality Staff Wellness Program

Optional policy statements:

The West Amory Elementary School will:

- Promote health and reduce risk factors through professional and staff development programs, providing information flyers and newsletters, introducing incentives for participating in healthy practices and activities, and offering an employee assistance

program.

- Provide health promotion programs for school staff to include opportunities for physical activity, health screenings, nutrition education, weight management, smoking cessation, and stress reduction and management.
- Implement a healthy weight program for staff, such as Weight Watchers at Work Program®, www.weightwatchers.com.
- Encourage after school health and fitness sessions for school staff.
- Develop relationships with community health providers (e.g., local health departments, hospitals, neighborhood clinics, health professionals), recreational facilities, voluntary health organizations (e.g., American Cancer Society, American Lung Association, American Heart Association), and other community members who can provide resources for or support school employee wellness activities.
- Coordinate school employee wellness activities with student health-promotion activities.
- Organize employee walking teams or clubs.
- Ensure that all staff are aware of the Mississippi State and School Employees' Health Insurance Plan that has been enhanced to include *Motivating Mississippi: Keys to Living Healthy*, a new wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit amount. Implemented this school year to provide health services on site for teachers and staff.

Commitment to Marketing a Healthy School Environment

Optional policy statements:

The West Amory Elementary School 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.
- Involve students in planning for a healthy school environment. Students will be asked for input and feedback through the use of student taste tests, and attention will be given to their comments.
- 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).
- There is not any advertising and or materials on the school campus that promote foods of minimal nutrition value.
- 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.
- Apply for recognition award through the Governor's Commission on Physical Fitness and Sports at www.msgcfitness.org/html/template.html.
- Complete an online success reporting form on the Office of Healthy Schools website at www.healthyschoolsms.org/ohs_main/success/.

Marketing resources can be downloaded at

www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.

Commitment to Implementation

Minimum requirements:

The West Amory Elementary School will:

- **Has developed a plan for implementation of the school wellness policy.**
- **Sarah Hodo, School Nurse and Leigh Todd, Principal will insure that the school wellness policy is implemented as written.**
- **The School Health Council (SHC) 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. To be completed as part of the annual assessment and evaluation process performed by the health Council.**
- **The Health Council/Coordinator for School Health will prepare and submit a yearly report and/or presentation to the school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.**

Optional policy statements:

- **The Health Council will utilize the monitoring instrument each year, developed by the Office of Healthy Schools, to conduct a self assessment that identifies strengths and weaknesses toward implementation of the minimum requirements. Monitoring instruments can be downloaded at www.healthyschoolsms.org/ohs_main/resources.htm.**

2010-2011 School year Health Council goals for West Amory Elementary School: These are a result of our Health Council Meetings held in September and October.

Conduct a faculty wellness health fair on site.

Fully implement the Hydration Policy.

Develop a teaching program to assist students and teachers in making healthy food choices at lunch and how to choose a meal utilizing USDA guidelines. A color coded program for elementary students.

Partner with the City of Amory to improve safety lighting in the parking area surrounding the school. Implement a student decision making, character, bully prevention, and drug education program pre-K-2 grades. Positive Action training program will be implemented.

Paint the West cafeteria to provide educational components for Farm to School.

Amory Middle School

Wellness Policy

Revised January 2012



Wellness Policy

To support the relationship between student health and academic achievement, the 2007 Mississippi Public School Accountability Standards (Standard 37.2) and the Child Nutrition and WIC Reauthorization Act of 2004 (PL # 108-265) requires each local school to establish a local school wellness policy. Mississippi Code of 1972, Annotated Section 37-13-134 requires the recommendations made by a school health council to be based on a coordinated approach to school health. The Amory City School District is committed to supporting academic achievement through school health programs that ensure every child has the opportunity to be fit, healthy and ready to succeed.

This policy includes the following requirements established by the federal legislation and meets the individual needs of Amory Middle students, families, faculty and staff.

- **Goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines is appropriate;**
- **Nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;**
- **Assurances that guidelines for reimbursable school meals are not less restrictive than the regulations issued by the USDA;**
- **Ways of measuring how well the school wellness policy is being implemented, including designation of one or more persons at each school with operational responsibility for ensuring that the school is meeting the policy;**
- **Involvement of parents, students, representatives of the school food authority, the school board and school administrators, and the public, in developing the wellness policy.**

Amory Middle School parents, students, representatives of the school food authority, the school board and school administrators, and the public, were involved in developing the local wellness policy. Input was coordinated through the School Health Council (2011-2012 members)

Susan Gillentine, Parent
Annette Dykes, Food Service
Amy Jones, Teacher
Cheryl Moore, Administrator
Theresa Parish, Senior Citizen
Aubry Gillentine, Student
Parker Poole, Student

The evaluation team completed the School Health Index in the past and this year chose to utilize the **Mississippi School Nutrition and Physical Activity Environment Assessment**. **This instrument can be found in total at the following web address:**

www.healthyschoolsms.org/docs/Environment_Assessment.doc

The Health Council meets on a regular basis (three times per year) and maintains minutes from those meetings. Goals and guidelines are developed to best fit the needs and concerns of each local school and change over time. As the initial goals are met, new nutrition, physical activity, and food guidelines are addressed each year.

A School Health Council (SHC) is involved in the implementation and evaluation process. The SHC helps to educate the school and community about the requirements for a policy – and its importance for children in our district. The SHC is involved in measuring progress towards local goals related to nutrition, physical activity, and student wellness.

