

**Policy JG: School Wellness Policy**

**Status:** ADOPTED

**Original Adopted Date:** 08/05/2019 | **Last Revised Date:** 12/04/2024 | **Last Reviewed Date:** 04/14/2025

**Rationale:**

The link between learning, physical activity, and nutrition 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. 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 Itawamba County School District shall possess the knowledge and skills necessary to make healthy food and physical activity choices. All staff in the Itawamba County School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

In order to reach this goal, the Itawamba County School District adopts this wellness policy based on the Mississippi Department of Education's required Eight Component Model of Coordinated Health. The eight components include commitments to: nutrition; food-safe schools; physical activity/physical education; comprehensive health education; a safe and healthy school environment; quality health services; counseling, psychological and social services; and family and community involvement.

**Commitment to Nutrition:**

The Itawamba County School District will:

- Offer a school lunch program with menus that meet the meal patterns and nutrition standards established by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Offer school breakfast 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.
- Operate all Child Nutrition Programs with school food service staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code 2001)

- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code EEH)
- Establish school based 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.
- Encourage the use of healthy foods or non-food items as rewards for student accomplishment.
- Provide adequate time for students and staff to eat

#### **Commitment to Food Safe Schools:**

The Itawamba County School District will:

- Implement a food safety program based on HACCP principles for all school meals, as required by the U.S. Department of Agriculture and the Mississippi Department of Education, Office of Child Nutrition Programs and ensure that the food service permit is current for each school site.
- Educate staff and students on safe food handling at home and in school.
- Ensure that all staff have the opportunity to view the Powerpoint presentation developed by the Office of Healthy Schools to support food safety on the school campus.
- Ensure that school personnel will have access to an electronic copy of the Itawamba County School District Wellness Policy.
- Provide adequate access to handwashing facilities with necessary supplies
- 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 students

#### **Commitment to Physical Activity/Physical Education:**

The Itawamba County School District will:

- Provide physical education for all students (In accordance with MS Code Ann. 37-13-134, and, reference 2004 Mississippi Public Schools Accountability Standards 32, Appendix B and 33).
- Require fitness testing for 5th grade students
- Require fitness testing for high school students during the year they acquire the ½ Carnegie unit in physical education as required for graduation by the Mississippi Healthy Students Act (State Board of Education Policy 4012)
- Instruction will be based on current MS Framework for Physical Education
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369)
- Collaborate with local recreational departments and youth programs to promote participation in lifelong physical activities
- Encourage students to participate in before-and after- school physical activity programs such as sports and/or clubs
- Provide instruction in Cardiopulmonary Resuscitation (CPR) and use of Automated External Defibrillator (AED) for students in grades 9-12 in the school year they earn their ½ Carnegie unit for Physical education (House Bill 432)

## **Commitment to Comprehensive Health Education**

The Itawamba County School District will:

- Require ½ Carnegie unit comprehensive health education for graduation (2004 Mississippi Public School Accountability Standard 20, Appendix A)
- Instruction will be based on Mississippi Contemporary Health for grades 9-12
- Implement the requirements of MS Code 37-13-171 which requires the development of a sex relation education policy and instruction on medically accurate or evidenced based abstinence-only or abstinence-plus curricula.
- 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.
- Provide instruction in Cardiopulmonary Resuscitation (CPR) and use of Automated External Defibrillator (AED) for students in grades 9-12 in the school year they earn their ½ Carnegie unit for Physical education (House Bill 432)

## **Commitment to a Safe and Healthy School Environment:**

The Itawamba County School District will:

- Ensure that there are no padlocks or chains on exit doors; exits should never be obstructed (in accordance with Mississippi State Fire Code) and ensure that all exit signs are clearly visible.
- Ensure that all chemicals are properly stored (in accordance with the Material Safety Data Sheet [www.msdssearch.com](http://www.msdssearch.com))
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety ([www.cpsc.com](http://www.cpsc.com)); for federal guidelines for playground safety
- Ensure that fire extinguishers are inspected yearly and properly tagged
- Complete yearly maintenance of the heating and cooling system in each school; check coils, filters, belts, etc. in order to maintain safe operation and healthy air quality
- Conduct emergency drills as required
- Never use extension cords as a permanent source of electricity anywhere on a school campus
- Ensure that each school, or the district, has a policy and/or procedures addressing bullying

