PASS CHRISTIAN
SCHOOL DISTRICT

2018-2019
HEALTH AND WELLNESS POLICY
SCHOOL HEALTH COUNCILS

The Pass Christian School District and/or individual schools within the district will create and develop their own health council. This council will be responsible for reviewing, and revising the district current Wellness Policy as it pertains to each school. The council will also review the school nutrition and physical activity policies and make any revisions necessary. The school health council representatives should be parents, students, teachers, health professional, and members of the community and school food service authority.

- Health and Wellness Council members will address all aspects of a coordinated school health program, including a Health and Wellness Policy.

District Health Council Members:

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
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</thead>
<tbody>
<tr>
<td>Dr. Carla Evers, Ph.D</td>
<td>Superintendent of Education</td>
</tr>
<tr>
<td>Kristen Wheat</td>
<td>Assistant Principal, DeLisle Elementary</td>
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<tr>
<td>Connie Skrmetta</td>
<td>Physical Education Coach DeLisle Elementary</td>
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<tr>
<td>Saundra Isabelle</td>
<td>Child Nutrition Director</td>
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<tr>
<td>Jennifer Necaise</td>
<td>Assistant Principal, Pass Christian Elementary</td>
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<tr>
<td>Payton Ragon</td>
<td>Physical Education Coach, Pass Christian Elementary</td>
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<tr>
<td>Beth Bellipanni</td>
<td>Assistant Principal, Pass Christian Middle School</td>
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<tr>
<td>Marcellus Henderson</td>
<td>Physical Education Coach, Pass Christian Middle School</td>
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<tr>
<td>TBA</td>
<td>Assistant Principal, Pass Christian High School</td>
</tr>
<tr>
<td>Casey Wittmann</td>
<td>Football Coach, Pass Christian High School</td>
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<tr>
<td>Margaret Jean Kalif</td>
<td>School Board. President</td>
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</tbody>
</table>
Local District Wellness Policy
Pass Christian School District

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 Pass Christian School District shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff members in Pass Christian School District 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 Pass Christian 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.

Implementation
The Pass Christian School District will be committed to:
- Establishing a plan for implementing the school wellness policy.
- Designating one or more persons to insure that the school wellness policy is implemented as written.
- Establishing and supporting a School Health Council (SHC) that addresses all aspects of a coordinated school health program, including a school wellness policy (MS Code 37-13-134).
- Meeting quarterly to review, plan, and discuss district goals for the current school year.
- Preparing and submitting 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.
Commitment to Physical Education/Physical Activity

The Pass Christian School District will be committed to:

- Implementing activity-based instruction to meet or exceed the standards as approved by the State Board of Education. (State Board of Education Rule 38.12)
- Requiring fitness testing for all 5th grade students.
- Requiring fitness testing for high school students during the year they acquire the ½ Carnegie unit in physical education. (State Board of Education Rule 38.12).
- Offering a planned sequential program of physical education instruction that is student centered and based on 2013-2014 Mississippi Physical Education Frameworks.
- Implementing the requirements of the Mississippi Healthy Students Act of 2007 (MS Code 37-13-134).
- Incorporating 5-10 minutes physical activity sessions in the classroom throughout the day (for example transitioning between different lessons).
  www.movetolearnms.org
- Providing staff-monitored recreational activities that promote moderate physical activity during all outdoor and indoor recess times.
- Creating opportunities for students to voluntarily participate in before- and after-school physical activity programs like intramurals, clubs, and at the secondary level, interscholastic athletics.

Commitment to Health Education

The Pass Christian School District will be committed to:

- Providing ½ Carnegie unit of health education required for graduation based on the Mississippi Contemporary Health for grades 9-12 (2015 Mississippi Public School Accountability Standard 20, Appendix A).
- Implementing the requirements of the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction based on the Mississippi Contemporary Health curriculum for grades K-8.
- Creating healthy and responsible teens by utilizing an age-appropriate sex-related education Abstinence Only curriculum recommended by the Mississippi Department of Education. (MS Code 37-13-171 and PCSD Board Policy ICG)
- 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. MS Code 37-13-134.
- Implementing of the Youth Concussion Law (MS Code 37-24-1) by informing student athletes in Grades 7-12 and their parents of the nature and risks of concussions in accordance with the requirements of the Mississippi High School Activities Association, PCSD Board Policy JGED, and PCSD Athletic Handbook.
Participating 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.

Introducing teachers to the Team Nutrition website as a classroom resource.