Local School Wellness Policy

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 Amory Middle School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff in Amory Middle School are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Amory Middle School adopts this school wellness policy with the following commitments to implementing a coordinated approach to school health. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Commitment to Nutrition

Minimum requirements:

The Amory Middle School will:

- **Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture 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 U. S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.**
 - **Promote participation in school meal programs to families and staff. The website is available to offer menus and nutritional information for all parents.**
 - **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).**
 - **Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code EEH).**
 - **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.**
-
- Healthy food and beverage choices; Snack item vending is not available to students at this school. Beverages are available during periods outside the one hour around lunch. The items sold include water, and sports drinks that meet the standards. Beverages for meals are limited to low-fat and non-fat regular milk, 100% fruit juices with no added sweeteners up to 120 calories/8 oz. and water. No competitive foods or beverages are sold at this school. Parents and students are encouraged to bring healthy lunches if students do not eat in our cafeteria. All snacks brought from home should be nutritious and meet snack guidelines as set forth by the school.
 - Healthy food preparation; All Food Service Managers are certified in Serve Safe and certified by the State department of Education Child Nutrition. Other food service staff are trained locally and receive 12 hours of in-service each year.
 - Marketing of healthy food choices to students and staff; lunch menus, posters around campus, teachers, school nurse, and food service staff encourage students to make healthy choices for meals.
 - Food preparation ingredients and products; the district is implementing a whole foods approach to provide fresh produce for meal preparation and individual choices. Frozen, processed items are gradually being replaced. A grant partnership is being pursued this school year.
 - Minimum/maximum time allotted for students and staff lunch and breakfast; students have 24 minutes for lunch.
 - Availability of food items during the lunch and breakfast periods of the Child Nutrition Breakfast and Lunch Programs; there are not any food items sold in competition with school meals. No vending or fund raising takes place at this school during school hours.
 - Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs. At student orientation food service staff meet with parents and encourage their children participate in school meals. Free and reduced meal forms are given to all students. They choose to opt in or out of the program and return the form to school. Students on free and reduced meals proceed thru the cafeteria line and enter their lunch ID number just like all other students.

- School staff, food service, nurses and teachers will utilize materials from MyPyramid and Dietary Guidelines for Americans when implementing nutrition education programs. Materials are sent home with students at intervals to encourage healthy food choices.
- **Establish guidelines in accordance with the Mississippi Beverage and Snack Regulations for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.**

Optional policy statements:

- 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. MyPyramid resources are also utilized and posted around the campus. We are pursuing grant funds that will place a greenhouse and community garden spot at our high school. Students will be able to visit and see plants being grown and plant their own garden plants for home. Nutrition education programs will be presented by high school students, teachers and school nurses.
- 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. Allow 24 minutes for lunch meals.
- Schedule recess before lunch when possible, in order to increase meal consumption and nutrient intake at meals and to improve behavior in the dining area.
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home. Menus and nutritional breakdown of lunch items can be found on the web site. Special needs students can access lunch menu data for insulin planning etc.
- Marketing strategies such as web information, posters, menu education and vending machine exteriors all support nutritious food and beverage choices. Overall, junk food is not available at this school site. Parents and teachers are encouraged to monitor party and celebration menus to make certain that healthy nutritious foods are available. The food service staff has offered party options that meet nutritious standards as an option that can be purchased by parents and delivered to classrooms for celebrations. Occasional candy and cupcakes (high calorie sweets) or drinks, are permitted but are not to make up the entire menu for these functions.
- It is strongly encouraged that all teachers 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). Non-food reward ideas can be downloaded at www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. The sale of candy alone as a fund-raiser is strongly discouraged. AMS sells a discount card for services in our area as their only fund raiser. Food is not sold as a school fund raiser. The band sells cheese as a fund raiser. This is not sold in individual size for consumption at school. Items are delivered to parents for use at home. www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.

- **Commitment to Food Safe Schools**

Minimum requirements:

The Amory Middle School 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. The Food Service Director schedules all staff into training and in-services as required by State guidelines for district food Service staff.
- 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. All food service staff are certified as necessary and provided 12 hours of in-service annually.
- Ensure that all staff have 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 post test developed by the Office of Healthy Schools and maintain documentation of completion. The video and Pre/Post Test can be downloaded at: http://healthyschoolsms.org/ohs_main/instructionalvideo.htm. These materials are included in the in-service training.
- 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. Examples of professional development include, but are not limited to, the video developed by the Office of Healthy Schools and *Eating Safely at School*, (<http://schoolhealth.nsba.org/site/docs/42400/42324.pdf>) developed by the National School Boards Association.
- Adequate access to hand washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food. Restrooms, sinks, and hand sanitizers are located near or in all eating and food preparation areas.
- The food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances. Parents/teachers are responsible to report all food allergies for students/teachers to the school nurse or food service manager. A form is completed by the parent and the doctor to state which foods the student has an allergy to. The food service workers flag the student file in the computer noting the restrictions. The student is monitored as he/she pays for the meal each day to assure they have not taken something onto their tray that might cause them a problem. The nurse and/or food service staff educate the student on what foods are restricted.

Commitment to Physical Activity/Physical Education

Minimum requirements:

The Amory Middle School will:

- Provide 150 minutes per week of activity-based instruction for all students in grades 6-8 (in accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference 2004 Mississippi Public Schools Accountability Standards 32, Appendix B and 33).
- 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.
- Instruction is based on the 2006 Mississippi Physical Education Framework.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).

