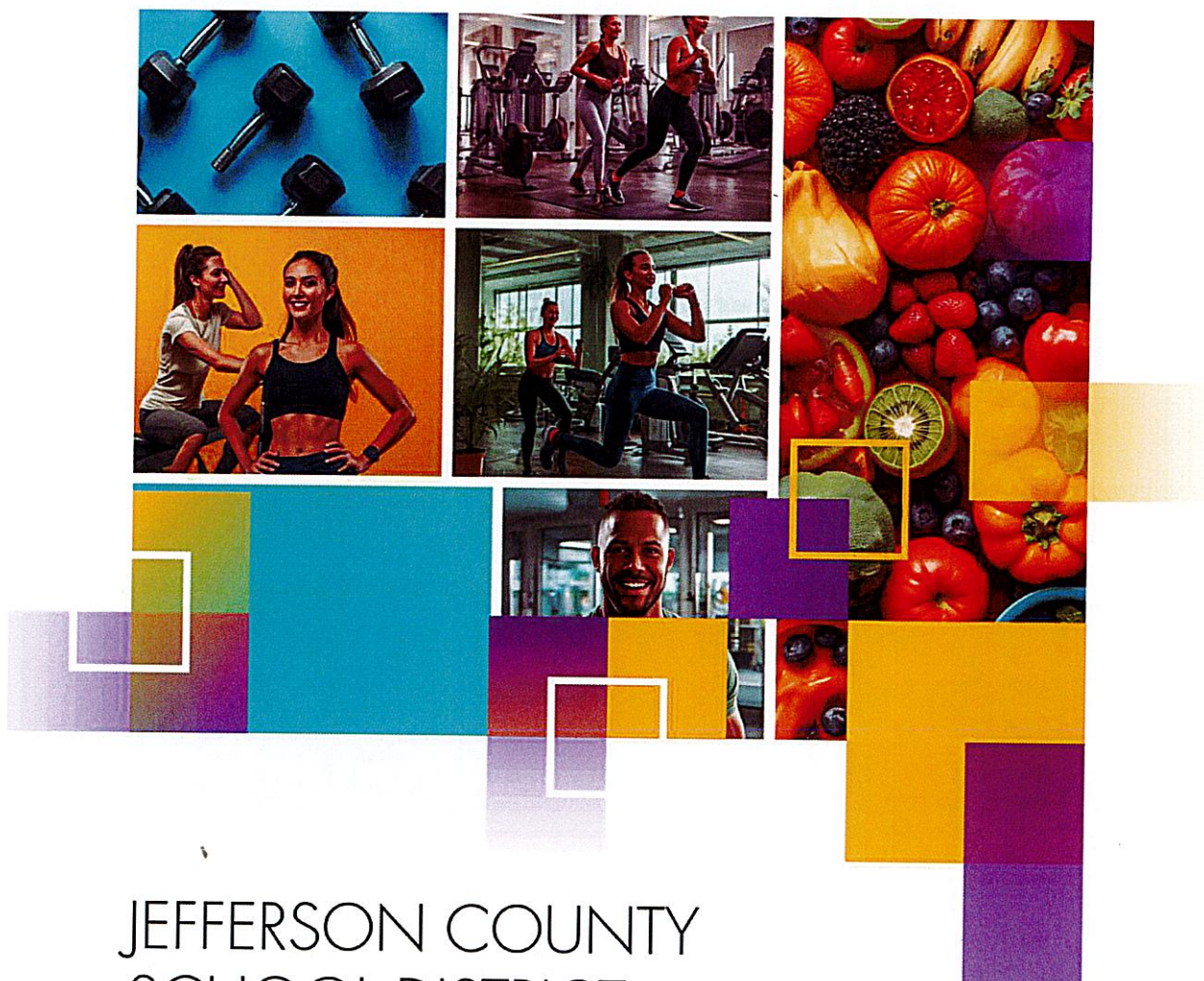
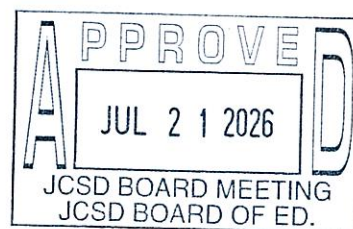




JEFFERSON COUNTY
SCHOOL DISTRICT

2026 - 2027
ANNUAL
WELLNESS PLAN



Office of Child Nutrition

Dr. Adrian Hammitte - Superintendent
Dr. Faye Brown - Director

School Wellness Statement

Jefferson County School District affirms its commitment to providing a healthy environment for students and staff. The board directs the superintendent to coordinate the components of the district's wellness policy. The wellness policy shall be developed with the involvement of the school health council. This wellness policy shall be reviewed and approved by the school board annually.

