

# **McComb School District McComb High School Wellness Policy**

## ***McComb High School's Vision and Rationale for Wellness Policy***

The McComb High School is a committed and nurturing community taking responsibility everyday for positively impacting the physical, social and academic well being of every child and challenging them to become extraordinary individuals empowered to change the world.

## ***Goal***

All students in McComb High School shall possess the knowledge and skills necessary to make positive choices for a lifetime. All staff in McComb High School are encouraged to model healthful habits as a valuable part of daily life.

To meet this goal, the McComb High School adopts this school wellness policy. 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.

## ***McComb High School's Commitment to Nutrition***

The McComb 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 and the Mississippi Department of Education, Office of Child Nutrition Programs.
- Offer school breakfast and snack programs 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 school staff and families to participate in school meal programs.
- Operate all Child Nutrition Programs with school foodservice staff who are properly qualified according to current professional standards (Mississippi Board of Education Policy, Code EE-2E).
- Follow State Board of Education policies on competitive foods and extra food sales (Mississippi Board of Education Policy, Code EEH). A water machine will be available at all times at the secondary schools and bottled water is permitted to be taken in all classrooms.
- 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),  
[www.healthyschools.ms.org/MSHealthyStudentsAct.htm](http://www.healthyschools.ms.org/MSHealthyStudentsAct.htm)
  - Healthy food and beverage choices;
  - Healthy food preparation;
  - Marketing of healthy food choices to students and staff;

- 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.
- 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.
  - Students in grades 9-12 are not allowed to bring snacks or drinks to school to eat during the day unless medically exempt. Authorized school parties are exempt, but healthy food choices are highly encouraged.
  - During regular school hours, fast food is not allowed in any MSD cafeteria, outside eating area, buildings or grounds where students are present.
  - Provide adequate time for students to eat and enjoy school meals (a minimum of 15-20 minutes at breakfast and 18-25 minutes at lunch).
  - Encourage students to make food choices based on the 2005 Dietary Guidelines for Americans, 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.
  - Make school meals accessible to all students with a variety of delivery strategies.
  - Encourage all school-based organizations to use services, contests, non-food items, and/or healthful foods for fundraising programs. **The sale of candy as a fundraiser is prohibited.** Special district events and athletic events are exempt, but healthy choices are encouraged at all events. All fundraisers must be pre-approved by the superintendent's office. (See Appendix A for alternative fundraising options).
  - Eliminate use of foods as rewards for student accomplishment. Authorized school parties for special events and from various organizations will include healthy choices as listed but not limited to: fruit, and/or fruit trays, vegetable trays, juice bars, tortilla chips and salsa, pretzels, low-fat granola bars, cereal bars, trail mix, sherbet, smoothies, low-fat frozen yogurt, crystal light, 100% fruit juices, graham crackers, and low-fat popcorn.
  - **Withholding of food as punishment is prohibited.**
  - Post menus with nutrient analysis at the beginning of each cafeteria serving line.
  - Post menus with nutrient analysis on the school's website and provide resources to help parents improve food that they serve at home.

### ***McComb High School's Commitment to Food Safe Schools***

The McComb High 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 have 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 handwashing 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.

### ***McComb High School's Commitment to Physical Activity/Physical Education***

The McComb 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 by certified health and physical education instructors.
- Provide instruction based on the 2006 Mississippi Physical Education Framework and provide up-to-date supplemental curriculum.
- Maintain district graduation requirement of 1½ credits of physical education.

- Provide safe and adequate equipment, facilities and resources.
- Provide for appropriate professional development for physical education staff.
- Implement the requirements of the Mississippi Healthy Students Act of 2007 (Senate Bill 2369).
- Provide students with moderate to vigorous activity during a physical education class. Documented medical conditions and disabilities shall be accommodated during class.
- Create wider opportunities for students to voluntarily participate in after school physical activity programs.

### ***McComb High School's Commitment to Comprehensive Health Education***

The McComb High School will:

- Provide ½ Carnegie unit of Comprehensive Health Education for graduation requirement (2004 Mississippi Public School Accountability Standard 20, Appendix A).
- Provide instruction based on the 2006 Mississippi Comprehensive Health Framework for grades 9-12 (2004 Mississippi Public School Accountability Standard 20, Appendix A).
- Graduation requirements for 9-12 grade students shall include ½ Carnegie unit in physical education.
- Provide appropriate professional development for health education staff.

### ***McComb High School's Commitment to a Healthy School Environment***

The McComb 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 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.
- Provide violence prevention curriculum, character building, or other related topics once week

- Provide random drug testing for all students involved in extra-curricular activities.

### ***McComb High School's Commitment to Quality Health Services***

The McComb High School will:

- Ensure all school nurses are working under the guidelines of the *Mississippi School Nurses Procedures and Standards of Care*.
- Perform preliminary physical assessments for student athletes.
- Maintain collaboration with community resources and services including Department of Health, Mental Health, Department of Human Services and Youth Court to ensure effective response to health care needs of our students.
- Offer comprehensive health services for students in grades 9-12, through the employment of school nurses, as a means to academic success.
- 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.

