

Descriptor Term: SCHOOL WELLNESS PLAN	Descriptor Code: EEB	Board Approved: 6/20/2006
	Rescinds: NEW	Previously Approved:

The Board of Trustees of the Gulfport School District recognizes that a well-planned and effectively implemented school nutrition and fitness program has been shown to enhance student' overall health, as well as their behaviors and academic achievement.

The Board directs the Superintendent to develop and implement a School Wellness Plan in accordance with the Federal directives, Mississippi Department of Child Nutrition, Mississippi Board of Education and Womens', Infant, Children (WIC) Reauthorization Act 2004 (PL #108-265). The Superintendent will appoint a District Health Council to develop the School Wellness Plan and provide recommendations to the Superintendent.

The Superintendent will request a yearly review of the Wellness Plan by the District Health Council. The Plan will be presented to the Board for annual approval.

Gulfport School District Local School Wellness Plan

Goal:

All students in the Gulfport School District will possess the knowledge and skills to make necessary choices of nutritious foods and enjoyable physical activities for a lifetime. All sites (Anniston Avenue Elementary, Bayou View Elementary, Bayou View Middle, Central Elementary, West Elementary, Gulfport Central Middle, Gaston Point Elementary, Gulfport High, and Pass Road Elementary) and staff members in the Gulfport School District are encouraged to model healthy eating and physical activity as a valuable part of daily life.

To meet this goal, the Gulfport School District adopts this School Wellness Plan with the following commitments to nutrition, physical activity, comprehensive health education, marketing and implementation. This plan 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.

I. Commitment to Nutrition

The Gulfport School District will:

- A. 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; (Appendix A: Mississippi Cycles)*
- B. school breakfast and snack programs with menus that meet meal patterns and nutrition standards established by the U.S. Department of Agriculture and Mississippi Department of Education, Office of Child Nutrition;*
- C. encourage school staff and families to participate in school meal programs. Teachers and staff should be encouraged to model healthy eating and behaviors; use such venues as PTA/PTO, district and school websites, Weight Watchers, etc. as means of communication;*
- D. 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, Office of Child Nutrition)*

- E. *establish food safety as a key component of **all school food operations** and ensure all food service permits are current for the school Food Service site; (District-wide Hazard Analysis Critical Control Point Policy to be developed in 2006/2007)*
- F. *follow the State Board of Education policies on competitive foods and extra sales; (Mississippi Board of Education, Office of Child Nutrition Policy, EEH)*
1. *the number of extra sale items allowed, excluding beverage purchases of milk, juice and/or water, are limited to the following:*
 1. *Elementary Schools – 1 extra sale item other than a beverage*
 2. *Middle Schools – 1 extra sale item other than a beverage*
 3. *High School – 2 extra sale items other than a beverage*
 2. *schools may sell extra items in individual packages not to exceed 200 calories*
 3. *schools may sell extra items in portions not to exceed the menu portion size*
- G. *establish guidelines in accordance to 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.*
1. *schools will use marketing, pricing and nutrition education strategies to encourage healthy extra sales selections*
- H. *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.*
- I. **Offer school meals that not only provide the optimal nutrition that students need for growth, development, and academic achievement but also support the development of healthful eating behaviors in students, including learning to eat a variety of foods;**

- J. Encourage students to make food choices based on the 2005, or current Dietary Guidelines, by emphasizing menu options that feature baked foods, whole grains, fresh fruits and vegetables and skim or reduced-fat dairy products;
 - 1. provide information on calories, percentage of fat and serving size of school meal items to help children select appropriate portions of food;
 - 2. offer whole-grain foods in all grade levels when possible;
- K. provide adequate time for students to enjoy school meals (at a minimum of 15-20 minutes for breakfast and 18-25 minutes for lunch);
- L. make water accessible to students throughout the school day;
 - 1. ensure that drinking fountains are operable, clean and convenient for students to access throughout the school day at locations both outdoors and indoors as active children need easy access to drinking water;
 - 2. develop guidelines to allow students to have bottled water in the classroom because good hydration is essential for optimal physical and academic performance;
- M. encourage nutritious and appealing options (such as fruits, vegetables, nuts, trail mix, and water) whenever foods/beverages are sold or otherwise offered at school, including vending machines, school stores, concessions, academic events, parties, celebrations, social events and other school functions; (See Appendix A for Guidelines and Options)
 - 1. encourage students to learn to make healthy lifestyle choices not only in the classroom and the school dining room, but also at class parties, sports events – wherever they are throughout the school day;
 - 2. encourage parents to provide nutritious alternatives for special functions and communicate via websites, Lunch Liner, handbooks for K-8, teacher handbooks, etc.
- N. **utilize non-food rewards** for student accomplishment and incentives and eliminate the withholding of food for punishment (e.g., behavior problems); (See Appendix B Research non Foods that Affect Behavior & Non-food Reward Ideas)

