

District: West Point Consolidated School District
Section: J - Students
Policy Code: JG - School Wellness Policy

SCHOOL WELLNESS POLICY

Rational: The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

Goal: All students in the West Point Consolidated School District shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in the West Point Consolidated School District is encouraged to model healthful eating and physical activity as a valuable part of daily life. The school environment is safe, comfortable, pleasing, and allows ample time and space for eating meals. The use of food and/or physical activity used as a reward or punishment is discouraged.

To meet this goal, the West Point Consolidated School District adopts this school Wellness policy with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. This policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Commitment to Nutrition:

The West Point Consolidated School District shall:

- 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.
- Provide adequate time for students to eat and enjoy school meals (a minimum of 15-20 minutes at breakfast and 18-25 minutes at lunch)

- Encourage school staff and families to participate in school meal programs
- Operate all Child Nutrition Programs with school food service staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code EE-2E).
- Follow West Point Consolidated School District policy on competitive foods and extra food sales (West Point Consolidated School District, policy EEAD).
- Require all foods offered to students through sale, service, class or club parties to be purchased and delivered in a pre-sealed and labeled container. Container labels shall identify where and when the product was produced with expiration dates for the product. No home-prepared foods will be served to any WPCSD students. (This does not include lunches sent from home for personal student consumption).
- The district may, at the discretion of the Superintendent, establish no more than two (2) days during the school year that allow students to be served foods, through sale, service, class or club parties that do not adhere to the guidelines noted above. Prior written approval must be obtained from the office of the Superintendent for these events.

Commitment to Physical Activity

The West Point Consolidated School District shall:

- Provide physical education for all students (In accordance with Section 37-13-134, Mississippi Code of 1972, annotated, Mississippi Public Schools Accountability Standards).
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- Implement the current Mississippi Physical Education Framework.

Commitment to Comprehensive Health Education

The West Point Consolidated School District shall:

- Provide ½ Carnegie unit of comprehensive health education for graduation (Mississippi Public School Accountability Standards).
- Implement the current Mississippi Comprehensive Health Framework for grades 9-12 (2004 Mississippi Public School Accountability Standard 20, Appendix A).

Commitment to Marketing a Healthy School Environment

The West Point Consolidated School District shall:

- 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 surveys, 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).
- Eliminate advertising and other 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.

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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