Optional policy statements:

- When possible schedule breaks (or physical education) before lunch times in order to increase food consumed, decrease plate waste, and improve cafeteria behavior. Physical education classes are offered after lunch due to scheduling requirements.
- Teachers are encouraged to schedule “Take ten” 5- to 10-minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (Examples can be found at www.ncpe4me.com/energizers.html and www.opi.mt.gov/pdf/health/Mind&Body.pdf).
- Participate in a yearly fitness test for all students. Students participate in Fitness Gram® www.fitnessgram.net/ testing. This is completed as a component for physical education.
- It is strongly encouraged that teachers do not use physical activity as a punishment such as running laps or withhold physical activity as a punishment such as take a recess.
- Establish or enhance physical activity opportunities (like walking clubs) for students, staff and/or parents. Teachers, the school nurse or parents may coordinate these activities with the principal.
- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.
- Encourage active transportation to/from schools by assessing the safest routes for students to walk or bike to school. Students walking home in the surrounding neighborhood are supervised by school staff each day as they leave campus. A policeman directs safe passage for students and vehicles as they enter in the morning and leave school in the afternoon.
- Cooperate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities. The local park and recreation department offers after school, soccer, baseball and other extra-curricular activities for children this age. Churches offer Upwards basketball for girls and boys. The school encourages and assists with sign up for these activities.
- Field days and field trips that encourage activities are encouraged and scheduled for students during the school year. Physical activity days, walk to school etc. Parents are encouraged to participate in field trips, field days and special activity programs attached to fund raising events etc.

For teacher planning Physical activity resources can be downloaded at www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.

Commitment to Comprehensive Health Education

Minimum requirements:

The Amory Middle School will:

- **Implement the requirements of the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades 6 through 8. Ongoing health education is provided by the school nurse to meet the needs of students and faculty. This year the Hydration Policy will be implemented at this school. The nurse will discuss the policy and requirements. See more details under school safety.**

Optional policy statements:

- Emphasize the disease and prevention strand in the 2006 Mississippi Comprehensive Health Framework. Each teacher will implement the core strands in their classrooms. Teachers will document these with their classroom academic objectives on their lesson plans. School nurses will assist teachers as needed for classroom health education programs. Example: How to make healthy snack choices, how to implement energy breaks during transition periods. Appropriate community resources, hospital, health department and physicians are utilized to deliver health screens and health education components for students and staff.
- This school participates in USDA nutrition programs such as *Team Nutrition Schools* and all components of the Office of Healthy Schools. *Healthier U.S. 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 food service staff, school nurses, health and PE teachers, coaches, and additional staff, as appropriate.
- Integrate Health Education into other subject areas (www.healthyschoolsms.org-Health in Action). The comprehensive health model and core objectives are taught in each classroom.
- The school nurse provides Universal Precautions training and Universal Precautions and first aid kits for all teachers, and staff.
- Provide students with quality disease prevention instruction based on the Comprehensive Health Education Framework and other selected materials approved by the district. Implemented in all classrooms. Health is delivered in the physical education program one day per week.
- This location does not have a full time nurse but school nurses and the coordinator for school health are active in individual student health plans for students with medical needs and fully follow and secure students plans for conditions such as asthma and diabetic care plans. School nurses administer medications in full compliance with the Self-Administration of Medications set for by the Mississippi State Board of Nurses.

Commitment to a Healthy School Environment

Minimum requirements:

The Amory Middle School will:

- **Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code). Ensure that all exit signs are illuminated and clearly visible.**
- **Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet 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.
- 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 #35).

- 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 #36).

- 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).
- 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.healthyschoolsms.org/healthy_school_environment/school_safety.htm.
- 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. Periodic health screens/fairs will provide students and faculty with access to information about smoking cessation programs.

Optional policy statements:

The **Amory Middle** School will:

- Conduct self assessments of the school building(s) annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #36 Monitoring Tool at www.healthyschoolsms.org/healthy_school_environment/buildinggrounds.htm.
- Conduct self assessments of the school(s) bus transportation system annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #35 Monitoring Tool at www.healthyschoolsms.org/healthy_school_environment/pupil_transportation.htm.
- The district has implemented a Hydration Policy to provide students access to water and bottled water during the school day in all classes and when loading the school bus in the afternoons when temperatures reach 90 degrees or above. Teachers are to allow students access to a water bottle brought from home, or purchased at school, during the school day.
- Conduct self assessments of the school(s) safety and security annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #37.1 Monitoring Tool at www.healthyschoolsms.org/healthy_school_environment/school_safety.htm.
- Install exhaust fans in restrooms to eliminate odors.
- Complete a periodic comprehensive health and safety assessment of the school building and grounds and report to the superintendent and school board; using the HealthySEAT Assessment Tool (www.epa.gov/schools/healthyseat) or other applicable resources. Assessment tools such as the School Health Index and the Mississippi School Nutritional and Physical Activity Environment Assessment tools are utilized annually by the Health Council to evaluate the school environment.
- School buses do NOT idle at entrances to the school to prevent emissions that causes pollution and creates health risk for children such as; asthma, allergies, and other respiratory problems (www.epa.gov/cleanschoolbus).
- The district utilizes guidelines from the local and state department of health to monitor communicable disease and these are included in the Mississippi School Nurse procedures and standards of care.
- The school utilizes safety and security cameras on the school campus. All access to enter the building is via the school office only during school hours. All other doors are locked for access from outside visitors. Students and staff evacuate freely from the building at all times.
- Utilize regularly scheduled meetings with the School Health Council, school board members, etc. to determine and discuss the current strengths, weaknesses, opportunities, and challenges associated with implementing and maintaining your school's healthy and safe environment.
- Facilities maintenance staff inspects and maintain all ventilation systems as necessary to limit exposures to respiratory contaminants. Utilize the U.S. Environmental Protection Agency's Indoor Air Quality (IAQ) Tools for Schools Program (www.epa.gov/iaq/schools) to obtain the information and skills needed to manage air quality in a low-cost, practical manner; the quality of indoor air affects the quality of education. All school nurse and school health coordinator ahs attended mandatory State department of health training and implemented asthma care plans for all students.
- Implement Green Cleaning to protect health by reducing chemicals and irritants. Green Cleaning products and HEPA filters found at: www.greenseal.org and www.GreenCleaningNetwork.org.

