

# **Local School Wellness Policy** *Guide for Development*



***2020***

**Office of Healthy Schools**



# *Local School Wellness Policy*

## *Guide for Development*

**(originally developed May 2005)**

To support the relationship between student health and academic achievement, the 20014 Mississippi Public School Accountability Standards (Standard 17.5.1) and the Child Nutrition and WIC Reauthorization Act of 2004 (PL # 108-265) requires each local school to establish a local school wellness policy. Mississippi Code of 1972, Annotated Section 37-13-134 requires the recommendations made by a school health council to be based on a coordinated approach to school health. This guide has been revised, as of June 2014, to support local schools in their development to meet state and federal requirements. The Office of Healthy Schools is committed to supporting academic achievement through school health programs that ensure every child has the opportunity to be fit, healthy and ready to succeed.

The following minimum requirements are established by the federal legislation. This law places responsibility of developing a school wellness policy at the local level, so individual needs of each school can be addressed most effectively. States and schools may choose to require or add additional components. 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 not 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.**

To assist Mississippi schools in complying with these state and federal requirements, the Mississippi Department of Education (MDE) has identified a three-step approach to developing an effective local school wellness policy, along with sample language for a policy. This Local School Wellness Policy Guide for Development includes all the minimum requirements necessary to comply with the federal law, as well as existing Mississippi statutes and standards. It also offers additional policy options that schools are encouraged to utilize in developing their specific goals.

## Three Steps to an Effective School Wellness Policy

This three-step process is designed to meet the state and federal requirements for a school wellness policy – and to support student health and academic achievement in Mississippi schools.

### Step 1: Gather input and assess current situation.

At a minimum, the state and federal legislation requires that parents, students, representatives of the school food authority, the school board and school administrators, and the public, be involved in developing a local wellness policy. Input can be coordinated through an existing school committee, like a Health Committee, or School Health Council.

Mississippi Code of 1972, Annotated Section 37-13-134 requires the establishment of School Health Councils (SHC). The SHC is one of the most efficient and effective ways to gather the necessary local input for a school wellness policy, as well as to address the overall health concerns within a local school. The SHC can also play a leadership role in determining the goals for a school wellness policy and in the successful implementation of the policy once it is developed. For more information on establishing a School Health Council, visit <https://www.mdek12.org/OHS/ImplementingSchoolHealthCouncils>.

Local stakeholders can be invited to join School Health Councils – to provide necessary resources and assist schools in developing appropriate, science-based wellness policies. The following list contains the minimum requirements for members of local school health councils; other key stakeholders should be added as necessary. These councils must make recommendations based on a coordinated approach to school health.

- **Healthcare providers**, especially pediatricians, dietitians, public health professionals, dentists, and orthodontists
- **Hospitals and public health departments**, especially those with pediatric services and diabetes clinics
- **Non-profit health organizations**, like the American Cancer Society, American Diabetes Association, and American Heart Association
- **Physical activity groups**, like YMCA/YWCA, youth sports leagues, and commercial fitness centers
- **Community youth organizations**, like Boys and Girls Clubs, Boy/Girl Scouts of America, and faith-based groups for young people
- **University departments and other government agencies**, especially those involved in nutrition, physical activity, and education (e.g., Mississippi State University Extension Service)
- **Faith-based organizations, clergy, and churches**
- **Parents** who have children in the individual school
- **Teachers** employed in the individual school
- **Students** enrolled in the individual school

Before establishing the required goals and guidelines, schools are required to gather baseline information and determine what changes are appropriate for their local situation. This assessment can be done using the CDC School Health Index tool.

- **CDC's School Health Index** - <https://www.cdc.gov/healthyschools/shi/index.htm>

## **Guidelines for Mississippi School Health Councils**

1. School Health Councils must meet a minimum of three times per year.
2. School Health Councils must maintain minutes for each meeting for documentation.
3. A minimum of one presentation per year must be made to the local school board for approval of all school wellness policies.

### **Step 2: Develop and approve a School Wellness Policy.**

Once local input has been gathered, schools can develop goals and guidelines to address their specific situation. For assistance in drafting an effective policy, schools may utilize the following guide and sample language provided by the Mississippi Department of Education, along with other resources as needed.

