

Tupelo High School Wellness Council 2015-2016

Table of Contents

Mission Statements for School and Staff
THS Wellness Council Members
Health Education
Nutrition Education
Physical Activity/Physical Education
Commitment to Nutrition
Commitment to Food Safe Schools
Commitment to a Healthy School Environment
Commitment to Quality Health Services
Commitment to Providing Counseling, Psychological and Social Services
Commitment to Implementing a Quality Staff Wellness Program
Commitment to Marketing a Healthy School Environment
Commitment to Implementation
Strategic Planning/Annual Review
School Based Activities 2015-2016
Implementation of New Mississippi Laws:

THS Implementation Plan for Mississippi Youth Concussion Law -House Bill #48

THS Implementation Plan for– MS Asthma and Anaphylaxis Child Safety Act- Senate Bill #2218

Implementation – CPR/AED required to be taught as an instructional component for Physical Education for 2015/2016

* An amendment to HB 432 is to be introduced at the beginning of the 2015 Legislative session to begin the implementation of HB 432 with the 2014/15 9th grade class which will allow ninth graders four years to receive the ½ Carnegie unit to graduate. (This information is from the Office of Legislation and Communication Senior Policy Advisor, Pete Smith.)

Tupelo High School Wellness Council Members

Principal Jason Harris

Teachers Yolanda Topp

Counselor Joni Nolan

Teresa Ware

School Nurse Leslie Backstrom RN

Beverly Brister (SPED)

PE Teacher Patty Norwood

Holly Gray (Media)

Food Service Manager Nikki Bilger

School Health Council Coordinator Natasha Richey

PTO representative / Leslie Nabors

Student Rep Madison Hendrix 12th

Non-Profit Health Rep Jima Alexander (Parkgate Pregnancy Center)

SRO – Officer Franklin

Faith Based Organization/ Rep Clergy - Pat Head

Tupelo High School Wellness Mission Statement

Tupelo High School recognizes the relationship between academic success and student health and will make the commitment to help create an environment that will support opportunities in the areas of health and fitness for students to be ready to succeed and foster a lifelong commitment to wellness.

Health Education

- Students are required to complete ½ Carnegie Unit of comprehensive health education for graduation.
- Several elective courses are available for students that emphasize health and/or healthy life styles. These include Safety Education, Allied Health, Child Development, Psychology, Personal Development and Family Dynamics.
- THS students receive CPR AED training through Health class and training provided through the Tupelo Jr. Auxiliary and Weston Reed Foundation (This has been incorporated in the Health Education classes for the last seven years.)

Nutrition Education

- Students will be encouraged to start each day with a healthy breakfast.
- Nutrition education may be integrated into other areas of the curriculum such as science, social studies and language arts.
- Nutrition and Wellness is offered as an elective course for students.
- Information on healthy eating and wellness is posted in prominent areas in the cafeteria lines and dining area.

Physical Activity/Physical Education

- Students are required to complete a ½ Carnegie unit in PE to meet graduation requirements.
- Tupelo High School offers traditional and nontraditional courses to acquire the PE credit including PE, Weight Lifting, Show Choir, Band and Junior Varsity/Varsity Athletics.
- Implementation – CPR/AED required to be taught as an instructional component for Physical Education for 2014/2015
 - An amendment to **HB 432** is to be introduced at the beginning of the 2015 Legislative session to begin the implementation of HB 432 with the 2014/15 9th grade class which will allow ninth graders four years to receive the ½ Carnegie unit to graduate. (The above information is from the Office of Legislation and Communication Senior Policy Advisor, Pete Smith.)
 - American Heart Association Heartsaver CPR/AED in Schools course has been taught through Health classes for the last 7 years per Tupelo Jr. Auxiliary.
- Tupelo High School students are assessed through the PE classes in a variety of health-related physical fitness tests.