- Utilize best practices for the use of pesticides and Integrated Pest Management (IPM) in school buildings and on school grounds; IPM Institute of North America (www.impinstitute.org and www.epa.gov/pesticides.ipm/index.htm).
- Utilize incentives for integrating energy-efficient and money-saving technologies in school construction (www.energystar.gov).
- Implement a school chemical cleanout campaign to reduce hazardous chemicals (www.epa.gov/epaoswer/osw/consERVE/clusters/schools/index.htm).
- Random student drug testing will be performed for all students involved in extra-curricular activities that take them off the school campus. All students are tested each school year on a random basis.

Commitment to Quality Health Services

Minimum requirements:

The Amory Middle School will:

- **Ensure all school nurses are working under the guidelines of the *Mississippi School Nurse Procedures and Standards of Care*. This school does not have a full-time school nurse. School nurses in the district can move to this school as needed to address student and faculty health needs.**

Optional policy statements:

- Offer comprehensive health services for students in grades 6-8, through the employment of school nurses, as a means to academic success.
- School nurses are available to complete student health assessments as needed.
- Our school nurse ratio is 1:450 for students in the general population.
- The school nurse coordinates with other school staff to provide health services as part of a Coordinated School Health Program.
- The School nurse works with students, parents, and local healthcare providers to effectively manage and treat chronic diseases.
- The school nurse promotes healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).
- The district participates in administrative claiming for reimbursement of administrative cost associated with health and medical outreach.

Commitment to Providing Counseling, Psychological and Social Services

Minimum requirements:

The Amory Middle School will:

- **Adhere to the details outlined in the Licensure Guidelines (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.**
- **A full-time licensed guidance counselor is employed at the high school. All students have access to qualified student support personnel such as: guidance counselors, social workers, nurses, psychologists, psychometrists, and others (as required by the**

Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2).

- **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
 - 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

Optional policy statements:

- Offer quality counseling, psychological and social services provided by professionals such as certified school counselors, psychologists, and social workers. This school has a full-time counselor and we have coordinated expanded services with a local mental health group. Students/parents have full access to mental health services with resource referrals and on-site services to meet their financial means.
- Training was implemented this school year and will be offered annually to teachers to address suicide prevention. All faculty and staff who come in close contact with students were trained.
- Offer counseling, group assessments, interventions and other mental health services, as well as referrals to community health professionals. The school nurse, counselors, teachers and administrators follow the district plan for resource referrals for mental health.
- Hire qualified counselors who will address the mental health, academic, and career needs of students in the school setting.
- The school counselor participates in administrative claiming for reimbursement of administrative cost associated with health and medical outreach.

Commitment to Family and Community Involvement

Minimum requirements:

The Amory Middle School will:

- **Give parents and community the opportunity to serve on the School Health Council (SHC).**

Optional policy statements:

- This school invites family members to attend health and physical education classes and to tour physical education facilities.

- Invites family members to a school meal any time during the school year and on special holidays.
- Recruit, train, and involve families as volunteers by taking advantage of their time, experience, and resources.
- Involve families and students in health education learning activities at home, including homework for health instruction, personal goal setting for healthy behaviors, and other health education-related activities.
- Develop homework assignments for students that involve family discussions about health topics and age-related health issues.
- Communicate with families about health education classes and courses and opportunities to participate in school health programs and other community-based programs. Via letters home, web site and other means.
- Encourage family mealtimes at home to enhance both nutrient intake of children and their successful performance at school.

Commitment to Implementing a Quality Staff Wellness Program

Optional policy statements:

The **Amory Middle** School will:

- Promote health and reduce risk factors through professional and staff development programs, providing information flyers and newsletters, introducing incentives for participating in healthy practices and activities, and offering an employee assistance program.
- Provide health promotion programs for school staff to include opportunities for physical activity, health screenings, nutrition education, weight management, smoking cessation, and stress reduction and management.
- Implement a healthy weight program for staff, such as Weight Watchers at Work Program®, www.weightwatchers.com. This program is offered at intervals.
- Encourage after school health and fitness sessions for school staff. A wellness program was offered this school year to provide lab work, vital signs, blood pressure checks, height, weight, etc. for all administrators, teachers and support staff.
- Develop relationships with community health providers (e.g., local health departments, hospitals, neighborhood clinics, health professionals), recreational facilities, voluntary health organizations (e.g., American Cancer Society, American Lung Association, American Heart Association), and other community members who can provide resources for or support school employee wellness activities. Local hospital partners to deliver wellness program, vaccines and health education program. Mari Caitlyn Harris, Mississippi Tobacco Free Coalition.
- Coordinate school employee wellness activities with student health-promotion activities.
- Organize employee walking teams or clubs.
- Ensure that all staff are aware of the Mississippi State and School Employees' Health Insurance Plan that has been enhanced to include *Motivating Mississippi: Keys to Living Healthy*, a new wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit amount. Implemented this school year to provide health services on site for teachers and staff.

Commitment to Marketing a Healthy School Environment

Optional policy statement:

The Amory Middle School 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.
- Involve students in planning for a healthy school environment. Students will be asked for input and feedback through the use of student taste tests, and attention will be given to their comments.
- 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).
- There is not any advertising and or materials on the school campus that promote foods of minimal nutrition value.
- 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.
- Apply for recognition award through the Governor's Commission on Physical Fitness and Sports at www.msfitness.org/html/template.html.
- Complete an online success reporting form on the Office of Healthy Schools website at www.healthyschoolsms.org/ohs_main/success/.