Commitment to Nutrition Environment and Services

The Pass Christian School District will be committed to:

- Offering 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.
- Offering 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.
- Promoting school meal programs to families and staff.
- Operating all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Rule 17.1).
- Requiring all Child Nutrition managers for the 2016-2017 school year to have 10 hours of annual continuing education/training.
- Requiring Child Nutrition workers to have 6 hours of continuing education/training.
- Implementing Nutrition Standards as adopted by the State Board of Education in accordance with the Mississippi Healthy Students Act (State Board of Education Policy Rule 38.11)
  - Healthy food and beverage choices;
  - Healthy food preparation;
  - Marketing of healthy food choices to students, staff and parents;
  - Food preparation ingredients and products;
  - Minimum time allotted for students and staff 10 minutes for breakfast and 20 minutes for lunch;
  - 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.
  - Breakfast in the Classroom grades K-1 (DeLisle & Pass Elementary)
  - Grab-n-Go grades 6-8 (Pass Christian Middle School)
- All students will have access to water in the cafeteria and throughout the school.
- Establishing 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.
- Enforcing the COMPETITIVE FOOD RULE: No food can be sold one hour before or after meal service. (Mississippi Board of Education Policy, Rule 17.2)
- Establishing guidelines in accordance with USDA Smart Snacks in Schools for the sale of food items for fundraising.
- Smart Snacks Product Calculator: [https://www.healthiergeneration.org/takeaction/schools/snacksandbeverages/smartsnacks/alliance_product_calculator/](https://www.healthiergeneration.org/takeaction/schools/snacksandbeverages/smartsnacks/alliance_product_calculator/)
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 30% of its total calories derived from fat.
- Any given food item for sale prior to the start of the school day and throughout the instructional day will have no more than 10% of its total calories derived from saturated fat.

**Beverages:**
- Vending sales of carbonated drinks and artificially sweetened drinks will follow School Board Policy 4003.
- Milk, water, and 100% fruit juices may be sold on school grounds both prior to and throughout the instructional day.
- Reduced fat-milk including flavored milk may contain no more than 160 calories per 8-ounces.
- 100% fruit and vegetable juices will have no added sugar.

**Candy:**
- Vending sales of candy will not be permitted on school grounds.
- Non-vending sales of candy will be permitted ONLY at the conclusion of the instructional school day.

**Commitment to Food Safe Schools**
The **Pass Christian School District** will be committed to:
- Implementing 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. The HACCP plan will be updated yearly.
- Ensuring all school personnel (school board members, administrators, teachers, school nurses, instructional and health services paraprofessionals, foodservice staff, custodians will receive relevant professional development on the Local Wellness Plan. The Pass Christian School District will also have this plan on the district webpage at [www.pc.k12.ms.us](http://www.pc.k12.ms.us)
- Providing adequate access to hand-washing facilities and supplies whenever and wherever students, staff, and families prepare, handle, or consume food.
- Encouraging 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. ChooseMyPlate at [http://www.choosemyplate.gov/](http://www.choosemyplate.gov/)
- Successfully removing deep fat fryers from all cafeterias and replacing them with Combination Ovens (Combi-Ovens/Steamers)
- Establishing 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. Allowing students 10 minutes for breakfast and 20 minutes for lunch.
- Eliminating use of food as rewards for student accomplishment and the withholding of food as punishment.
- Encouraging all school-based organizations to use services, contests, non-food items, and/or healthy foods for fundraising programs. The sale of candy and other foods and beverages that do not meet the Smart Snacks Standards are prohibited from being sold as fundraisers during the school day.

**Assurance Statement:**
Foods offered for service to students outside of the reimbursable school meals must be purchased from an outside entities such as Walmart or your local grocery store. These items must be in a sealed container or individually wrapped with all ingredients listed. This is to protect students who may have a food allergies and also to protect students from foods that may be prepared in an unsanitary environment.
National School Lunch (SBP)