All students in Jefferson County School District shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members in Jefferson County School District are encouraged to model a lifestyle of healthy eating patterns and moderate physical activity as a valuable part of their daily lives.

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

The United States Department of Agriculture (USDA) requires that the district must assess the wellness policy at least once every three years on the extent to which schools are in compliance with the district policy, the extent to which the local wellness policy compares to model local school wellness policies, and the progress made in attaining the goals of the local wellness policy. The district must make this assessment available to the public.

Specifically, the federal legislation requires:

- 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 no 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.

Nutrition Environment and Services

Minimum requirements:

Jefferson 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 (USDA) 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 USDA and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Promote participation in school meal programs for families and staff.
- Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards ([Mississippi Board of Education Policy Code 17.1](#)).
- Follow State Board of Education policies on competitive foods and extra food sales ([Mississippi Board of Education Policy Code 17.2](#)).
- Include goals for nutrition promotion, nutrition education, physical activity, and other school-based activities to promote student wellness.
- Implement Nutrition Standards as adopted by the State Board of Education in accordance with the Mississippi Healthy Students Act ([State Board of Education Policy Rule 38.11](#)),
 - Healthy food and beverage choices;
 - Healthy food preparation;
 - Marketing of healthy food choices to students, staff and parents;
 - Food preparation ingredients and products;
 - Minimum/maximum time allotted for students and staff lunch and breakfast;
 - Availability of food items during the lunch and breakfast periods of the Child Nutrition Breakfast and Lunch Programs;
 - Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs.
 - Reduce the amount of fried foods served to students and staff
- Establish guidelines in accordance with USDA Smart Snacks in Schools for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity. (see Tools That Work – Your Guide to Success for Building a Healthy School Toolkit that is found on the [Office of Healthy Schools website](#))
- Establish guidelines in accordance with USDA Smart Snacks in Schools for the sale of food items for fundraising.
- Use Smart Snacks Resources to educate the school community about the importance of offering healthy snacks for students and staff members.
 - Smart Snacks Product Calculator: The Alliance for a Healthier Generation Smart Snacks Product Calculator is an effective online instrument that has been determined by the USDA, Food and Nutrition Service to be accurate in assessing product compliance with the federal requirements for Smart Snacks in Schools. The calculator can be used for food and beverage products.

Food Safe Schools

Respectfully Submitted By: Dr. Faye Brown on July 21, 2026

- Implement a food safety program based on HACCP principles for all school meals, as required by the USDA and the Mississippi Department of Education, Office of Child Nutrition Programs, and ensure that the food service permit is current for the school sites.
- 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 schools.
- Ensure that all staff have received instructions to support food safety on the school campus. Food Safety resources have been developed by the Office of Child Nutrition to assist with the training of school staff members. These resources, which include a training PowerPoint presentation, Food Safety Post Test, and Food Safety Post Test Answer Key, can be found on the Office of Healthy Schools website.
- 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 that includes food safety policies and procedures and provides for relevant professional development.
- Adequate access to hand-washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.
- The food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances.

Physical Education/Physical Activity

Minimum requirements:

Jefferson County School District will:

- Provide 150 minutes per week of activity-based instruction for all students in grades K-8 (in accordance with Section 37-13-134, Mississippi Code of 1972; Mississippi Public Schools Accountability Standard; [State Board of Education Policy Rule 38.12](#)).
- 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 Rule 38.12](#)).
- Require fitness testing for all 5th grade students ([State Board of Education Policy Rule 38.12](#)).
- 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 Rule 38.12](#)).
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student-centered and taught in a positive environment.
- Instruction must be based on the Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007. Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.
- 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 or health Education. MS Code 37-13-134.

Respectfully Submitted By: Dr. Faye Brown on July 21, 2026

- Address concussions by adopting and implementing a policy for students in grades 7-12 who participate in activities sanctioned by the Mississippi High School Activities Association (MHSAA). This policy will include a concussion recognition course that has been endorsed by the Mississippi Department of Health. This course will provide information on the nature and risk of concussions for students participating in athletics. Also included in the policy, parents/guardians will be provided with a concussion policy before the start of the regular school athletic season.

