

**District:** Long Beach School District  
**Section:** J - Students  
**Policy Code:** JG - School Wellness Policy

## **WELLNESS POLICY**

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

To meet this goal, the Long Beach 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 Long Beach School District will:

- 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.
- 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.
- Encourage families and staff to participate in school meal programs and promote the value and good nutrition available with school meals in all media.
- All Child Nutrition Programs will operate with school foodservice staff that is properly qualified according to current professional standards (Mississippi Board of Education Policy, Code 2001).
- Establish food safety as a key component of all school food operations and ensure that the food service permit is current for the Food Service site.



- 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.
- 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 Long Beach School District will:

- Implement a food safety program based on Hazard Analysis and Critical Control Point (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.
- Develop a food safety education plan for all staff and students, consistent with Fight Bac ([www.fightbac.org/](http://www.fightbac.org/)) and other national standards for safe food handling at home and in school.
- Ensure that all staff have viewed the PowerPoint presentation developed by the Office of Healthy Schools to support food safety on the school campus. For compliance with the Nutrition Standards all staff must complete and sign pre and post test developed by the Office of Healthy Schools and maintain documentation of completion. The PowerPoint and pre/post Test can be downloaded at: <http://www.mde.k12.ms.us/ohs/home>.
- 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. Examples of professional development include, but are not limited to, the video developed by the Office of Healthy Schools and Eating Safely at School, ([http://www.mde.k12.ms.us/docs/teacher-center/eatingsafelyatschool\\_20140312143923\\_717581.pdf?sfvrsn=2](http://www.mde.k12.ms.us/docs/teacher-center/eatingsafelyatschool_20140312143923_717581.pdf?sfvrsn=2)) developed by the National School Board Association (NSBA).
- 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 that have food allergies and intolerances – menus will be easily accessible and documentation of a food allergy must be on file in school office, cafeteria and the Child Nutrition office at Central Office. Teachers must also be made aware of any food allergies. School nurses will give a list of the students with food allergies to the cafeteria, all teachers and staff so we can all be aware, which will be updated annually.

## **FOOD SAFETY ASSURANCE PLAN**

### **Commitment to Food Safe Schools:**

According to the Center for Disease Control and Prevention (CDC), food borne illnesses in the U.S. affects millions of people, and causes thousands of deaths. Every year, 300,000 people are hospitalized.

### **Food borne illness response plan:**

The Long Beach School District will implement a food borne illness response plan. Any time a student notifies the school nurse of any upper or lower GI symptoms, the school

nurse, in conjunction with food service will research possible causes and, if it appears to be a food borne illness, will notify the board of health. The Child Nutrition program requires the Food Service to maintain a sample plate of each day's menu for 3 days.

The Long Beach School District Food Service will be committed to:

- Continuous and repetitive nutritional education for children and families via the monthly newsletter/menu, encouraging integrating the interactive website: [www.Scrubclub.org](http://www.Scrubclub.org) and [www.fooddetectives.com](http://www.fooddetectives.com) for 8-12 year olds
- Use of informative posters in prominent places
- Keeping accurate logs and documentation
- Hood maintenance in kitchens and continuous operation to control any Carbon Monoxide emissions from gas equipment
- Controlling temperature; FIFO method of inventory control; cleaning and sanitizing; hand washing and glove use
- The protection of children and staff
- To protect our District from liability

The Long Beach Food Service Department will operate all facilities based on HACCP principles. A plan has been developed for each menu item for a standard operating procedure for storing, cooking, serving, cooling and reheating. This plan includes methods for:

- Documenting menu items in the appropriate HACCP process category
- Monitoring all procedures
- Establishing and documenting any corrective action
- Record keeping
- Reviewing and revising the overall food safety program

All School Breakfast and Lunch Program food offerings will comply with USDA requirements for Federal School Meal Programs and demonstrate healthy menu planning practices with the consumption of whole grains, fresh fruits and vegetables and low fat dairy items encouraged.

The Long Beach Food Service Department will ensure that the Food Service Permit is current for the school site and will require and document regular inspection and maintenance of the food service area and equipment.

### **Professional Development of Food Service Staff**

School Managers and staff assistants will continue to receive education at a monthly safety meeting on food safety and sanitation standards that address proper food preparation and handling practices. At least one staff member in each cafeteria will be certified in Serv Safe. The requirement that all food service staff will receive training when hired and participate in on-going professional development, will be continued and documented. Each staff member is required to meet standards for personal hygiene, which includes correct hand washing, clean hair, body and nails, appropriate clothing and not coming to work when ill. They receive training in the proper use and maintenance of equipment.

