

## WELLNESS POLICY AND PROCEDURES

The link among nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. These patterns are also linked to a reduced risk for many chronic diseases.

The board of trustees is committed to providing a school environment that enhances learning and development of lifelong wellness practices. To accomplish these goals, the board of trustees sets forth the following components of its wellness policy:

**Component One.** The primary goal of nutrition education is to influence students' eating habits. The district will integrate nutrition education into classrooms as often as possible by using the Health In Action: A Strategic Implementation Guide, which is a set of lesson plans and activities provided by the Mississippi Department of Education, Office of Healthy Schools, and Mississippi State Department of Health.

The cafeteria will serve as a learning laboratory to allow students to apply content knowledge and critical thinking skills taught in the classroom. Students will receive consistent nutrition messages in the school, classroom, and cafeteria. The district will also share nutrition education information with families and the broader community in an effort to positively impact students and the health of the community. Families and school staff will be **encouraged** to participate in school meal programs and **encouraged** to teach children about nutrition and to provide healthy food options at home. The district will ensure that all teachers and staff receive professional development training.

The district will continue to follow state board of education policies on competitive foods and extra food sales. The district will also establish guidelines for foods that available during the school day with the objective of promoting student health and reducing obesity in children.

**Component Two.** Standard 33 of the Mississippi Public School Accountability Standards requires physical education to be a part of the basic curriculum. The district will provide structured physical education, health education and physical activity and fitness classes for all students, as defined in the Mississippi Healthy Students Act. (Miss. Code Section 37-13-134, as amended)

Kindergarten through Grade 8: One hundred fifty (150) minutes per week of physical activity-based instruction and forty-five (45) minutes per week of health education instruction, as defined by the State Board of Education.

Grades 9 through 12: ½ Carnegie unit requirement in physical education or physical activity for graduation.

All instruction in physical education, health education and physical activity must be based on the most current state standards provided by the State Department of Education.

Each local school board shall, consistent with regulations adopted by the State Board of Education, adopt a school wellness plan which shall promote a healthy lifestyle for Mississippi's school children and staff. The school wellness plan shall also promote increased physical activity, healthy eating habits and abstinence from the use of tobacco and illegal drugs through programs that incorporate healthy lifestyle choices into core subject areas which may be developed in partnership with the Institute for America's Health.

Each school will follow the appropriate guidelines as outlined in Mississippi Department of Education/Comprehensive Education Rules and Regulations (see Appendix B) and Mississippi Healthy Students Act: Frequently Asked Questions (see Appendix C).

The local school board of each school district shall establish a local school health council for each school which shall ensure that local community values are reflected in the local school's wellness plan to address school health.

**Component Three.** It is necessary and important to establish nutrition standards for all foods available at school during the school day. The board of trustees is committed to promoting policies that will make healthy food choices available to promote lifelong healthy eating habits while ensuring that all necessary nutrients are provided. A variety of choices shall be given that includes fresh leafy vegetables, fruit, 100% fruit juices, nuts, fresh salads, water, trail mix, beef jerky, reduced-fat dairy products, whole grains and other foods that contain essential vitamins and minerals. One of the board's objectives is to educate students and parents about food consumption behavior to influence healthier choices. The board is committed to offer solutions to provide the healthiest choices available on school campuses during the school day, at after-school programs, and extracurricular activities to meet its wellness goals.

The district is committed to providing adequate time for students to eat and enjoy school meals. Students will be encouraged to make food selections based on the 2015 Dietary Guidelines for Americans by emphasizing healthy menu options. School-based organizations and parent-affiliated groups are encouraged to use services, contests, non-food items, or healthy foods for fundraising activities. Vegetarian and meat-free choices will continue to be provided to students who wish to participate.

The district will continue to offer a school breakfast and 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. Snack programs, if offered, will also meet those meal patterns and standards.

All vending machines in the district will comply with the standards adopted by the Department of Education regarding vending regulations for Mississippi schools.

The district will continue to operate child nutrition programs with qualified, professional school foodservice staff. Food safety is a key component of school food operations.

**Component Four.** It is necessary and important to set goals for other school-based activities designed to promote student wellness. Professional development for food service staff in the areas of nutrition, food safety, food preparation and other related areas shall be on-going. Students shall have access to physical activity facilities with appropriate supervision which includes, but is not limited to existing after-school sports programs in the local schools. Information will be provided to the school community, including parents, students, staff, teachers, and community members, that promotes healthy lifestyles.