Links to resources to aid policy development and Office of Healthy Schools website

- <https://www.cdc.gov/headsup/highschoolsports/index.html>
- <https://www.misshsaa.com/sports-medicine/>
- <https://www.mdek12.org/OHS>

Health Education

Minimum requirements:

Jefferson County School District will:

- Provide ½ Carnegie unit of health education for graduation (Mississippi Public School Accountability Standards ([State Board of Education Policy Rule 38.12](#))).
- Instruction must be based on the Mississippi Contemporary Health for grades 9-12 (Mississippi Public School Accountability Standards).
- 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.
- Instruction must be based on the Mississippi Contemporary Health for grades K-8.
- Implement the requirements of **MS Code 37-13-171**, which requires the development of a sex related education policy and instruction on medically accurate or evidenced based abstinence-only or abstinence-plus curricula. 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 health education or physical education. **MS Code 37-13-134.**

Physical Environment

Minimum requirements:

Jefferson County School District 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).
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety (www.cpsc.gov) for federal guidelines for playground safety.
- Ensure that fire extinguishers are inspected each year and properly tagged.

Respectfully Submitted By: Dr. Faye Brown on July 21, 2026

- Complete yearly maintenance of the heating and cooling system in your school; check coils, filters, belts, etc. to maintain safe operation and healthy air quality.
- Conduct at least one emergency evacuation drill per month.
- Every school will have an anti-bullying policy that outlines procedures for dealing with bullying situations in the school.
- 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.
- 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 Rule 81.3 and Rule 81.4, and Accreditation Standard 29).
 - Inspect all buses on a quarterly basis and ensure that they are well maintained and clean.
 - Require that all bus drivers have a valid bus driver certificate and a commercial driver's license and operate 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 Rule 81.3)
 - 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 Rule 81.4)
- 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 30:
 - 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)
 - Provide air conditioning in all classrooms, Code §37-17-6(2).
- 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 31); see the School Safety Manual and the MDE School Occupational Safety and Crisis Response Plan
 - State Board Policy prohibits the possession of pistols, firearms, or weapons by any person on school premises or at school functions. Code §37-11-18 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. Code §97-32-29* 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.

Health Services

Minimum requirements:

Jefferson County School District will:

- Ensure all school nurses are working under the guidelines of the Mississippi School Nurse Procedures and Standards of Care.
- Provide teachers and staff training regarding signs and symptoms of asthma. (MS Code Sections 37-11-71 and 73-25-37)
- Require that each child with asthma have a current school asthma plan (SAP) on file at the child's school for use by the school nurse, teachers and staff.
- Know the district's anaphylaxis medication policy and provide training by a healthcare professional, preferably a school nurse, for the individuals that will be responsible for implementing the policy at the school site. (MS Code Sections 37-11-71 and 73-25-37)

Counseling, Psychological and Social Services/Social and Emotional Climate

Minimum requirements:

Jefferson County School District will:

- Provide all licensed teachers and principals with in-service suicide prevention training as directed by MS Code 37-3-101.
- Adhere to the details outlined in the Licensure Guidelines (436 or 451) when hiring guidance counselors and psychologists. The state does not have a policy specifically outlining the requirements for a school social worker. For licensure as a social worker in the state of Mississippi, a candidate must provide verification of a baccalaureate degree in social work from a college or university accredited by the Council on Social Work Education (CSWE) or Southern Association of Colleges and Schools (SACS) and successfully completes the ASWB basic exam (swmft.ms.gov).
- Abide by Mississippi Code **37-9-79** as the school provides counseling and guidance for students.
- 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. **MS Code 37-9-79**
- Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics. **MS Code 37-9-79**
- Ensure that all school guidance counselors provide comprehensive counseling services, as required by MS Code 37-9-79:
 - Academic and personal/social counseling.
 - Use multiple student data sources to help students make informed academic and career choices.
 - 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.
- Professional school counselors must spend a minimum of eighty percent (80%) of their contractual time to the delivery of services to students as outlined by the American School Counselor Association

Family Engagement and Community Involvement

Minimum requirements:

Jefferson County School District will:

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

Employee Wellness

Jefferson County School District will:

- Ensure that all staff are aware of the Mississippi State and School Employees' Health Insurance Plan that has been enhanced to include My Active Health, a wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit (<http://www.MyActiveHealth.com/Mississippi>)
- 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.
- 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.
- Follow SmartSnack guidelines and state law in vending machines in teacher's lounges.

Marketing a Healthy School Environment

Jefferson County School District will:

- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
- Use traditional marketing materials such as posters, flyers, T-shirts, wrist bands, buttons, etc. to promote health messages to students and families.
- 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 or promoting unhealthy food choices on the school campus.
- Prepare media releases that share successes to local newspapers and/or social media.

Implementation

Minimum requirements:

Jefferson County School District will:

- Establish a plan for implementation of the school wellness policy.
- Designate one or more people to ensure that the school wellness policy is implemented as written.
- Establish and support a School Health Council (SHC) that 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.
- 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.

This institution is an equal opportunity provider.