### **Food Allergies and Intolerances**

The Long Beach School District will work with students, parents and physicians to minimize risk and provide a safe educational environment for staff and students with food

allergies. According to The State of Mississippi Department of Education Policy and Procedures Manual Child Nutrition Programs - Section 6, Students with Special Dietary Needs, a supporting medical statement from a licensed physician should cover those students who have food allergies. This document will be kept on file with the school nurse, the school cafeteria, and the district child nutrition office and will be updated annually. A menu of the school meals will be made available to the parents and a meeting of the nurse, cafeteria manager and parent will be arranged if necessary.

Food Service, in conjunction with the school, will exercise caution and will provide the ingredient listing for menu items when applicable. Any dietary substitution offered to the allergic child will meet prescribed guidelines and will be free of ingredients which are suspected of causing the allergic reaction.

Each school nurse will maintain a list of students with food and environmental allergies and distribute to all school staff at the start of the year and when changes occur.

The Director of Child Nutrition will ensure that a monthly carbohydrate count will be sent to all school nurses to ensure accurate documentation for our diabetic students.

### **Commitment to Physical Activity/Physical Education**

The Long Beach School District will:

- Provide 150 minutes per week of activity-based instruction for all students in grades K-8 (in accordance with Section 37-13-134, Mississippi Code of 1972, ann., reference 2004 Mississippi Public Schools Accountability Standards).
- 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 all 5<sup>th</sup> grade students.
- Require fitness testing for high school students; during the year they acquire the ½ Carnegie unit in physical education as required by the Mississippi healthy Students Act (State Board of Education Policy 4012)
- 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 should be used to help the child increase the skills involved in physical coordination (Kindergarten Guidelines).
- Offer a planned sequential program of physical education instruction incorporating individual and group activities, which are student centered and taught in a positive environment.
- Implement the 2006 Mississippi Physical Education Framework.
- Schedule recess or physical education before lunch times, whenever scheduling permits, in order to increase food consumed, decrease plate waste, and improve cafeteria behavior.
- Encourage 5-to 10-minute physical activity sessions in classrooms to teach subject areas and to make transitions between different lessons (e.g., Take Ten!, Mind and Body, etc).
- Participate in a yearly fitness test for students, (e.g., Fitness Gram, President's Challenge to Physical Fitness, etc.).
- Collaborate with local recreational departments and youth fitness programs to promote participation in lifelong physical activities.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).

- Graduation requirements for the 9th through 12th grade students shall include ½ Carnegie unit in physical education.
- Beginning with 9<sup>th</sup> graders in the 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 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)

## **Commitment to a Healthy School Environment**

The Long Beach School District 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 Sheet [www.msdssearch.com/](http://www.msdssearch.com/)).
- Refer to the U.S. Consumer Product Safety Commission's Handbook for Public Playground Safety ([www.cpsc.gov](http://www.cpsc.gov)); for federal guidelines for playground safety.
- 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.
- 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.
- Never use extension cords as a permanent source of electricity anywhere on a school campus.
- Nurses inspect AED on a monthly basis.

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 the State of Mississippi Accreditation Standards).

- 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 the State of Mississippi Accreditation Standards).

- 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 at [www.edi.msstate.edu](http://www.edi.msstate.edu)).
- 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 the State of Mississippi Accreditation Standards); see the School Safety Manual and the MDE School Occupational Safety and Crisis Response Plan at: <http://www.mde.k12.ms.us/OSOS/SS>.
- State Board Policy 9500 (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 assessment of the school building(s) annually prior to school opening using the Bureau of Safe and Orderly Schools' Process Standard #36 Monitoring Tool at [www.mde.k12.ms.us/OSOS/DBG](http://www.mde.k12.ms.us/OSOS/DBG).
- 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 #35 Monitoring Tool at [www.mde.k12.ms.us/OSOS/PT](http://www.mde.k12.ms.us/OSOS/PT).
- Eliminate unnecessary school bus idling that causes pollution and creates health risks for children such as; asthma, allergies, and other respiratory problems. ([www.epa.gov/cleanschoolbus](http://www.epa.gov/cleanschoolbus))
- Conduct random drug testing on drivers.
- Utilize incentives for integrating energy-efficient and money-saving technologies in school construction ([www.energystar.gov](http://www.energystar.gov)).

