

**CLEVELAND SCHOOL DISTRICT**  
**H. M. NAILOR ELEMENTARY SCHOOL**  
**SCHOOL WELLNESS PLAN**  
**2021-2024**



LeDonnis Norwood, Principal    Sheila Mitchell, Administrative Assistant    Aretha Williams, Counselor  
Herbert Lewis, Wellness Committee Chairperson    Renee Strong, Wellness Committee Co-Chair

**TABLE OF CONTENTS**

Preamble.....  
.....Page 3

School Wellness Committee Members.....Page  
4

Wellness Policy  
Implementation.....Pages 5-6

Nutrition.....  
.....Pages 7-10

Physical  
Activity.....Pages  
11-12

Miscellaneous Wellness  
Activities.....Page 13

## **Preamble**

H. M. Nailor elementary is committed to the optimal development of every student. H. M. Nailor Elementary believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we must create a positive, safe, and healthy learning environment at every level, in every setting, throughout the school year. Research shows that there are two primary components that strongly correlate with positive student outcomes. Those components are good nutrition and physical activity before, during and after the school day.

This policy outlines H.M. Nailor's approach to ensure all students are given opportunities and placed in environments that promote healthy eating and physical activity throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to enable students to form good health and nutrition habits. Students that attend H.M. Nailor Elementary students have access to healthy, nutritious food and beverages throughout the school day- both through school meals and other food and beverages available throughout the school campus- they meet or exceed the federal nutritional guidelines issued by the U.S Department of Agriculture.

## **School Wellness Committee**

H. M. Nailor Elementary's wellness committee will review and facilitate wellness policy development and updates, and will ensure H. M. Nailor Elementary's compliance with the policies. The chairperson or co-chair will organize two committee meetings each year and organize two wellness activities for the student body and staff.

The names (s), title(s), and contact information of these individuals are listed below:

**LeDonnis Norwood - Principal**

lnorwood@cleveland.k12.ms.us

**Herbert Lewis Jr. - 2nd grade teacher, Chairperson**

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**Renee Strong - 1st grade teacher, Co-chair**

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**Thelma Cartwright - Librarian, committee member**

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**Anaya Cockrell- Kindergarten teacher, committee member**

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**Brandon Tucker - Physical Education teacher,, committee member**

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**Chateka Gilliam- 2nd grade teacher, committee member**

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## **Wellness Policy Implementation, Monitoring, Accountability and Community Engagement**

### ***Implementation Plan***

H.M. Nailor Elementary will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to our school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness. H.M. Nailor Elementary will use the Healthy Schools Program online tools to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report.

### ***Recordkeeping***

H.M. Nailor Elementary will retain records to document compliance with the requirements of the wellness policy in both the Nailor Elementary Office and the H.M.Nailor Elementary Library. Documentation maintained in this location will include but will not be limited to:

The written wellness policy;

Documentation demonstrating that the policy has been made available to the public;

Documentation of efforts to review and update the school wellness policy; including an indication of who is involved in the update;

Documentation to demonstrate compliance with the annual public notification requirements;

The most recent assessment on the implementation of the local school wellness policy;

Documentation demonstrating how the most recent assessment on the implementation of the school wellness policy has been made available to the public.

### ***Annual Notification of Policy***

H.M. Nailor Elementary will actively inform families and the public each year of basic information about the school wellness policy, including its content, any changes to the policy, and implementation status. H.M. Nailor Elementary will make this information available via the school website. This will include a summary of H.M. Nailor Elementary's events or activities related to wellness policy implementation. Annually, H.M. Nailor Elementary will also publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

### ***Triennial Progress Assessments***

At least once every three years, the school will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

The extent to which H.M. Nailor Elementary is in compliance with the current school wellness policy;

A description of the progress made in attaining the goals of the district and school wellness policies

H.M. Nailor Elementary will actively notify households/families of the availability of the triennial progress report via Nailor Elementary School's website: <https://www.cleveland.k12.ms.us/Domain/15>

#### ***Revisions and Updating the Policy***

H.M. Nailor Elementary will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as school or district priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new federal or state guidance or standards are issued. The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

#### ***Community Involvement, Outreach and Communications***

H.M. Nailor Elementary is committed to being open to community input, which begins by ensuring that the community is aware of the policy. H.M. Nailor Elementary will actively communicate ways in which members of the wellness committee and others can take part in the development, implementation and periodic review and update of the wellness policy through a variety of means. H.M. Nailor Elementary will display notices on the school's website and social media sites, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.

## **Nutrition**

### ***School Meals***

We are committed to serving healthy meals to children, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving and to meeting the nutrition needs of school children within their calorie requirements. The school meal programs aim to improve the diet and health of school children, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs with appropriate medical documentation.