Meal Pattern Requirements for Various Age/Grade Groups

<table>
<thead>
<tr>
<th>Required/Component Offering</th>
<th>Grades K-5</th>
<th>Grades 6-8</th>
<th>Grades 9-12</th>
<th>Specific Requirements;</th>
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</thead>
<tbody>
<tr>
<td><strong>Grains / Breads</strong></td>
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<td>All grains offered must be 100% whole grain rich (WGR), unless a State Agency waiver has been granted.</td>
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<tr>
<td>Offering</td>
<td></td>
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<tr>
<td>When Combining K-5 6-8 to establish a K-8 group.</td>
<td>8 oz. eq.* wk. min</td>
<td>8 oz. eq.* wk. min</td>
<td>10 oz. eq.* wk. min.</td>
<td></td>
</tr>
<tr>
<td>Serving of grains or breads must be whole grain rich</td>
<td>1 oz. per. day min.</td>
<td>1 oz. per. day min.</td>
<td>1 oz. per. day min.</td>
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<tr>
<td><strong>Fruit</strong></td>
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<td>No more than ½ of the total weekly requirement may be met with 100% full-strength fruit juice.</td>
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<td></td>
<td>½ cup every day.</td>
<td>½ cup every day.</td>
<td>1 cup every day.</td>
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<tr>
<td><strong>Milk</strong></td>
<td></td>
<td></td>
<td></td>
<td>In grades K-12, fluid milk must be 1% unflavored, or fat free flavored or unflavored.</td>
</tr>
<tr>
<td>Flavored 1% or Fat Free Only</td>
<td>¾ cup (6 fl. oz.)</td>
<td>½ pint (8 fl. oz.)</td>
<td></td>
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<tr>
<td><strong>Calorie Ranges</strong></td>
<td>550-650</td>
<td>600-700</td>
<td>750-800</td>
<td>Minimum and Maximum Calorie ranges in an average 5-day weekly menu.</td>
</tr>
<tr>
<td>When Creating a K-8 Group</td>
<td>600-650</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Meat / Meat Alternatives (Optional)</strong></td>
<td>8 oz. eq.* wk. min</td>
<td>8 oz. eq.* wk. min</td>
<td>8 oz. eq.* wk. min.</td>
<td></td>
</tr>
<tr>
<td><strong>Sodium (mg)</strong></td>
<td>≤ 1230</td>
<td>≤ 1360</td>
<td>≤ 1420</td>
<td>K-8 Sodium maximum is 1230 mg</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>3/4 cup every day</td>
<td>3/4 cup every day</td>
<td>1 cup every day</td>
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**1/2 cup** of Dark Green, Beans/Peas, Starchy, and Other vegetable subgroups must be offered and **3/4 cup** Red/Orange vegetable for Grades K-8.

**1/2 cup** of Dark Green, Beans/Peas, Starchy and **3/4 cup** of Other vegetable subgroups must be offered weekly and **1 1/4 cup** of Red/Orange for grades 9-12.
Commitment to Employee Wellness

The Pass Christian School District will be committed to:

- Making all staff 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 – http://www.MyActiveHealth.com/Mississippi and PCSD Staff Handbooks
- Promoting health and reducing 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.
- Providing 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.
- Encouraging after-school health and fitness sessions for school staff.
- Developing 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 or support school employee wellness activities.
- Coordinating school employee wellness activates with student health promotion activities.
- Establishing and enhancing physical activity opportunities (like walking clubs or fitness challenges) for staff and/or parents.
- Coordinating Staff Wellness events and activities with state and national health observances throughout the year.

Commitment to Health Services

The Pass Christian School District will be committed to:

- Providing nursing services to all students which include first aid, emergency treatment and education on health related topics.
- Developing and implementing health/medical plans for students with special needs, including asthma plans.
- Proving staff training regarding signs of asthma and anaphylaxis (MS Code Sections 37-11-71 and 73-25-37)

Commitment to Counseling, Psychological and Social Services/Social and Emotional Climate

The Pass Christian School District will be committed to:

- Establishing a comprehensive school counseling program based on the ASCA National Model: A Framework for School Counseling Programs (MS Code 37-9-79) implemented by a credentialed school counselor at each school.
- Supporting student personal/social development as well as academic achievement and goals.
Utilizing the school counselor skills of leadership, advocacy, and collaboration to promote a healthy emotional climate.

Ensuring that school counselors provide an annual in-service to school staff in the areas of Suicide Prevention (MS Code 37-3-101) and Anti-Bullying Awareness

Commitment to Family Engagement and Community Involvement
The pass Christian School District will be committed to:

- Inviting parents and community members to participate in school health planning by serving on the local School Health Council.
- Inviting family or community members to participate in the districts monthly community walk, 5k run/walk and FuelUptoPlay60 events.
- Providing a link to the nutritional analysis and a monthly parent newsletter on the district webpage. www.pc.k12.ms.us
- Establishing and enhancing physical activity opportunities (like walking clubs or fitness challenges) for staff and/or parents.
- Sponsoring family nights.

Commitment to Marketing a Healthy School Environment
The Pass Christian School District will be committed to:

- Providing positive, consistent, and motivating messages about healthy lifestyle practices throughout the school setting
- Involving students in the local school health council for planning and marketing school health messages throughout the school.
- Promoting healthful eating, physical activity, and healthy lifestyles to students, parents, teachers, administrators, and the community at school events (e.g., school registration, parent-teacher conferences, PTA meetings, open houses, health fairs, teacher in-services, and other events).
- Eliminating advertising or promoting unhealthy food choices on the school campus.
- Creating awareness of the link between the health of students and academic performance.

Commitment to Healthy School/Physical Environment
The Pass Christian School District will be committed to:

- Providing student with a healthy learning environment that includes structurally safe facilities that comply with state environmental standards and conditions. Ref: MS Healthy School Self-Assessment, Office of Healthy Schools MDE and the PCSD School Safety Plan.
- Providing proper signage that explains tobacco, weapons, and drugs are prohibited on school campuses and at school functions.