Commitment to Nutrition

- THS offers 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.
- THS offers school breakfast and snack programs 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.
- THS promotes participation in school meal programs to families and staff through the following: menu schools announce daily menus, newspaper publishes menus weekly, and the TPSD website has all menus for all grades
- THS operates 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).
- THS follows State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code EEH).
- THS utilizes 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.
- **TPSD/THS meets and exceeds the nutrition standards of the Mississippi Healthy Students Act.**
 - >TPSD/THS markets healthy food choices to students and staff through the use of the following resources: posters, manager training through MDE Child Nutrition Office, and various other materials provided by USDA.
 - >TPSD/THS participates in the MDE state purchasing program for all food products, which requires all products to be trans- fat free or as low as possible. TPSD offers whole grain products in the form of pizza, rolls, sliced bread, biscuits, and pastas.
 - >TPSD/THS meets/exceed the standard of a minimum of 24 minutes for lunch meals and 10 minutes for breakfast.
 - >TPSD/THS also offers 'Grab and Go' breakfast to all students who arrive close to school start time.
 - >TPSD/THS has a board policy EFE on competitive food sales; TPSD has a board policy EFD-E on extra food sales during the school day.

Commitment to Food Safe Schools

- TPSD/THS utilizes 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. It ensures that the food service permit is current for the school site.
- TPSD/THS has established a food safety assurance procedure for all foods offered to students through sell or service and through school events or parties. (refer to 'Health Safety Notice')

Health Safety Notice

This is a notice to inform our students, staff and parents about some very important information regarding foods being brought into the school for parties. We encourage healthy choices, such as vegetable and fruit trays. All potentially hazardous foods must be purchased from vendors who have a current food permit and have a current inspection posted from the County Department of Health.

Potentially hazardous foods are any items that contain the following: boiled eggs, mayonnaise, milk products, rice, turkey, any other meats, cornbread dressing, homemade casseroles, baked potatoes, and homemade dips. Desserts are not potentially hazardous and may be served with the exception of homemade puddings and any other desserts with uncooked eggs.

TPSD/THS offers hand sanitizers in all classrooms and cafeterias.

The TPSD/THS food safety assurance plan addresses strategies that minimize risks for students and staff who have food allergies and intolerances through the following:

- *peanut free tables offered to those schools who need them*
- *food allergy action plans sent home to be completed per parent and physician*
- *school nurse notifies cafeteria manager of all student food allergies, and that information is entered on their meal account record as an alert for cashiers as they review student meals*
- *plain milk is offered with sweet acidophilus added for those students who are lactose intolerance*
- *water is available at all meals*

Commitment to a Healthy School Environment

- Ensure that there are no padlocks 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. *MET, TPSD locksmith is on staff; monthly safety checks are conducted in each building.*
- TPSD/THS provides MSDS sheets to all administrators and custodians. Each cafeteria has MSDS sheets on all kitchen chemicals. Monthly safety checks are conducted in each building to verify proper storage of all chemicals.
- TPSD/THS verifies that all purchases of playground equipments are approved by the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety.
- TPSD/THS requires that all fire extinguishers be inspected each year and properly tagged. TPSD cafeteria vent hoods are inspected semi annually and properly tagged.
- TPSD/THS requires pest control service to be completed after school hours.
- TPSD/THS limits the use of hazardous substances such as, but not limited to, chemical cleaning products and pesticides in and around school buildings during the hours that children are present.
- TPSD/THS completes yearly maintenance of the heating and cooling system in each school through the following: coils, filters, belts, etc. are checked in order to maintain safe operation and healthy air quality.

- THS has a safety plan for monthly emergency evacuation drills at each school. Impromptu drills are conducted by the Tupelo City Fire Department.
 - TPSD/THS performs annual checks to ensure that two means of egress are available in each classroom in case of an emergency.
 - *TPSD/THS conducts monthly safety checks to ensure that extension cords are not used as a permanent source of electricity anywhere on a school campus.*
 - THS conducts monthly building inspections to ensure that buildings are clean.
 - THS completes monthly safety checks of all facilities to ensure they are safe.
 - THS exhibits 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). *MET, TPSD Building/Construction Director ensures compliance*
 - TPSD/THS provides air conditioning in all classrooms, Code §37-17-6(2).
 - TPSD/THS maintains a comprehensive school safety plan that has been approved annually by the school board.
 - TPSD/THS enforces State Board Policy EBB (1990), which prohibits the possession of pistols, firearms, or weapons by any person on school premises or at school functions. TPSD prohibits all persons from possessing any tobacco products on any educational property at any time.
-