We participate in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and After School Snack Program, and Summer Food Service Program (SFSP). We are committed to offering school meals through the NSLP and SBP programs, and other applicable federal child nutrition programs, that:

Are accessible to all students;

Are appealing and attractive to children;

Are served in clean and pleasant settings;

Meet or exceed current nutrition requirements established by local, state, and federal statutes and regulations.

Promote healthy food and beverage choices using some of the following Smarter Lunchroom techniques:

Whole fruit options are displayed in attractive bowls or baskets.

Sliced or cut fruit is available daily.

Daily fruit options are displayed in a location in the line of sight and reach of students.

All staff members, especially those serving, have been trained to politely prompt students to select and consume the daily vegetable options with their meal.

White milk is placed in front of other beverages in all coolers.

Alternative entrée options are highlighted on posters or signs within all service and dining areas.

Student surveys and taste testing opportunities are used to inform menu development, dining space decor and promotional ideas.

Student artwork is displayed in the service and/or dining areas.

Daily announcements are used to promote and market menu options.

Menus will be posted on the District website. Nutrient content and ingredients can be requested by contacting the Child Nutrition department.

Menus will be created by a nutrition professional.

School meals are administered by a team of child nutrition professionals.

The District child nutrition program will accommodate students with special dietary needs with appropriate medical documentation.

Students will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.

Students are served lunch at a reasonable and appropriate time of day.

Participation in federal child nutrition programs will be promoted among students and families to help ensure that families know what programs are available in their children's school.

### ***Staff Qualifications and Professional Development***

Our school nutrition program manager and staff will meet or exceed hiring and annual continuing education/training requirements in the USDA professional standards for child nutrition professionals.

### ***Water***

To promote hydration, free, safe, unflavored drinking water will be available to all students throughout the school day. We will make drinking water available where school meals are served during mealtimes via fountains and/or beverage dispensers.

### ***Competitive Foods and Beverages***

H.M. Nailor Elementary School will ensure that all food and beverages available to students during the school day support healthy eating. All food and beverages outside the reimbursable school meal programs that are sold to students on the school campus during the school day will meet or exceed the nutrition standards.

### ***Celebrations and Rewards***

H.M. Nailor Elementary School will ensure all food offered on the school campus will meet or exceed the USDA Smart Snacks in School nutrition standards, including through:

1. Celebrations and parties- H.M. Nailor Elementary School staff will create and implement a list of celebration and party ideas that do not include any food or beverages.
2. Classroom snacks brought by parents- Parents will be provided with a list of school approved snacks that meet the USDA Smart Snacks in School nutrition standards.
3. Rewards and incentives- Food and beverages will not be used as a reward, or withheld as punishment for any reason, such as for performance or behavior. H.M. Nailor Elementary School will provide alternative rewards and incentives to students that do not include food or beverages and/or that include food and beverages that meet the USDA Smart Snacks in School nutrition standards.



### ***Fundraising***

H.M. Nailor Elementary School will make available to parents, teachers and staff a list of healthy fundraising ideas.

H.M. Nailor Elementary School will use non-food fundraisers at least 25% of the time, and encourage those promoting physical activity.

Fundraising during school hours will sell only non-food items or foods and beverages that meet or exceed the Smart Snacks nutrition standards.

### ***Nutrition Promotion***

Students and staff will receive consistent nutrition messages throughout the school, classrooms, and cafeterias. Nailor will promote healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.

### ***Nutrition Education***

H.M. Nailor Elementary School will provide nutrition education and engage in nutrition promotion that:

Is designed to provide students with the knowledge and skills necessary to promote and protect their health;

Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;

Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, and farm visits;

Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;

Includes nutrition education training for teachers and other staff.

### ***Essential Healthy Eating Topics in Health Education***

H.M. Nailor Elementary School will include in the health education curriculum the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from MyPlate
- Eating a variety of foods every day·
- Eating more fruits, vegetables and whole grain products·
- Accepting body size differences
- Food safety
- Importance of water consumption
- Importance of eating breakfast·
- Resisting peer pressure related to unhealthy dietary behavior
- Influencing, supporting, or advocating for others' healthy dietary behavior
- Show many ways that we can track the food we eat.
- Making healthy choices when eating at restaurants

### ***Food and Beverage Marketing in Schools***

H.M. Nailor Elementary School will adhere to the district policy that states, “Any foods and beverages marketed or promoted to students on the school campus\* during the school day\* will meet or exceed the USDA Smart Snacks in School nutrition standards such that only those foods that comply with or exceed those nutrition standards are permitted to be marketed or promoted to students.” by the ensuring:

Teachers and school staff will not have any food or beverage products with visible brand names, trademarks, logos or tags.

The drink machine will be in an area where students are not authorized.

Corporate brand, logo, name or trademark on school equipment, such as marquees, message boards, scoreboards or backboards are appropriate or nonexistent

Advertisements in school publications or school mailings adhere to the district policy.

