

PEARL HIGH SCHOOL



The mission of the Pearl Public School District and Pearl High School is to prepare each student to become a lifelong learner, achieve individual goals, and to positively impact a global society.

Wellness Policy 2018-2019

WHOLE SCHOOL, **WHOLE COMMUNITY**, WHOLE CHILD



Pearl High School
Wellness Policy
2018-2019

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School Wellness Policy

Pearl High School

Mission Statement

The mission of the Pearl Public School District and Pearl High School is to prepare each student to become a lifelong learner, achieve individual goals, and positively impact a global society.

Core Values

We believe that

- Everyone has purpose and worth.
- Everyone is responsible for his/her choices.
- Lifelong learning enriches the individual and the community.
- Goal setting and high expectations are the foundation of success.
- Everyone has the potential to make a positive difference.
- Faith-based values create community stability and prosperity.

Rationale

Health trends indicate that nutrition, physical activity, and health education are closely linked to overall health, which impacts educational success. It is essential that students have healthy habits to achieve their full academic potential. Reaching that potential will enhance the likelihood of lifelong health. 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.*

GOALS

1. The students of PHS will be engaged in the continual learning process necessary to make good nutritious food choices and enjoyable activity choices. Making these healthy choices for a lifetime will affect the student's health outcomes.
2. The staff of PHS will be involved in continual encouragement of students by modeling healthy food choices and activity choices. Making these healthy choices for a lifetime will affect that individual's health outcomes as well as the health outcomes of future generations.
3. The community in which PHS is part of will become more aware of the link between healthy choices and academic success, which will lead to generations of productivity in our community.

To meet these goals, the Pearl High 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.

The policy will address the following components: nutrition and food safe schools, health education, health services, counseling/psychological/social services, staff wellness, physical education/activity, healthy school environment, family/community involvement, marketing, use of tobacco and illegal drugs, and implementation. All available resources will be used to serve the needs of all students, staff, and community. Cultural and religious differences will be considered as this policy is implemented.

Nutrition Environment and Services

Pear High 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 (USDA) 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 USDA 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.
- Offer two milk choices in compliance with USDA regulations. We will offer 1% low fat unflavored milk and fat free flavored milk.
- Offer fresh fruits and vegetables to students during breakfast and lunch. Three (3) fresh fruits will be offered to student each week. Weekly requirements for vegetable subgroups will be met, which include 1) dark green 2) red/orange, 3) beans/peas/legumes, 4) starchy, and 5) other.

- Verify that each student's tray at lunch contains a minimum of three and a maximum of five components, one of which must be ½ cup vegetable in compliance with the Healthy, Hunger-free Kids Act of 2010 and Offer-versus-serve.
- Offer only 100% fruit and vegetable juice with no added sugar.
- Weekly grain minimum ranges at breakfast and lunch are being met.
- Sell extra food items in individual packages not to exceed 200 calories.
- Fruit quantity offered at breakfast was increased from ½ cup per day to 1 cup per day.
- The 2014-2015 Sodium Target 1 has been met for breakfast and lunch. Pursuant to the Proclamation USDA Commitment to School Meals dated May 1, 2017, schools that meet Sodium Target 1 for school years 2107-2020 will be considered compliant with USDA sodium requirements.
- Each student's tray at breakfast will be verified that it contains a minimum of three and a maximum of four items, one of which must be ½ cup fruit or ½ cup vegetable in compliance with Healthy, Hunger-Free Kids Act of 2010 and Offer vs. Serve.
- Implement MS Smart Snacks Standards for ALL Foods Sold in Schools. Smart Snacks guidelines apply to all foods sold on campus during the school day. The school day is defined as the period from midnight before to 30 minutes after the end of the official school day or 4:00 p.m., whichever is later.
- In addition, SBE Policy 2002 states: no food items will be sold on the school campus for one (1) hour before the start of any meal service period, including breakfast, if offered, until the last student is served for that meal service.
- Offer salads daily for lunch.
- Establish guidelines in accordance with 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.
- 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.
- 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 product compliance with the federal requirements for Smart Snacks in Schools. The calculator can be used for food and beverage products.