Commitment to Quality Health Services

- TPSD ensures all TPSD school nurses are working under the guidelines of the *Mississippi School Nurse Procedures and Standards of Care*. TPSD school nurses meet the guidelines through the following:
 - Work with students, parents, and local healthcare providers to effectively manage and treat chronic diseases
 - Promote healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events)
 - Collaborate with other school staff to provide health services as part of a Coordinated School Health Program
 - Collaborate with other community healthcare resources to aid in health care and preventative services that help students have a more productive learning experience, for example: CATCH Kids, Good Samaritan Clinic, Kool Smiles Dentistry, Lee County Health Dept.(WIC, First Steps Early Prevention, Children’s Medical Program, Healthy Start Pregnancy Center) to list a few
 - Conduct health screenings such as vision, hearing for all students and scoliosis screenings for age appropriate

This is not an exhaustive listing of all school nurse responsibilities; see Mississippi State

Department of Education Office of Healthy Schools for job description

Commitment to Providing Counseling, Psychological and Social Services

- THS adheres 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.
- THS provides 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). *TPSD exceeds the minimum requirements and provides full time counselors at THS. TPSD provides the services of social workers, nurses, psychologists, and psychometrists which are available to all schools.*
- THS hires 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.
- THS hires school counselors who agree to abide by the American School Counselor Association Code of Ethics.
- THS ensures 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
- THS has Licensed Behavioral Therapist on campus through Mississippi Region III

Commitment to Family and Community Involvement

THS gives parents and community the opportunity to serve on the School Health Council (SHC).

EXAMPLES as follows (this is not an exhaustive listing)

- PTO councils at every school
- TPSD/THS Web page, Open House meetings, Active Parent web page, THS Wavelink web page

- Parent council meetings that meet with the TPSD school board
- Back to School Night Orientation
- Civic Auditorium and PAC are available for community use
- Questions to the superintendent can be accessed through TPSD web home page

Commitment to Implementing a Quality Staff Wellness Program

Optional policy statements (adopt as appropriate for local school goals):

- THS develops 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.

Staff Wellness - Free membership benefit to NMMC Wellness Center for TPSD staff:

- This benefit is available to all full-time employees and their family members (ages 13 and over) who are currently covered under our health plan. It is also available to all full-time employees who are eligible for coverage but have elected to use another health care plan.
- There is a one-time assessment fee of \$50 per person; existing members will not be assessed. The assessment takes about an hour.
- If you are an existing member, notify the Wellness Center so that you can begin receiving this benefit.
- You can start your membership immediately by calling Philip Raper at 377-4145 at the Wellness Center to schedule your assessment.

Tupelo Fitness Club – This is on the THS campus and is designed to introduce an exciting culture of fitness and health for ALL faculty and staff. There are 4 areas:

- A fully furnished fitness center above basketball gym
- Core training room on first floor of gym for Wii/Pilates/P90X
- TPSD Perks Partners: Anytime Fitness, SNAP Fitness, and Weight Watcher's
- NMMC offers health promotion through their programs 'Men's Health Concerns' free prostate screenings and 'Spirit of Women' program
- NMMC offers various support group meetings for the public for example, to list a few: Parkinson's Disease, Multiple Sclerosis, Diabetes, Alzheimer's, Cancer survivor, Domestic violence, sexual assault, Free to grieve
- NMMC provides Health fair screenings
- NMMC offers a tobacco cessation program
- School Nurses available to assess employees who become sick while at work
- Tupelo Park and Recreation have installed fitness stations in different areas at Ballard Park
- Mayor's Task Force for a healthier community is providing ongoing wellness programs for the entire community through various events.
- Healthworks provides ongoing wellness programs for the community
 - 2 outdoor stations: 18 holes of disc golf and archery stations
 - Multi-functional area in rubber floor gym equipped with 12 foot NEOS wall, 48 ft. traversing rock wall, ping pong tables and other cardio equipment

TPSD Wellness Program: EAT FIT* GET FIT * LIVE FIT

- The Tupelo Public School District provides a wellness program to support our staff in maintaining physical, social, and emotional balance in their lives. By helping employees lead healthy, balanced lives, we not only support the people who make our District a success, we also increase staff performance, decrease absenteeism, and manage health costs for employees and the District.
- TPSD offers **exercise incentives, free health screenings, free flu shots, nutrition programs**, information on stress reduction, and other programs to help our staff.
- **Fitness Center Discounts**
Working through PERKS Partners, the North Mississippi Medical Center Wellness Center, SNAP Gym, and Anytime Fitness offer TPSD employee memberships at reduced rates. Our staff members have access to treadmills, elliptical machines, stationary bikes, recumbent bikes, and strength training equipment as well as classes in aerobics, yoga, and circuit training.