## **Physical Activity**

H.M. Nailor Elementary shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day and encourages healthy choices among students. Physical activity during the school day( including but not limited to recess, classroom physical activity breaks or physical education) will not be withheld as punishment for any reason.

All students will be provided equal opportunity to participate in physical education, using age appropriate, sequential physical education curriculum consistent with the national and state standards for physical education.

### ***Essential Physical Activity Topics in Health Education***

Each teacher will implement the core strands in their classrooms. Teachers will document these with their classroom academic objectives on their lesson plans. School nurses will assist teachers as needed for classroom health education programs. Example: How to make healthy snack choices, how to implement energy breaks during transition periods. Appropriate community resources, hospital, health department and physicians are utilized to deliver health screens and health education components for students and staff. Teachers may utilize the Health in Action curriculum at the Mississippi Office of Healthy Schools website.

<http://www.healthyschoolsms.org> and <http://activities.healthyschoolsms.org>

Activity health topics will be offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;

that include enjoyable, developmentally-appropriate, culturally-relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens;

that promote fruits, vegetables, whole grain products, low-fat and fat-free dairy products, healthy food preparation methods, and health-enhancing nutrition practices;

that emphasize caloric balance between food intake and energy expenditure (physical activity/exercise);

that link with school meal programs, other school foods, and nutrition-related community services;

### ***Recess( Elementary)***

All elementary students will be offered at least 20 minutes of recess on days during the school year unless the school day is altered. Recess is offered before or after lunch. Handwashing facilities and hand-sanitizing mechanisms located inside the cafeteria and hallways to ensure proper hygiene prior to eating. Students are required to use these mechanisms before eating.

Provide staff- monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess time.

### ***Classroom Physical Activity Breaks (Elementary and Secondary)***

Incorporate 5 to 10 minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons( e.g., Word Ball).

Allow students to engage in Mississippi Move to Learn for 10 minutes, whereas students move accordingly to help not only with refocusing but exercising as well.

***Active Transportation***

H.M. Nailor Elementary School will support active transport to and from school, such as walking and biking. The school will support this behavior by engaging in six or more of the activities below; but not limited to:

Designate safe or preferred routes to school

Promote activities such as participation in International Walk to School Week , National Walk and Bike to School Week.

Secure storage facilities for bicycles and helmets( Shed, cage, fenced area)

Using crossing guards

Use crossing walks on streets leading to school

Document the number of students walking and or biking to and from school

Create and distribute maps of school environments(e.g. Sidewalks, crosswalks, roads, pathways, bike tracks, etc.)

Instruction on walking/bicycling safety provided to students

Promote safe routes programs to students, staff and parents via newsletter, website, local paper.

## Miscellaneous Wellness Activities

### *Community Partnerships*

The staff of H.M. Nailor Elementary School will work towards building community partnerships by inviting community health professionals monthly during our “Monthly Health Chats”. Partnering with the community will be a great asset to help students learn more ways to be healthy. Being healthy is not just about exercising but the whole person is equally important too. We could schedule different vendors to come in and talk with our staff and students. We want to create an environment that supports health in every area.

### *Staff Wellness and Health Promotion*

Above all, the health and wellness of the staff of H.M. Nailor Elementary School is greatly important. In order to effectively teach, carry out daily duties, and complete necessary tasks that are required, it is imperative that the staff must maintain a specific level of health. The wellness committee will support the staff of H.M. Nailor by incorporating various activities that promote health and wellness. There are several activities that we can put in place such as;

**Biggest Loser for each semester**-At the beginning of the year we will develop a committee to assist with weighing and keeping all information confidential. Each participant would pay a designated fee and at the beginning of semester. There will be 3 winners, 1st, 2nd, and 3rd place.

**Monthly Health checks**-Those that are interested could attend a monthly health chat meeting. We would discuss issues that they may be facing. The team would collectively work together to find ways to help one another.

**10,000 Step Challenge**- Staff members who are interested will participate in a 30 day challenge, whereas they will aim to walk 10,000 steps a day. The purpose of this challenge is to get everyone moving. Every day is about being as active as possible, with a goal of walking more than they currently do, regardless of the exact number of steps you reach by the end of the day. Staff members can pick up a pedometer at any local retailer; use a Fitbit, Jawbone, or Apple Watch; or download one of the many free apps that are available for iPhone or Android users.

**Noon Walk** - walk a mile during lunch with coworkers and count the miles. A Monthly Certificate of Achievement is awarded each month.

**Drink 32 oz. of water Challenge** - Drinking water during the workday will help one to stay hydrated and avoid fatigue. Staff members who are interested will earn one point each work day when they drink 32 oz. of water on the job. The staff members that have the most points by the end of the month win a \$25 visa gift card to the local