Marketing resources can be downloaded at

www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.

Commitment to Implementation

Minimum requirements:

The Amory Middle School will:

- **Has developed a plan for implementation of the school wellness policy.**
- **Carol Rogers, Coordinator School Health, Amanda Gurley, Teacher and Cheryl Moore, Principal will insure that the school wellness policy is implemented as written.**
- **The School Health Council (SHC) 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. To be completed as part of the annual assessment and evaluation process performed by the health Council.**
- **The Health Council/Coordinator for School Health will prepare and submit a yearly report and/or presentation to the school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.**

Optional policy statements:

- **The Health Council will utilize the monitoring instrument each year, developed by the Office of Healthy Schools, to conduct a self assessment that identifies strengths and weaknesses toward implementation of the minimum requirements. Monitoring instruments can be downloaded at www.healthyschoolsms.org/ohs_main/resources.htm.**

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, discrimination is prohibited on the basis of race, color, national origin, sex, age, or disability.

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2010-2011 School year Health Council goals for Amory Middle School: These are a result of our Health Council Meetings held in September and October.

Conduct a faculty wellness health fair on site.

Fully implement the Hydration Policy.

Implement a student decision making, character, bully prevention, and drug education program 3-5 grades. Positive Action training program will be implemented. The physical education teacher (Mrs. Pickle) will implement the program.

Amory High School

Wellness Policy

Revised January 2012



Wellness Policy

To support the relationship between student health and academic achievement, the 2007 Mississippi Public School Accountability Standards (Standard 37.2) and the Child Nutrition and WIC Reauthorization Act of 2004 (PL # 108-265) requires each local school to establish a local school wellness policy. Mississippi Code of 1972, Annotated Section 37-13-134 requires the recommendations made by a school health council to be based on a coordinated approach to school health. The Amory City School District is committed to supporting academic achievement through school health programs that ensure every child has the opportunity to be fit, healthy and ready to succeed.

This policy includes the following requirements established by the federal legislation and meets the individual needs of Amory High School students, families, faculty and staff.

- **Goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness in a manner that the local education agency determines is appropriate;**
- **Nutrition guidelines selected by the local educational agency for all foods available on each school campus under the local educational agency during the school day with the objectives of promoting student health and reducing childhood obesity;**
- **Assurances that guidelines for reimbursable school meals are not less restrictive than the regulations issued by the USDA;**
- **Ways of measuring how well the school wellness policy is being implemented, including designation of one or more persons at each school with operational responsibility for ensuring that the school is meeting the policy;**
- **Involvement of parents, students, representatives of the school food authority, the school board and school administrators, and the public, in developing the wellness policy.**

Amory High School parents, students, representatives of the school food authority, the school board and school administrators, and the public, were involved in developing the local wellness policy. Input was coordinated through the School Health Council (2011-2012 members)

Mary Summers, Parent
Rita Vaughn, Food Service
Chad Williams, Teacher
David Poss, Administrator
Dickie Miller, Senior Citizen

The evaluation team completed the School Health Index in the past and this year chose to utilize the **Mississippi School Nutrition and Physical Activity Environment Assessment**. **This instrument can be found in total at the following web address:**

www.healthyschoolsms.org/docs/Environment_Assessment.doc

The Health Council meets on a regular basis (three times per year) and maintains minutes from those meetings. Goals and guidelines are developed to best fit the needs and concerns of each local school

and change over time. As the initial goals are met, new nutrition, physical activity, and food guidelines are addressed each year.

A School Health Council (SHC) is involved in the implementation and evaluation process. The SHC helps to educate the school and community about the requirements for a policy – and its importance for children in our district. The SHC is involved in measuring progress towards local goals related to nutrition, physical activity, and student wellness.

Local School Wellness Policy

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 Amory High School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff in Amory Middle School are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Amory High School adopts this school wellness policy with the following commitments to implementing a coordinated approach to school health. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Commitment to Nutrition

Minimum requirements:

The Amory High School will:

- **Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture 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 U. S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.**
 - **Promote participation in school meal programs to families and staff. The website is available to offer menus and nutritional information for all parents.**
 - **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).**
 - **Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code EEH).**
 - **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.**
- Healthy food and beverage choices; Snack item vending is not available to students at this school. Beverages are available during periods outside the one hour around lunch. The items sold include water, and sports drinks that meet the standards. Beverages for meals are limited to low-fat and non-fat regular milk, 100% fruit juices with no added sweeteners up to 120 calories/8 oz. and water. No competitive foods or beverages are sold at this school. Parents and students are encouraged to bring healthy lunches if students do not eat in our cafeteria. All snacks brought from home should be nutritious and meet snack guidelines as set forth by the school.
 - Healthy food preparation; All Food Service Mangers are certified in Serve Safe and certified by the State department of Education Child Nutrition. Other food service staff are trained locally and receive 12 hours of in-service each year.
 - Marketing of healthy food choices to students and staff; lunch menus, posters around campus, teachers, school nurse, and food service staff encourage students to make healthy choices for meals.
 - Food preparation ingredients and products; the district is implementing a whole foods approach to provide fresh produce for meal preparation and individual choices. Frozen, processed items are gradually being replaced. A grant partnership is being pursued this school year.
 - Minimum/maximum time allotted for students and staff lunch and breakfast; students have 24 minutes for lunch.
 - Availability of food items during the lunch and breakfast periods of the Child Nutrition Breakfast and Lunch Programs; there are not any food items sold in competition with school meals. It is strongly encouraged that fund raising items be nutritious and meet guidelines. AHS has a magazine sales fund raiser and the band sells cheese. At designated, short periods of time some clubs sell candy. These are not sold during the meal time .
 - Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs. At student orientation food service staff meet with parents and encourage their children participate in school meals. Free and reduced meal forms are given to all students. They choose to opt in or out of the program and return the form to school. Students on free and reduced meals proceed thru the cafeteria line and enter their lunch ID number just like all other students.