The board of trustees is committed to implementation of the wellness policy. Parents, district employees, and community persons served on the committee to develop and implement the wellness policy. The superintendent or his designee shall be responsible for ensuring that the wellness policy is implemented in accordance with the policy and procedures. Upon the recommendation of the superintendent and in accordance with state law, the board will establish and support a local health council in each school that addresses all aspects of a coordinated school health program, including the wellness policy. This policy will be reviewed annually.

SOURCE: Jackson Public School District, Jackson, Mississippi

LEGAL REF: Child Nutrition and WIC Reauthorization Act of 2004, Public Law 108-265; House Bill 319

DATE: March 1, 2016

## Wellness Policy Procedures

The board of trustees is committed to providing an environment where students possess the knowledge and skills necessary to make nutritious food selections and enjoyable physical activities for a lifetime. The board establishes commitments to the components in the wellness policy. These procedures are to be implemented in conjunction with the policy.

**Component One:** The primary goal of nutrition education is to influence students' eating habits. The 2013-2014 Mississippi Comprehensive Health Framework will be used to ensure that all students gain information to develop positive attitudes and behaviors to make health-enhancing choices that are both age and developmentally appropriate with the ability to apply lifelong responsible skills.

**Component Two:** Setting physical activity goals is important. Professional development will be provided to content area teachers in the practice of integrating physical activities in planning and delivery processes.

**Duties of the Local School Health Council** The local school health council's duties shall include, but not be limited to the following:

- Recommend age appropriate curriculum and the number of hours of instruction to be provided in health and physical activity-based education, provided that the number of hours shall not be less than that required by Section 37-14-134.
- Recommend appropriate practices that include a coordinated approach to school health designed to prevent obesity, cardiovascular disease, Type II diabetes and other health risks.
- Provide guidance on the development and implementation of the local school wellness plan.

The local school board shall appoint members to the local school health council based on groups as outlined in Senate Bill 2369. Only the following options MAY be available for beverage vending:

### Elementary

Bottled Water

Low fat and non fat regular and flavored milk with up to 160 calories/8 ounces

Up to 8 ounce serving of milk and 100% juice

100% juice with no added sweetener and up to 120 calories/8 ounces

### Middle

Same as elementary school, except juice and milk may be sold in 10 ounce servings

## High

Bottled water

No or low calorie beverages with up to 10 calories/8 ounces

Up to 12 ounce servings of milk, 100% juic, light juice and sports drinks

Low fat and non fat regular and flavored milk with up to 160 calories/8 ounces

100% juice with no added sweeteners and up to 120 calories/8 ounces

Light juices and sports drinks with no more than 66 calories/8 ounces At least 50% of beverages must be water and no or low calorie options (see Beverage Regulations for Mississippi Schools, Appendix C).

**Component Three:** It is necessary and important to establish nutrition standards for all foods available on school campus during the school day. As of July 1, 2014, the Smart Snacks in School standards, published by the USDA, ensures that all other snack foods and beverages available for sale to students in school are tasty and nutritious. According to federal regulations, items CANNOT be sold between 12:01 a.m. and 4:00 p.m. Any food sold in school must:

- Be a “whole grain-rich product; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, of a protein food; OR
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; OR
- Contain 10% of the daily value of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin or dietary fiber).

The use of inappropriate foods as rewards for student accomplishment is discouraged and the withholding of food as punishment is prohibited. An example is restricting a child’s selection of flavored milk at mealtime due to behavior problems is not allowed.

The sale of candy as a fund-raiser is discouraged and the sale of any such items on school campuses is prohibited during the school day. Examples of acceptable items include, but not limited to, bath accessories, activity cards, books, candles, flowers and bulbs, house decorations, and mugs. The food service staff will provide educational information to staff, parents and children on healthier options for food preparation.

JPSD utilizes the PBIS (Positive Behavior Intervention Support) program as an incentive to encourage good behavior. All food items used as an incentive must be **GIVEN** to the student and not **SOLD**.

**Component Four:** Setting goals for other school-based activities designed to promote student wellness is important. Staff will continue to provide a clean safe meal environment for students. Staff will follow state guidelines to schedule adequate lunchtime for students and provide enough space and serving areas for access to meals with a minimum wait time. Staff will promote student participation in organized physical activity. Staff will provide student access to physical activity facilities with appropriate supervision to secondary students. Elementary counselors will provide research-based curriculum to promote healthy lifestyles. Staff will provide on-going professional development for food service staff in the areas of nutrition, food safety, food preparation and related areas. Staff will collaborate with school nurses to prevent any duplication on educating our children about healthy lifestyles.

SOURCE: Jackson Public School District, Jackson, Mississippi  
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