### **Commitment to Comprehensive Health Education**

The Long Beach School District will:

- Provide ½ Carnegie unit of comprehensive health education for graduation (2004 Mississippi Public School Accountability Standard 20, Appendix A).
- Implement the 2006 Mississippi Comprehensive Health Framework for grades 9-12 (2004 Mississippi Public School Accountability Standard 20, Appendix A).

- Implement the nutrition strand of 2006 Mississippi Comprehensive Health Framework.
- Emphasize the disease and prevention strand in the 2006 Mississippi Comprehensive Health Framework.
- Participate in the USDA nutrition programs such as Team Nutrition Schools and the Healthier US 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.
- Implement the requirements of the Mississippi Healthy Students Act of 2007, which requires 45 minutes per week of health education instruction as defined by the State Board of Education for grades K through 8.

### **Commitment to Quality Health Services**

The Long Beach School District will:

- Ensure all school nurses are working under the guidelines of the Mississippi School Nurse Procedures and Standards of Care and the standing order provided by the Medical Director.
- Promote health and wellness for our students/staff/community:
  - Health/Wellness education programs for staff and students
  - Health information page on website for the general public
  - Health screenings for growth, weight, blood pressure, vision & dental
  - Monitoring for trends in illness or injury and taking action to decrease occurrences as possible
  - Provide routine care for students with special needs as ordered by the student's physician
  - Provide medical care for sick and injured students/staff
  - Promote/support school attendance

The School Nurse will:

- Serve as the Medical Officer as part of the School Safety Plan.
- A registered nurse with a minimum of an Associate degree in Nursing will be available for every school in the district.
- The School nurse will collaborate with other school staff to provide health services as part of a Coordinated School Health Program.
- Provide training to staff regarding response to diabetic problems, asthma, anaphylaxis, seizures, and choking.
- Individualized Healthcare Plans will be created for every child with a diagnosis of asthma and the school nurse will work with the parent to complete this plan each school year.
- Promote healthy lifestyles through school and community events (PTA meetings, open houses, health fairs, teacher in-services, and other events).

The School Nurse will:

- Attend at least one MDE sponsored training each year.
- Will submit health services data on the 10th of each month for the previous month.
- Work with students, parents, and the local healthcare providers to effectively manage and treat chronic diseases.
- Will maintain stock auto-injector epinephrine for use in emergency anaphylaxis situations.

- Will coordinate school employee and student wellness activities and health promotion.
- Will use traditional marketing materials such as posters, flyers, website, etc., to promote health messages to students and families.

### **Commitment to Providing Counseling, Psychological and Social Services**

The Long Beach School District will:

- Adhere to details outlined in the Licensure Guidelines (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.
- 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 (as required by the Mississippi Public School Accountability Standards).
- 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.
- 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 preventative 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
- Referral process to Mental Health Agencies for severe at-risk behaviors
- Suicide prevention-risk assessment for self-harm concerns and harm toward others.
- Provide all licensed teachers and principals with in-service suicide prevention training as directed by MS Code 37-3-101
- Other counseling duties or other duties as assigned by the school principal, spending a minimum of 80% of their contractual time to delivery of services to students as outlined by the American School Counselor Association.

### **Commitment to Family and Community Involvement**

The Long Beach School District will:

- Give parents and community the opportunity to serve on the School Health Council (SHC).

## **Commitment to Marketing a Healthy School Environment**

The Long Beach School District will:

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.
- Involve students in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, and attention will be given to their comments.
- Promote 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, PTO meetings, open houses, health fairs, teacher in-services, and other events).
- Eliminate advertising and other materials on the school campus that promote foods of minimal nutrition value.
- Work with local media, like newspaper, TV and radio, to inform the community about the health problems facing Mississippi children, as well as the need for and benefits of healthy school environments.
- As part of the District's commitment to healthy schools, and in order to comply with current laws, fast food is not permitted in the dining area during meal periods. Furthermore, energy drinks will not be allowed in the dining areas or as snacks.

## **Commitment to Implementation**

The Long Beach School District will:

- Establish a plan for implementation of the school wellness policy.
- Designate one or more persons to insure that the school wellness policy is implemented as written.
- Establish and support a School Health Council (SHC) that addresses all aspects of a coordinated school health program, including a school wellness policy.
- Conduct a review of the progress toward school wellness policy goals each year to identify areas of 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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## [Appendix A](#)

[Appendix B](#)

[Appendix C](#)

**Adopted Date:** 8/7/2002

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