Commitment to Marketing a Healthy School Environment

Optional policy statements (must adopt a minimum of one policy as appropriate for local school goals):

- 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. *MET, TPSD staff participates when healthy lifestyle practices are promoted to students in the schools.*
- **Growing Healthy Waves**
- The Tupelo Public School District is excited to launch our "Growing Healthy Waves" program. We are working with FoodCorps and promoting healthy eating and nutrition to our TPSD students through "farm to school" principles! Like our facebook page "Growing Healthy Waves" for all of the "healthy happenings" going on with this program. We want all of our "Waves" to be healthy!
- 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. *MET, Student participate on THS School Health Councils*
- 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).**MET. Marketing resources can be downloaded at www.healthyschoolsms.org/ohs_main/initiatives/school_wellness_policy.htm.**

Commitment to Implementation

Establish a plan for implementation of the school wellness policy. *MET, TPSD School Board Policy EFEE*

- Designate one or more persons to insure 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. *MET "Mississippi School Nutrition and Physical Activity Environment Assessment" for the purpose of planning and evaluation of the school wellness policy. Each year, the school names a school wellness council coordinator. Complete CDC School Health Index for 2014 →in progress.*

Implementation of new Mississippi Laws:

- **HB 432 CPR /AED requirement**
- **Mississippi Youth Concussion Law -House Bill 48 – District Implementation Plan**
- **MS Asthma and Anaphylaxis Child Safety Act- Senate Bill 2218**

Implementation – CPR/AED required to be taught as an instructional component for Physical Education for 2015/2016

* An amendment to **HB 432** is to be introduced at the beginning of the 2015 Legislative session to begin the implementation of HB 432 with the 2014/15 9th grade class which will allow ninth graders four years to receive the ½ Carnegie unit to graduate. (This information is from the Office of Legislation and Communication Senior Policy Advisor, Pete Smith.)

Currently, and for the past seven years, Tupelo Jr. Auxiliary has been teaching American Heart Association 'Heartsaver In Schools' CPR/AED training through the Health classes.

Mississippi Youth Concussion Law -House Bill 48 – District Implementation Plan

THS coaches follow directives from MHSAA regarding concussions during sanctioned school athletic events. THS has a certified ATC from North MS Health Services who trains THS coaches in an annual in-service each year. THS coaches learn the signs, symptoms, and protocols to follow for concussion or suspected concussion. He is present on campus several days per week and at most sporting events. THS also has a full time Registered Nurse on campus that will assess students for concussions.

THS Athletic Department / coaches also have each student athlete's parent sign a concussion awareness form detailing the specifics (see attached).

THS will implement the Mississippi Youth Concussion Law as indicated below:

What the Bill Requires

Public and Private Schools that provide youth activities will adopt and implement a Concussion Management and Return to Play Policy to include:

- Parents or guardians shall receive and sign a copy of the concussion policy before the start of the regular school athletic event session. "School athletic events" are those sanctioned by the Mississippi High School Activities Association (MHSAA) or the Mississippi Association of Independent Schools (MAIS) and school-sponsored activities in Grades 7 through 12 of schools that are not members of MHSAA or the MAIS which activities are organized and conducted in a manner substantially similar to activities that are sanctioned by the MHSAA or the MAIS.
- An athlete who reports or displays any symptoms or signs of a concussion in a practice or game setting shall be removed immediately from the practice or game. The athlete shall not be allowed to return to the practice or game the remainder of the day regardless of whether the athlete appears or states that he or she is normal.
- The athlete shall be evaluated by a health care provider working within the provider's scope of practice. "Health care provider" means a licensed physician or a licensed nurse practitioner, licensed physician

assistant or licensed health care professional working with the person's scope of practice and under the direct supervision or written consultation of a physician. All health care providers referred to in this law also must be trained in the evaluation and management of concussions.

- If an athlete has sustained a concussion, the athlete shall be referred to a licensed physician, preferably one with experience in managing sports concussion injuries.
- The athlete shall not return to a competitive game before demonstrating that he or she has no symptoms in a full supervised practice.
- Athletes shall not continue to practice or return to play while still having symptoms of a concussion.