Food Safe Schools

- Implement a food safety program based on HACCP principles for all school meals, as required by the USDA and the Mississippi Department of Education, Office of Child Nutrition Programs and ensure that the food service permit is current for the school sites. HACCP Principles for K-12 schools can be downloaded.
- Develop a food safety education plan for all staff and students, consistent with Fight Bac® and other national standards for safe food handling at home and in schools.
- 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.
- 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 that includes food safety policies and procedures and provides for 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.
- Encourage students to make food choices based on the Healthy Hunger-Free Kids 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.
- 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.
- Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home.

Physical Education/Physical Activity

Pearl High School will:

- 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).
- Require fitness testing for high school students; during the year they acquire the ½ Carnegie unit in physical education as required for graduation by 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).
- Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.
- Beginning with 9th graders in school year 2015-2016, provide instruction in Cardiopulmonary Resuscitation (CPR) and use of Automated External Defibrillator (AED) for students in grades 9-12 in the school year they earn their ½ Carnegie Unit for physical education or health Education. MS Code 37-13-134 (Senate Bill 2185)
- Address concussions by adopting and implementing a policy for students in grades 7-12 who participate in activities sanctioned by the Mississippi High School Activities Association (MHSAA). This policy will include a concussion recognition course that has been endorsed by the Mississippi Department of Health. This course will provide information on the nature and risk of concussions for students participating in athletics. Also included in the

policy, parents/guardians will be provided with a concussion policy before the start of regular school athletic season. (House Bill 48)

Goals:

- Incorporate 5 to 10 minutes of physical activity sessions in classrooms that teach subject areas and to make transitions between different lessons.
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.

Health Education

Pearl High School will:

- Provide ½ Carnegie unit of health education for graduation (2012 Mississippi Public School Accountability Standard 20, Appendix A).
- Instruction must be based on the Mississippi Contemporary Health for grades 9-12 (2012 Mississippi Public School Accountability Standard 20, Appendix A).
- Implement the requirements of MS Code 37-13-171, which requires the development of a sex related education policy and instruction on medically accurate or evidenced based abstinence-only or abstinence-plus curricula. This is taught in 7th grade using “Choosing the Best” abstinence-only program as approved by the DOE/OHS.
- Beginning with 9th graders in school year 2015-2016, provide instruction in Cardiopulmonary Resuscitation (CPR) and use of Automated External Defibrillator (AED) for students in grades 9-12 in the school year they earn their ½ Carnegie Unit for health education or physical education. MS Code 37-13-134 (Senate Bill 2185)
- Provide food allergy education for food service staff, teachers, administration, and students.
- Provide students and staff with information on the consequences of tobacco use and on available cessation programs.
- Coordinate guest speakers to address the student body on topics of bullying, unintentional injuries, and suicide.
- Increase health-related information at school for all students with age/grade appropriate information. This may be in the form of a health fair, handouts, announcements, and special programs.

Goals:

- Encourage integration of Health Education into other subject areas.
- Encourage health teachers to include in their health curriculum:
 - a. Opportunities for students to practice health skills in class as appropriate for each lesson
 - b. Assigned projects on health issues that require some interactions with family and community.

Physical Environment

Pearl High 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 in accordance with the Material Safety Data Sheets.
- 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.
- 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.
- 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.

- 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.
- 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.
- 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.
- 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.
- Continue using a School Resource Officer.
- Conduct random drug testing on students who participate in extracurricular activities and on employees who have a commercial driver's license obtained through the school district.
- Install security cameras on the school campus.
- Utilize regularly scheduled meetings with the School Safety Committee, 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.
- Utilize best practices for the use of pesticides and pest management in school buildings and on school grounds.
- Integrate energy-efficient and money-saving technologies in school construction and renovation projects.