- Health Cluster students participate in nutrition education programs for elementary children to teach them healthy snack choices.
- School staff, food service, nurses and teachers will utilize materials from MyPyramid and Dietary Guidelines for Americans when implementing nutrition education programs. Materials are sent home with students at intervals to encourage healthy food choices.
- **Establish guidelines in accordance with the Mississippi Beverage and Snack Regulations for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.**

Optional policy statements:

- 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. MyPyramid resources are also utilized and posted around the campus. We are pursuing grant funds that will place a greenhouse and community garden spot at our high school. Students from the elementary schools will be able to visit and see plants being grown and plant their own garden plants for home. Nutrition education programs will be presented by high school students, teachers and school nurses.
- 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. Allow 24 minutes for lunch meals.
- Replace deep fat fryers with combination oven steamers. As equipment is replaced combination oven steamers will be purchased.
- Schedule recess before lunch when possible, in order to increase meal consumption and nutrient intake at meals and to improve behavior in the dining area.
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home. Menus and nutritional break down of lunch items can be found on the web site. Special needs students can access lunch menu data for insulin planning etc.
- Marketing strategies such as web information, posters, menu education and vending machine exteriors all support nutritious food and beverage choices. Overall, junk food is not available at this school site. Parents and teachers are encouraged to monitor party and celebration menus to make certain that healthy nutritious foods are available. The food service staff has offered party options that meet nutritious standards as an option that can be purchased by parents and delivered to classrooms for celebrations. Occasional candy and cupcakes (high calorie sweets) or drinks, are permitted but are not to make up the entire menu for these functions.
- It is strongly encouraged that all teachers 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). Non-food reward ideas can be downloaded at www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.
- Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. The sale of candy alone as a fund-raiser is strongly discouraged. www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.
- **Commitment to Food Safe Schools**

Minimum requirements:

The Amory High School 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. The Food Service Director schedules all staff into training and in-services as required by State guidelines for district food Service staff.
- 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. All food service staff are certified as necessary and provided 12 hours of in-service annually.
- Ensure that all staff have 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 post test developed by the Office of Healthy Schools and maintain documentation of completion. The video and Pre/Post Test can be downloaded at: http://healthyschoolsms.org/ohs_main/instructionalvideo.htm. These materials are included in the in-service training.
- 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. Examples of professional development include, but are not limited to, the video developed by the Office of Healthy Schools and *Eating Safely at School*, (<http://schoolhealth.nsba.org/site/docs/42400/42324.pdf>) developed by the National School Boards Association.
- Adequate access to hand washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food. Restrooms, sinks, and hand sanitizers are located near or in all eating and food preparation areas.
- The food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances. Parents/teachers are responsible to report all food allergies for students/teachers to the school nurse or food service manager. A form is completed by the parent and the doctor to state which foods the student has an allergy to. The food service workers flag the student file in the computer noting the restrictions. The student is monitored as he/she pays for the meal each day to assure they have not taken something onto their tray that might cause them a problem. The nurse and/or food service staff educate the student on what foods are restricted.

Commitment to Physical Activity/Physical Education

Minimum requirements:

The Amory High School will:

- 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.
- Instruction is based on the 2006 Mississippi Physical Education Framework.

- **Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).**

Optional policy statements:

- When possible schedule breaks (or physical education) before lunch times in order to increase food consumed, decrease plate waste, and improve cafeteria behavior. Physical education classes are offered after lunch due to scheduling requirements.
- Teachers are encouraged to schedule “Take ten” 5- to 10-minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (Examples can be found at www.ncpe4me.com/energizers.html and www.opi.mt.gov/pdf/health/Mind&Body.pdf).
- Participate in a yearly fitness test for all students. Students participate in Fitness Gram® www.fitnessgram.net/ testing. This is completed as a component for physical education ½ Carnegie unit for high school graduation. Fitness testing is performed for all Physical education students at the high school.
- It is strongly encouraged that teachers do not use physical activity as a punishment such as running laps or withhold physical activity as a punishment such as take a recess.
- Establish or enhance physical activity opportunities (like walking clubs) for students, staff and/or parents. Teachers, the school nurse or parents may coordinate these activities with the principal.
- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.
- Encourage active transportation to/from schools by assessing the safest routes for students to walk or bike to school. Students walking home in the surrounding neighborhood are supervised by school staff each day as they leave campus. A policeman directs safe passage for students and vehicles as they enter in the morning and leave school in the afternoon.
- Cooperate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities. The local park and recreation department offers after school, soccer, baseball and other extra-curricular activities for children this age. Churches offer Upwards basketball for girls and boys. The school encourages and assists with sign up for these activities.
- Field days and field trips that encourage activities are encouraged and scheduled for students during the school year. Physical activity days, walk to school etc. Parents are encouraged to participate in field trips, field days and special activity programs attached to fund raising events etc.

For teacher planning Physical activity resources can be downloaded at www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.