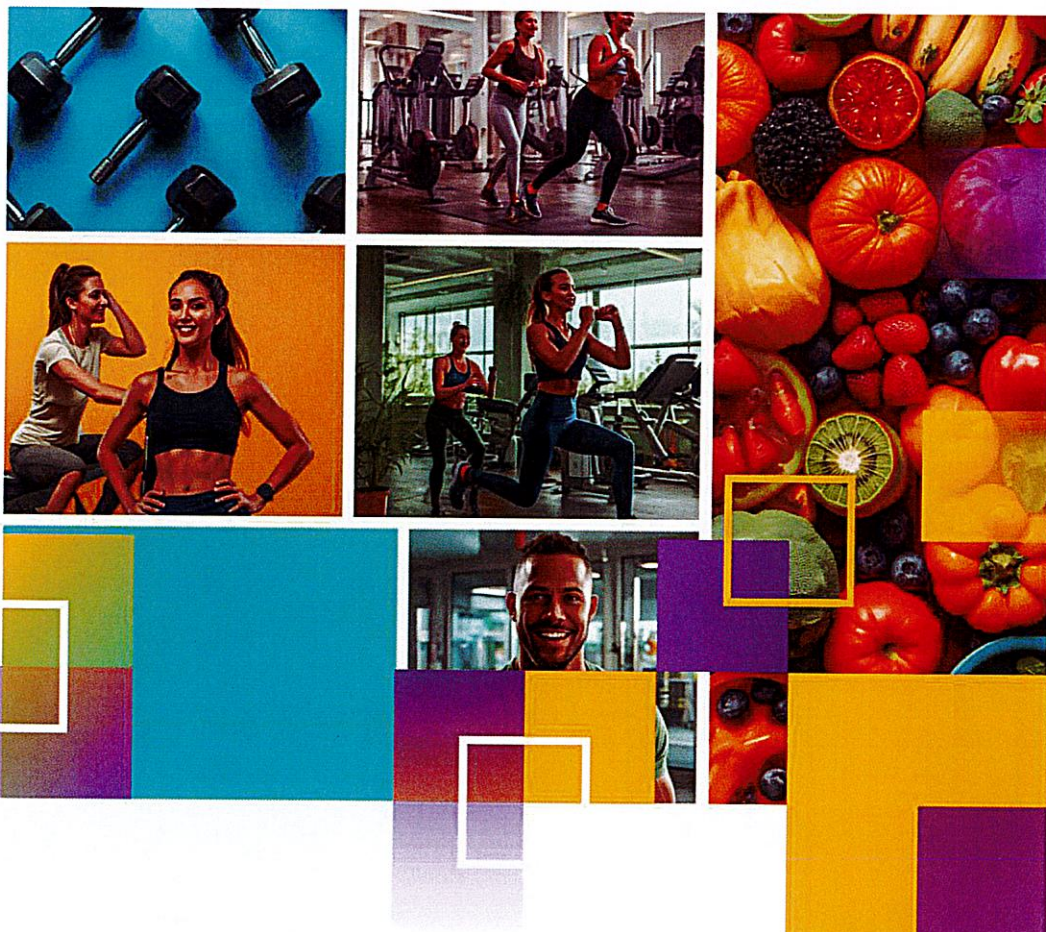
To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD) or visit ascr.usda.gov. USDA is an equal opportunity provider and employer.

Legal Reference: 7 CFR, USDA, and the Mississippi Department of Education Accountability Standards

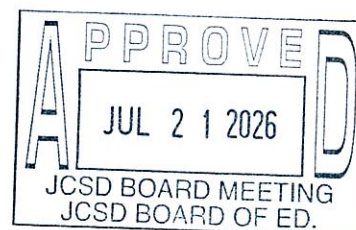
Respectfully Submitted By: Dr. Faye Brown on July 21, 2026

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7.6



JEFFERSON COUNTY
SCHOOL DISTRICT
2026 - 2027
ANNUAL
WELLNESS POLICY



Office of Child Nutrition

Dr. Adrian Hammitte - Superintendent

Dr. Faye Brown - Director

Exhibit: Student Wellness Plan (updated July 21, 2026)

In order to measure implementation of the local wellness policy, the Jefferson County School District Office has asked that each school form a Local School Wellness Committee.

1. The local committees will meet at least three times each school year.
2. The local committees will be comprised of local healthcare representatives as well as other teachers/administrators/coaches in the Jefferson County School District and/or a health and/or physical education instructor.
3. The committee shall have a minimum of 3-4 members.
4. The committee is charged with the responsibility of looking at wellness issues that impact the students and staff at the school, as well as ensuring that district wellness policies are followed.
5. Agendas from the local meetings and sign-in sheets are to be forwarded to the Director of Child Nutrition at the District Office.

Approved/Revised ____/____/2026
Date:

Respectfully Submitted By: Dr. Faye Brown on July 21, 2026