- O. provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home; (See Appendix D Website, American Dietetic Association, American School Nutrition Association Books, etc.)
 - 1. post nutrition information wherever foods and beverages are served or sold in the school, when available;
 - 2. promote healthy eating to students, parents and teachers, including "nutrition tips" in school newsletters and on websites;
- P. research and develop a Health and Wellness related website for implementation school year 2007-2008;
 - 1. develop nutritional links for fitness, health and wellness "Tip of the Week/Month," utilizing the existing Gulfport School District web page;
 - 2. add "Tip of the Week" to Superintendent's Weekly Notes and other mass handouts or mailings;

II. Commitment to Food Safe Schools

The Gulfport School District will:

- A. *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;*
- B. *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;*
- C. *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;*

- D. *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;*
- E. *adequate access to hand washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food;*
- F. *the food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances;*

III. Commitment to Physical Activity

The Gulfport School District will:

- A. *provide physical education for all students (in accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference 2004 Mississippi Public Schools Accountability Standards 32, Appendix B and 33);*
- B. *offer a planned sequential program of physical education instruction incorporating individual and group activities, that are student centered and taught in a positive environment;*
- C. *implement the 2006 Mississippi Physical Education Framework minimum requirement of ½ credit Comprehensive Health in grades 9-12;*
- D. *instruction must be based on the 2006 Mississippi Physical Education Framework;*
- E. *require fitness testing for high school students; during the year they acquire the ½ Carnegie unit in physical education as required by the Mississippi Healthy Students Act (State Board of Education Policy 4012);*
- F. *graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education;*

- G. *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);*
- H. *Require fitness testing for all 5th grade students;*
- I. *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);*
- J. *implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369);*
- K. *require Physical Education teachers to develop and adopt a district-wide, uniform fitness test that incorporates measuring and recording Body Mass Index (grades K-6) and Body Fat percentage (grades 7-12);*
- L. *administer the uniform, district-wide fitness test to students twice a year;*
- M. *provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times;*
- N. *promote physical activity opportunities (like walking clubs or fitness challenge) for staff and/or parents;*
- O. *encourage active transportation to/from schools by assessing the safest routes for students to walk or bike to school and by installing bike racks at school buildings;*
- P. *collaborate with local recreational departments and youth programs to promote participation in lifelong physical activities;*
- Q. *eliminate the use of withholding physical education and recess for punishment;*
- R. *promote 3-5 minute physical activity sessions K-5 classrooms to teach subject areas and to make transitions between different lessons; (e.g., Take Ten!, Mind and Body, etc.) (See attached resource)*

- S. promote wider opportunities for students to voluntarily participate in before and after school physical activity programs like intramurals, clubs, and at the secondary level, interscholastic athletics;

IV. Commitment to Comprehensive Health Education

The Gulfport School District will:

- A. offer comprehensive health education in grades K-8; (2006 Mississippi Comprehensive Health Framework)
- B. *implement the 2006 Mississippi Comprehensive Health Framework for grades 9-12; (2004 Mississippi Public School Accountability Standard 20, Appendix A)*
- C. *provide ½ Carnegie unit of comprehensive health education for graduation; (2004 Mississippi Public School Accountability Standard 20, Appendix A)*
- D. *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;*
- E. *graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education;*
- F. implement the nutrition strand of 2006 Mississippi Comprehensive Health Framework;
- G. emphasize the disease and prevention strand in the 2006 Mississippi Comprehensive Health Framework;
- H. encourage participation in USDA nutrition programs such as *Team Nutrition Schools and the Healthier US School Challenge*. The schools will conduct nutrition education activities and promotions that involve students, parents, and the community. The school teams responsible for planning activities will include teachers, child nutrition staff, school nurses, health and PE teachers, coaches, and additional staff, as appropriate;

V. Commitment to a Healthy School Environment

The Gulfport School District will:

- A. *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;*
- B. *ensure that all chemicals are stored properly (in accordance with the Material Safety Data Sheet www.msdssearch.com);*
- C. *refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety (www.cpsc.com); for federal guidelines for playground safety;*
- D. *ensure that fire extinguishers are inspected each year and properly tagged;*
- E. *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;*
- F. *conduct at least one emergency evacuation drill per month;*
- G. *ensure that two means of egress are available in each classroom in case of emergency; if there is only one door, designate a window (properly sized) as a means of egress;*
- H. *never use extension cords as a permanent source of electricity anywhere on a school campus;*
- I. *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, 7909; and Accreditation Standard #35);*
 1. *inspect all buses on a quarterly basis and ensure that they are well maintained and clean;*

2. *require that all bus drivers have a valid bus driver certification 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)*
 3. *ensure arrival of all buses at their designated school sites prior to the start of the instructional day;*
 4. *conduct bus evacuation drills at least two times each year; (SN Policy 7904)*
- J. *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);*
1. *provide facilities that are clean;*
 2. *provide facilities that are safe;*
 3. *provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions;*
 4. *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);*
 5. *provide air conditioning in all classrooms, Code §37-17-6(2) (2000);*
- K. *comply with the requirements for Safe and Healthy Schools:*
1. *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;*
 2. *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.

