

Guntown Middle School  
School Wellness Policy

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This policy is adopted for use at Guntown Middle School.

The School Health Council that developed this policy consists of the following persons:

Administration-Casey Dye School Nurse-Mary Carmen Justice PE instructor- Stephanie Phillips Food Service- Shinia Bean Counselor-Hope Nichols Teacher- Anna Wildmon Law Enforcement-Bre Lucas City Official- Bud Herring School Board Representative-Hal Swann Medical Professional- Catina Newman, RPH Parent Representatives-Mike Patterson, Hope McCoy Student Representatives- Elle Donegan, Luke Wood

**Rationale:**

The link involving, physical activity and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity essential for healthy weight are also linked to reduced risk for many chronic diseases like Type 2 diabetes. Schools have a responsibility to help students learn, establish, and maintain lifelong, healthy eating and physical activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment, since school staff can be daily role models for healthy behaviors.

**Goal:**

All students enrolled at Guntown Middle School shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime.

All staff at Guntown Middle School are encouraged to model nutritious diet choices and physical activity as a valuable part of daily life.

To reach this goal, the Lee County School Board adopts this wellness policy for Guntown Middle School with the following commitments to nutrition, physical activity, comprehensive health education, marketing, and implementation. 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:**

Guntown Middle School will follow the nutrition guidelines as outlined in Senate Bill 2369 and will include the following:

### **A. Healthy food and beverage choices:**

1. A minimum of one fresh fruit or vegetable choice should be offered to students each day.
2. School menus shall offer a minimum of three different fruits and five different vegetables weekly. Schools should try to serve dark green and/or orange vegetables or fruits three times per week.
3. Schools shall offer milk choices with a maximum milk fat of 1%. Flavored nonfat, low-fat, or reduced-fat milk shall contain no more than 160 calories per 8-ounce serving.
4. Schools shall only offer 100% fruit and vegetable juice with no added sugar.

### **B. Healthy Food Preparation:**

5. Schools shall comply with the existing USDA NSLP/SBP meal pattern requirements. This includes meeting the minimum nutrient standards for calories, protein, calcium, iron, vitamin A, vitamin C and the maximum levels of 30% calories from fat and less than 10% calories from saturated fat.
6. District School Food Service shall develop and implement a food safety Program. Each school shall develop a HACCP system plan as required by the Child Nutrition and WIC Reauthorization Act of 2004.
7. Schools have a food safety assurance program in place.
8. Schools shall secure a Food Service Operational Permit through the Mississippi State Department of Health for approval to operate under the National School Lunch/National School Breakfast Program.
9. Schools are inspected by the Mississippi State Department of Health two Times per site per school year.
10. Schools shall implement healthy school food preparation techniques using training materials developed through sources such as USDA, National Food Service Management Institute or Mississippi Department of Education. All training shall be kept on file for review by the Mississippi Department of Education.
11. Schools should limit fried foods whenever possible and practical. Schools shall develop a long range plan for reducing and/or eliminating fried products in their lunch and breakfast menus.

### **C. Marketing of healthy food choices to students and staff:**

1. Train School Foodservice Administrators, Kitchen Managers, and Cooks in Marketing, New Cooking Techniques, and Garnishing using available or newly developed training tools.
2. Use the Whole School Approach in Marketing the Local Wellness Policy. Administration, faculty, staff, students, and parents need to be solicited to be a part of the implementation of the local Wellness Policy.

**D. Food Preparation Ingredients and Products:**

1. Guntown Middle School adopts the Dietary Guideline recommendation that trans fatty acids will be kept “as low as possible”.
2. Wherever possible and practical, school lunch and breakfast programs shall include products labeled zero grams trans fat.
3. Schools shall incorporate whole grain products into daily and weekly lunch and breakfast menus based on product availability and student acceptability.

**E. Minimum and maximum time allotment for meal periods:**

1. GMS shall schedule at least a minimum of 24 minutes to ensure an adequate eating time for school lunch.
2. Since school breakfast is not factored into the regular school day, schools should take into consideration the recommended time of 10 minutes for a child to eat school breakfast after they have received the meal.

**F. The availability of food items during the lunch and breakfast periods of the Child Nutrition Breakfast and Lunch Programs:**

1. GMS shall comply with the Mississippi Board of Education Policy on competitive Food Sales as outlined in the Mississippi Board of Education Policy.
2. When purchasing extra-sale items that are allowable to buy with a reimbursable meal, the following limitations will apply:  
A – Elementary School – 1 extra-sale item other than beverage  
B – Middle and High School – 2 extra-sale items other than beverage.
3. Schools may sell extra items in individual packages not to exceed 200 calories.
4. Schools may sell extra-items in portions not to exceed the menu portion serving size.
5. Schools will use marketing, pricing and nutrition education strategies to encourage healthy extra sale selections.

## **G. Methods to increase participation in the Child Nutrition School Breakfast and Lunch Programs:**

1. Prepare a yearly marketing plan for the school lunch and breakfast programs.
2. Promote family nutrition education.
3. Promote healthful eating and healthy lifestyles to students, parents, teachers, administrators and the community at school events.

## **Commitment to Food Safe Schools**

Guntown Middle School will:

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.