### ***McComb High School's Commitment to Staff Wellness***

The McComb High School will:

- Encourage staff to live and be healthy by providing yearly staff health fairs.
- Provide for staff health services by the school nurse such as monitor blood pressure, weight and provide health information.
- Establish and enhance physical activity opportunities for staff.
- Provide ½ day per week (Wednesday pm) for staff development professional growth.
- Operate an extended year school calendar beginning August 1 allowing 1-3 weeks between each of the four 9-week sessions.
- Staff beverage and snack vending machines must have at least 50% healthy choices.
- Provide a comprehensive staff and family employee assistance program of mental health counseling, inpatient treatment and rehabilitation services.
- Provide flu shots at minimal cost for employees and their families.

### ***McComb High School's Commitment to Counseling, Psychological and Social Services***

The McComb High 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 a full time licensed guidance counselor for high school (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
- Provide a comprehensive counseling program for students to address a range of mental health and psychological issues (i.e., emotional concerns, substance abuse, school adjustment attendance problems, and violence).
- Provide access to quality and ongoing counseling and crisis intervention for all students to promote positive social and emotional development.
- Provide access to early intervention, prevention and referral for treatment programs for mental health.

### ***McComb High School's Commitment to Family and Community Involvement***

This component recognizes that a child's health and well-being is a responsibility shared by the school and family during the entire period the child spends in the school system. To support the goal of the school district to educate all students effectively, the school and parents must work as knowledgeable partners.

The McComb High School will:

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

- Employ Public Relations Coordinator, District Child Advocate, and School Safety Liaisons for the promotion of parent and community involvement.

***McComb High School's Commitment to Marketing a Healthy School Environment***

The McComb High School 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.

***McComb High School's Commitment to Implementation***

The McComb High School will

- Establish a plan for measuring implementation of the school wellness policy. (see Appendix B).
- Designate the Wellness Plan Committee to insure that the school wellness policy is implemented as written. The Wellness Plan Committee members are the Child Nutrition Director, the Health Services Director and appointed designee.
- Maintain a Community Health Advisory Committee comprised of a diverse section of community members, parents and district staff 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.

## APPENDIX A

## FUNDRAISING ALTERNATIVES

### Fundraising Ideas – Things you can sell:

Activity Cards	Bath Accessories	Books, Calendar
Buttons, Pins, Stickers	Batteries	Cookbooks
Coupon Books	Candles	First Aid Kits
Flea Market	Car Emergency Kits	Football Seats
Flowers and Bulbs	Gift Items or Baskets	Gift Wrap, Boxes Bag
Fruit and Veg. Baskets	Hats	Healthy Snack Items
Greeting Cards	House Decorations	Holiday Ornaments
Jewelry	License Plate Frames	Magazine Subscriptions
Megaphones	Newspaper Ads/Space	Personalized Stationery
Mugs	Calendars, Pocketsize	Raffle Donations
Plants	School Art/Drawings	Scratch-Off Cards
School Frisbees	Scarves	Spirit/Seasonal Flags School
Spirit Accessories	Stuffed Animals	Stadium Pillows
T-Shirts/Sweatshirts	Tupperware	Valentine Day
Yearbook Covers	Yearbook Space/Monograms	

### Alternative Fundraising Ideas – Things you can do

Auction	Festivals	Family/Glamour Portrait
Bike-a-thon	Gift Wrapping	Singing Telegrams
Bowling Night	Golf Tournament	Skate Night
Car Wash	Jog-a-thon	Spelling Bee
Carnivals	Jump-rope-a-thons	Talent Shows
Celebrity Basketball Game	Magic Show	Horseshoe Competition
Dances	Raffles	Treasure Hunt
Read-a-thons	Walk-a-thon	

## APPENDIX B

## PLAN FOR MEASURING IMPLEMENTATION

The plan for measuring implementation of the school wellness policy will be as follows:

1. Each component of the wellness policy will be reviewed by a committee comprised of the members of the School Health Advisory Committee.
2. A contact person for each component will be responsible for working with their committee to answer questions and arrange school visits, etc. The component contacts are as follows:
  - Nutrition – Child Nutrition Director
  - Physical Activity and Comprehensive Health – Curriculum Directors
  - Health Services and Staff Wellness – Health Services Coordinator
  - Counseling and Mental Health Services – Support Services Director
  - Healthy School Environment – Maintenance Director
  - Parent and Community Involvement – Community Relations Director
3. Each committee has the following responsibilities:
  - Name a chairperson.
  - Formulate a checklist to be used to complete the review/audit.
  - Conduct their review/audit and submit a report to their contact person within a given time frame. This time frame will be determined by the Wellness Plan Committee.
4. The Wellness Plan Committee will review the reports and meet with each site's principal/supervisor to discuss any concerns and proposed changes.
5. A final report will be presented to the School Board with recommendations in June or July of each year.

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