Commitment to Comprehensive Health Education

Minimum requirements:

The Amory High School will:

- **Ongoing health education is provided by the school nurse to meet the needs of students and faculty. This year the Hydration Policy will be implemented at this school. The nurse will discuss the policy and requirements. See more details under school safety.**

Optional policy statements:

- Emphasize the disease and prevention strand in the 2006 Mississippi Comprehensive Health Framework. Each teacher will implement the core strands in their classrooms. Teachers will document these with their classroom academic objectives on their lesson plans. School nurses will assist teachers as needed for classroom health education programs. Example: How to make healthy snack choices, how to implement energy breaks during transition periods. Appropriate community resources, hospital, health department and physicians are utilized to deliver health screens and health education components for students and staff.
- This school participates in USDA nutrition programs such as *Team Nutrition Schools* and all components of the Office of Healthy Schools. *Healthier U.S. 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 food service staff, school nurses, health and PE teachers, coaches, and additional staff, as appropriate.
- Integrate Health Education into other subject areas (www.healthyschools.ms.org-Health in Action). The comprehensive health model and core objectives are taught in each classroom.
- The school nurse provides Universal Precautions training and Universal Precautions and first aid kits for all teachers, and staff.
- Provide students with quality disease prevention instruction based on the Comprehensive Health Education Framework and other selected materials approved by the district. Implemented in all classrooms. Health is delivered in the physical education program one day per week.
- This location does not have a full time nurse but school nurses and the coordinator for school health are active in individual student health plans for students with medical needs and fully follow and secure students plans for conditions such as asthma and diabetic care plans. School nurses administer medications in full compliance with the Self-Administration of Medications set for by the Mississippi State Board of Nurses.

Commitment to a Healthy School Environment

Minimum requirements:

The Amory High School will:

- **Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code). Ensure that all exit signs are illuminated and clearly visible.**
- **Ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet 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.**
- **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 #35).

- 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 #36).

- 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).
- 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.healthyschoolsms.org/healthy_school_environment/school_safety.htm.
- 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. Periodic health screens/fairs will provide students and faculty with access to information about smoking cessation programs.

Optional policy statements:

The **Amory High School** will:

- Conduct self assessments of the school building(s) annually prior to school opening using the

Bureau of Safe and Orderly Schools' Process Standard #36 Monitoring Tool at www.healthyschoolsms.org/healthy_school_environment/buildinggrounds.htm.

- Conduct self assessments of the school(s) bus transportation system annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #35 Monitoring Tool at www.healthyschoolsms.org/healthy_school_environment/pupil_transportation.htm.
- The district has implemented a Hydration Policy to provide students access to water and bottled water during the school day in all classes and when loading the school bus in the afternoons when temperatures reach 90 degrees or above. Teachers are to allow students access to a water bottle brought from home, or purchased at school, during the school day.
- Conduct self assessments of the school(s) safety and security annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #37.1 Monitoring Tool at www.healthyschoolsms.org/healthy_school_environment/school_safety.htm.
- Install exhaust fans in restrooms to eliminate odors.
- Complete a periodic comprehensive health and safety assessment of the school building and grounds and report to the superintendent and school board; using the HealthySEAT Assessment Tool (www.epa.gov/schools/healthyseat) or other applicable resources. Assessment tools such as the School Health Index and the Mississippi School Nutritional and Physical Activity Environment Assessment tools are utilized annually by the Health Council to evaluate the school environment.
- School buses do NOT idle at entrances to the school to prevent emissions that causes pollution and creates health risk for children such as; asthma, allergies, and other respiratory problems (www.epa.gov/cleanschoolbus).
- The district utilizes guidelines from the local and state department of health to monitor communicable disease and these are included in the Mississippi School Nurse procedures and standards of care.
- The school utilizes safety and security cameras on the school campus. All access to enter the building is via the school office only during school hours. All other doors are locked for access from outside visitors. Students and staff evacuate freely from the building at all times.
- Utilize regularly scheduled meetings with the School Health Council, school board members, etc. to determine and discuss the current strengths, weaknesses, opportunities, and challenges associated with implementing and maintaining your school's healthy and safe environment.
- Facilities maintenance staff inspects and maintain all ventilation systems as necessary to limit exposures to respiratory contaminants. Utilize the U.S. Environmental Protection Agency's Indoor Air Quality (IAQ) Tools for Schools Program (www.epa.gov/iaq/schools) to obtain the information and skills needed to manage air quality in a low-cost, practical manner; the quality of indoor air affects the quality of education. All school nurse and school health coordinator ahs attended mandatory State department of health training and implemented asthma care plans for all students.
- Implement Green Cleaning to protect health by reducing chemicals and irritants. Green Cleaning products and HEPA filters found at: www.greenseal.org and www.GreenCleaningNetwork.org.
- Utilize best practices for the use of pesticides and Integrated Pest Management (IPM) in school buildings and on school grounds; IPM Institute of North America (www.impinstitute.org and www.epa.gov/pesticides.ipm/index.htm).
- Utilize incentives for integrating energy-efficient and money-saving technologies in school construction (www.energystar.gov).

- Implement a school chemical cleanout campaign to reduce hazardous chemicals (www.epa.gov/epaoswer/osw/conserv/clusters/schools/index.htm).
- Random student drug testing will be performed for all students involved in extra-curricular activities that take them off the school campus. All students are tested each school year on a random basis. All bus drivers participate in a random drug testing program.

Commitment to Quality Health Services

Minimum requirements:

The Amory High School will:

- **Ensure all school nurses are working under the guidelines of the *Mississippi School Nurse Procedures and Standards of Care*. This school does not have a full-time school nurse. School nurses in the district can move to this school as needed to address student and faculty health needs.**

Optional policy statements:

- Offer comprehensive health services for students in grades 9-12, through the employment of school nurses, as a means to academic success. A full-time nurse is not available at this campus but nursing services are provided as needed and on-call by the three nurses employed by the district.
- School nurses are available to complete student health assessments as needed.
- Our school nurse ratio is 1:550 for students in the general population.
- The school nurse coordinates with other school staff to provide health services as part of a Coordinated School Health Program.
- The School nurse works with students, parents, and local healthcare providers to effectively manage and treat chronic diseases.
- The school nurse promotes healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).
- The district participates in administrative claiming for reimbursement of administrative cost associated with health and medical outreach.
- Positive Action program components for character education and decision-making will be delivered in the health component 45 per week. During physical education and health with Mrs. Shirley Moore.