- 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 has viewed the video 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 video and Pre/Post Test can be downloaded at: [http://healthyschoolsms.org/ohs\\_main/instructionalvideo.htm](http://healthyschoolsms.org/ohs_main/instructionalvideo.htm).
- 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://schoolhealth.nsba.org/site/docs/42400/42324.pdf>) developed by the National School Boards Association.
- Adequate access to hand washing facilities and supplies will be available whenever and wherever students, staff, and families prepare, handle, or consume food.
- The safety assurance plan must address strategies that minimize risks for students and staff who have food allergies and intolerances.

### **Food Safety Assurance Program**

GMS ensures that all food brought onto the school campus that is not served through the Child Nutrition Department is safe for student consumption by educating teachers, staff, students, and parents about food safety guidelines. Information will be disseminated through the district newsletter, website and handbooks. The **Principal** at each location will be notified when\*potentially hazardous foods will be brought onto the school campus so that it can be safely monitored.

\*A potentially hazardous food is a food that will support the growth of microorganisms such as milk and milk products, poultry, baked or boiled potatoes, cooked rice, shell eggs, fish, garlic and oil mixtures, raw sprouts and seeds, cooked beans, meats, sliced melon, soy-protein food.

### **Commitment to Physical Activity**

Guntown Middle School 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 32, Appendix B and 33).  
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 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 the 2006 Mississippi Physical Education Framework.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Graduation requirements for 9<sup>th</sup> through 12<sup>th</sup> grade students shall include ½ Carnegie unit in physical education.

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

Guntown Middle School will:

- Provide ½ Carnegie unit of comprehensive health education for graduation (2004 Mississippi Public School Accountability Standard 20, Appendix A).
- Instruction must be based on the 2006 Mississippi Comprehensive Health Framework for grades 9-12 (2004 Mississippi Public School Accountability Standard 20, Appendix A .)
- 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.
- Graduation requirements for 9<sup>th</sup> through 12<sup>th</sup> grade students shall include ½ Carnegie unit in physical education.
- Implement the requirements of House Bill 999, which requires the development of a sex related education policy and instruction on medically accurate or evidenced based abstinence-only or abstinence-plus curricula.

## Commitment to a Healthy School Environment

Guntown Middle 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 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.com](http://www.cpsc.com)); 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.

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 #35).

- 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 #36)

- 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 Accreditation Standard #37.1); see the School Safety Manual and the MDE School Occupational Safety and Crisis Response Plan at: [http://www.healthyschoolsms.org/healthy\\_school\\_environment/school\\_safety.htm](http://www.healthyschoolsms.org/healthy_school_environment/school_safety.htm).
- 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.

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

Guntown Middle School will:

- Ensure all school nurses are working under the guidelines of the *Mississippi School Nurse Procedures and Standards of Care*.
- Provide for teachers and other staff, health education regarding asthma action plans as directed in SB 2393

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

Guntown Middle School will:

- Adhere to the 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, psychometrics, and others (as

required by the Mississippi Public School Accountability Standards, Process Standards 6.1 and 6.2).

- 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 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**

#### **Guntown Middle School will:**

Invite parents and community members to participate in school health planning by serving on the local School Health Council.

### **Commitment to Implementing a Quality Staff Wellness Program**

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 ***Motivating Mississippi: Keys to Living Healthy***, a new wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit.

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.

Encourage after school health and fitness sessions for school staff.

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.

Organize employee walking teams or clubs.

Coordinate Staff Wellness events and activities with state and national health observances throughout the year.

Ensure that all staff is aware of the Mississippi State and School Employees' Health Insurance Plan that has been enhanced to include *Motivating Mississippi: Keys to Living Healthy*, a new wellness and health promotion program designed to help individuals live a healthy lifestyle and increase their overall wellness benefit amount.

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

Guntown Middle School will:

- Provide positive, motivating messages, both verbal and non-verbal, about healthy lifestyle practices throughout the school setting.
- 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, PTA 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 benefits of healthy school environments.

## **Commitment to Implementation:**

Guntown Middle School will:

- Establish a plan for implementation of the school wellness policy.
- Establish and support a School Health Council 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 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.

Persons designated to ensure that this policy is being followed at Guntown Middle School are as follows: Casey Dye-Principal and Mary Carmen Justice – School Nurse.

## **Appendix A:** **Nutrition Guidelines:**

Beverages and Snack Regulations

**Elementary School:**

Bottled Water

100% juice with no added sweeteners and up to 120 calories/8 ounces

### **Middle School:**

Same as elementary school, except juice may be sold in 10 ounce servings.

### **High School**

#### **Bottled Water**

No or low calorie beverages with up to 10 calories/8 ounces

100% juice with no added sweeteners and up to 120 calories/8 ounces

Sport drinks with no more than 66 calories/8 ounces

At least 50% of beverages must be water and no or low calorie options.

### **Snack Regulations:**

All vended snack foods offered must meet the standards outlined by State Board Policy, adopted October 20, 2006. An approved list of items is available through the Mississippi Department of Education, Office of Child Nutrition.

The list of items can be viewed at:

<http://www.cn.mde.k12.ms.us/Vending/APPROVED.xls>