- L. *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;*

VI. Commitment to Quality Health Services

The Gulfport School District will:

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

VII. Commitment to Providing Counseling, Psychological and Social Services

The Gulfport School District will:

- A. *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;*
- B. *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);*

- C. *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;*
- D. *hire school counselors who agree to abide by the American School Counselor Association Code of Ethics;*
- E. *ensure that all school guidance counselors provide comprehensive counseling services such as:*
 - 1. *academic and personal/social counseling*
 - 2. *student assessment and assessment counseling*
 - 3. *career and educational counseling*
 - 4. *individual and group counseling*
 - 5. *crisis intervention and preventive counseling*
 - 6. *referrals to community agencies*
 - 7. *educational consultations and collaborations with teachers, administrators, parents and community leaders*
 - 8. *education and career placement services*
 - 9. *follow-up counseling services*
 - 10. *conflict resolution*
 - 11. *other counseling duties as assigned by the school principal*

VIII. Commitment to Family and Community Involvement

The Gulfport School District will:

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

IX. Commitment to Marketing a Healthy School Environment

The Gulfport School District will:

- A. provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting and by having all school personnel help reinforce these positive messages; (e.g. Milk Mustache, Bones & Teeth, websites, meetings, Health Council, flyers, etc.)
- B. involve students in planning for a healthy school environment by asking for input and feedback through the use of student surveys, giving consideration for their comments;
- C. 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)
- D. work with local media (e.g. 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;

X. Commitment to Implementation

The Gulfport School District will:

- A. establish a district-wide School Health Council by November 1, 2006;
- B. *establish a Health Committee at each school site by November 1, 2006;*
- C. *establish a plan for implementation of the school wellness plan by July 1, 2006;*
 - 1. the principal of each site has the ultimate responsibility for ensuring the Wellness Plan is implemented and reviewed (updated December 2006)
- D. *designate one or more persons to insure that the school wellness policy is implemented as written; (See Commitment to Implementation IV-E) (See next page)*
 - 1. the principal may delegate responsibility of implantation to a site chairman.

- E. *Conduct a review of the progress toward school wellness policy goals each year to identify areas for improvement;*
- F. fully implement the Wellness Plan by the 2006-2007 school year;
 - 1. at each school site, develop an action plan prepared in collaboration with the local District Health Council to assist in the implementation of the plan;
 - 2. identify action steps within the plan that are needed to fully implement the plan by school year 2006-2007, including a review and appropriate modification of existing physical education and health curricula;
 - 3. incorporate the Wellness action plan(s) into the school site's School Improvement/Plan;
 - 4. submit completed school site Action Plans to the District Health Council annually;
 - 5. beginning July 15, 2007, in collaboration with the local District Health Council, prepare an annual report that includes the minutes of physical education and physical activity received by students in each school within the district;
 - 6. complete the annual report and retain the report on file for a period of 12 months, and provide the report upon request to the Mississippi Department of Education.

XI. Procedural Recommendations

- A. explore making Physical Education a requirement for grades 7-12;
- B. explore phasing in a required minimum of two semesters of physical education for graduation (2006 Mississippi Physical Education Framework) by the end of the 2006-2007 school year. (See attached)

Commitment to Implementation

The Wellness Plan shall be fully implemented by 2006-2007 school year.

- a. Each school (Anniston Avenue Elementary, Bayou View Elementary, Bayou View Middle, Central Elementary, West Elementary, Gulfport Central Middle, Gaston Point Elementary, Gulfport High, and Pass Road Elementary) shall develop an action plan prepared in collaboration with the local School District Wellness Committee to assist in the implementation of the plan. This action plan shall identify steps that need to be taken to fully implement the policy by school year 2006/2007 and shall include a review and appropriate modification of existing physical education and health curricula. The Wellness council site chairman shall be responsible for their site implementation and review. *check list*
- b. Action plans shall be complete and submitted to the Wellness Committee by May 1 (annually).
- c. Beginning July 15, 2007, each local school district in collaboration with the local Wellness Committee shall prepare a report annually, which will include the minutes of physical education and physical activity received by students in each school within the district.
- d. The report shall be completed by July 15, 2007, and remain on the file for a period of 12 months to be provided upon request of the Mississippi Department of Publication Instruction. ✓