2010 MHSAA Sports Medicine Advisory Committee (SMAC)

Recommended Concussion Guidelines for Secondary School Sports

- An athlete who reports or displays any symptoms or signs of a concussion in a practice or game setting should be removed immediately from the practice or the game. The athlete should not be allowed to return to the practice or the game for the remainder of the day regardless of whether the athlete appears or states that he or she is now normal.
- The athlete should be evaluated by a licensed, qualified medical professional working within their scope of practice as soon as can be practically arranged.
- If an athlete has sustained a concussion, the athlete should be referred to a licensed physician, preferably one with experience in managing sports concussion injuries.
- The athlete who has been diagnosed with a concussion should be returned to play only after full recovery and clearance by a physician. Recovery from a concussion, regardless of loss of consciousness usually takes 7-14 days after resolution of all symptoms.
- Return to play after a concussion should be gradual and follow a progressive return to competition. An athlete should not return to a competitive game before demonstrating the he or she has no symptoms in a full supervised practice.
- Athletes should not continue to practice or return to play while still having symptoms of a concussion. Sustaining an impact to the head while recovering from a concussion may cause Second Impact Syndrome, a catastrophic neurological brain injury.

All individuals working with students who are participating in athletic events as defined above should be aware of the Concussion Management and Return to Play Policy and appropriate training should include the CDC's Heads Up Football Injuries Program Training listed below under resources.

MISSISSIPPI HIGH SCHOOL ACTIVITIES ASSOCIATION, INC.
Concussion Information Form
(Required by MHSAA Annually)

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
|---|--|
| <ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">Amnesia“Don’t feel right”Fatigue or low energySadnessNervousness or anxietyIrritabilityMore emotionalConfusionConcentration or memory problems (forgetting game plays)Repeating the same question/comment |
|---|--|
- Signs observed by teammates, parents and coaches include:**
- Appears dazed
 - Vacant facial expression
 - Confused about assignment
 - Forgets plays
 - Is unsure of game, score, or opponent
 - Moves clumsily or displays in coordination
 - Answers questions slowly
 - Slurred speech
 - Shows behavior or personality changes
 - Can’t recall events prior to hit
 - Can’t recall events after hit
 - Seizures or convulsions
 - Any change in typical behavior or personality
 - Loses consciousness

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is key to a student-athlete’s safety.

MHSAA Concussion Policy:

- An athlete who reports or displays any symptoms or signs of a concussion in a practice or game setting should be removed immediately from the practice or game. The athlete should not be allowed to return to the practice or game for the remainder of the day regardless of whether the athlete appears or states that he/she is normal.

- The athlete should be evaluated by a licensed, qualified medical professional working within their scope of practice as soon as can be practically arranged.
- If an athlete has sustained a concussion, the athlete should be referred to a licensed physician preferably one with experience in managing sports concussion injuries.
- The athlete who has been diagnosed with a concussion should be returned to play only after full recovery and clearance by a physician. Recovery from a concussion, regardless of loss on consciousness, usually take 7-14 days after resolution of all symptoms.
- Return to play after a concussion should be gradual and follow a progressive return to competition. An athlete should not return to a competitive game before demonstrating that he/she has no symptoms in a full supervised practice.
- Athletes should not continue to practice or return to play while still having symptoms of a concussion. Sustaining an impact to the head while recovering from a concussion may cause Second Impact Syndrome, a catastrophic neurological brain injury.

Remember, it is better to miss one game than to miss the whole season.

I have reviewed this information on concussions and am aware that a release by a medical doctor is required before a student may return to play under this policy.

_____	_____	_____
Student-Athlete Name Printed	Student-Athlete Signature	Date
_____	_____	_____
Parent Name Printed	Parent Signature	Date

THS Implementation Plan for– MS Asthma and Anaphylaxis Child Safety Act- Senate Bill 2218

How to Identify an Anaphylaxis Emergency

Anaphylaxis, a severe and potentially life-threatening allergic reaction, can be caused by insect stings, latex, foods, and medications. An anaphylactic response occurs rapidly, often beginning within seconds or minutes of exposure to the allergen.