**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 that buses are operated 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](http://www.edi.msstate.edu))
- Provide air conditioning in all classrooms, Code Cod 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/healthyschoolenvironment/schoolsafety.htm>
- In accordance with State Board Policy EBB (1990), prohibit the possession of pistols, firearms or weapons by any person on school premises or at school functions. MS 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 district is authorized to modify the period of time for expulsion on a case-by-case basis.
- Prohibit students from possessing and/or using tobacco in any form or using e-cigarettes or other vaped devices designed to inject nicotine or other substances on any educational property.
- Prohibit the use of tobacco in any form on any educational property by adults, who, if in violation, will be subject to a fine and issued a citation by law enforcement officers in accordance with Criminal Code 97-32-29. Educational property is defined as any public school building or bus, campus, grounds, athletic field, or other property used or operated during a school-related activity.

**Commitment to Quality School Health Services**

The Itawamba County School District will:

- Ensure all school nurses are working under the guidelines of the Mississippi School Nurse Procedures and Standards of Care
- Provide for teachers and staff training regarding signs and symptoms of asthma as directed in SB 2393 (MS Code Sections 37-11-71 and 73-25-37)
- Ensure every child diagnosed with asthma has an action plan on file at the school
- Ensure district employees are trained with regard to the allergy/anaphylaxis policy and/or procedures

## **Commitment to Counseling, Psychological, and Social Services**

The Itawamba County School District will:

- Adhere to the details outlined in the Licensure Guidelines when hiring guidance counselors and psychologists.
- Abide by MS Code 37-9-79 with regard to student counseling and guidance servances.
- 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 prevention counseling

- Referrals to community agencies

- Educational consultations and collaborations with teachers, administrators, parents and community leaders

- Follow-up counseling services

- Education and career placement services

- Conflict resolution

- Other counseling duties or other duties as assigned by the school principal

- \* Professional school counselors must spend a minimum of eighty percent of their contractual time to the delivery of services to students as outlined by the American School Counselors Association

### **Commitment to Family and Community Involvement**

The Itawamba County School District will:

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

### **Commitment to Health Promotion for Staff**

The Itawamba County School District will:

- Encourage staff members to participate in faculty wellness programs
- Offer weight loss management programs, such as Weight Watchers at Work, when the minimum number of required participants are interested

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

The Itawamba County School District will:

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices in the school setting
- Work with local media and/or social media to inform stakeholders about the health problems facing Mississippi children, as well as the need for and benefits of healthy school environments.

### **Commitment to Implementation**

The Itawamba County School District will:

- Establish a plan for implementation of the wellness policy
- Establish and support a District Health Council (DHC) that addresses all aspects of a coordinated district, and school, health program including a wellness policy
- Conduct an annual review of the progress toward the District Wellness Plan and School Wellness Plans to identify areas of improvement
- Prepare and submit a yearly report to the school board regarding the progress toward implementation of the school wellness policy and recommendations for any revisions to the policy as necessary

**Person/s at each school designated to serve as District Policy members:**

**District Office Level:** Superintendent of Education

Curriculum/Parent Coordinator

ICSD Food Services Director

ICSD Assistant Superintendent

**Dorsey Attendance Center:** Counselor

School Nurse

Principal

**Fairview Attendance Center:** Teacher

School Nurse

Principal

**Itawamba Attendance Center:** Counselor

School Nurse

Elementary P.E.

Assistant Principal

**Itawamba Agricultural H.S.:** High School Counselor

Principal

**Mantachie Attendance Center:** Elementary Principal

School Nurse

**Tremont Attendance Center:** K-12 Guidance Counselor

Assistant Principal

**Community Involvement:** ICC Dental Hygienist Instructor

Review Updates: [08/05/2019, 12/02/2024][04/14/2025]

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