



South Tippah School District

Wellness Policy

2024-2025





South Tippah School District Wellness Policy



Adopted by the South Tippah School Board of Directors on October 15, 2024

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 South Tippah School District shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff in South Tippah School District are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the South Tippah School District 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 South Tippah School District will:

1. 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.
2. 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.
3. Promote participation in school meal programs to families and staff.

4. Operate all Child Nutrition Programs with school food service staff who are properly qualified according to current professional standards,
5. Follow State Board of Education policies on competitive foods and extra food sales.
6. Implement Nutrition Standards as adopted by the State Board of Education in accordance with the Mississippi Healthy Students Act:
 - a. Healthy food and beverage choices;
 - b. Healthy food preparation;
 - c. Marketing of healthy food choices to students and staff;
 - d. Food preparation ingredients and products;
 - e. Minimum/maximum time allotted for students and staff lunch and breakfast;
 - f. Availability of food items during the lunch and breakfast periods of the Child Nutrition Breakfast and Lunch Programs;
 - g. Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs.
7. Establish guidelines in accordance with the Mississippi Beverage and Snack Regulations for all foods available on the school campus during the school day with the objective of promoting student health and reducing childhood obesity.
8. Replace deep fat fryers with combination oven steamers.
9. Provide nutrition information for parents, including nutrition analysis of school meals and resources to help parents improve food that they serve at home.

Commitment to Food Safe Schools

The South Tippah School District will:

1. 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.
2. 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 school.
3. Ensure that all staff receive training by the Office of Child Nutrition to support food safety on the school campus. For compliance with the Nutrition Standards all staff must complete and sign pre and posttest developed by the Office of Healthy Schools and maintain documentation of completion.
4. 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.
5. Adequate access to handwashing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.
6. The food safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances.

7. Provide parents, caregivers, vendors, and any other community members who provide or are likely to provide foods prepared for consumption at school events with appropriate information about safe food preparation and storage.

Commitment to Physical Activity/Physical Education

The South Tippah School District will:

1. Provide 150 minutes per week of activity-based instruction for all students in grades K-8.
2. Kindergarten students will participate in physical activity for a minimum of 40 minutes per school day. The 40 minutes does not have to take place continuously. This time should be used to help the child increase the skills involved in physical coordination (Kindergarten Guidelines).
3. 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.
4. Require fitness testing for all 5th grade students.
5. Require fitness testing for high school students; during the year they acquire the ½ Carnegie unit in physical education.
6. 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 the 2006 Mississippi Physical Education Framework.
7. Implement the requirements of the Mississippi Healthy Students Act of 2007.
8. Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.

Commitment to Comprehensive Health Education

The South Tippah School District will:

1. Provide ½ Carnegie unit of comprehensive health education for graduation. Instruction must be based on the 2012 Mississippi Contemporary Health Standards for grades 9-12.
2. Provide 45 minutes per week of health education instruction as defined by the State Board of Education for grades K through 8.
3. Graduation requirements for 9th through 12th grade students shall include ½ Carnegie unit in physical education.

Commitment to a Healthy School Environment

The South Tippah School District will:

1. Ensure that there are no pad locks or chains on exit doors; exits should never be obstructed. Ensure that all exit signs are illuminated and clearly visible.
2. Ensure that all chemicals are stored properly.
3. Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety for federal guidelines for playground safety.
4. Ensure that fire extinguishers are inspected each year and properly tagged.
5. 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.
6. Conduct at least one emergency evacuation drill per month.
7. 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.
8. Never use extension cords as a permanent source of electricity anywhere on a school campus.
9. Inspect all buses on a quarterly basis and ensure that they are well maintained and clean.
10. 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.
11. Ensure arrival of all buses at their designated school sites prior to the start of the instructional day.
12. Conduct bus evacuation drills at least two times each year.
13. Provide facilities that are clean.
14. Provide facilities that are safe.
15. Provide proper signage that explains tobacco, weapons, and drugs are prohibited on the school campus and at school functions.
16. Provide operational facilities that are equipped and functional to meet the instructional needs of students and staff.
17. Provide air conditioning in all classrooms.
18. Maintain a comprehensive School Safety Plan on file that has been approved annually by the local school board.
19. Prohibit the possession of pistols, firearms or weapons by any person on school premises or at school functions. Require that 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.
20. Prohibit students from possessing tobacco on any educational property and prohibit 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.

Commitment to Quality Health Services

The South Tippah School District will ensure that all school nurses are working under the guidelines of the Mississippi School Nurse Procedures and Standards of Care.

Commitment to Providing Counseling, Psychological and Social Services

The South Tippah School District will:

1. Adhere to the details outlined in the Licensure Guidelines when hiring guidance counselors and psychologists. 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 or Southern Association of Colleges and Schools and scores a minimum of 70 on the ASWB basic exam.
2. Provide at a minimum, a ½ time licensed guidance counselor for high school and ensure that all elementary school students have access to qualified student support personnel such as: guidance counselors, social workers, nurses, psychologists, psychometrists, and others.
3. 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.
4. Hire school counselors who agree to abide by the American School Counselor Association Code of Ethics.
5. 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
 - Referrals to community agencies
 - Educational consultations and collaborations with teachers, administrators, parents and community leaders
 - Education and career placement services
 - Follow-up counseling services
 - Conflict resolution
 - Other counseling duties or other duties as assigned by the school principal

Commitment to Family and Community Involvement

The South Tippah School District will give parents and community the opportunity to serve on the school Health Council.

Commitment to Implementation

The South Tippah School District will:

1. Establish a plan for implementation of the school wellness policy.
2. Designate one or more persons to insure that the school wellness policy is implemented as written.
3. Establish and support a School Health Council that addresses all aspects of a coordinated school health program, including a school wellness policy.
4. 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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