Common causes of anaphylaxis include:

- Food
- Insect stings
- Medication (e.g. antibiotics, aspirin, and non-steroidal anti-inflammatory drugs)
- Latex
- Less common causes of anaphylaxis include:
 - Food-dependent exercise induced anaphylaxis (rare — occurs when an individual eats a specific food and exercises within three to four hours after eating)
 - Idiopathic anaphylaxis (Unknown cause)

Symptoms of anaphylaxis may include:

- Tingling sensation and/or itching
- Hives
- Swelling of throat and mouth
- Difficulty swallowing or speaking
- Difficulty breathing
- Abdominal cramps, nausea, and vomiting
- Sudden feeling of weakness (indicating a drop in blood pressure)
- Disorientation
- Collapse and unconsciousness

More Signs and Symptoms of Anaphylaxis per system:

- **MOUTH**- Itching, tingling, or swelling of the lips, tongue, or mouth
- **SKIN** -Hives, itchy rash, and/or swelling about the face or extremities
- **THROAT** -Sense of tightness in the throat, hoarseness, and hacking cough
- **GUT**- Nausea, stomachache/abdominal cramps, vomiting, and/or diarrhea
- **LUNG**- Shortness of breath, repetitive coughing, and/or wheezing
- **HEART** -“Thready” pulse, “passing out,” fainting, blueness, pale
- **GENERAL** -Panic, sudden fatigue, chills, fear of impending doom
- **OTHER** -Some students may experience symptoms other than those listed above
- **Allergy Symptoms: If you suspect a severe allergic reaction, immediately ADMINISTER Epinephrine and call 911.**

If you suspect anaphylaxis:

Don't delay – call emergency services or 9-1-1 and get treatment immediately.

Help the patient lie down on his back and elevate the feet higher than the head. Try to keep him from moving unnecessarily.

Keep the patient warm and comfortable. Loosen tight clothing and cover him with a blanket. Do not give the patient anything to drink.

The Role of Epinephrine

Epinephrine, the first-line treatment of life-threatening allergic reactions (anaphylaxis) according to NIH-NIAID Food Allergy guidelines, is the drug product found in the EpiPen® and EpiPen Jr® Auto-Injectors (0.3 and 0.15 mg epinephrine). During a life-threatening allergic reaction (anaphylaxis), epinephrine quickly begins working to reverse symptoms of a life-threatening allergic reaction (anaphylaxis) by constricting blood vessels to increase blood pressure, relaxing smooth muscles in the lungs to reduce wheezing to improve breathing, stimulating the heart (increasing heart rate), and working to reduce hives as well as swelling that may occur around the face and lips.

What to Expect When Calling 911

Calling 911 is an important step when seeking emergency medical treatment. Knowing ahead of time what to expect when summoning help is one way to alleviate anxiety during emergency situations.

When calling 911, it's important to keep calm. Although you may be frightened, take a moment to compose yourself so you can provide emergency dispatchers with vital information.

Once you have a dispatcher on the line, you'll be asked to:

- Describe the problem
- Give the age of the patient (and weight if it is a child)
- Give the location where emergency personnel can find you
- Have a copy of the student's emergency card to go with student to Emergency Room

Describe the condition of the patient:

- *Is the patient active or lethargic?*
- *Is the patient's skin pale, blanched, dusky, or bluish?*
- *Is the patient struggling to breathe?*
- *Is the patient breathing rapidly, slowly, or shallow? If known, list any medications the patient is currently taking*

Storage and Location of Auto-Injectable Epinephrine-

An EpiPen 2-pack will be stored in I building in the attendance office in a yellow EpiPen cabinet located on the wall under the AED cabinet. The cabinet is secured with a zip tie that can be cut with a pair of scissors that is attached to the cabinet. Additional epipens are stored in the nurse office in a locked cabinet.

THS Staff who have been trained to use an EpiPen: per Heartsaver First Aid course/Medication Assistance course

Leslie Backstrom RN –Attendance Office	Fred Hadley – Gym
Cassandra Johnson – Medical assistant SPED	Patrick Head – Gym
Angie Billips – Attendance Office	Trent Hammond – Gym
Lynne Johnson – Media Center	Matt Justice – A227
Lamar Aldridge – Gym	Kelly Marlin B126
Kama Alford – A121	Timothy Matlock - D104
Jonathon Begnaud – B211	Patty Norwood – Gym
Braden Bishop – A213	Jeff Norwood – Gym
Laurie Bishop – B254	Lucas Smith – Gym/A104
Constance Burleson - H222	Anna Hill Sloan – A225
David Clayton - B122	Tim Wigginton – I 121
Pashonda Edwards – J209	Jerry Gable – A207
Gary Enis – Gym	Harris Faucette – H123
Jennifer Colyer – Medical assistant SPED	Kayla Fisackerly – B109

How do I use EpiPen®?