Goals and guidelines can be developed to best fit the needs and concerns of each local school – and they should be adapted over time. As the initial goals are met, new coordinated school health goals can be chosen by the School Health Council with community input.

Once a local school wellness policy has been developed, school board approval must be obtained using all appropriate and legal timelines and procedures. The federal Child Nutrition legislation does require that any local educational agency participating in USDA school meals programs must have established a local wellness policy by the beginning of school year 2006-2007.

### **Step 3: Implement and evaluate a School Wellness Policy.**

Approving a School Wellness Policy is just the first step toward creating an environment that supports student health and academic achievement. The federal legislation also requires a plan for measuring the implementation and evaluation of the policy, including the designation of one or more persons with the responsibility for ensuring the school meets minimum guidelines.

A School Health Council (SHC) can also be useful in the implementation and evaluation process. In order to insure a smooth and consistent implementation of a locally approved policy, the SHC can help to educate the school and community about the requirements for a policy – and its importance for children in Mississippi schools. It can also be involved in measuring progress towards local goals related to nutrition, physical activity, and student wellness.

## **Local School Wellness Policy**

The purpose of this guide is to provide sample language for schools to use in developing their own local policies. It is based on existing state requirements and USDA guidance as of June 2013, and on the experiences of successful schools in Mississippi and around the United States.

This guide contains both minimum requirements and optional policy statements. **The minimum requirements, based on federal and state legislation and standards, must be included in any School Wellness Policy adopted by Mississippi schools.** Schools are encouraged to review the optional policy statements, based on the best practices from other schools, and to adopt those that meet the goals of their schools and communities.

*This guide is not intended for adoption in its entirety by schools, unless they so choose. It is*

*intended for schools to use as a tool in drafting their own policies. With the exception of the minimum requirements, schools may choose to alter this guide, based on community input, to address local concerns and meet local needs.*

This eight-component model of a coordinated approach to school health, developed by the Centers for Disease Control and Prevention, shows the importance of leadership, coordination, and partnerships to successfully implement quality school health programs that provide opportunities for all children to be fit, healthy, and ready to succeed.

## **Local School Wellness Policy**

### **JOYNER ELEMENTARY**

#### **Rationale:**

The link between health of students and learning is well documented. If children are to be successful in school they cannot be tired, hungry, sick, suffering from drug abuse, or worried that school is an unsafe environment in which they could become a victim of a violent act. It has become apparent that problems such as poor nutrition, lack of physical activity, substance abuse, depression, teen pregnancy, obesity, bullying, and more – can adversely affect not only a child’s health, but also his or her *ability to learn!* And that is precisely why a coordinated approach to school health can make a difference! A coordinated approach to school health improves kids’ health and their capacity to learn through the support of families, schools, and communities working together. At its very core, a coordinated approach to school health is about keeping students healthy over time, reinforcing positive healthy behaviors throughout the school day, and making it clear that *good health and learning go hand in hand*.

#### **Goal:**

All students in Joyner Elementary School shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members in Joyner Elementary School 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, the Joyner Elementary School 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.

### **Commitment to Nutrition**

#### **The Joyner Elementary School 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 foodservice 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 2002).
- 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 4011),
  - 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.
- Establish guidelines in accordance with the 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 Nutrition Environment and Services section of the Tools That Work-Your Guide to Success for Building a Healthy School Toolkit that is found on the Office of Healthy Schools website at <https://www.mdek12.org/sites/default/files/documents/OHS/Home/tools-that-work---your-guide-to-success-for-building-a-healthy-school-20150710.pdf> )
- 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
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- Smart Snacks 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 produce compliance with the federal requirements for Smart Snacks in Schools. The calculator can be used for food and beverage products.
- <http://www.healthiergeneration.org/takeaction/schools/snacks/andbeverages/smartsnacks/alliance/product/calculator/>
  - Encourage students to make food choices based on the **Healthy Hunger-Free Kid Act of 2010 (HHFKA)** and the **ChooseMyPlate** resources, by emphasizing menu options that feature baked (rather than fried foods), whole grains, fresh fruits and vegetables, and reduced-fat dairy products. Read more about **HHFKA** at <https://www.gpo.gov/fdsys/pkg/FR-2013-06-28/pdf/2013-15249.pdf> and **ChooseMyPlate** at <http://www.choosemyplate.gov/>
- 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 the students.
- Replace deep fat fryers with combination oven steamers.