Goals:

- 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.

Health Services

Pearl High 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. Inform every parent/guardian who has a student with a medical diagnosis of asthma that a School Asthma Plan from their medical provider must be provided to the school nurse as required by state law.

- Know the district anaphylaxis policy. Provide training by a healthcare professional, the 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 will attend MDE/OHS sponsored training each school year.
- The school nurse will submit health services data to the DOE/OHS on-line site on the 10th of each month for the previous month.
- Offer comprehensive health services for students in grades 9-12, through the employment of school nurses, as a means to academic success.
- Optimize the provision of health services with a school nurse that is assigned to the high school for the whole school day.
- 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.
- Promote healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).
- Participate in administrative claiming for reimbursement of administrative cost associated with health and medical outreach.
- The high school will receive auto-injector epinephrine from Mylan School Program as stock Epi-pens for emergency needs. The epi-pens will be stored in the nurse office and will be readily available.
- Provide hearing and vision screenings for students in grade 9 as recommended by the DOE/OHS.
- Provide training to school staff on health topics such as chronic health conditions, emergency care, first-aid, on using an epi-pen, on performing hands-only CPR and AED usage, on infection control and on any pertinent health issues that may occur during the school year.

Counseling, Psychological and Social Services/Social and Emotional Climate

Pearl High 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**
- **Provide additional services to improve students' mental, emotional, and social health.**
- **Offer counseling, group assessments, interventions, and other mental health services, as well as referrals to community health professionals.**
- **Hire qualified counselors who will address the mental health, academic, and career needs of students in the school setting.**
- **Participate in administrative claiming for reimbursement of administrative cost associated with health and medical outreach.**
- **Work with staff to identify students in need of mental health services.**
- **Offer individual, small group, and class counseling services as needed in the areas of character education, anger management, conflict resolution, self-esteem, teenage pregnancy, substance abuse, etc.**
- **Refer students to local mental health service providers to ensure the mental health and academic needs of students are being met.**
- **Develop and implement a comprehensive plan for identifying and addressing the emotional and behavior needs of students 9-12.**
- **Ensure that all students have access to qualified student support personnel such as guidance counselor, nurse, psychologist, social worker and others.**

Family Engagement and Community Involvement

Pearl High 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.**
- **Use the Best Practices Shared Use Agreement Toolkit to build support for a shared use agreement.**
- **Encourage regular family mealtimes that include healthy choices.**
- **Update parents on school health successes through monthly newsletters and/or email.**

- **Increase PTA/PTO Membership.**
- **Invite families to tour physical education facilities during events such as Open House.**
- **Provide families and community with information about special events and programs to encourage participation.**

Goals:

- **Recruit, train, and involve families as volunteers for wellness/fitness/healthy lifestyle programs.**
- **Provide families with information on available facilities for physical activities in the community using flyers and posting information on district/building websites and newsletters.**
- **Encourage students to participate in service projects that address wellness/fitness/health issues in the community.**
- **Develop homework assignments for students that involve family discussions about health topics and age-related health issues.**
- **Schedule school health fairs and invite parents and the public to attend.**

Employee Wellness

Pearl High School will:

- **Make as a *Requirement* that all 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. Reviewed each school year at the beginning of the school year on My Benefits Channel.**
- **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®.**
- **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.**
- **Encourage after school health and fitness sessions for school staff.**
- **Offer flu vaccines to all employees each school year. MEA provides the vaccines and staff for this event.**
- **Encourage Wellness visits yearly for all staff with their health care provider. Catapult is a health service group that comes to the school to perform wellness checks for staff that have state BC/BS insurance when scheduled.**

Marketing a Healthy School Environment

Pearl High 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.**
- **Involve students in the local school health council for planning and marketing school health messages throughout the school.**
- **Eliminate advertising or promoting unhealthy food choices on the school campus.**
- **Work with the local newspaper and Pearl TV Channel 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.**
- **Involve students and parents in planning for a healthy school environment using surveys. The Health Survey is on the district web site for parents or students to complete whenever on the site.**