Review the simple 2-step administration process.

Remove the EpiPen[®] Auto-Injector from the carrier tube and follow these 2 simple steps:



- Hold firmly with orange tip pointing downward.
- **Remove blue safety cap by pulling straight up. Do not bend or twist.**



- **Swing and push orange tip firmly into mid-outer thigh until you hear a “click.”**
- Hold on thigh for several seconds. (Count to 10)



Built-in needle protection

- When EpiPen[®] is removed, the orange needle cover automatically extends to cover the injection needle, ensuring the needle is never exposed.

Initiation of this emergency is **ALWAYS** considered an emergency and Emergency Medical Services (**911**) should be activated.

It is important that you call 911, because the effects of epinephrine can wear off and there is a chance of a second reaction.

Resources:

Asthma and Allergy Foundation of America <http://www.aafa.org/display.cfm?id=9&sub=20&cont=281>

Allergy and Asthma Network—www.aanma.org

Food Allergy research & Education --www.foodallergy.org/anaphylaxis

Strategic Planning: Annual Review

- The Health and Wellness Council shall review established district –wide nutrition, and physical activity wellness policy.
- The school will revise and update the wellness plan as needed.

School based activities/THS- 2015-2016

Staff training

- American Lung Association Asthma Awareness PowerPoint In-service for all staff August 2015 – to align with the Senate Bill 2218 Asthma and Anaphylaxis Child Safety Act
- Diabetes Foundation Conference for School staff, parents at Health Works July 27th, 2015
- Diabetes Assistance Training per NMMC Diabetes Educators was completed August 27, 2015 at Hancock Leadership Center
- Assisted Self Administration Medication Curriculum Course to include Anaphylaxis Awareness Training “A Shot to Live” and use of emergency medications – to align with the Senate Bill 2218 Asthma and Anaphylaxis Child Safety Act - for designated THS personnel– 9/22/15
- American Heart Association CPR/AED training – 10/9/15

Staff Wellness - Free membership benefit to NMMC Wellness Center for TPSD staff:

- This benefit is available to all full-time employees and their family members (ages 13 and over) who are currently covered under our health plan. It is also available to all full-time employees who are eligible for coverage but have elected to use another health care plan.
- There is a one-time assessment fee of \$50 per person; existing members will not be assessed. The assessment takes about an hour.
- If you are an existing member, notify the Wellness Center so that you can begin receiving this benefit.
- You can start your membership immediately by calling Philip Raper at 377-4145 at the Wellness Center to schedule your assessment.

Tupelo Fitness Club – This is on the THS campus and is designed to introduce an exciting culture of fitness and health for ALL faculty and staff. There are 4 areas:

- A fully furnished fitness center above basketball gym
- Core training room on first floor of gym for Wii/Pilates/P90X
- 2 outdoor stations: 18 holes of disc golf and archery stations
- Multi-functional area in rubber floor gym equipped with 12 foot NEOS wall, 48 ft. traversing rock wall, ping pong tables and other cardio equipment

• Flu Shots were offered on THS campus through NMMC Community Health for all THS faculty/staff that wanted to participate September 30, 2015.

• CPR/AED and First Aid training for staff through Professional Development Days – THS staff, Medical assistants, TPSD coaches and PE teachers

Student Wellness training and activities

CPR/AED Training taught in Allied Health Classes

CPR/AED Training taught in Health Classes per Tupelo Jr. Auxiliary and Weston Reed Foundation (this training has been taught every year through Health classes for about the past 7 years)

“Information Station” with brochures and pamphlets on health and safety related materials for staff, students, and parents set up in I building in the school nurse office.

Abstinence Education, a program called M-Power is being taught through the THS Health classes by Parkgate Pregnancy Clinic.

CPR/AED training for all students in Health classes, Allied Health classes

Scoliosis Screening of 9th grade students

Other School-Based Activities

Senior Culmination Projects may address health topics and teaching in the schools or community. List is available from the English Teachers

THS Show Choir

THS Band involves 220 students in marching and band participation

THS Athletics involve about 805 student athletes in 20 different varsity and junior varsity sports

THS Intramurals are available for non-varsity/JV athletes.