- Make school meals accessible to all students with a variety of delivery strategies, grab-and-go breakfast, or alternate eating sites.
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home (upon request).
- Add nutritious and appealing options (such as fruits, vegetables, reduced-fat milk, reduced fat-yogurt, reduced-fat cheese, 100% juice, and water) whenever foods/beverages are sold or otherwise offered at school, including vending machines, school stores, concession stands at sporting and academic events, parties, celebrations, social events, and other school functions.
- Offer healthy meal options to students based on religious preferences of food items
- Offer lunch menus to parents for advance planning and maximizing school nutrient resources
- Encourage parents to dine in with their student during lunch times complete with a special seating area provided in the extended café.

## **Commitment to Food Safe Schools**

### **The Joyner Elementary School 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 the school site.
- Develop a food safety education plan for all staff and students, consistent with Fight Bac® ([www.fightbac.org](http://www.fightbac.org)) and other national standards for safe food handling at home and in school.
- Ensure that all staff has 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 power point presentation, food Safety Post Test and Food Safety Post Test Answer Key can be found on the Office of Healthy Schools website at <https://www.mdek12.org/OHS/Resources>
- 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.
- 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.

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

### **The Joyner Elementary School 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, ann., reference -2014 Mississippi Public Schools Accountability Standards 27.1.)**
- **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 4012).**

- 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 2013-2014 Mississippi Physical Education Frameworks.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).

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

<https://www.cdc.gov/headsup/highschoolsports/index.html>

<https://www.mdek12.org/OHS>

- Incorporate 5 to 10 minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (Examples can be found at [www.movetolearnms.org](http://www.movetolearnms.org))
- Establish or enhance physical activity opportunities (like Weight Watchers & District sponsored Wellness Center perks) for staff.
- Provide staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.
- 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. Program descriptions and assessment tools available at <http://www.cdc.gov/Features/Safeschools/> (i.e. National Walk to School)
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities (i.e. SafeSplash Swimming, Healthwork partnership, Tupelo Park & Rec).
- Create opportunities for students to voluntarily participate in after-school physical activity programs like clubs.

## Commitment to Health Education

### The Joyner School will:

- 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.
- Participate in USDA nutrition programs such as *Team Nutrition Schools* and the *Healthier U.S. School Challenge*. The school will conduct nutrition education activities and promotions that involve students, parents, and the community. The school team responsible for planning nutrition activities will include school foodservice staff, school nurses, health and PE teachers, coaches, and additional staff, as appropriate.
- Integrate Health Education into other subject areas  
<https://lessonplans.movetolearnms.org/Search.aspx> ) (Health in Action Lesson Plans).
- Provide Universal Precautions training and Universal Precautions Kits for all teachers, superintendents and staff.
- Research, select, and purchase disease prevention materials for grades K-8 and provide training for teachers on the use of the materials.
- Host a School Health Fair for staff.
- Host Vision & Hearing Screening for students



## **Commitment to a Healthy School/Physical Environment**

The Joyner Elementary School 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.
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety ([www.cpsc.gov](http://www.cpsc.gov)); for federal guidelines for playground safety.
- Ensure that fire extinguishers are inspected each year and properly tagged.
- 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.
- 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.
- Never use extension cords as a permanent source of electricity anywhere on a school campus.
- 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 #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 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)
- 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 #29).

- 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) (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: <https://www.mdek12.org/OSOS/Home>
- 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.

- **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.**

The Joyner School will:

- Conduct self assessments of the school building(s) annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #30 Monitoring Tool at <https://www.mdek12.org/OSOS/SBG>
- Conduct self-assessments of the school(s) bus transportation system annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #29 Monitoring Tool at <https://www.mdek12.org/OSOS/PT>
- Conduct self assessments of the school(s) safety and security annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #30.1 Monitoring Tool at <https://www.mdek12.org/OSOS/SBG>
- Install locks on classroom doors in order to create security from the inside.
- Eliminate unnecessary school bus idling that causes pollution and creates health risk for children such as; asthma, allergies, and other respiratory problems – <http://www.epa.gov/cleanschoolbus>
- Hire a District Safety Officer or a School Resource Officer. (part-time as needed)
- Install security cameras on the school campus. (entrance security camera installed)
- Utilize regularly scheduled meetings with the School Health Council, school board members, etc. to determine and discuss the current strengths, weaknesses, opportunities, and challenges associated with implementing and maintaining your school's healthy and safe environment.