Tobacco and Illegal Drugs

Pearl High School will:

- **Prohibit smoking and the use of other tobacco product on school property.**
- **Prohibit the use and possession of illegal drugs on school property.**
- **Provide information on tobacco cessation programs to staff and faculty and to students in grades 9-12.**
- **Participate in “Red Ribbon Week” activities to encourage students and staff to be drug free.**
- **Implement a random drug testing program which includes monthly testing for students in grades 9-12 who participate in MHSAA affiliated extracurricular activities and who participate in band, choir and NJROTC using district funding.**
- **Implement a random drug testing program for all employees who are required to possess a commercial driver’s license, such as bus drivers and coaches.**
- **Implement a random drug testing program for students who have been placed in an alternative school setting (9-12).**
- **Participate in smart Track Survey on an annual basis at the secondary level (school and staff).**

Implementation

Pearl High School will:

- **Establish a plan for implementation of the school wellness policy.**
- **Designate one or more persons to ensure that the school wellness policy is implemented as written. The school nurse works with the district administrator to ensure implementation.**
- **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.**
- **Use monitoring instruments, developed by the Office of Healthy Schools, to conduct a self-assessment that identifies strengths and weaknesses toward implementation of the minimum requirements. Monitoring instruments can be downloaded.**
- **Revise the school's wellness policy based on the results from the annual review process.**
- **Work with the district Wellness Policy Coordinator to address all aspects of the coordinated school health program and to ensure the implementation of the PPSD Wellness Policy across the district.**
- **Prepare and submit a yearly report to the district administrator acting as district Wellness Policy Coordinator regarding progress toward implementation of the school's wellness policy and recommendations for any revisions to the policy as deemed necessary by the annual review process. The district administrator will present a yearly report to the school board.**

Reference / Resources

Commitment to Nutrition Environment and Services

- *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: www.mde.k12.ms.us/ohs/home
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- Smart Snacks Product Calculator:
https://www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/
- HACCP Principles for K-12 schools can be downloaded at:
<http://www.nfsmi.org/ResourcesOverview.aspx?ID=151>
- Food Safety 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 www.mde.k12.ms.us/ohs/home .

Physical Education/Physical Activity

- Links to resources to aid policy development and Office of Healthy Schools website
www.cdc.gov/concussion/HeadsUp/high_school.html#5
<http://www.misshsaa.com/GeneralInfo/SportsMedicine.aspx>
<http://www.mde.k12.ms.us/ohs/home>

Health Education

- Health in Action <http://www.mde.k12.ms.us/ohs/home>

Physical Environment

- Material Safety Data Sheet at www.msdssearch.com
- Handbook for Public Playground Safety. www.cpsc.gov
- Mississippi School Design Guidelines at:
<http://www.edi.msstate.edu/guidelines/design.php>
- School Safety Manual and the MDE School Occupational Safety and Crisis Response Plan at:
<http://www.mde.k12.ms.us/safe-and-orderly-schools/school-safety>
- Bureau of Safe and Orderly Schools' Process Standard # 29 and #30 Monitoring Tool at:
<http://www.mde.k12.ms.us/safe-and-orderly-schools/school-buildings-and-grounds>
- Eliminating unnecessary school bus idling-<http://www.epa.gov/cleanschoolbus>

Health Services

- 2013 Mississippi School Nurse Procedures and Standards of Care.
<http://www.mde.k12.ms.us/docs/healthy-schools/procedures-manual-.pdf?sfvrsn=0>

Employee Wellness

- My Active Health-<http://www.MyActiveHealth.com/Mississippi>

Implementation

- Office of Healthy Schools Monitoring instruments and Local School Wellness Policy Guide for Development <http://www.mde.k12.ms.us/ohs/home>