Commitment to Providing Counseling, Psychological and Social Services

Minimum requirements:

The Amory High School will:

- **Adhere to the details outlined in the Licensure Guidelines (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.**
- **Provide at a minimum, a 1/2 time licensed guidance counselor for high school (a full-time counselor is provided) and ensure that all elementary school students have access to qualified student support personnel such as: guidance counselors, social**

workers, nurses, psychologists, psychometrists, and others (as required by the Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2).

- **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
 - 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

Optional policy statements:

- Offer quality counseling, psychological and social services provided by professionals such as certified school counselors, psychologists, and social workers. This school has a full-time counselor and we have coordinated expanded services with a local mental health group. Students/parents have full access to mental health services with resource referrals and on-site services to meet their financial means.
- Training was implemented this school year and will be offered annually to teachers to address suicide prevention. All faculty and staff who come in close contact with students were trained.
- Offer counseling, group assessments, interventions and other mental health services, as well as referrals to community health professionals. The school nurse, counselors, teachers and administrators follow the district plan for resource referrals for mental health.
- Hire qualified counselors who will address the mental health, academic, and career needs of students in the school setting.
- The school counselor participates in administrative claiming for reimbursement of administrative cost associated with health and medical outreach.

Commitment to Family and Community Involvement

Minimum requirements:

The Amory High School will:

- **Give parents and community the opportunity to serve on the School Health Council (SHC).**

Optional policy statements:

- This school invites family members to attend health and physical education classes and to tour physical education facilities.

- Invites family members to a school meal any time during the school year and on special holidays.
- Recruit, train, and involve families as volunteers by taking advantage of their time, experience, and resources.
- Involve families and students in health education learning activities at home, including homework for health instruction, personal goal setting for healthy behaviors, and other health education-related activities.
- Develop homework assignments for students that involve family discussions about health topics and age-related health issues.
- Communicate with families about health education classes and courses and opportunities to participate in school health programs and other community-based programs. Via letters home, web site and other means.
- Encourage family mealtimes at home to enhance both nutrient intake of children and their successful performance at school.

Commitment to Implementing a Quality Staff Wellness Program

Optional policy statements:

The **Amory High** School will:

- Promote health and reduce risk factors through professional and staff development programs, providing information flyers and newsletters, introducing incentives for participating in healthy practices and activities, and offering an employee assistance program.
- Provide health promotion programs for school staff to include opportunities for physical activity, health screenings, nutrition education, weight management, smoking cessation, and stress reduction and management.
- Implement a healthy weight program for staff, such as Weight Watchers at Work Program®, www.weightwatchers.com. This program is offered at intervals.
- Encourage after school health and fitness sessions for school staff. A wellness program was offered this school year to provide lab work, vital signs, blood pressure checks, height, weight, etc. for all administrators, teachers and support staff.
- Develop relationships with community health providers (e.g., local health departments, hospitals, neighborhood clinics, health professionals), recreational facilities, voluntary health organizations (e.g., American Cancer Society, American Lung Association, American Heart Association), and other community members who can provide resources for or support school employee wellness activities. Local hospital partners to deliver wellness program, vaccines and health education program. Mari Caitlyn Harris, Mississippi Tobacco Free Coalition.
- Coordinate school employee wellness activities with student health-promotion activities.
- Organize employee walking teams or clubs.
- Ensure that all staff are aware of the Mississippi State and School Employees' Health Insurance Plan that has been enhanced to include *Motivating Mississippi: Keys to Living Healthy*, a new wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit amount. Implemented this school year to provide health services on site for teachers and staff.

Commitment to Marketing a Healthy School Environment

Optional policy statement:

The Amory High School 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.
- Involve students in planning for a healthy school environment. Students will be asked for input and feedback through the use of student taste tests, and attention will be given to their comments.
- 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).
- There is not any advertising and or materials on the school campus that promote foods of minimal nutrition value.
- 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.
- Apply for recognition award through the Governor's Commission on Physical Fitness and Sports at www.msgcfitness.org/html/template.html.
- Complete an online success reporting form on the Office of Healthy Schools website at www.healthyschoolsms.org/ohs_main/success/.

Marketing resources can be downloaded at

www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm

Commitment to Implementation

Minimum requirements:

The Amory High School will:

- **Has developed a plan for implementation of the school wellness policy.**
- **Carol Rogers, Coordinator School Health, Shirley Moore, Teacher and Paula Wax, Vice Principal will insure that the school wellness policy is implemented as written.**
- **The School Health Council (SHC) 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. To be completed as part of the annual assessment and evaluation process performed by the health Council.**
- **The Health Council/Coordinator for School Health will prepare and submit a yearly report and/or presentation to the school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary.**

Optional policy statements:

- **The Health Council will utilize the monitoring instrument each year, developed by the Office of Healthy Schools, to conduct a self assessment that identifies strengths and**

weaknesses toward implementation of the minimum requirements. Monitoring instruments can be downloaded at www.healthyschoolsms.org/ohs_main/resources.htm.

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2010-2011 School year Health Council goals for Amory High School: These are a result of our Health Council Meetings held in September and October.

Conduct a faculty wellness health fair on site.

Fully implement the Hydration Policy.

Implement a student decision making, character, bully prevention, and drug education program 3-5 grades. Positive Action training program will be implemented. The physical education teacher (Mr. Hammond) will implement the program.