## **Commitment to Quality Health Services**

The Joyner School will:

- **Ensure all school nurses are working under the guidelines of the 2013 *Mississippi School Nurse Procedures and Standards of Care*.**
- **Provide for teachers and staff training regarding signs and symptoms of asthma. (MS Code Sections 37-11-71 and 73-25-37)**
- **Every child who has been diagnosed with asthma must have an asthma action plan on file in the school office.**
- **Know the district anaphylaxis policy. Providing 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)**

- The school nurse attends training through MDE sponsored training each school year. (i.e. Women and Children's Conference)
- The school nurse submits health services data on the 10<sup>th</sup> of each month for the previous month.
- Offer comprehensive health services for students in grades K-8, through the employment of NMMC school nurses, as a means to academic success.
- Optimize the provision of health services with a school nurse-to-student ratio of 1:750 for students in the general population.
- Collaborate with other school staff to provide health services as part of a Coordinated School Health Program.
- Work with students, parents, and local healthcare providers to effectively manage and treat chronic diseases (i.e. asthma, diabetes, Crohn's disease).
- Promote healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).
- Seek resources from local resources to provide to provide student services (i.e. local hospital and Junior Auxiliary)
- Schools may seek community support that provides auto-injector epinephrine to stock emergency medication needs (i.e. Weston Reed Foundation - AED).

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

**The Joyner School will:**

- **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 scores a minimum of 70 on the ASWB basic exam.**
- **Abide by Mississippi Code 37-9-79 (Amended 2014) as the school provides for 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- (Amended 2014 Senate Bill 2423)**
- **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 preventive counseling.**
  - ❑ **Provide all licensed teachers and principals with in-service suicide prevention**

training as directed by MS Code 37-3-101.

- ❑ 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

### ***Joyner's Policy Statements***

- Offer quality counseling, psychological and social services provided by professionals such as certified school counselors, psychologists, and social workers (i.e. LifeCore services).
- Provide additional services to improve students' mental, emotional, and social health (i.e. Home and School (Family) Coordinator).
- Offer counseling, group assessments, interventions and other mental health services, as well as referrals to community health professionals.

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

The Joyner School will:

- **Invite parents and community members to participate in school health planning by serving on the local School Health Council.**
- Invite family or community members to eat a meal at school.
- Provide resources and training to parents on health-related topics, parenting skills, child development, and family relationships.
- Recruit, train and involve family and community members as volunteers for teaching certain health units (i.e. Science Lab, Dental Classes).
- Encourage health education skill-building activities at home by including homework for health instruction, personal goal setting for healthy behaviors, and other health education-related activities (i.e. Little Ripples swimming program, Integrity Time).
- Encourage regular family mealtimes that include healthy choices.
- Increase PTA/PTO Membership.
- Partnership with Food Core via our Cafeteria and Science Lab
- Plan Healthy Rewards for students and encourage parents to do the same.

### **Commitment to Implementing a Quality Staff Wellness Program**

The Joyner School will:

- 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 – [www.MyActiveHealth.com/Mississippi](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.
- Implement a healthy weight program for staff, such as Weight Watchers at Work Program®, <http://www.weightwatchers.com>
- 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.
- Coordinate Staff Wellness events and activities with state and national health observances throughout the year.

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

The Joyner School will:

- Provide positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting.
- Use school announcement systems, internal TV channels, school website, Facebook, text messaging and other social media to promote health messages to students and families.
- Use traditional marketing materials such as posters, flyers, T-shirts, wrist bands, buttons, etc. to promote health messages to students and families.
- Work with the local newspaper, TV and radio to promote healthy lifestyles and to highlight the benefits and successes of school health initiatives.
- Create awareness of the link between the health of students and academic performance.
- Prepare media releases that share successes to local newspapers.

## **Commitment to Implementation**

The Joyner School will:

- **Establish a plan for implementation of the school wellness policy.**
- **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.**
- **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.**

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